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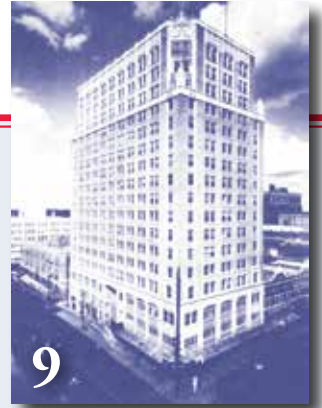
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Robb Brazzel and Russel Adams with the State Fair of Louisiana

OCTOBER 28 - Christmas in Roseland

Kim Merritt, American Rose Center

NOVEMBER 4 - Five Steps to Living a Longer, Healthier, and Happier Life

Judy Gaman, author and speaker

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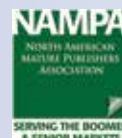
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Beginning a New Chapter

Birthdays have never bothered me - well, except one. It was in 1983 when I turned 30. That birthday was traumatic! I was married with 2 children, working and driving a minivan. My coworkers even "feted" me with black balloons. In my mind, it was the beginning of the end.

I look back now on my emotions at that birthday and laugh. Each year has brought wonderful new experiences, meaning, joys and, yes, even sorrows. And through it all, each candle on the cake has been reason for celebration.

This past May I aged into another decade - I turned 70. It wasn't traumatic or even unsettling. I feel blessed to have achieved this milestone. But I also realize that I can't lie to myself any longer. I'm now "elderly".

How can that be? Elderly is always some vague age some-time in the future. Plus my mental picture of someone "elderly" is far removed from my actual state. And yet here I am. But I'm healthy and very active and I still revel in the same things that I loved in my younger days - spending time with friends and family, amusement parks (especially roller coasters and virtual reality rides), my work and travel. 70 truly is the new 60!

Like many of you, I'm still working. Not because I have to, but because it is a source of joy, pride and fulfillment. I feel that

this magazine and what I do make a difference. But now that I'm 70, isn't it time to retire?

I find myself increasingly drawn to spending more time playing with my grandchildren, engaging in more community service, playing Bridge and Pickleball, and going on extended trips. So I find myself facing a decision. Should I publish our last issue, retire and pursue those interests full time or continue to contribute to our area's 50+ community?

And then I realized - I could have the best of both worlds. So with this issue, *The Best of Times* will be published bimonthly, beginning with the September/October issue. Gary will continue to offer *The Best of Times Radio Hour* and senior expos, and we'll continue to publish *Silver Pages*, but we'll only publish 6 issues a year.

But what do I do with all the other fabulous articles that I have coming in each month that just won't fit? Beginning this month, check our website TheBestOfTimesNews.com often. Click on "View Online Articles" or subscribe to our E-newsletter at <http://tiny.cc/TBTnewsletter> to find a host of valuable articles and information.

So turning 70 feels great! I'm blessed and plan to make each and every day "the best of times"!

~Tina

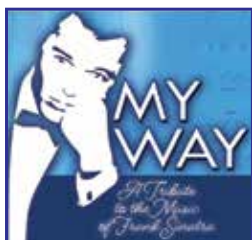
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Medical News & Info



You're Never Too Old to Start Strength Training

Aging is one of the greatest threats to your freedom and independence you'll ever know, only because of what it does to your muscles. The body's hormones that are responsible for maintaining muscle mass decline with age. And, since older adults tend to be less active and eat less protein, we face more challenges as we get older. Luckily, there is a powerful remedy: lifting weights. Strength training helps stop the loss of muscle function that comes with aging. It stimulates muscle growth and enhances muscle tissue quality, meaning you can generate more force with a given amount of muscle. Both the National Strength and Conditioning Association (NSCA) and the American College of Sports Medicine (ACSM) recommend strength training for older adults, noting that programs can be adapted for those with frailty or chronic conditions. Those brand-new to exercise may consider working with a physical therapist or a personal trainer, who can help come up with a customized plan, educate patients on proper form, and advise how hard they should be working. You can also search for an exercise program designed just for adults 65-plus..



Taking Good Care of Your Teeth May Be Good for Your Brain

Taking good care of your teeth may be linked to better brain health, according to a study published in an online issue of *Neurology**. The study found that gum disease and tooth loss were linked to brain shrinkage in the hippocampus, which plays a role in memory and Alzheimer's disease. The study does not prove that gum disease or tooth loss causes Alzheimer's disease; it only shows an association.

HEARING AIDS a 'Powerful' Tool for Reducing Dementia Risk

A large observational study from the United Kingdom showed a 42% increased risk for dementia in people with hearing loss compared with their peers with no hearing trouble. In addition, there was no increased risk in those with hearing loss who used hearing aids. The study which was published online in *Lancet Public Health*, comes on the heels of the 2020 *Lancet Commission* report on dementia, which suggested hearing loss may be linked to approximately 8% of worldwide dementia cases, as reported by *Medscape Medical News*.





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HISTORIC SITES Are Being Lost to Neglect

By Sarah (Sally) Hamer

Photos courtesy of Northwest Louisiana Archives at LSU and Twin Blends: Northwest Louisiana History Hunters

Did you know that Caddo Parish has eight historic and significant buildings that are in danger of being lost? Northwest Louisiana's history is disappearing at an appalling rate as older buildings are falling into neglect and finally being torn down, so that it would be a shame if even to lose even one more of them.

Joe Slattery, Library Specialist in the Genealogy Department at Broadmoor Library, agrees. "These buildings, and many more of them not currently on the list, are part of who we are as a city and a parish. It's a tragedy that we don't honor and protect our history better."

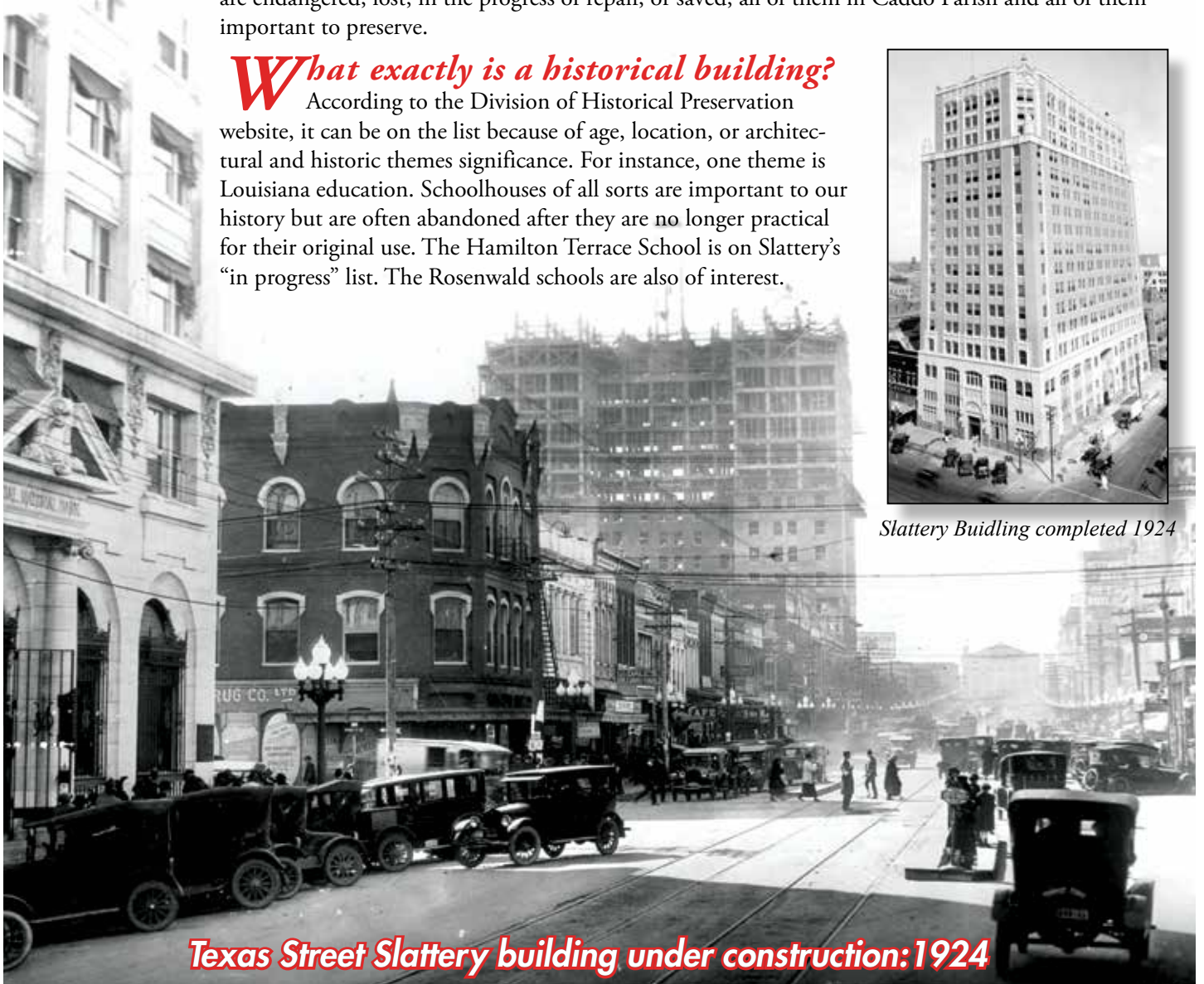
Unfortunately, this corner of Louisiana isn't the only one with this problem, so the Louisiana Division of Historic Preservation creates an annual listing of buildings that are in different stages of decay, allowing those of us who want to preserve our history a chance to make a difference. Slattery has added important places to this list, with twenty-three buildings that are endangered, lost, in the progress of repair, or saved, all of them in Caddo Parish and all of them important to preserve.

What exactly is a historical building?

According to the Division of Historical Preservation website, it can be on the list because of age, location, or architectural and historic themes significance. For instance, one theme is Louisiana education. Schoolhouses of all sorts are important to our history but are often abandoned after they are no longer practical for their original use. The Hamilton Terrace School is on Slattery's "in progress" list. The Rosenwald schools are also of interest.



Slattery Building completed 1924



Texas Street Slattery building under construction: 1924



PC1990 Hamilton Terrace Jr High

Sometimes a building is preserved because of its architecture. We have several Queen Anne houses left in Shreveport, including the Ogilvie-Wiener Mansion on Austin Street. Built in 1890, it's the oldest Queen Anne-style Victorian building in Shreveport and certainly deserves its



Ogilvie-Wiener House

place on the list. It is in the process of being renovated.



Other buildings are important because of their history. The Calanthean Temple Building on Texas Avenue is one of them. It was designed and funded by an African-American business woman, Cora Allen, in 1923 and was the home of businesses and a roof-top garden where Count Basie, Duke Ellington, and Cab Calloway played the night through. This building is on the "progress" part of the list, with renovations being made.

But we have buildings that aren't in the process of renovation and may soon be lost. One is the "original" Slattery building where Woolworth's was located in downtown Shreveport. It was built in 1908 by J. B. Slattery (the same one who built the seventeen-story Slattery Building across the street) for various offices, was the Shreveport post office for a short time and housed the American Telegraph College. Then, in 1912, Woolworths took it over and was the downtown WalMart until 1992. They had one of the first escalators in Shreveport, put in about 1954.



Antioch Baptist Church on Texas Avenue

Another is the Antioch Baptist Church on Texas Avenue. The church was established in 1866 by seventy-three newly freed slaves. The current building was designed by architect N. S. Allen, was built in 1903, and was placed on the Registry of Historical Places in 1982. It's been plagued with structural problems and was closed briefly in 1999 when it was renovated. Almost 25 years later, the dwindling congregation still struggles to maintain the building.



The Bridges-McKellar house on Oakland Street

The Bridges-McKellar house on Oakland Street was built either in 1885 or 1906 (opinions vary) by Shreveport mayor Reuben McKellar for

his wife Theodosia, and claims to be the first in Shreveport to have a forced air heating/cooling system and patent stone work. This Queen Anne-style boasted the first stone water cistern and the only one left in Shreveport. The building is in terrible shape but efforts continue to try to save it.



Saenger building on the corner of Louisiana and Milam streets.

Another downtown building is the old Saenger building on the corner of Louisiana and Milam streets. The Saenger brothers were known for their theaters one of which is Shreveport's Strand, but before the theaters, they owned a drug store and soda fountain. With a hotel above, the building contained thriving businesses for decades. In 1960, Standard Shoes took the building over but they closed in the 1990s. The building has been empty since.

Slattery's Caddo Parish list includes five that are considered "saved" because they have been renovated and stabilized, six that are currently having work of some sort done on them, and four that are lost and have been torn down.

All eight of the endangered buildings on the list are privately owned, which probably is why there is not a real push to save them. Renovations are expensive and time-consuming, and

the rewards can be iffy. What do we do with old houses or businesses once their original purpose is gone? A house can be made into a bed-and-breakfast, an office building or old store can be made into sleek apartments or condos but an owner may not have the ability to do so.

However, as Slattery says, "The historical diversity and knowledge in Shreveport declines every time a building is destroyed." And that is a tragedy.

Louisiana Trust for Historic Preservation

Do you know of a house or other building that might meet the criteria to be added to the list of Louisiana's most endangered places or would like to make a donation to save these historic buildings? You can contact the Louisiana Trust for Historic Preservation at www.lthp.org/ for more information and a list of endangered places.



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The Times We Live In

We live in interesting times. It seems almost daily that we hear about yet another mass shooting at a school, a church, public gatherings, or workplaces. We hear of cyber-attacks that cripple a vital portion of our economy, and of course we are still “on-edge” as we remember the pandemic and the quarantined life. Are we ever going to return to some semblance of normalcy? We are invited into fear.

Locally too, we receive “invitations” to increase our level of fear almost daily as shootings and senseless murders seem to be reported multiple times a week right here in Shreveport/Bossier City. What is happening to us? It would be extremely easy to “curl up” in fear these days. These days and times, however, are the ages in which we live. How can we keep from retreating and succumbing to fear? How can we live in times like these?

Given the reality of these times, an important question to ask ourselves becomes, “what is all of this producing in my life?” Some philosophers have proposed that fear is the opposite of love. Some suggest hate as the opposite of love. I do not agree totally with either.

If love is pure energy, and it is, so too is hate. Hate is extremely close to love, and in fact perhaps we expend so much energy hating because it is an attempt to “cover” love. Hate and love are remarkably close to one another. In times like these it is very easy to succumb to both fear and hatred. I



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think it is also tempting to become indifferent to it all. Indifference is a state of no energy expended, so I propose that it is truly love's opposite. Like hate to love, fear is extremely close to indifference, because it blocks energy. Here's the deal. We do have choices!



What is the worst thing that can happen to me? I could die, right? If I am being realistic with myself, I recognize and will even embrace the fact that death is an inevitable part of life. But is death even real? We are told that we are energy, and that energy cannot be destroyed. We all will die a bodily death, but if life is truly energy, it continues in a different form. When I really accept this, the only real question then becomes, "how do I want to live?"


Love, hate, fear, or indifference; we all get to make those choices. What am I choosing right now? In times like these, our choices are vitally important. Conscious awareness is key. Understanding that my fundamental choice is always love, hate, fear or indifference, I want to choose love as often as I possibly can. I wonder how different the world could be if more of us consciously chose love.



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The Case of the Unknown Adoption

Ethel, who had married a rich man, inherited a lot of money when her husband died, but she didn't live long to enjoy it. She died 4 months after her husband and that's when the fighting began. Two people, Fred, Jr. and Little Ricky, claimed that Ethel was their mom and they should inherit all of her money. But Ethel's three siblings said Ethel never had any kids and they should inherit her money.

From a legal point of view, because Ethel did not have a will, in her particular case, and her case is a real-life Louisiana case in which I have changed everyone's name, Ethel's kids were first in line to inherit.

But if she did not have any kids, then her siblings would inherit.

Fred, Jr. and Little Ricky went to court and swore under oath that Ethel was their mom. The siblings responded by accusing Fred, Jr. and Little Ricky of

lying under oath. Because lying under oath is a crime, the siblings contacted the FBI hoping that they could put Fred, Jr. and Little Ricky in federal prison. Fred, Jr. and Little Ricky responded by suing the siblings for calling them liars.

Can you be sued for calling someone a liar? You sure can, but the lie can't be just about anything. If the lie falsely accuses someone of a crime, then that's defamation. and you can be sued for money if you defame someone. Ethel's siblings defended themselves in the defamation suit by telling the Judge

that everything that they had told the FBI about Fred, Jr. and Little Ricky was the truth. You can't be sued for defamation if everything you had said was the truth.

So, here's how the Judge got to the bottom of the situation: he ordered Fred, Jr. and Little Ricky to show him their official birth certificates. When the birth



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certificates were delivered, there were 2 for each of them. Fred, Jr. and Little Ricky's original birth certificates did not list Ethel as their mother. but both birth certificates had been later amended to show that Fred, Jr. and Little Ricky had been adopted by Ethel.

The next thing the Judge did was to closely examine the letter the siblings had sent to the FBI. In that letter, the siblings claimed that Fred, Jr. and Little Ricky had lied under oath. The Judge then looked at what Fred, Jr. and Little Ricky had said under oath. The exact quote was, "Two children were born unto Ethel and that no children had ever been adopted by her."

Well, the birth certificates showed that wasn't true. From a very technical point of view, Fred, Jr. and Little Ricky had lied. And they had lied under oath, which meant that they had committed a crime, just like Ethel's siblings had told the FBI. So, the Judge threw out the defamation case Fred, Jr. and Little Ricky had filed against Ethel's siblings.

but that still left the matter as to who should inherit Ethel's money.

Here's what Louisiana law says about adopted kids: upon adoption, the adopting parent becomes the parent of the child for ALL purposes. In other words, Fred, Jr. and Little Ricky got Ethel's money. And here's something else Louisiana law says about adopted kids: they retain the right to inherit from their biological parents. Let me try to explain: let's say that Little Ricky's biological Mom had died without a will. Even though the biological Mom had surrendered little Ricky and he had officially been adopted by Ethel, Little Ricky would still inherit from his biological mother.



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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The U.S. Constitution: The Ninth and Tenth Amendments

The Ninth and Tenth Amendments are the last two amendments to the United States Constitution that appear in the first ten amendments known as the Bill of Rights. Most people do not hear much about the Ninth or Tenth Amendment in their daily lives, but the framers of the Constitution felt they needed to be included to guarantee citizens of the United States rights under their new government.

The Ninth Amendment provides:

The enumeration in the Constitution, of certain rights, shall not be construed to deny or disparage others retained by the people.

The Ninth Amendment was written in order to state that not all rights that people have are written into the Constitution. The framers wanted it to be understood that other rights not written into the Constitution existed outside its framework that may have to be included in future generations by other amendments to the Constitution. The main concern with this amendment was to insure if the need arose in the future, amendments could be added to the Constitution to make sure that any right not listed in the Constitution could

be protected and help stop the overreach of the national government into its citizens' lives if necessary.

The Tenth Amendment to the United States Constitution provides:

The powers not delegated to the United States by the Constitution, nor prohibited by it to the States, are reserved to the States respectively, or to the people.



The Tenth Amendment reflects the Constitution's commitment to federalism, meaning the traditional balance of power between the national government and the states. This amendment was meant to protect the "reserved powers" of the states, meaning the powers that the states held before the Constitution was ratified, while also reminding those in government that power originates with the American people.

The Tenth Amendment has been on display in the news lately with the recent Dobbs decision from the United States Supreme Court. I can state that I am only using this recent decision to show how the Tenth Amendment has come into play recently, I am not here to write or debate any position on this decision.

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The Dobbs decision stated that abortion access was a matter to be determined by the people of each state. The United States Supreme Court, under the Tenth Amendment, recognized that the citizens of each state should make the decision as to what rights a person would be allowed to have to an abortion in their state. After this decision, each state began addressing abortion rights in their state and state legislatures began passing laws regarding this issue. As such, legislatures in every state have been addressing this issue whether by a vote of the people or through their elected legislative body. The Tenth Amendment allows the states to grant more rights than are under the Constitution, as long as the right does not interfere with a right that is reserved to the Federal Government, but the states can never take away any rights as guaranteed under the United States Constitution.

The first ten amendments to the United States Constitution are called the Bill of Rights. As you can see, these rights cover many aspects of our everyday lives as citizens of the United States. In the next few articles, I will highlight some of the other amendments made to the United States Constitution over the years and why these amendments were necessary.



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

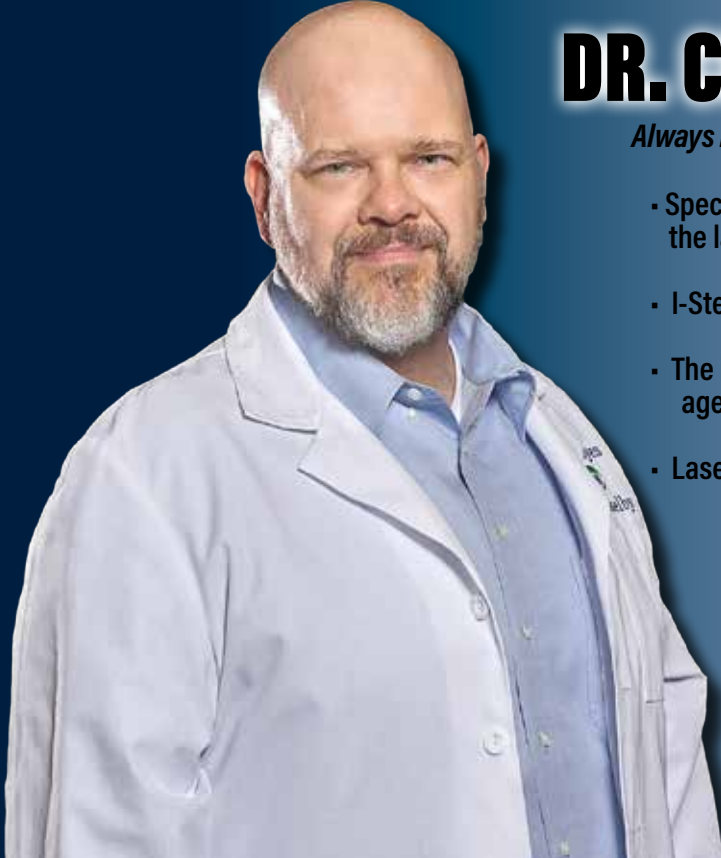


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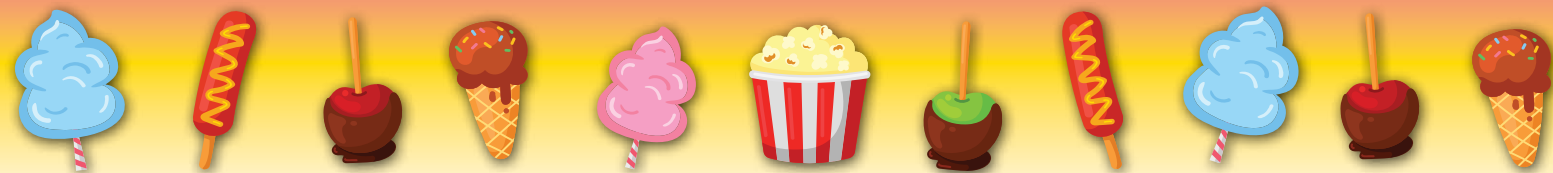
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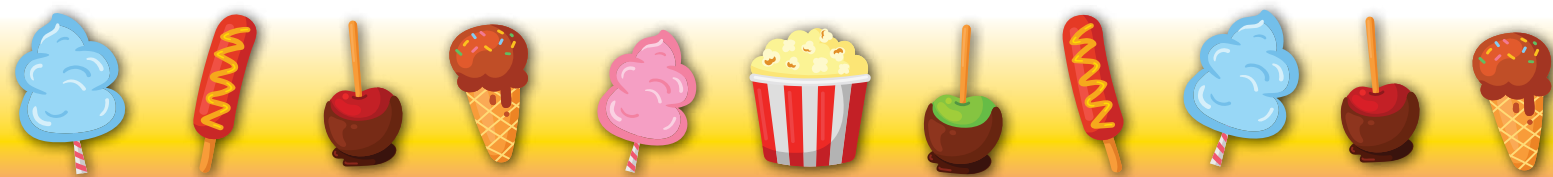
To exhibit, email your request to gary.calligas@gmail.com by October 23, 2023. (Exhibit spaces are subject to availability)

EXPO Pre-Registration and Special Door Prize Entry Form

(Must be present to win door prizes)

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 City: _____ State: _____ Zip: _____
 Telephone: _____ E-mail Address: _____

Email the above information to seniordayexpo@gmail.com by October 23, 2023 with subject line: "2023 Senior Day Expo Registration" to pre-register for the Expo and be eligible to win special door prizes! Or, you may mail your registration form to:
 2023 Senior Day EXPO, P. O. Box 19510, Shreveport, LA 71149-0510.





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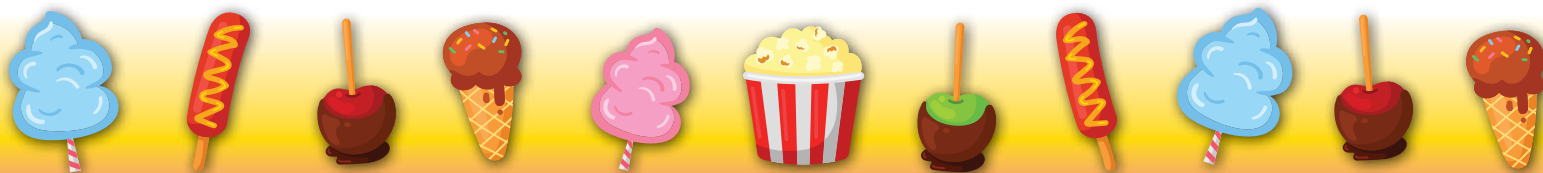


Schedule of Events

Pick up your door prize entry form at the registration desk and remember to register at our prime sponsors' exhibit booths for their GRAND DOOR PRIZES valued at over \$1,000 each!

- 10:00 a.m. - Welcome and Announcements
- 10:05 a.m. - Performance by the SPAR Joint Choirs
- 10:40 a.m. - Performance by the FootLoose Dancers
- 11:15 a.m. - Door Prize winners announced (must be present to win)
- 11:30 a.m. - Performance by Joanitones
- 12:15 p.m. - Door Prize winners announced (must be present to win)
- 12:30 p.m. - Performance by a very special guest
- 1:05 p.m. - Special Presentations
- 1:35 p.m. - General and Exhibitor Door Prize winners announced (must be present to win)
- 1:45 p.m. - Grand Door Prize winners announced (must be present to win)
- 2:00 p.m. - Senior Day Expo ends. Thank you for attending!
- ALL DAY – Flu and pneumonia shots and other vaccines available at the Walgreens Exhibit Booth

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Foods That Help Fight Iron Deficiency

Iron is an important mineral that the body needs for many purposes. It delivers oxygen through the bloodstream from the lungs to tissues. It also helps the body make cells and hormones. For children, iron is an important mineral for brain development and healthy growth overall.

Iron deficiency anemia is a condition where your body does not have enough iron. It is one of the most common nutrient deficiencies worldwide. Symptoms of iron deficiency anemia include pale skin and fingernails, weakness, fatigue, dizziness, issues with concentration and memory, stomach upset, and an inflamed tongue. People with iron deficiency anemia are also more prone to illness and infections because their bodies have a difficult time fighting germs. Adults who may be more susceptible to this condition

include frequent blood donors, pregnant women, people with heart failure, cancer, or gastrointestinal disorders, and women with heavy menstrual cycles.

Iron deficiency is not uncommon, but most of us can get enough iron in our diets by eating foods rich in this important mineral. Specific iron needs can vary by person, but the general recommendation for adults 51 years and older is 8 milligrams per day. To put this into perspective, one beef hamburger patty (quarter pound) has about 2 milligrams. Please note that while this is the general guideline for older adults, we all have unique needs, and it is best to get a more individualized recommendation from your primary care provider, especially if you suffer or are prone to suffer from iron deficiency anemia.



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Many foods can provide iron to help you reach your daily nutrient needs. Keep in mind that the iron from animal sources, called heme iron, is more easily absorbed by the body than the iron from plant sources (nonheme). In fact, the body absorbs two to three times more iron from animal sources. Animal sources of iron include lean beef, chicken, turkey, and oysters.

Plant sources of iron include tofu, baked potatoes, beans and lentils, cashews, dried fruits, whole grain breads, enriched breads, fortified breakfast cereals, and dark leafy green vegetables like kale and spinach. To help increase iron absorption when eating plant sources, pair your food with a food that is high in vitamin C, like citrus fruits, bell peppers, tomatoes, broccoli, Brussels sprouts, cauliflower, cabbage, and strawberries. This pairing may look like a fresh green salad with strawberries or oranges on top, a bell pepper and bean salad, or fortified cereal with strawberries. The possibilities are endless! Get creative and pair vitamin C with your iron to reap extra benefits.

Iron supplements may be recommended by your provider if they find that you have a deficiency. Keep in mind that iron supplements can interact with some medicines, so be sure that you are telling your provider about all the medications you take. Always follow your medical provider's instructions and don't start iron supplements without consulting your provider first.

There are many vitamins and minerals that our bodies need to function every day, and it may seem overwhelming to keep up with all of them! Rest assured - most healthy adults can get adequate nutrition from simply eating a healthy, balanced diet with a variety of different foods. It's always a good idea to stay up to date with your primary care provider so that they can monitor your health and inform you if you are deficient in a nutrient. If you are more susceptible to iron deficiency anemia, try incorporating more iron-rich foods and vitamin C into your weekly routine.



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@lsu.edu.

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Franklin and Rebecca

Franklin lives in 210.

Rebecca lives in 211.

It wasn't always that way. But that's another story.

They met in the hall one morning on their way to breakfast.

Franklin, on the arm of his caregiver, bowed his head slightly, smiled and said to Rebecca, "Good morning. Do you know you have beautiful eyes?"

Rebecca, on the arm of her caregiver, smiled back and said to Franklin, "Good morning to you. Do you know you have a lovely smile?"

Franklin smiled again.

Nothing more was said until they reached the elevator, where Rebecca whispered to her caregiver, "What's his name? He has a lovely smile."

"His name is Franklin," the caregiver whispered back.

"Who is she?" Franklin whispered to his caregiver. "She has beautiful eyes."

"Her name is Rebecca," the caregiver whispered back.

After breakfast, Franklin, on the arm of his caregiver, returns to 210. Rebecca, on the arm of her caregiver, returns to 211.

Franklin passes the rest of the morning very patiently unfolding the piece of paper he keeps in a small wooden box by the window, reading it, then very precisely

refolding it and returning it to the small wooden box.

There are nine delicately written words on the piece of paper.

When I can no longer remember you ... remember me.

Always the same thought runs through Franklin's mind - remember who? Sometimes, like a candle in the dark, a memory flickers its way toward him but just when it is within reach and he tries to grasp it, like a candle in the wind, it is gone.

A man named Samuel gave him the box with the note in it, but Franklin does not remember that. Nor does he remember that Samuel is his son.

Across the hall, in 211, Rebecca sits in her favorite chair - a La-Z-Boy James Rocker Recliner. Rebecca does not remember that Elizabeth, the woman who gave her the chair, is her daughter.

But Rebecca does love to sit in that La-Z-Boy James Rocker Recliner, as quiet as a dove on its nest, and stare out the window.

They met again in the hall on their way to dinner.

Franklin, on the arm of his caregiver, bowed his head slightly, smiled and said to Rebecca, "Good morning. Do you know you have beautiful eyes?"

Rebecca, on the arm of her caregiver, smiled back and said to Franklin, "Good morning to you. Do you know you have a lovely smile?"

Franklin smiled again.

Neither caregiver chose to remind them that it was evening.



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Nothing more was said until the elevator doors closed and Rebecca whispered to her caregiver, "What's his name? He has a lovely smile."

"His name is Franklin," the caregiver whispered back.

And Franklin whispered to his caregiver, "Who is she? She has beautiful eyes."

"Her name is Rebecca," the caregiver whispered back.

After dinner, Franklin, on the arm of his caregiver, returns to 210 where he will pass the rest of the evening very patiently unfolding the piece of paper he keeps in a small wooden box by the window, reading it, then very precisely refolding it and returning it to the small wooden box.

Rebecca, on the arm of her caregiver, returns to 211 and passes the rest of the evening in her favorite chair, the La-Z-Boy James Rocker Recliner sitting, as quiet as a dove on its nest, staring out the window.

And so it goes, day after day.

Franklin's son, Samuel, visits his father often.

Rebecca's daughter, Elizabeth, visits her mother just as often.

Sometimes they eat together, and always, Franklin asks, "Who is she? She has beautiful eyes."

"Her name is Rebecca, Dad, and you're right, she does have beautiful eyes."

And always, Rebecca asks her daughter, "Who is he? He has a lovely smile."

"His name is Franklin, Mother, and yes, he does have a lovely smile."

Franklin was the first to go, passing quietly one December morning. Only a day later, Rebecca, in her favorite chair, closed her eyes and, like Franklin, gently stepped from this life into the next.

The notice in the newspaper said that Franklin and Rebecca had been married nearly 60 years, had two children, Elizabeth and Samuel, and more grandchildren and great-grandchildren than they knew of.

EPILOGUE

On a December morning, Rebecca finds herself walking through a field of wildflowers, unlike any she has ever seen. In the middle of the field of wildflowers, she sees Franklin, waiting to welcome her.

"Remember me, Franklin?" Rebecca asks.

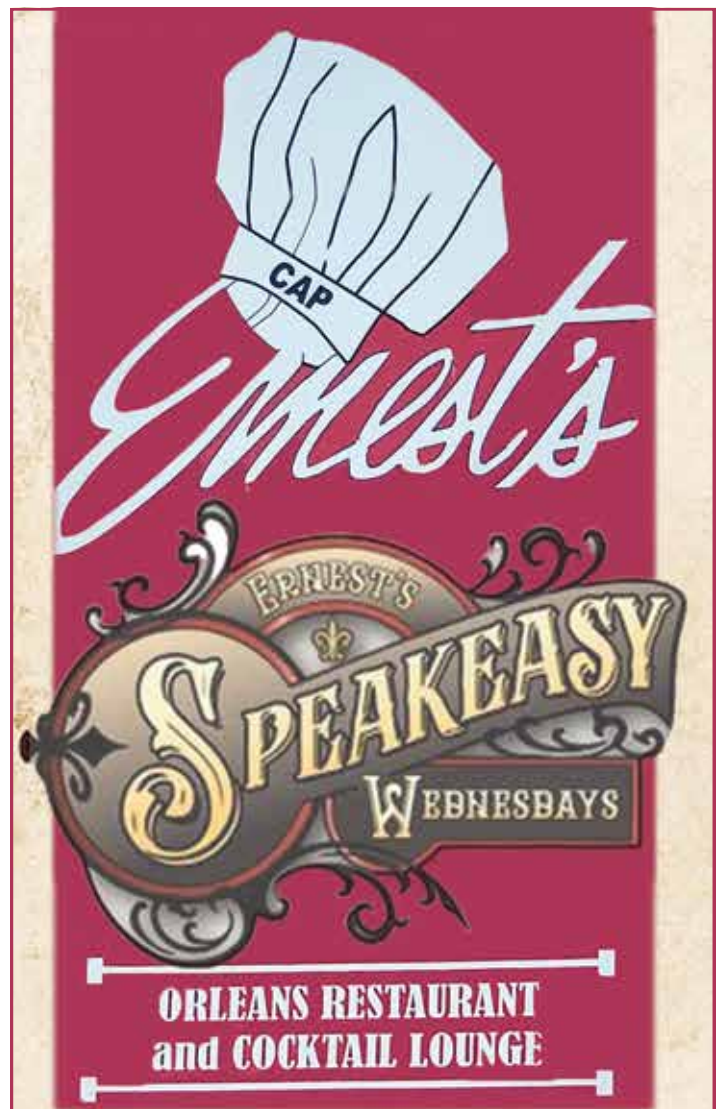
"Always, Rebecca." Franklin answers. "Do you know you have beautiful eyes?"

And Rebecca answers, "Do you know you have a lovely smile?"

Looking around this place of perfect peace, Rebecca asks, "Is this heaven?"

Franklin smiles. A lovely smile. And answers, "It is now."

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By Fyllis Hockman; Photos by Victor Block

I've been on several boat trips -- a barge cruise in France, a Danube River cruise, a sail along the Nile -- and always the accommodations have been lovely. But it took a Mississippi River Cruise from Memphis to New Orleans with American Cruise Lines to reach luxurious.

The American Symphony stateroom doesn't accurately describe accommodations more befitting a mid-sized hotel room. Lots of closet space -- check. Flat-screen TV -- check. Vases of fresh flowers -- check. Private balcony -- check. Sumptuous robe -- check. It was so comfortable we almost hated leaving it. But ah, both food and excursions beckoned.

The gourmet meals were fortunately accessible by the half-portion, because some form of edibles is available round-the-clock. There are more snacks accessible in multiple lounges than in your neighborhood 7-11. Return from an excursion -- candy basket welcomes you back. In your room a delicious

pastry awaits you on your dresser. Warm cookies show up every day at 10 and 3. And a menu separate from



the dining room is available from 6:30 a.m.

to 5 in the Sky Lounge. Of course, there is a daily cocktail hour with hors d'oeuvres preceding dinner. Not exactly a spa vacation. Yes, there is a fitness room but as one crew member said, "It's the cleanest room on board!"

I'm accustomed to complimentary wine and beer available at meals but here all manner of alcohol is available all day. And you gotta love a cruise that offers Baileys with your morning coffee! If you're a teetotaler, this may not be the cruise for you. The "it's 5 o'clock somewhere rule" does not even begin to apply. Bloody Mary's abound in the morning and the 3 o'clock lecture features a rum punch.

And with all of this, no tipping. Several times my husband and I said to each other: "Why in the world would every crew member be so gracious when they're not even getting tipped?"

At the introductory meeting, cruise director Christian, describing all the on-board activities and shore excursions available, used the word "enrichment" about five times during the half-hour presentation.

Multiple excursions are offered daily from walking tours of the different cities to visits to a myriad of museums, historic homes, national parks, gardens, plantations, cultural outings and outdoor adventures. Onboard there are daily lectures,



interactive games galore, guest speakers, music and multiple places to just get away from it all in which to drink, read, isolate, socialize or just ponder life. Every night there is entertainment from '50s and '60s sing-alongs to blues band, C&W combos, comedians, and more.

You can be as social or anti- as you like. There's the option at every meal to dine alone or with others but everyone was friendly, interesting and well-traveled. The al fresco upper deck is a delightful place to read or just watch the river world pass by. And if you're anything of a Civil War buff, this trip resembles heaven – every town involves a Civil War Museum, Civil War history, military encampments, Civil War forts – and once back on the boat? An assortment of lectures on Civil War something. But other options prevail with more wide appeal.

The most appealing to me? The Great River Outdoor Adventure. Driving the ATV around the Double C Ranch seemed innocuous enough at first. We initially saw a herd of cows cavorting the countryside, forming a very close welcoming committee – literally as we were able pet them from the vehicle. I tried to imagine what kind of treat you'd give to a 1000-pound bull to get him to French Kiss an ATV driver.

Next stop: an archery range. I felt a tremendous sense of accomplishment as I killed that bear – three hits out of three. We also stopped to pet Fred, a very imposing 1700-pound Brahma bull. He's friendly, we were told, although the woman who got a tad more than nudged in the crotch was none too happy. Then onto fly fishing and tomahawk throwing. Not my forte. I wanted to go back to the archery range.

Initial summary of the ATV adventure: I couldn't read the notes I took. Then I couldn't even take any. Then Mackenzie instructed us all to put the ATV into 4WD – and we started flying over treacherous terrain, through deep mud puddles, up and down steep ravines. At this point just surviving the ride was the goal – the hell with notes -- but what an exhilarating experience!

Another non-Civil War getaway? The Cajun Swamp Pride Tour. Instructions ahead of time? If your hat or phone falls into water, don't retrieve it. No one needed to be reminded twice as the waters were strewn with alligators. And why not? The captain feeds them marshmallows from the boat.

We also stopped to view a herd of wild pigs on the shore – as well as an array of adorable raccoons, rewarded for showing up when called with some corn meal. It was almost more zoo-like than wildlife encounters until the captain opened a gate leading to a perch attached to the boat – and from there fed the alligators chicken for which he encouraged them to jump up out of the water to retrieve, which they willingly did.... Also menacingly. I couldn't help but wonder if anyone else on board knew how to steer the boat.

*For more information,
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Sidney Kibrick Remembers 'Our Gang'



*From the 1939 short, "Auto Antics".
Sidney Kibrick is 2nd from right
(photo provided by publicist for the
Hollywood Museum)*

First screened in movie theaters during the early 1920s, the "Our Gang" film series was produced for another two decades and featured an ever-changing cast of children, showcasing their comedic neighborhood antics.

Throughout the series of some 220 short films created by producer Hal Roach, about 40 child actors appeared regularly beginning in 1922's silent era and continuing through 1944. Sidney Kibrick is one of the last surviving "Our Gang" cast regulars.

Kibrick, 95, appeared in more than 2-dozen 'Gang' shorts, initially as an unnamed character but eventually anointed with the nickname 'Woim,' the exaggerated Brooklyn pronunciation of 'worm.' Other well-known members of the gang included Spanky (George McFarland), Butch (Tommy Bond), Buckwheat (Billie Thomas), and Alfalfa (Carl Switzer).

"We'd have 2 hours of schooling in the morning and then work anywhere from 6 to 16 hours until we finished," recalled Kibrick from his home in Los Angeles. "There was a lot of work, no question about it, but our director Gordon Douglas was a terrific guy and he was really able to get a lot out of each kid."

Despite the long hours, there was occasionally time to relax and be a kid off-camera.

"There was a big pond at the studio, so Spanky and I would go fishing a lot," said Kibrick. "We developed a lifelong friendship and although he moved to Dallas while I lived in Beverly Hills, we used to visit and stay at each other's homes time and time again over the years."

Despite dozens of kids running around on set, Kibrick remembers things never getting out of control.

"We had scripts and had to rehearse before shooting so it was very structured," he recalled. "Parents had to be on the set at all times."

And while most of the young actors got along, Kibrick remembers one troublemaker.

"Alfalfa (Switzer) was a very difficult kid and created a lot of problems on the set. He was not nice – not only to the gang, but to the boys and girls who were extras in the movies. It was just his nature. Years later, he was killed in a fight, so he was basically a tough kid."



So too was Kibrick's character, Woim.

"I was Butch's sidekick and we were the bad guys always taking on Spanky, Alfalfa, and Darla (Hood)," he explained.

Born in Minneapolis, young Sid was just an infant when the family moved to Los Angeles so his dad could find better work and was later 'discovered' after turning five.

"My mother took us to Grauman's Chinese theater and after the movie, a man came over to us, pointed at me, and said he could 'use that little kid in the movies,'" Kibrick recalled. His parents really pushed him and his brother, Leonard, into acting.

"I was earning \$750 a week in 'Our Gang' which was a lot in those days, especially during the Depression," he said. "But by the time I was 15, I'd had enough. My parents wanted me to continue but finally my mother went along with my wishes. I later attended college and became a real estate developer. So I had a very successful post-Hollywood career."

Last year, Kibrick attended the opening of an exhibit at the Hollywood Museum honoring the 100th anniversary of the "Our Gang" series. "It's nice to be remembered!" he said.



Nick Thomas teaches at Auburn University at Montgomery, in Alabama, and writes about classic film, television, and music for numerous magazines and newspapers. See www.getnickt.org.



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Sweet and Tangy Pickled Grape Dogs

Servings: 8 (¼ cup relish per serving)

½ teaspoon mustard seeds	2¼ cups quartered or coarsely chopped Grapes from California (red, green, black or combination)
½ teaspoon coriander seeds	¼ cup thinly sliced red onion
½ teaspoon black peppercorns	8 turkey or chicken hot dogs
½ cup wine vinegar	8 hot dog buns, lightly toasted
¼ cup packed brown sugar	

Place mustard seeds, coriander seeds and black peppercorns in small resealable bag. Using meat mallet or rolling pin, crush seeds and peppercorns.

In small saucepan, stir vinegar, sugar, seeds and peppercorns; bring to boil. Remove from heat and stir to dissolve sugar; let cool. Stir in grapes and onion; set aside to cool and marinate 1 hour, stirring occasionally.

Heat grill to medium heat.

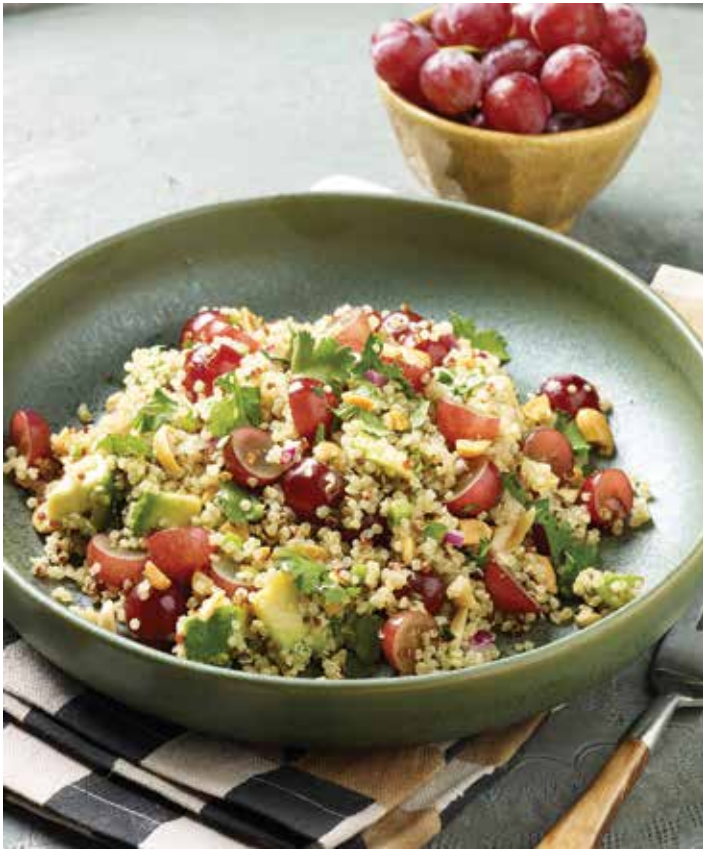
Grill hot dogs 5 minutes, turning occasionally, or until charred and heated through.

Place hot dogs in buns. Using slotted spoon, top with pickled grapes.

Nutritional information per serving: 280 calories

FAMILY FEATURES

Celebrations with friends, family and neighbors are a perfect way to enjoy the sunshine, cooler Fall weather and camaraderie. To satisfy a hungry crowd, though, you'll need recipes fit for the occasion. Turn to a versatile signature ingredient like grapes, which can be used in dishes of all kinds from refreshing salads and entrees to flavorful condiments and sweet desserts. Visit GrapesFromCalifornia.com to discover more entertaining inspiration.



Honey-Lime Quinoa and Grape Salad

Servings: 6 (1 1/3 cups per serving)

Lime Vinaigrette:

1/2 cup extra-virgin olive oil
1/3 cup lime juice
2 tablespoons honey
3/4 teaspoon sea salt
freshly ground pepper, to taste

Salad:

1 1/2 cups quinoa
2 cups vegetable broth
2 cups halved Grapes from California
1/2 cup minced red onion
1/4 cup chopped fresh cilantro
2 tablespoons minced jalapeno pepper
1 large firm, ripe avocado, peeled, pitted and cut into bite-size pieces
1/2 cup chopped peanuts (optional)

To make lime vinaigrette:

In medium bowl, whisk olive oil, lime juice, honey, sea salt and pepper, to taste.

To make salad: In fine mesh strainer, rinse quinoa; drain well. In medium saucepan, bring broth and quinoa to boil; reduce heat and simmer, covered, 12 minutes. Remove from heat and let stand 10 minutes then fluff with fork and let cool. Transfer to large bowl.

Pour vinaigrette over quinoa; stir well to coat. Add grapes, onion, cilantro and jalapeno pepper; cover and chill at least 1 hour.

Lightly stir in avocado and transfer to decorative bowl. Sprinkle with nuts, if desired.

Notes: Salad may be prepared and refrigerated up to 2 days ahead without avocado and peanuts. Add avocado and peanuts just before serving.

Nutritional information per serving: 520 calories



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WORD SEARCH

Locate the words in the grid which are running horizontally, vertically, or diagonally - forward or backward.

Royalty

- | | |
|------------|-----------|
| Baron | Jewels |
| Birthright | King |
| Castle | Lineage |
| Coronation | Monarchy |
| Crown | Noble |
| Czar | Opulence |
| Domain | Palace |
| Duchess | Pomp |
| Duke | Power |
| Dynasty | Prince |
| Earl | Privilege |
| Elite | Queen |
| Emperor | Status |
| Empire | Supreme |
| Heir | Throne |

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

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SUDOKU

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

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

CROSSWORD

Across

- 1 Barber's supply
- 5 It may be blank
- 10 University mil. group
- 14 Ho-hum
- 15 Kind of engineer
- 16 Kuwaiti leader
- 17 "The Open Window" writer
- 18 Hodgepodes
- 19 Partnership for Peace grp.
- 20 Cooked
- 22 Like some humor
- 24 Rainbows
- 25 From square one
- 26 Development
- 29 Annotation
- 33 Capital of Latvia
- 34 Diving bird
- 35 Dust remover
- 36 Mini-whirlpool
- 37 Refuse
- 38 Deadly poison
- 39 Cause of wrinkles
- 40 River feature
- 41 Takes steps
- 42 Affectionately
- 44 Result
- 46 Summer coolers
- 47 Ticked-pink feeling
- 48 Core out
- 51 Singer

- 55 Genesis twin
- 56 Offer one's two cents
- 58 Make an impression
- 59 Dart
- 60 Short-straw drawer
- 61 Lasting effect
- 62 Rushed headlong
- 63 Phobias
- 64 A stupid or foolish person

Down

- 1 Cook's meas.
- 2 Controversial orchard spray
- 3 Water-skiing locale
- 4 Make strides
- 5 Burn
- 6 Scrabble pieces
- 7 Ardent
- 8 Carnival site
- 9 "Hamlet" setting
- 10 Fame
- 11 Gulf sultanate
- 12 South American monkey
- 13 Relative of a gator
- 21 Gallery display
- 23 Plexus
- 25 Heart line
- 26 First-rate

1	2	3	4		5	6	7	8	9		10	11	12	13
14					15						16			
17					18						19			
20				21					22	23				
			24					25						
26	27	28					29					30	31	32
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42			43						44	45				
			46					47						
48	49	50					51					52	53	54
55					56	57					58			
59					60							61		
62					63							64		

- 27 Geological formation
- 28 Utah town
- 29 Old-fashioned
- 30 Spinachlike plant
- 31 Japanese knife
- 32 Cast out

- 34 Shopping centers
- 37 Mythical creature
- 38 Unfounded
- 40 Art ____
- 43 Water down
- 44 Inflammatory

- conditions
- 45 Low-tech missile
- 47 Lost cause
- 48 Lift
- 49 Capital near the 60th parallel
- 50 Animal shelter
- 51 MasterCard

- alternative
- 52 Rash reaction?
- 53 Defraud
- 54 "Comin' ____ the Rye"
- 57 "The Black Cat" writer



SAVE the Date



CADDO COUNCIL ON AGING

■ Presentations

CCOA will be offering the following programs at Caddo Council on Aging/ Valencia Community Center, 1800 Viking Drive, Shreveport. For info call 318.676-7900. **FREE.**

- **Thursday, September 7, 10 am** - "Safety for Seniors", William Douglas, Caddo Parish DA's Office
- **Thursday, September 14, 10 am** - "Fun Making Wire Art Decorations", Ann Shideler
- **Thursday, September 21, 10 am** - "Soup & Sandwich Day"
- **Thursday, September 28, 10 am** - "Muffins & Medicare", Jessica Vaughn

CONCERTS

■ Animaniacs in Concert

Friday, September 8 at 7 p.m. at The Strand Theatre, 619 Louisiana Ave., Shreveport. Join the voices of ANIMANIACS – the iconic animated Warner Bros. series – for a zany evening as they perform the world-famous songs from the beloved cartoon series backed by the original projected animation. Tickets are \$52, \$45, \$35 and can be purchased at www.thestrandtheatre.com/tickets/ or by calling 318-226-8555.

■ Shreveport Symphony

Performances are held at Riverview Theatre, 600 Clyde Fant Parkway, Shreveport. Tickets are \$20 - \$75. For tickets call 318-227-TUNE (8863) or visit www.shreveportsymphony.com.

- *Tchaikovsky's Fourth*

Saturday, September 23 at 7:30 p.m. - Abels *Global Warming*, Mendelssohn's *Violin Concerto* and Tchaikovsky's *Symphony No. 4* and will feature phenomenal violinist Simone Porter.

- *Elvis is in the Building* - October 21

at 7:30 p.m. American Family Concert's Symphonic tribute to Elvis starring Victor Trevino, Jr., Graceland's 2022 Ultimate Elvis Tribute Champion.

EVENTS

■ Archaeology Day

Saturday, September 16, 10 am - 2 pm at the Louisiana State Exhibit Museum, 3015 Greenwood Road, Shreveport. Hosted by LSEM and the LA Archaeological Society, NWLA Chapter. This **FREE** event is for all ages and includes educational activities and demos. There also will be display of the replica tools of the Caddo Indians; artifact preservation techniques, rocks and minerals, a mock archaeology lab, pottery making, basket weaving, blacksmithing. Call 318-632-2020 for more info.

■ Centenary Book Bazaar

The 36th Centenary Book Bazaar is sponsored by the Centenary Muses. **Friday, September 8, 4 to 9 p.m. and Saturday, September 9, 9 to 4 p.m.**, at the College's Fitness Center and continues Saturday, September 9. The bazaar will offer over 50 categories of books, DVDs, CDs, LP records, and puzzles. Titles range in price from 25 cents to \$1.25. On Saturday, all items are half-price after 1 p.m. Patrons should bring bags or boxes to carry out their books. Carryout assistance is available. Cash or check is accepted. Call the Book House at 318.869.5710 for more information.

■ Dolls Around the World

October 14, 10 am to 3 pm at First Baptist Church, 543 Ockley, Shreveport. Presented by the N. Louisiana Antique Doll & Toy Club. Tickets for the luncheon, favors, program and show are \$45. For ticket info call Robin Grubbs at 318-

780-8864 or email weebeetoy@bellsouth.net or Anita Berg at anitahb@mac.com. The show is **FREE** and open to the public from 1 to 3 pm.

■ Empty Bowl Hunger Awareness Event

Hosted by The Food Bank of NWLA. **Thursday, September 7 at 6 p.m.** at Bally's Casino and Hotel, 451 Clyde Fant Parkway, Shreveport. Attendees will enjoy four types of hearty soups, a wine pull, an online auction, a raffle, and an Empty Bowls Scavenger Hunt. Each attendee will also take home a hand-painted ceramic bowl. For more info, call (318) 675-2400 or visit their website at www.foodbanknla.org

■ Fraud and ID Theft Workshop

Wednesday, September 13th from 10 am to 11 am at the Cedar Grove/Line Ave. branch of Shreve Memorial Library, 8803 Line Ave., Shreveport. Learn the latest data on fraud trends, as well as tips and resources to protect yourself. Register for this **FREE** workshop at <https://events.aarp.org/Fraud>

■ Managing Your Legal Business

FREE legal clinic. **September 16, 10 am - 2 pm** at Shreve Memorial Library - Hamilton/South Caddo Branch, 2111 West Bert Kouns Industrial Loop, Shreveport. Join AARP Shreveport and attorneys from Acadiana Louisiana Legal Services and The Shreveport Bar Association in learning whether you have all your ducks in a row with your estate. Topics include Estate Planning 101, Hurricane Laura and Disasters, and ways to keep your estate intact. There will also be time for individual attorney consultation sessions. Registration is encouraged but not

required by visiting <https://events.aarp.org/LegalClinicShr>.

■ **Reach Out and Play Board Games**

Join AARP on Friday, September 15 from 12 noon to 2 pm at Hamilton/South Branch of Shreve Memorial Library at 2111 W. Bert Kouns Industrial Loop in Shreveport for an afternoon of play with classic board games. These redesigned classic board games include new features such as easy-to-grasp game pieces, increased font size, and trivia that cater to players across generations. All participants must be at least 12 years old. **FREE**, but you must register at https://events.aarp.org/ROAPGame_Shreveport.

■ **Red River Quilters Quilt Show**

Friday September 8, 9 am to 6 pm and Saturday September 9, 9 am to 4 pm at Louisiana State Fair Grounds Ag Building, 3721 Hudson Ave, Shreveport. Admission is \$10 ages 11 through adult, \$5 ages 5-10, free under 5. The show features 200+ quilts and quilted items, a silent auction, handmade items for sale, and a merchant mall. For more info visit the Red River Quilters Facebook page or www.redriverquilters.com.

■ **Ringling Bros. and Barnum & Bailey Circus**

Friday, September 29 at 7 p.m.; Saturday September 30 at 2 and 6 p.m.; October 1 at 2 p.m. at Brookshires Grocery Arena, 2000 Brookshire Arena Drive, Bossier City. The reimagined "Greatest Show on Earth" invites children of all ages to a spectacle of superhuman feats, pushing the limits of possibility and thrilling families and fans of all generations. Witness daring and never-before-seen acts on a highwire, trapeze, bicycle, and much, much more. Tickets are \$25 - \$85. For tickets, visit <https://brookshiregroceryarena.com>

■ **Senior Health and Wellness Fair**

Hosted by AARP Chapter 3832 of Shreveport. **Wednesday, September 13 from 10 am to 12 noon** at the Bill Cockrell Community Center, 4109 Pines Road in Shreveport. A fun-filled informa-

tive two hour event to gather information and obtain free health screenings. **FREE** admission and parking.

EXPO

■ **Senior Day EXPO at the Louisiana State Fair**

Thursday October 26 from 10 am to 2 pm in the Hirsch Coliseum, 3701 Hudson Avenue, Shreveport. This event is the largest senior/boomer expo in the State of Louisiana. Admission and parking are **FREE**. Fun, entertainment, presentations, giveaways, door prizes, health screenings, vaccines, and valuable information from over 100 exhibitors. Register to win one of the Grand Door Prizes valued at over \$1,000 each! You must be present to win. For more info, see pages 20 and 21 of this magazine.

MEETING

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

Meetings are held at Broadmoor Branch Library, 1212 Capt. Shreve Dr., Shreveport. **FREE** and open to the public. For information call 746-1851 or visit www.altgenealogy.com.

- **Saturday, September 9 from 1 to 3 pm.** "Genealogy Show & Tell". Bring your favorite family heirloom, keepsake or memorabilia and tells us about its history or significance.

- **Saturday, October 14 from 1 to 3 pm.** Author Henry Smith's topic is "The Big Picture with Serendipitous and Unexpected Co-incidences". Genealogist Phil Adderley will discuss "Finding Unusual Items in Courthouses and Archives".

MOVIES

■ **AARP Movies for Grownups**

My Big Fat Greek Wedding 3. **Thursday, September 14 at 10 am** at Regal Theatre at the Louisiana Boardwalk in Bossier City. Join the Portokalos family as they travel to a family reunion in Greece. **FREE**, but you must register after Sept. 6 at https://events.aarp.org/GreekWedding_BossierCity to receive a confirmed ticket.

■ **Silver Screenings**

Silver Screenings feature a matinee and

luncheon for senior citizens showcasing a classic film on the 3rd 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 persons 60 and older, there is a senior discount of \$5, compliments of AARP Louisiana. For info or tickets, call (318) 459-4122 or visit www.robinsonfilmcenter.org.

- **September 19 - "Dr. No"**. This 1962 spy film is the first in the James Bond series and stars Sean Connery.

- **October 17 - "Abbott & Costello Meet Frankenstein"** is a 1948 American horror comedy film starring Bud Abbott, Lou Costello, and Bela Lugosi.

THEATRE

■ **Always Patsy Cline**

September 1, 2, 8, and 9 at 7:30 PM; September 3, 9, and 10 at 2:00 PM. Presented by Shreveport Little Theatre, 812 Margaret Place, Shreveport. This heartfelt revue tells the true story of the country music legend's unlikely friendship with a fan, Louise Seger. The show features nearly thirty classic songs from the Patsy Cline songbook. Tickets are \$30 and can be purchased by calling 318.424.4439 or visit www.shreveportlittletheatre.com.

■ **Haunted Illusions**

October 27 at 7 p.m. at The Strand Theatre, 619 Louisiana Avenue, Shreveport. An evening of mind-blowing magic and comedy by master illusionist David Caserta. Tickets are \$49, \$39, \$29. Visit www.thestrandtheatre.com or call 318-226-8555.

■ **My Way: A Tribute to the Music of Frank Sinatra**

October 27, 28, November 3 and 4 at 7:30 p.m. and October 29 and November 4 and 5 at 2 p.m. at Shreveport Little Theatre, 812 Margaret Place, Shreveport. *My Way* celebrates the mystique of Frank Sinatra and the unforgettable music that made him famous. Tickets are \$30. Call 318.424.4439 or visit www.shreveportlittletheatre.com.

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 or Laura at laura.mclemore@lsu.edu.



These photos are from the Lawrence Lea collection. They were taken in 1978 in a manufacturing facility in the area. The photo of the assembly line workers appears to be staged for the camera. These photos are important for documenting Shreveport's era of industry. In addition to identifying the individuals in the photos, we would like to know if anyone can identify the business or businesses pictured.

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Answers from the Experts



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

I 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
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Shreveport, LA 71105
(318) 424-3400

What are the advantages of home care?

Research shows that elderly adults recover faster, with fewer complications at home than in a hospital. Being at home allows older adults to stick to their routines in familiar surroundings and maintain a sense of normalcy in their lives.

By managing their health conditions at home, elderly adults may be able to avoid unnecessary hospital visits.

Home care allows seniors and their families to enjoy their time together, knowing that the senior is well cared for.

There are many other advantages to home care as well, including:

- Peace of mind knowing that you or your loved one is receiving the best care available
- Personalized one-to-one care
- Caregivers who encourage independence and foster a sense of self-worth
- Companionship and engagement for older adults



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What is Glaucoma?

Glaucoma is high pressure in the eye that damages the optic nerve. It is usually painless and causes vision loss very slowly over time. If caught early enough, it is easily treated with drops, laser and/or surgery. Glaucoma is one of the most important reasons to have routine eye exams once you are over 55.



Chris Shelby, MD
WK Eye Institute
7607 Youree Dr.
Shreveport, LA 71105
(318) 212-3937
See our ad on page 19.

PUZZLE answers (from pages 32 -33)

T	A	L	C		S	T	A	R	E		R	O	T	C	
B	L	A	H		C	I	V	I	L		E	M	I	R	
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3	8	1	2	4	9	6	7	5
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1	7	9	4	8	3	2	5	6
2	3	5	6	9	7	4	8	1
7	1	3	8	6	4	5	2	9
5	9	8	7	3	2	1	6	4
6	4	2	9	5	1	7	3	8

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

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