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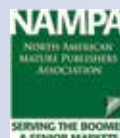
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# Stat!

Medical News & Info



## Hearing Aids May Help People Live Longer

Hearing loss affects approximately 40 million American adults, yet only one in 10 people who need hearing aids use them. Those who don't use hearing aids but should may want to make wearing them a priority, according to a new study from Keck Medicine of USC published in *The Lancet Healthy Longevity*. Researchers found that adults with hearing loss who regularly used hearing aids had a 24% lower risk of mortality than those who never wore them. Previous research has shown that untreated hearing loss can result in a reduced life span (as well as other poor outcomes such as social isolation, depression and dementia). However, until now, there has been very little research examining if the use of hearing aids can reduce the risk of death.

## Periodic Squatting Exercises May Help Preserve Your Brain Power

We know sedentary behavior is bad for our health, especially for those of us who sit at a desk all day or in front of the TV each night. It has even been linked to mild cognitive impairment. Previous research has suggested that executive function - the processes in the brain that enable people to plan, focus, remember and multitask - may suffer when we sit for long periods without moving our bodies. But a new study finds that doing just one minute of squatting exercises periodically during long periods of sitting may help preserve the brain's cognitive and executive function. The study is published ahead of print in the *Journal of Applied Physiology*.



## Over Three-Fourths of Americans Lose Sleep Due to Digital Distractions

A recent survey from the American Academy of Sleep Medicine found that 91% of individuals reported they have lost sleep because they stayed up past their bedtime to binge-watch a TV show. 75% of respondents have lost sleep because they stayed up past their bedtime to browse and shop online. More than eight in 10 people (87%) keep their smartphone in the bedroom, often within arm's reach, making midnight scrolling and late-night binge-watching an enticing habit that can unknowingly compromise sleep duration and quality.



## Nearly 30% of Caregivers for Severe Stroke Survivors Experience Psychological Distress

Stroke is an abrupt, devastating disease that instantly changes a person's life and has the potential to cause lasting disability or death. However, the condition also has profound effects on the patient's loved ones - who are often called to make difficult decisions quickly. A new study led by Michigan Medicine finds that nearly 30% of caregivers of severe stroke patients experience high levels of anxiety, depression or post-traumatic stress during the first year after the patient leaves the hospital. The results are published in *Neurology*.

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# TRASH, TREASURE AND HEIRLOOMS

By  
Sarah "Sally" Hamer

One of my favorite cartoons is of an older man standing in front of his garage filled with boxes, telling his son that, "One day, all of this will be yours!" The son doesn't look very excited.

*Should he be?* What treasures might be in some of those boxes? Or are they only trash to be put on the street for garbage collection?

It seems that each new generation has its own ideas about the difference between trash and treasure. What is important to an older generation may not be to someone younger. Could it be that the best way to convince them that the rusty, dusty piece of furniture is to tell them the story that goes with it? A friend of mine asked

me to her house to video her talking about each of the lovely family antiques her children would be inheriting at some point. She was directly related to Paul Revere and had a small silver bowl made by him that had been passed down to her. Another precious item was a china doll, ruffled dress, bonnet and all, sitting in a baby's crib that had cradled generations of her family, including her. She hoped that by giving information about

*(Top) Sonja has a children's book about The Three Bears that her mother, who was born in Germany, used to learn English and her grandmother's grammar book.*

*Jim Johnson proudly displayed a mixing bowl hollowed out from wood that his mother used.*

*Johnnie Covington (right) and her friend, Sue Richards, brought three items to share: an iron-stone pottery vase; an old egg beater; and a chainmail scrubber to clean cast iron skillets.*

## *Sometimes a “heritage” item isn’t old...*

For example, Peggy Bishop, an award-winning quilter who was the 2023 Featured Quilter in the Red River Quilter Show, is still making heritage quilts at 86-years of age. She says, “My challenge is to use as many patterns, ideas, fabric, and methods as possible to create quilts and motivate others to start and enjoy their incredible quilt-making journey.” And of course, these quilts will be handed down for generations to come.



these items, they would mean something to her children. I hope it did.

What priceless object do you have at your house? It doesn't have to be valuable in dollars and cents to be priceless, like the wooden fish puzzle my son made for me in his high school shop class, or the paper ornament from his kindergarten class that I hang on my Christmas tree each year. But some of us are lucky enough to have inherited things from family that we cherish and will pass down for generations to come.

The Ark-La-Tex Genealogical Association had a “show and tell” on precious items last year. President Jim Johnson proudly displayed a mixing bowl hollowed out from wood in which his mother made biscuits and dumplings and teacakes when he was a child. His mother who lived to be ninety-nine inherited it from her grandmother. “No telling where it actually came from or who carved it,” he said, “but my mom used it all the time.”

Sonja has a children's book about The Three Bears that her mother, who was born in Germany, used to learn English and her grandmother's grammar book.

**T**HE MUCH-LOVED OAK AND CEDAR HOPE CHEST WAS CREATED BY HER SOON-TO-BE FATHER-IN-LAW IN 1972 for Elizabeth Brown at the time of her engagement and, although vintage items can be less than fifty years old, it doesn't meet

the description of an antique (over 100 years) yet.



*“It is a prized possession and, I hope, will be as treasured by my family as it is by me.”*

Johnnie Covington and her friend, Sue Richards, brought three items to share: an iron-stone pottery vase from an old house in Kentucky; an old egg beater (that would fit in a jar), manufactured by Craftsburg & Sons, an inventor from Berlin; and a chainmail scrubber to clean cast iron skillets.



*Silver and Crystal Pickle Jar*

*The walnut hutch and table came across the Appalachia Mountains from Virginia to Missouri in 1831*

A silver and crystal pickle jar, along with a walnut hutch and table, crossed the Appalachian Mountains from Virginia to Missouri in a covered wagon. The hutch was black from soot when Elizabeth Brown inherited it almost fifty years ago. The refinishing was done after the hutch thankfully survived a house fire. “We know it’s at least older than 1831 for two reasons. First, it’s mentioned in his obituary that her great-great-grandfather moved from

Virginia in 1831, and second, the square nails that hold it together were made prior to 1830. Beyond that, it could be as much as another fifty years old.”

The table has a rectangle-shaped repair from a bolt that wore a hole. The yellow splotches on the top are from where lye soap was put out into the sun to dry and bleached the wood.

Brown also has a spool bed that traveled down the Missouri River from St. Louis to a small town called Malta Bend, Missouri, where her family lived. “It’s called that because of the way it came from the lathe, with small bumps or “spools,” she said. “In fact, it’s thought that the original lathing for this type of bed may have been to make buttons, which were cut apart, or for spools of wool to weave cloth with.” It’s also known as a Jenny Lind bed. Lind was a famous Swedish singer who must have really liked this style during her opera tour of the United States in 1850 through 1852, since they named it after her. “I’m not sure when this bed was made,” said Brown, “but it’s been in the family for generations. All I can say is that Jenny Lind probably didn’t sleep in it.”

Everything has a history, whether it’s newly bought or thousands of years old. Archeologists find artifacts that help tell the story of the humans who used them and experts can give a date simply by looking at them sometimes. Many of us have a reason for these objects to be where they are, even if others don’t understand and, unfortunately, some people don’t have the same passion. It can be disappointing when a family member doesn’t want a precious piece of furniture, even if it’s two or three-hundred-years old. And, if there’s no inherent value, the object may not survive another generation.

But, maybe if we tell their stories, they won’t be stuck in a garage somewhere and then thrown away after our death.

---

*Sarah (Sally) Hamer, B.S., MLA, is a multi-award-winning author who teaches creative fiction writing at LSU in Shreveport. She is fascinated by how people tick and loves to explore the world around her.*



*(Above) Walnut table rectangular piece is a repair from damage on the trip over the Appalachians and the yellow blotches are where lye soap dried in the sun.*

*(Below) Repaired Walnut Table*



# 7 Misconceptions About Medicare

There's no way around it: Medicare is confusing. While this government-sponsored health insurance helps millions of Americans each year, it also comes with many requirements, guidelines and questions.

Here are seven myths about Medicare and the truth you might not know from Bankers Life, a national life and health insurance brand.

## MYTH #1: YOU CAN APPLY AT 62

Many people think they'll be eligible to enroll in Medicare when they turn 62. However, the age of eligibility is typically 65. You'll have seven months (starting three months before you turn 65 and ending three months after the month you turn 65) to sign up - this is called your Initial Enrollment Period.

There are exceptions. For example, if you have a disability and qualify for benefits through Social Security Disability Insurance (SSDI), you can also get Medicare.



## MYTH #2: YOU'RE AUTOMATICALLY ENROLLED AT 65

If you are receiving Social Security retirement benefits or Railroad Retirement benefits, you'll be automatically enrolled in Medicare Parts A and B and will receive your Medicare card in the mail three months before your 65th birthday, or



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25th month of disability.

If you aren't getting either of these types of retirement benefits, it's your responsibility to enroll in a Medicare plan by calling the Social Security Administration, visiting your local office, or applying online.

### MYTH #3: MEDICARE WILL CONTACT YOU WHEN IT'S TIME TO ENROLL

Medicare won't contact you directly when it's time to enroll. If you receive an email, call or other communication claiming to be Medicare and asking for personal information, it's likely a scam. You should never:

- Give out your Medicare card, Medicare number, Social Security card or Social Security number (except to your doctor or someone else whom you know should have it)
- Accept money or gifts for free medical care
- Let anyone besides your doctor see your medical records
- Join a Medicare plan over the phone (unless you called Medicare yourself)

If you suspect you might be involved in a scam call 1-800-MEDICARE (1-800-633-4227).

### MYTH #4: IF YOU'VE NEVER WORKED, YOU CAN'T GET MEDICARE

For many Americans, Medicare is available at no cost because they worked for 10 or more (recent) years. However, if you (or your spouse or parent) has certain medical conditions or disabilities, you may be able to receive disability benefits and Medicare Part A.

Alternatively, if you don't qualify for free Medicare, you might be able to

purchase Part A. You will need to pay for it because you didn't "pay into" the federal funds that power Medicare with income tax. You'll pay either \$278 or \$506 each month for Part A, and will need to purchase Part B.

### MYTH #5: MEDICARE AND MEDICAID ARE THE SAME

Medicare and Medicaid are separate government programs. Medicare is intended for people at retirement age or who have certain disabilities, while Medicaid primarily serves people who have low income.

### MYTH #6: ONLY RETIREMENT AGE INDIVIDUALS CAN GET MEDICARE

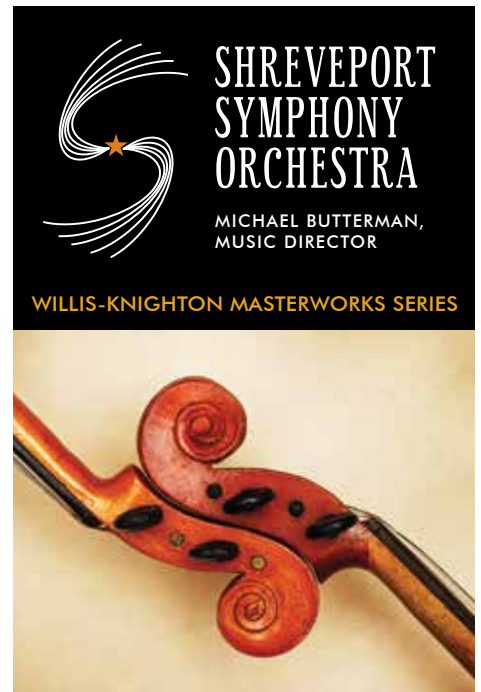
Medicare is available for younger people with disabilities or certain medical conditions. To qualify, you'll need to have either received SSDI for 24 months, or have either End-Stage Renal Disease, or Amyotrophic Lateral Sclerosis (ALS, also called Lou Gehrig's disease).

### MYTH #7: MEDICARE REGISTRATION IS ALWAYS OPEN

You're only able to enroll in a plan during Medicare's Annual Open Enrollment Period, occurring each year from October 15 to December 7 and during your personal Initial Enrollment Period.

Keep in mind that each enrollment period has strict guidelines about who qualifies and how to apply. Not following these requirements can result in penalties. Make sure you're playing by the rules. A financial advisor or licensed insurance agent can help guide you and answer any questions.

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## Navigating Stress Naturally with 5 Calming Remedies

In today's tumultuous world, rife with uncertainty and global tensions, many of us grapple with stress and anxiety. The constant barrage of distressing news, heated debates, and seemingly endless catastrophes can leave us feeling overwhelmed. If you find yourself feeling this way, there is an organic route to tranquility that doesn't rely on benzodiazepines, tranquilizers, alcohol, or opiates.

As your holistic pharmacist, I'm here to lead you through the realm of herbal remedies and lifestyle adjustments. Let's explore the potent gifts of nature and simple shifts in lifestyle that might help relieve stress and anxiety. These come as teas, extracts and dietary supplements:

**1. Lavender (*Lavandula angustifolia*):** Lavender boasts remarkable versatility. Inhale its soothing fragrance through essential oil diffusers or sachets. Additionally, a calming cup of lavender tea before bedtime can work wonders.

**2. Chamomile (*Matricaria chamomilla*):** Chamomile's gentle nature makes it an ideal choice for bedtime tea. Simply steep chamomile flowers in hot water for a soothing, anxiety-reducing beverage.

**3. Valerian Root (*Valeriana officinalis*):** Valerian root is available in extract or pill form as a dietary supplement.

It's most effective when taken 30 minutes to an hour before bedtime to promote restful sleep.

**4. Passionflower (*Passiflora incarnata*):** Similar to valerian root, passionflower can be taken as a dietary supplement, often used to reduce anxiety and enhance sleep quality.

**5. Ashwagandha (*Withania somnifera*):** Ashwagandha can be incorporated into your daily routine as a supplement to help your body adapt to stress and maintain balance.



By integrating these natural remedies into your daily life, you can take significant strides towards managing stress and anxiety holistically. Whether through herbal teas, dietary supplements, or relaxation practices, these options offer a pathway to tranquility in the midst of today's uncertainties.

When seeking additional calming solutions, you have to consider more than just herbal remedies. Here are a few more ideas to help you reclaim serenity.

**Limit News Consumption:** Excessive exposure to negative news can heighten stress and anxiety. Set designated times to catch up on the news and minimize constant updates. You

An advertisement for the musical "Come From Away" at The Strand Theatre. The background is a dark, textured blue. On the left, the title "COME FROM AWAY" is written in large, bold, yellow, distressed letters. Below it, in smaller white text, is "TRUE STORY. HIT MUSICAL." At the bottom left, the date and time "Wednesday, MARCH 13, 2024 • 7:30 PM" are written in a light blue, cursive font. In the center, a quote in white text reads: "CELEBRATES THE BEST WE CAN ALL BE. WE NEED IT. ESPECIALLY RIGHT NOW." Below the quote is the name "-TOM BROKAW, NBC". On the right side, there is a logo for "The Strand" featuring a colorful, stylized dome or tent structure above the word "The Strand" in a white, cursive font. At the bottom right, the website "thestrandtheatre.com" and phone number "(318) 226-8555" are listed in white text.

might take a “digital detox” and limit social media exposure during this time.

**Mindfulness Meditation:** Cultivate mindfulness to stay grounded in the present moment and alleviate anxiety about the future. Try a walk in nature, or yoga or gardening, or use an app to get more meditation in your life.

**Exercise:** Engage in physical activity to release endorphins, reduce stress hormones, and enhance overall well-being. Whatever makes you feel good, do it! On this continuum, be sure to eat a well-balanced diet with leafy greens that are high in calming magnesium.

During times of uncertainty and global tensions, we have to realize we have very little control over anything and anyone. So prioritize your mental and emotional well-being, not just for yourself, but also for your family. Embrace lifestyle adjustments and the herbal remedies I mentioned above, as you harmonize your personal and professional life.

*This information is not intended to treat, cure, or diagnose your condition. Always consult your physician for all medical matters. Visit [www.SuzyCohen.com](http://www.SuzyCohen.com). ©2024 Suzy Cohen, R.Ph. Distributed by Dear Pharmacist, Inc.*



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# The U.S. Constitution and the Twenty-Fifth Amendment

The Twenty-Fifth Amendment to the United States Constitution addresses what happens if the President dies or becomes incapacitated while serving in office. This amendment was not ratified until 1967, even though President Harry Truman had tried to push for an amendment addressing the problem left open by the United States Constitution in 1948.

The Twenty-Fifth Amendment provides in Section 1 that if the President is removed from office, dies, or resigns, the Vice President shall take office upon confirmation by a majority of both Houses of Congress. We have had Presidents who have been killed or died while in office that have been replaced by their Vice President. If there is an impeachment and the President is removed from

office, then the Vice President can be confirmed to replace the President. If a President resigns from office, which has only happened in one case, the Vice President can be confirmed to fill the role as President.

Section 2 of the Amendment provides if there is a vacancy in the office of Vice President, the President can nominate a Vice President which has to be confirmed by a majority vote of both Houses of Congress. We have several Vice Presidents who have either resigned or been removed from office. Some of these Vice Presidents became Presidents after the untimely death or resignation of the President who selected them to be the Vice President.

Section 3 provides that whenever the President transmits to the President pro tempore and Speaker of the



*Although first proposed by President Harry Truman in 1948, President John F. Kennedy's death on November 22, 1963, led a united Congress to push for the key constitutional change.*

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House of Representatives his written declaration that he is unable to discharge the duties of his office, and until he transmits a declaration he can again fulfill his duties, the powers of the President are fulfilled by the Vice President as the Acting President. When President Ronald Reagan was shot, he transferred his authority to Vice President Bush for a few hours while he had surgery.

Section 4 of the Amendment provides that whenever the Vice President and a majority of either the principal officers of the executive departments or of such other body as Congress by law provides, transmit to the President pro tempore of the Senate and the Speaker of the House that the President is unable to fulfill their duties, the Vice President shall immediately assume the powers and duties of the office as Acting President. Once this action is set in motion, the President can contest this declaration which then starts a series of proceedings which have to happen in a short period of time. Congress has to determine by

a two-thirds vote that the President is unable to perform their duties if the President contests the declaration. If Congress determines that the President is unable to perform their duties, then the Vice President continues to be the Acting President. If Congress cannot reach the two-thirds vote, the President resumes their duties.

The Twenty-Fifth Amendment tries to take into consideration conditions where the President may be able to perform their duties. It is amazing that it took until 1967 to ratify this amendment when numerous incidents had occurred prior to this amendment. As you can see, this amendment was clearly needed. As a side note, you also can see how important a role our new Speaker of the House from Louisiana plays in our Federal Government. *Judge Jeff Cox is judge of the Louisiana Circuit Court of Appeal for the Second Circuit.*



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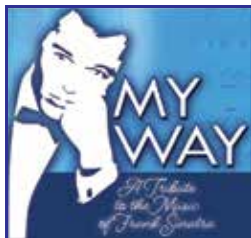
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Fruits and vegetables are nutrient powerhouses. They are full of vitamins, minerals, and antioxidants that keep us healthy and protect us from diseases like heart disease, cancer, and stroke. In fact, it's recommended that we fill up half of our plate at every meal with them! While fruits and vegetables provide many health benefits, it's important that we select, store, and prepare them safely to avoid foodborne illnesses. Raw, unwashed fruits and vegetables can contain germs that make you sick, including E. Coli, Listeria, and Salmonella. This doesn't mean you can't enjoy these nutritious foods; it's just important to practice proper food safety measures.

When shopping for produce, look for fruits and vegetables with little to no bruises, blemishes, or other signs of damage. If you're buying pre-cut produce, only choose packages that are kept cold or refrigerated. Cut produce should always be refrigerated for storage if it isn't eaten within 2 hours. As you peruse the store, make sure the fresh produce

in your basket is sitting away from raw meat, seafood, and poultry to avoid cross-contamination. When checking out, make sure that your produce is not placed in the same bag as these raw meats, seafood, and poultry.

There are additional safety measures you should take when you bring fresh produce home. If you have pre-cut vegetables or fruits, store them in the refrigerator promptly. When you're ready to prepare your produce, start by washing your hands with soap and water, and start with clean countertops, cutting boards, and utensils. Unless your produce package states that the contents have already been washed, it's important to thoroughly wash all fresh fruits and vegetables. This includes foods like melons and pineapples, too. We don't typically think we need to wash foods that we don't eat the skin or peel, but germs from the outside of the food can contaminate the inside when we cut them.

The best way to wash your produce is under cool running water. Soap, produce wash,



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detergent, bleach, disinfecting solution, vinegar, lemon juice, baking soda, or any other wash additive is not needed and not recommended. Research shows that simply scrubbing under running water will do the trick. When you're finished washing, dry the produce with a clean towel or paper towel. Before eating or preparing, cut away any bruised or damaged areas and remove torn or bruised leaves. It's advised to remove the outer leaves on heads of lettuce and cabbage because they generally have more dirt on them, even if you thoroughly clean them. If you plan to eat your produce later but have already prepared and cut it, refrigerate within 2 hours and take it out of the fridge when you are ready to use it.

Foodborne illness can affect any of us, and unsafe handling practices are a major culprit of the issue. Adults older than 65, children under five, those who are pregnant, and people with weakened immune systems due to medications or health problems are much more susceptible to suffering from severe illnesses from food poisoning. For this reason, it's especially important to practice proper food safety. A few simple steps can save a lot of grief and keep you enjoying nutrient-rich foods!



*Abigail McAlister is a Registered Dietician and nutrition agent with LSU AgCenter for Caddo and Bossier Parishes. Her focus is adult nutrition education and promotion. Contact her at [AMcAlister@agcenter.lsu.edu](mailto:AMcAlister@agcenter.lsu.edu).*



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## The Case of the Ceiling Stain

Would you be willing to buy a house that was part of a homeowners association? Alice was. (I've changed her name, but her case is real.) She bought a townhouse in south Louisiana that was part of a neighborhood association. Soon after moving in, Alice noticed some stains on the ceiling. Because the homeowners association had a property manager, Alice gave the property manager a call.

The property manager did nothing. Why would a homeowners association have anything to do with ceiling stains? Well, this homeowners association had regulations that said that it, the homeowners association, was responsible for "all of the exterior of the buildings." And Alice was pretty sure that the ceiling stains were being caused by a leak in the roof.

It turned out that was a pretty good guess because Alice's ceilings then started to leak. The sheetrock started falling down and mold reared its ugly head. It was only at that point that the homeowner's association was willing to do anything. But the association would only pay for replacing the shingles on the roof. Do you think that fixed the problem? Of course not. So Alice sued.

Alice told the Judge all about the leaks in the roof. She explained that water would come in around the edges of the roof where it met the bricks and the chimney. She said that



"depending on what direction the rain is coming from, it might leak in the front of the house. It might leak in the back of the house...it would come down the walls, down the windows. It would come down the wall into the floor and on top of the floor, which also got in between there and the floor below, and started getting into the ceilings."

Alice then showed the Judge some pictures she took of her roof, her ceilings, walls, windows and floors. The pictures showed rotten wood; rotten floors; rotten siding and windows; deteriorated flashing around the dormers, the chimney and the roof line; and separations between the

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window sills and the bricks.

How did the homeowners association respond? By telling the Judge that while it was responsible for the roof, it was not responsible for the EDGES of the roof. And because the water, according to Alice's own testimony, was coming in "around the edges," the homeowners association should not be responsible. But when the Judge looked at the homeowners associations rules, he found this: "The maintenance, repair and replacement of the exterior of the improvements within the assessable unit and the costs thereof is the responsibility of the association." So the Judge asked the association's lawyer why that should be limited to the edges of the roof only. Where in the rules did it say that? The association's lawyer didn't have a good answer.

Alice then had some contractors testify about how much it would cost to fix the roof and to repair all the damage done by the leaks. It came to over \$25,000. Alice won that part of the case.

But when Alice had sued the association, the association turned around and countersued Alice. The association told the Judge that Alice hadn't been paying her homeowner association dues and she therefore owed \$30,000. Alice told the Judge something like this: "Of course I didn't pay the dues. They weren't making the repairs they were supposed to make. Why should I hold up my end of the bargain when they weren't doing what they were supposed to be doing?" Sound like a good argument to you? It wasn't. That's because the homeowners association rules said that homeowners were "not permitted to withhold payment of his assessment for any reason as long as he remains an owner." So Alice lost that part of the case.



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

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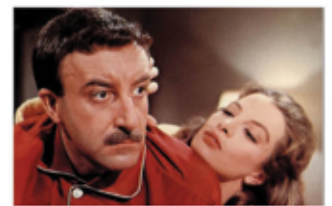
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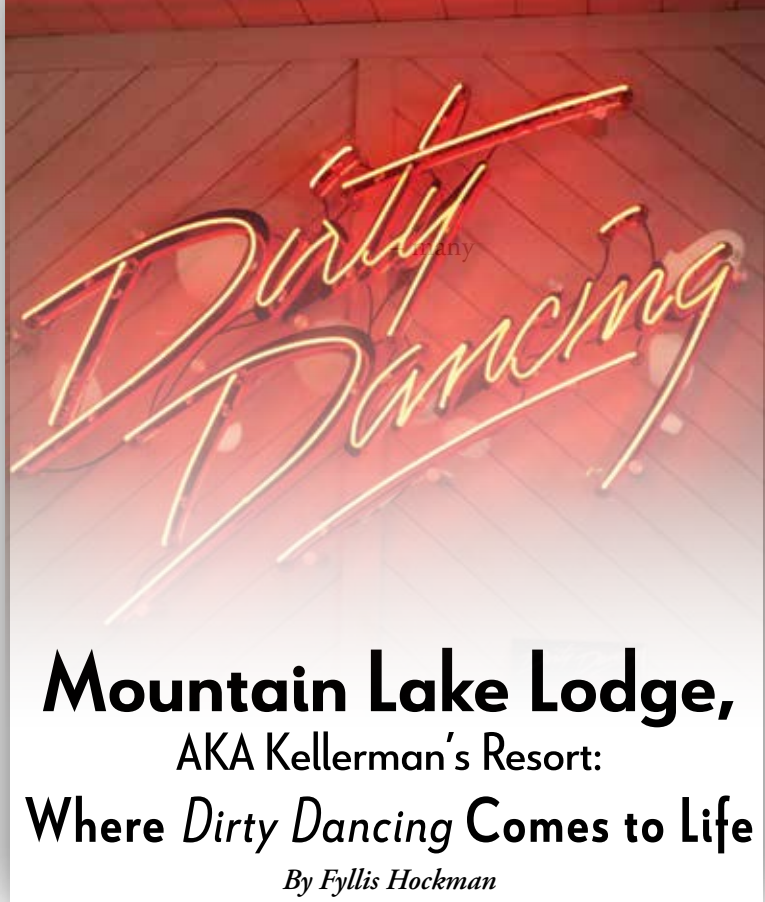
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Is there anyone who doesn't know you don't put Baby in a corner? Or who doesn't automatically hum along to "The Time of my Life"? Imagine revisiting "Dirty Dancing" at its original locale – and joining Johnny and Baby at their loft? Welcome to Mountain Lake Lodge in Pembroke, Virginia channeling the Catskills hotel -- AKA the Kellerman Resort.

In case you're one of the few who is unfamiliar with the cult classic, go stream it now. Right now. I'll wait for you. Because this is just an adventure that is too much fun to miss out on! And that includes the sound track that seems to embed in the ear – from *Hungry Eyes* to *Big Girls Don't Cry*, *Will You Love Me Tomorrow* to the indelible *Time of My Life*.

Yes, you can go on a theme weekend and experience the movie from start to finish including dance lessons, trivia contests, costume parties, scavenger hunts and multiple viewings of the film. The lodge looms as large in real life as it does in the movie, and the resort itself promotes an immersive connection to the movie. Having viewed the film once again before arriving, we looked for many of the film's key locales and couldn't help but feel an immediate attachment not usually associated with other hotel visits.

Signs everywhere designate important locations – the gazebo where Penny gave dance lessons; Baby's cabin where the Houseman family resided; the lake where Johnny and Baby practiced "the lift." Dirty Dancing permeates the grounds – and once the guests arrive – seniors, couples, mothers, daughters, sisters, girlfriends on a weekend getaway



in a variety of Dirty Dancing t-shirts -- electricity abounds. Apparently, no age group is immune to the long-term appeal of the film.

Now I've seen the movie a couple of times but am anything but a devotee so I was unfamiliar with all the references I saw to "I brought a watermelon." Apparently, this was the first thing Baby said to Johnny and immediately berated herself for it. The meme was everywhere.

Want to rent Baby's cabin? No problem. Just start a year or more in advance. But try to leave everything in place. The hotel manager told me that guests kept stealing the plaque denoting Room 232 in the main lodge, the one Patrick Swayze stayed in during filming. Other lodging options include cottages dating back to the 1920's.

First night – costume and dance party. Lots of Babys of course, a bunch of Pennys, a few Lisas (Baby's sister), a couple of villain Vivians and you guessed it, a number of watermelons. And a surprisingly number of Johnnys of all ages – none of them exactly channeling Patrick Swayze but several sporting some impressive dance moves. He would have



Costume Party

Baby's Cabin



Kellerman Lodge



Gazebo Sign



been proud! And all are so involved in their individual characters. Are you with me yet?

Rita Lockton from North Dakota is, on her 20<sup>th</sup> anniversary. “When I was a kid my folks told me it was an R-rated film so my cousins and I snuck around to watch it all the time. I’ve been fascinated by it ever since and have always wanted to come here. I’m so excited and I haven’t even experienced anything yet!” Lots of people shared that sentiment.

Next day there’s a trivia contest, of course. An auditorium packed with Dirty Dancing aficionados. A round of 50 very detailed questions requiring an encyclopedic knowledge of the film, with the soundtrack playing in the background. The license plate number of Johnny’s car as he drove off? Seriously? Most of these folk had probably seen the film dozens of times but the plate number must have been there two seconds max. Still, easy peasy. I guessed at maybe five or six correctly. The winning couple correctly answered almost all.

Then the scavenger hunt took the 200 DD devotees all around the resort clicking pictures to prove their righteous reconnaissance. And off to the Kellerman Gift Shop to claim their prizes, a store devoted to all things Baby and Johnny related, from clothing and posters to gifts and books, written by and about the protagonists. If it has anything to do with the movie, it’s there. And as a change of pace after



I bought the watermelon t-shirts

scavenging, what more appropriate option than some salsa and meringue lessons from a modern-day Penny.

But before I left, I slipped in for one more replaying of the movie and practically shouted throughout: “There’s a trivia answer; there’s a trivia answer...” There was a noticeable gasp as everyone in the theater particularly noted Johnny’s license plate number.

For those of you who don’t care whether Baby is put into a corner, there are all kinds of activities that any normal resort might offer readily available to guests whether on a theme weekend or not: miles of hiking trails, ropes course and zip lines; ATV tours, clay shooting, escape rooms, bubble balls, arts studio and more. But, thankfully, you’re never that far away from a new Dirty Dancing discovery – all while having *The Time of your Life!* For more information, visit [mtnlakelodge.com](http://mtnlakelodge.com).

**P.S. Dirty Dancing 2 is in the works, produced by and starring Jennifer Grey – and no doubt being held up by the writer’s strike. To be filmed, of course, at Kellerman’s! Stay tuned – and get ready to watch!**



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# Look Again!

She looks in the mirror. Looking back - watery eyes, rimmed with wrinkles.

She turns away.

*Look again!*

Watery eyes rimmed with wrinkles? Or a sea of tears salvaged in the sands of time? Tears of love, tears of joy, tears of anger, tears of sadness and hope and fear and worry and compassion and relief; tears of a lifetime given only to you. Watery eyes rimmed with wrinkles? No, a sea of tears salvaged in the sands of time to remind you – you are who you have always been.

She turns back to the mirror.

Looking back - shoulders slightly bent, hands spotted, knuckles stiff with arthritis.

She turns away.

*Look again!*

Shoulders slightly bent? Or a reminder of all that you have carried through the years? Look again. Do you see on those slightly bent shoulders the burdens you lifted from those who could bear them no longer? Can you remember each one? Can you see their faces, flush with freedom because you were there to help carry the load? Can you see, on those slightly bent shoulders, the lives you touched and changed?

Hands spotted, knuckles stiff with arthritis? Or every scar, every spot on your hands a reminder of every responsibility ever placed in those hands? Every child at birth and every promise you made that you would not let them down. Every responsibility put in your hands, in your job, in your family, in your home.

Knuckles stiff with arthritis? Or a reminder of the pain that



comes with holding on too long ... or letting go?

She turns back to the mirror.

Looking back – a stomach, stretched and scarred, a sagging body empty of its poise and purpose.

She turns away.

*Look again!*

A stomach, stretched and scarred? Or the imprint of a life you nurtured, protected, readied and then, at the perfect moment, coaxed into the world? A sagging body empty of its poise and purpose? Or a tapestry unfolding a life with no limits?

She turns back to the mirror.

Looking back – a woman, as alive inside as she has always been. And on the outside? Not a body betrayed.

A life illustrated

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# Better-for-You Meals

FAMILY FEATURES

Whether you're encouraging loved ones to start a new wellness kick or looking to add new ideas to an already nutritious menu, families at any stage of a journey toward better health can use new favorites to bring fresh flavors to the table. These dishes provide an assortment of deliciousness so you can bring everyone together for tasty, nutritious meals no matter the occasion. Find additional better-for-you recipe inspiration at [MilkMeansMore.org](http://MilkMeansMore.org).

## Feta Roasted Salmon and Tomatoes

*Servings: 4*

- Nonstick cooking spray
- 3 cups halved cherry tomatoes
- 2 teaspoons olive oil
- 1 teaspoon minced garlic
- ½ teaspoon dried oregano or dried dill weed
- ¼ teaspoon salt
- ½ teaspoon coarsely ground black pepper, divided
- 1½ pounds salmon or halibut fillets, cut into 4 serving-size pieces
- 1 cup (4 ounces) crumbled feta cheese

Preheat oven to 425° F.

Line 18-by-13-by-1-inch (half sheet) baking pan with foil. Lightly spray foil with nonstick cooking spray. Set aside.

In medium bowl, toss tomatoes, olive oil, garlic, oregano, salt and ¼ teaspoon pepper.

Place fish pieces, skin side down, on one side of prepared pan. Sprinkle with remaining pepper. Lightly press feta cheese on top of fish. Pour tomato mixture on other side of prepared pan. Bake, uncovered, 12-15 minutes, or until fish flakes easily with fork.

Place salmon on serving plates. Spoon tomato mixture over top.



## Chicken, Mango & Blue Cheese Pitas

*Servings: 6*

*Sauce:*

- 1 cup low-fat plain yogurt
- 1 tablespoon honey
- 1 tablespoon orange juice or lime juice

*Filling:*

- 1 tablespoon vegetable oil

- 1 pound boneless, skinless chicken breast halves, cut into bite-size pieces

- 1 tablespoon Cajun or Creole seasoning
- 1 large fresh mango, seeded, peeled and chopped
- 3 large whole-wheat pita rounds (or 6 small), halved

- 1½ cups spring greens

- ¾ cup crumbled blue cheese (3 ounces)

*To make sauce:* In small bowl, stir yogurt, honey and juice. Cover and refrigerate.

*To make filling:* In large nonstick skillet over medium-high heat, heat oil. Cook and stir chicken with seasoning in hot oil 4-6 minutes, or until chicken is no longer pink in center. Remove from heat. Stir in mango.

Fill pita pockets with greens, chicken mixture and blue cheese. Spoon yogurt sauce on top.



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## *Will I need glasses after cataract surgery?*

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## *What are the symptoms and treatment of torn cartilage?*

Meniscus tears are the most common surgical condition involving the knee. Medial meniscus (inside) tears are 3 - 4 times more common than lateral tears (outside). The meniscus support 50% of the body weight with the knee extended and 90% with the knee flexed 90°. Because the meniscus supports body weight every attempt should be made to repair or maintain as much meniscus tissue as possible. Popping, giving way, locking, tenderness at the joint line, stiffness, and swelling are some of the signs/symptoms of cartilage tears. Arthroscopic surgery is generally done on an outpatient basis and recovery is from a few days to a few weeks.



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# SAVE the Date



PINK PANTHER • MARCH 19

## CADDO COUNCIL ON AGING

### ■ Presentations

CCOA will be offering the following programs. For info call 318.676-7900.

- **Tuesday, March 5, 12, 19 & April 2, 9:30 - 11:30 a.m.** at 908 Rutherford Street, Shreveport. Participants will learn techniques to prevent falls and improve their balance, coordination and strength. Call 318.676.7900 for more information and to register. **FREE**

- **Saturday April 6, 10:30 am – 1 pm.** Brunch and Bingo 'Meals on Wheels' Fundraiser. Eastridge Country Club, 1000 Stewart Drive, Shreveport. Tickets are \$50 which includes brunch, 1 bingo card & door prize ticket or \$500 for a table of 8. Visit [caddocoa.org/event/brunch-bingo](http://caddocoa.org/event/brunch-bingo) to purchase tickets.

- **Thursday April 11, 9:30am – 11:30 am** at 908 Rutherford Street. Shreveport. Featuring: "Car Fit" by the LSU Health Shreveport Occupational Therapy Department. Participants will learn how well they work with their vehicle & provide information on community-specific resources that could enhance their driving safety and increase mobility. **FREE**

## EVENTS

### ■ Shredding & Food Collection Event

Hosted by AARP Louisiana.

**Saturday, April 20, from 10 a.m. to 12 noon** at Sheriff's Safety Town, 8910 Jewella Avenue, Shreveport. Safeguard against identity theft. Bring unwanted documents containing sensitive information for secure on-site destruction by a professional shredding company. Each vehicle is limited to 3 bags/boxes. Recommended items for disposal include old tax documents,

canceled or unused checks, credit cards, medical bills, and any other materials containing sensitive information. Support our community by bringing non-perishable food items to be donated to the local food bank. **FREE** and open to the public, however, pre-registration is strongly encouraged. Secure your spot by registering online at <http://events.aarp.org/FreeShredBR> or by calling toll-free 877-926-8300.

## ENTERTAINMENT

### ■ Shreveport Little Theatre

Shreveport Little Theatre is located at 812 Margaret Place, Shreveport. Tickets are \$30. Call 318.424.4439 or visit [www.shreveportlittletheatre.com](http://www.shreveportlittletheatre.com).

- **Jimmy Buffett's *Escape to Margaritaville* - April 19, 20, 26 and 27 at 7:30 p.m. and April 21, 27 and 28 at 2 p.m.** *Escape to Margaritaville* is a 2017 American jukebox musical by Greg Garcia and Mike O'Malley, based on the songs of Jimmy Buffett. The plot revolves around a part-time bartender and singer who falls for a career-minded tourist. The show's music consists of songs previously recorded by Buffett, and written by him and various other songwriters, with one exception, the original song "Three Chords".

### ■ Shreveport Symphony

Performances are held at Riverview Theatre, 600 Clyde Fant Parkway, downtown Shreveport. For tickets visit [www.shreveportsymphony.com](http://www.shreveportsymphony.com) or call 318-227-TUNE (8863).

- **Dynamic Duos - Saturday, March 23 at 7:30 p.m.** This lively and entertaining program features double

concertos performed by outstanding soloists from the SSO. Tickets start at \$20.

### ■ The Strand Theatre

The Strand Theatre is located at 619 Louisiana Avenue, Shreveport. For tickets visit [www.thestrandtheatre.com](http://www.thestrandtheatre.com) or call 318-226-8555.

- **Come From Away - Wednesday, March 13 at 8 p.m.** This stirring and inspiring musical takes you into the heart of the remarkable true story of the small town in Newfoundland that opened their homes to 7,000 stranded travelers on 9/11. Tickets: \$89, \$65, \$47, \$30 (student).

- **The Simon & Garfunkel Story - Friday, March 22 at 7:30PM.** This is a critically acclaimed concert style theatre show about two young boys from Queens, New York who went on to become the world's most successful music duo of all time. Using state of the art video projection, incredible lighting and a full live band, *The Simon & Garfunkel Story* is a moving and powerful concert featuring many of their hits. Tickets: \$82, \$65, \$45, \$30 (student)

- **360 ALLSTARS - Sunday, April 7 at 7 pm.** BMX, basketball, breakdancing, acrobatics, drumming and more. A phenomenal physical performance exploring all forms of rotation, 360 ALLSTARS connects the street with the elite to deliver a supercharged urban circus. Tickets: \$52, \$45, \$35, \$30 (student)

## MEETINGS

### ■ Ark-La-Tex Genealogical Association Meeting

Saturday, March 9 from 1 to 3 PM at the Broadmoor Branch Library, 1212 Capt Shreve Dr., Shreveport. Guest speaker is Phil Adderley, Genealogist, Lecturer. His topic is: "An Origin Theory: Using Sparse Findings and Indirect Evidence to Propose a Multi-family Migration, 1730-1850, Barbados>>North Carolina>>Mississippi." This event is free and open to the public. For information visit [www.altgenealogy.com](http://www.altgenealogy.com) or call 746-1851. **FREE** and open to the public.

## MOVIES

### ■ Silver Screenings

Silver Screenings feature a matinee and luncheon for senior citizens showcasing a classic film on the 3<sup>rd</sup> Tuesday of each month at Robinson Film Center, 617 Texas Street in downtown Shreveport. Movie begins at 10:30 a.m. and is

followed by a buffet lunch. Cost is \$16 for movie and lunch. For information or tickets, call (318) 459-4122 or visit [www.robinsonfilmcenter.org](http://www.robinsonfilmcenter.org) or.

- *The Pink Panther* - March 19 at 10:30 a.m. *Pink Panther*, a 1963 American comedy film, follows the bumbling inspector Jacques Clouseau as he travels from Rome to Cortina d'Ampezzo to catch a notorious jewel thief known as "The Phantom" before he is able to steal a priceless diamond known as "The Pink Panther". The film stars David Niven, Peter Sellers, Robert Wagner, Capucine and Claudia Cardinale.

## WORKSHOP

### ■ First Wednesday Alzheimer's/ Dementia Caregiver Workshops

Monthly educational mini workshops for caregivers of those with Alzheimer's and dementia. Presented by The Bridge Alzheimer's & Dementia Resource Center at 851 Olive St., Shreveport on 1st Wednesdays at 11 a.m. For more

information visit [www.alzbridge.org](http://www.alzbridge.org) or call 318-656-4800. **FREE.**

## PRESENTATIONS

### ■ Twin Blends: Northwest Louisiana History Hunters

Mike and Mark Mangham of Twin Blends: NWLA History Hunters will be showcasing our area's incredible history through photos and videos at these Shreve Memorial Library branches:

- Monday March 4 at 6 p.m., Broadmoor Branch, 1212 Captain Shreve Drive
- Wednesday March 6 at 6 p.m., North Shreveport Branch, 4844 North Market Street
- Monday, March 11 at 6 p.m., Mooretown Branch, 4360 Hollywood Avenue
- Tuesday, March 12 at 6 p.m., West Shreveport Branch, 4380 Pines Road
- Wednesday March 20 at 6 p.m., Hamilton/South Caddo Branch, 2111 Bert Kouns Industrial Loop

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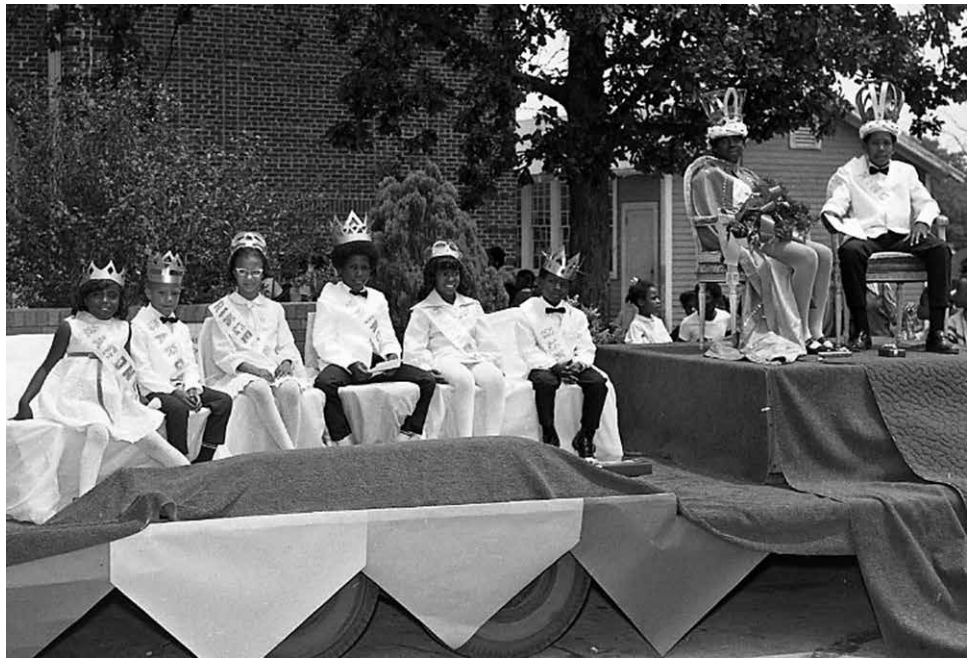
318-864-9964 | [cartercu.org](http://cartercu.org)

# Snapshot SLEUTH

**Do you recognize any of the people or recall anything about the events in these photographs?**

*The Best of Times* has partnered with Northwest Louisiana Archives at LSU to identify individuals and events in their collections. If you can help, please email Tina at [editor.calligas@gmail.com](mailto:editor.calligas@gmail.com) or Laura at [laura.mclmore@lsus.edu](mailto:laura.mclmore@lsus.edu).

*These photos are from the Lawrence Lea Collection. The file jacket is labeled May Queen 1971. We believe that they are of the West Shreveport Elementary School May Queen Court but would love to know if that is correct and if anyone can identify the individuals that are pictured.*



# Odds & Ends



## NEW GUIDE TO MEDICARE COSTS IN 2024 AVAILABLE

Each year, there are changes to Medicare costs and coverage options. Starting in 2024, there are also several important changes to Medicare that will affect prescription drug costs. The Medicare Rights Center has a new comprehensive guide that covers everything you need to know about Medicare costs and changes in 2024. This guide will help you:

- Learn about the new premiums, deductibles, and coinsurance for Medicare Part A, B, and D
- Discover new benefits and services that Medicare will cover in 2024
- Compare Original Medicare and Medicare Advantage plans costs
- Apply for financial assistance programs that can help you pay for Medicare

You can download your FREE guide at <https://shorturl.at/adLUX>.  
*The Medicare Rights Center is a national, nonprofit consumer service organization that works to ensure access to affordable health care for older adults and people with disabilities.*

## HEALTH AND OLDER ADULTS' VULNERABILITY TO SCAMS

Three of every four older adults say they have experienced a fraud attempt by phone, text, email, mail or online in the last two years. Three in ten say they've been victims of at least one scam. The University of Michigan National Poll on Healthy Aging reveals an especially strong link between an older adult's health and their vulnerability to scams - both being able to spot one and becoming the victim of one. People aged 50 to 80 who reported being in fair or poor physical or mental health, those with disabilities, and those who rate their memory as fair or poor were more likely than others their age to say they'd experienced fraud. Results also suggest vulnerability among older adults who live alone or have lower incomes.





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