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Hospital that housed Dr. Butler's
narcotic clinic, Dr. Butler's
book "Will Somebody Call the
Coroner" (published 1963),
cocaine toothache drops patent
medicine advertising card (late
1880s), bureau of internal
revenue destroying narcotics (ca.
1920).



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JUNE 11

2022 Balloon Festival

Matthew Hammock with the Shreveport-Bossier Sports Comm.

JUNE 25

Ageism Unmasked

Tracy Gendron, PhD and author

JUNE 18

The Smart Person's Guide to Financial Planning

Michael J. Garry, Certified Financial Planner

JULY 2

Your Life, Your Legacy. Plan to Make it Right

Donna Valentine and Jessica Elvin with Hill Crest Memorial and Centuries Memorial Funeral Home

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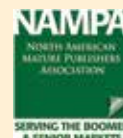
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Stat!

Medical News & Info



7 Habits for Healthy Retinas

Habits that support a healthy lifestyle come in many forms, like eating a balanced diet, exercising regularly and keeping an eye on blood pressure and cholesterol levels. But these and other healthy habits can also protect you from vision loss. Some of the leading causes of blindness and vision loss in the U.S. are retinal diseases, including conditions such as diabetic retinopathy and age-related macular degeneration (AMD). Everyone, and especially those at a higher risk for retinal diseases, can take these steps to protect their sight.

- **Get regular dilated retina exams** to detect symptoms of a retinal condition early, before extensive damage occurs.
- **Eat nutritious foods** including dark, leafy greens and fish which has been associated with a lower incidence of age-related macular degeneration (AMD).
- **Quit smoking.** Research shows that people who smoke are significantly more likely than non-smokers to develop AMD.
- **Control your blood sugar, blood pressure and cholesterol,** especially if you have diabetes.
- **Stay active and maintain a healthy weight.** Studies have shown that people who walk for exercise are less likely to develop AMD. Exercise also helps control obesity, high blood pressure and cholesterol which benefits eye health.
- **Know your family history.** Retinal conditions may have a genetic component that runs in families.
- **Protect your eyes from the sun.** Ultraviolet (UV) rays from the sun can damage not only our skin but also our eyes. Wear a pair of sunglasses that provide 100% UV absorption or block both UVA and UVB rays and a wide-brimmed hat when outdoors.



Honey, Don't Forget the Sunscreen!

Reminders from a romantic partner might be an effective way to encourage sunscreen use by people age 50 or older, suggests a study in *The Journal of the Dermatology Nurses' Association*. The effects of common beliefs about sunscreen use were analyzed, with adjustment for age, sex, education, and geographic location. The analysis also considered the effects of skin cancer risk score, based on factors such as skin and hair color, ability to tan, and history of sunburn. Women and respondents with some college education were more likely to be regular sunscreen users. 46% of participants with a high skin cancer risk score said they often or always used sunscreen, compared to 27% of those at medium risk and 21% of those at low risk. After adjustment for other factors, 3 beliefs were independently associated with sunscreen use:

- Respondents who believed that sunscreen use would prevent sunburn were 84% more likely to say they "often or always" used sunscreen. In contrast, the belief that sunscreen use could prevent skin cancer was not a significant factor.
- Participants who thought that putting on sunscreen "takes too much time" were 35% less likely to say they used sunscreen regularly on sunny days.
- Participants who believed their romantic partners thought they should use sunscreen were 72% more likely to report using sunscreen often or always.



Smokers Less Likely to Survive a Heart Attack

Smokers have a lower chance of surviving a heart attack than non-smokers, according to new data compiled by researchers at Jordan University of Science and Technology in Irbid. Levels of Alpha-1 Anti Trypsin (A1AT) - a protein in the liver that protects the body's tissues - in smokers were "significantly less" than in non-smokers, the study found. It is believed A1AT could offer protection to cardiac tissue when it is released during a heart attack. No difference was detected in hypertensive and non-hypertensive individuals.

Higher Antioxidant Levels Linked to Lower Dementia Risk

People with higher levels of antioxidants in their blood may be less likely to develop dementia, according to a study published in an online issue of *Neurology*[®]. The study followed over 7000 people who were at least 45 years old at the beginning of the study for 16 years. Researchers found that people with the highest levels of the antioxidants lutein and zeaxanthin and beta-cryptoxanthin in their blood were less likely to develop dementia decades later than people with lower levels of the antioxidants. Lutein and zeaxanthin are found in green, leafy vegetables such as kale, spinach, broccoli and peas. Beta-cryptoxanthin is found in fruits such as oranges, papaya, tangerines and persimmons.

High-Fat Diet Linked to Nitric Oxide Levels, Cancer Development

It has long been hypothesized that dietary habits can precede and even exacerbate the development of cancer. Researchers at the Beckman Institute deployed a molecular probe to demonstrate a direct link between a high-fat diet and heightened nitric oxide levels, which can lead to increased risk of inflammation and cancer development. Researchers explained that cancer isn't just about few tumor cells, but rather the entire microenvironment of the tumor supporting the cells. Inflammation can play a significant role in this environment. Certain inflammatory response comes from highly processed foods, which are high in calories and high in fat.

Antibiotic Use Associated with IBD in Older Adults

The more antibiotics prescribed to patients 60 and older, the more likely they were to develop inflammatory bowel disease (IBD), suggesting antibiotic use could explain some of the growth in Crohn's disease and ulcerative colitis in older people. According to a review of 2.3 million patient records for people aged 60 and older who were newly diagnosed with inflammatory bowel disease from 2000 to 2018, researchers from NYU Grossman School of Medicine found any antibiotic use was associated with higher rates of IBD, and the risk went up substantially with each course. After one prescription, patients were 27% more likely than those with no antibiotic use to be diagnosed with IBD. With two courses, the risk rose by 55% and with three courses it rose by 67%. With four courses, risk rose by 96%; and with five or more, seniors were more than 2.3 times more likely to receive a new IBD diagnosis than those with no antibiotics in the previous five years.

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What You Need to Know About Cholesterol

Stay in control to help prevent heart disease, heart attack and stroke

FAMILY FEATURES

Understanding and improving cholesterol is important for people of all ages, including children and teens. Maintaining healthy cholesterol levels can help keep your heart healthy and lower your chances of getting heart disease or having a stroke.

High cholesterol usually has no symptoms. In fact, about 38% of adults in the United States are diagnosed with high cholesterol, according to the American Heart Association. Understanding what cholesterol is, the role it plays, when to get screened and how to manage it are important aspects of protecting your overall health and prevent a heart attack or stroke.

Understanding Cholesterol

A waxy, fat-like substance created by the liver and consumed from meat, poultry and dairy products, cholesterol isn't inherently bad for you. In fact, your body needs it to build cells and make vitamins and other hormones. However, too much cholesterol circulating in the blood can pose a problem.

The two types of cholesterol are low-density lipoprotein (LDL), which is considered "bad," and high-density lipoprotein (HDL), which can be thought of as "good" cholesterol. Too much of the "bad" kind, or not enough of the "good," increases the risk of cholesterol slowly building up in the inner walls of

the arteries that feed the heart and brain.

Cholesterol can join with other substances to form a thick, hard deposit on the inside of the arteries called plaque. This can narrow the arteries and make them less flexible – a condition known as atherosclerosis. If a blood clot forms, it may be more likely to get stuck in one of these narrowed arteries, resulting in a heart attack or stroke.

Understanding Risk

Your body naturally produces all the LDL it needs. An unhealthy lifestyle can make your body produce more LDL than required. Behaviors that may negatively affect your cholesterol levels include lack of physical activity, obesity, eating an unhealthy diet and smoking or exposure to tobacco smoke.

In addition to unhealthy habits, which are the cause of high LDL cholesterol for most people, some people inherit genes from their parents or grandparents – called familial hypercholesterolemia (FH) – that cause them to have too much cholesterol and can lead to premature atherosclerotic heart disease. If you have a family history of FH or problems related to high cholesterol, it's important to get your levels checked.

Getting Cholesterol Checked

Adults age 20 and older should have their cholesterol and other traditional risk factors checked every 4-6 years as

long as their risk remains low. After age 40, your health care professional will use an equation to calculate your 10-year risk of heart attack or stroke. People with cardiovascular disease, and those at elevated risk, may need their cholesterol and other risk factors assessed more often.

Managing Cholesterol

If you have high cholesterol, understanding your risk for heart disease and stroke is one of the most important things you can do, along with taking steps to lower your cholesterol.

Often, simply changing certain behaviors can help bring your numbers into line. Eating a heart-healthy diet that emphasizes fruits, vegetables, whole grains, lean or plant-based protein, fish and nuts while limiting red and processed meats, sodium and sugar-sweetened foods and beverages is one of the best ways to lower your cholesterol. While grocery shopping, look for the American Heart Association's Heart-Check mark to help identify foods that can be part of an overall healthy eating pattern.

Other lifestyle changes include losing weight, quitting smoking and becoming more physically active, as a sedentary lifestyle can lower HDL. To help lower both cholesterol and high blood pressure, experts recommend at least 150 minutes of moderate-intensity aerobic exercise a week, such as walking, biking or swimming.

For some people, lifestyle changes may prevent or manage unhealthy cholesterol levels. For others, medication may also be needed. Work with your doctor to develop a treatment plan that's right for you. If medication is required, be sure to take it as prescribed.

Controlling your cholesterol may be easier than you think. Learn more about managing your cholesterol at heart.org/cholesterol.

Source: American Heart Association. Getty Images.



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3 Tips to Maintain Brain Health

(Family Features)

Many people are fearful of developing Alzheimer's disease, especially those with a family history of the condition. Researchers are investigating innovative treatments for Alzheimer's and other dementias, but no cure exists right now.

There are steps people can take, however, to help maintain and support their brain health. These activities often help with physical and emotional health and are generally positive habits to foster, especially as people age. In fact, a report from "The Lancet" found the risk of dementia is lower among people who adhere to these healthy habits:

1) GET PHYSICAL

According to Harvard Medical School, exercise keeps the brain healthy by helping release chemicals that support the development of new nerve cells and connections between brain cells. Exercise also improves mental health, blood pressure and the regulation of blood sugar, all of which can impact the development of cognitive diseases like Alzheimer's and other dementias. Staying physically active can become more difficult if someone's health declines, but doctors and other medical providers can share ways to maintain physical activity even if mobility is limited.

2) KEEP YOUR BRAIN ACTIVE

Engaging in mentally stimulating activities may help keep the brain fit and potentially stave off dementia or other types of cognitive decline. For example, people who have cognitively demanding jobs (like accountants or math teachers) or who engage in cognitively stimulating activities (like learning a second language or how to play a musical instrument) may be at lower risk for developing cognitive decline and dementia, according to Harvard Medical School. Activities like these and more can also decrease feelings of depression, isolation and loneliness, which occur more frequently as people age and are also associated with an increased risk for developing dementia, according to the National Institute on Aging.

3) TRACK YOUR BRAIN HEALTH AND GET HELP EARLY

One way to detect changes in brain health is to track memory and other thinking skill performance over time. Detecting changes in memory is critical to slowing the progression of Alzheimer's, which can begin 15-20 years before the onset of obvious symptoms. Some changes in mood or memory that may raise red flags are often noticed by other people, not by



the individual experiencing the changes, making it important for older adults who live alone or who do not have large social circles to track their own brain health.

One option for tracking brain health is the Alzheimer Prevention Trials (APT) Webstudy, funded by the National Institutes of Health, which monitors an individual's brain health through regular online memory testing that can be completed anywhere, anytime from a computer, laptop or tablet. Participants take no-cost, online memory tests quarterly that are automatically shared with researchers who track results over time. If changes in memory are detected, and a participant is close enough to a study site, he or she may be invited to an in-person evaluation and, if appropriate, given the option to join an Alzheimer's clinical trial.

While researchers are working to advance treatments and find a cure for Alzheimer's, it's important that people practice healthy brain habits and monitor their brain health as they age to detect any changes in memory as early as possible. Without a cure, taking preventive measures and maintaining a healthy lifestyle are the best defenses against the disease.

Find more information at [APTwebstudy.org](https://www.aptwebstudy.org).

ALZHEIMER'S FACTS

- More than 1 in 9 people ages 65 and older has Alzheimer's disease, according to the Alzheimer's Association.
- Black adults are twice as likely to develop Alzheimer's compared to white adults, according to the National Institute on Aging.
- Hispanic or Latino adults are 1.5 times as likely to develop Alzheimer's compared to white adults, according to the Alzheimer's Association.
- According to the Alzheimer's Association, 1 in 3 seniors dies with dementia.



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Keeping it Clean

Last column, we talked about life as a “limitless in formation experiment,” and how the real work takes place inside of us as opposed to what happens outside and around us. Part of the experiment involves what I call the “5 C” approach to life. We are *creative, conscious, choosers* of our *cognitions*, and we can *clean* too. Cleaning is especially important, because it is another word for forgiveness, and as we move through life, constant cleaning makes sense. It is healthy to stay clean physically

and it is healthy emotionally too.

Many of us have experienced missing a few days of a shower or bath, perhaps camping or a sickness that kept us in bed. Last year, ice and snow kept many of us “unclean” for a few days. How many days depended on whether you had water, and specifically hot

water; makes you appreciate the “little things” of life that are not such small things after all. I have come to think of forgiveness like an emotional shower/bath; unless you do it daily, and more if needed, you will accumulate emotional and psychological “gunk;” you will know it, feel it, and those around us will too.

It is important to be clear about what forgiveness is and what it is not.

Forgiveness is NOT a magic eraser of our feelings; it is NOT absolution of someone else or ourselves; we do not have the power to remove responsibility for actions. It is NOT saying that what was done was “OK.”

Forgiveness



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is a conscious decision and choice to put down the wrong. Sometimes we may need to make that choice and decision multiple times, but we have to remember that, just like showering or bathing, this emotional cleansing is necessary and important.

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It's Time to Check Your Insurance Policies

Lately, I have seen a number of articles on insurance policies. It seems that numerous lawsuits have been filed or are being tried in the southern part of our state regarding homeowner's policies. The litigation concerns whether a hurricane or flooding did damage to the homes affected. According to news reports, this litigation could cost insurance companies millions, if not billions, of dollars. As such, the insurance industry has changed some of the language in their policies to reflect what they will pay for if a hurricane or tropical storm causes damages.

In most of the homeowner's policies issued in recent years, insurance companies have added language regarding damage from hurricanes and tropical storms that may affect

homeowners in North Louisiana. Some insurance policies have now added language that if a home is damaged within 72 hours after a named hurricane or tropical storm hits the state, a 15% deductible of the value of your home will apply. This means that on a \$200,000 home, a deductible of \$30,000 would apply. In common terms, this means the homeowner will have to pay the first \$30,000 of damages

caused to the home by the storm before the insurance company will pay any monies.

As you can see, the above referenced language can cause the homeowner a myriad of problems. Most homeowners do not have that kind of cash available and even if they do, it can come as a shock that their insurance policy may not pay for most of the damage caused by



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after-effects of a hurricane. This can really come as a shock to people in North Louisiana when they are not in the direct path of the hurricane but usually only get the after-effects of wind and flooding rain. With another hurricane season approaching and more of the state's insurers seeking to protect themselves, this would be a good time for the homeowner to check their homeowner's policy to see what, if any language, has been added by their insurer regarding named hurricanes or tropical storms.

If you have questions, you can contact your insurance agent or an attorney to discuss what possible exposure you might have if damage is caused by a named hurricane or tropical storm. Hopefully, this will help you understand what your insurance company will do if it is called on to pay damages caused by these storms.

As an additional note, it is wise to check beneficiaries on life insurance policies from time to time. As kids

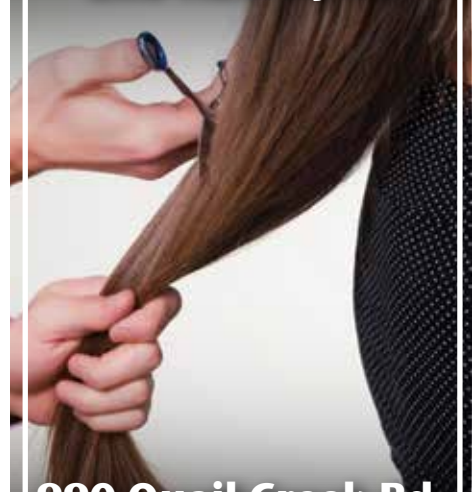
get older and as people pass away, beneficiaries on life insurance policies need to be changed in order to pass the proceeds from the policy the way you want them to pass. Failure to properly designate beneficiaries may cause a life insurance policy to pass through the estate and may cause it to become subject to claims by creditors. As a matter of being thorough, it is a good idea to check your insurance policies to make sure that any beneficiaries you have named have been updated. You can discuss how you want the policy proceeds to pass with your insurance agent or your attorney.

As I said at the beginning of the article, it is time to check those policies. Failure to do so may cause you or your family thousands of dollars.



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

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Fred's Secret Marriage

After Wilma (all names have been changed) died, Fred wasn't in a great state. He started drinking and taking drugs. He tried to go to rehabilitation at least three separate times, but it didn't work. Then Fred tried to kill himself by taking pills and alcohol. Fred was then admitted to a psychiatric hospital, but he refused to cooperate. The treating psychiatrist diagnosed Fred not only with "alcohol use severe" but also with "bipolar disorder with manic and depressive episodes."

When Fred would get in a manic state, he "spent money recklessly and irrationally... For example, [Fred] had a habit of purchasing expensive jewelry and gifts only to give them away to total strangers. In [the past 3 years, Fred] had frivolously spent approximately \$600,000."

When Pebbles, Fred's daughter, found out about this, she knew that she had to do something. So, she went to court to have her father declared incompetent. The Judge found Fred to be "out of control" and a "king manipulator." The Judge declared Fred to be incompetent and made Pebbles his guardian.

But that didn't slow Fred down. A couple of months after the Judge had declared him incompetent, Fred secretly married a woman who I'll call Betty. Pebbles didn't find out about the marriage until after Fred had died and Betty showed up claiming that he was Fred's wife and his heir and demanded that Pebbles give Betty all of Fred's money.

A lawsuit quickly ensued. (Although I have changed all of the names, this column is based on a real-life case out of Illinois.) The question that the Judge had to decide was whether someone who has legally been declared incompetent has the right to get married.

As the case progressed, Pebbles started to learn some interesting things about Betty, including the fact that Betty wasn't



her real name. The Judge ordered Betty to be fingerprinted by the Sheriff's Office in order to find out her true identity, but (and I don't understand this) "after three attempts to obtain [Betty's] fingerprints, no usable prints were ever acquired."

A private investigator then later found out that in the past, Betty had claimed to be an academic neurosurgeon affiliated with a famous hospital in New York and that felony charges had been brought against her for fraudulently misrepresenting herself as a doctor.

And it only got odder from there.

The Judge took a look at Fred and Betty's marriage certificate. Although there were places for two witnesses to sign the certificate, both witness signature lines were blank. The certificate was signed by Betty, Fred and a minister who officiated over the ceremony. Care to guess where he got his authority to conduct marriage ceremonies? "He obtained an online certification from Universal Life Church Ministry, a process that took him about 5 to 10 minutes."

Sound like an open and shut case to you? It wasn't. It got appealed several times and ended up in the Illinois Supreme Court. The Illinois Supreme Court Judges couldn't come to

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A collage of images for Azalea Estates. The top left shows the exterior of a large, modern building with a green lawn. The middle left shows two smaller images of interior common areas. The bottom left shows a smiling couple sitting at a table with a meal. The right side of the collage shows a larger image of a woman in a pink shirt talking on a mobile phone while a man in a light blue shirt sits at the table with her.

an agreement: 4 of them thought that the marriage was completely and totally invalid and that Betty was not Fred's wife and therefore had no inheritance rights. But the other 3 judges thought that Betty had a good case. They thought that people have a fundamental right to marry whoever they want and that the government has no business getting involved in people's marriages.

Unfortunately, the issue of "predatory marriage," where a con-man or a con-woman marries an elder who does not fully understand what is going on, in order to take their life savings, is something that is being seen more and more across America. Do you think the government should get involved?

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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Mindful Eating Means Living in the Moment

Today's technology advancements have made us more efficient than ever before, but some of these advancements have led to less-than-healthy lifestyle choices during meals. In fact, one in three Americans spend every single meal on their phones. This level of distraction during meals can really influence what we eat and how much we are eating.

Recent research suggests great benefits from being "unplugged" and focused on the meals we eat, which is a practice otherwise known as mindful eating. Mindful eating means being purposeful and paying extra attention to the foods we eat and listening to our bodies as we eat. We can think of it as "living in the moment" while eating, taking additional efforts

to fully appreciate flavors, tastes, textures, smells, and other qualities about what we eat.

Research shows that eating mindfully can help with weight loss and maintaining a healthy weight. Mindful eating helps us become more "in-tune" with our own personal hunger and fullness cues. When we are closely listening to our body for signals of fullness, we are less likely to overeat. Mindful eating may even help curb cravings, improve digestion, and regulate eating patterns. Mindful eating has also been known to help with managing chronic disease and improving mental health.

To try your hand at mindful eating, practice with a small food like a piece of fruit. Put the fruit in your mouth, close your eyes, eat very slowly, and



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really pay attention to the food you are eating. Think about the aroma and the feeling when you bite into it. Take notice of the temperature - is the food warm or cold? As you chew the fruit, notice the flavors, feels, and textures in your mouth, and how they change as you continue chewing. Continue to savor the fruit until you are finished eating it. How did that differ from the way you normally eat? Of course, it wouldn't be realistic to treat each piece of food like this, but it does help bring awareness to the power of mindful eating and the importance of slowing down and appreciating what you eat.

Eating mindfully involves a good bit of focus. Try removing all distractions when you sit down to eat, including turning off the TV or radio, removing cell phones from the dinner table, and avoiding multi-tasking when eating. If you are eating with family or friends, engage them in mindful eating too! Ask your dining partners what flavors they are noticing in the food, or what textures they are feeling as they eat. This not only engages the group in mindful eating, but it also helps spur dinner table conversation. It's also important to note that eating mindfully means only eating when you are hungry-- not bored, happy, sad, mad, or stressed-- and stopping when you are satisfied.

If you're interested in incorporating more mindful eating throughout your day but you're not quite sure where to start, try some of these tips:

- When cooking, take notice of the appearance, colors, and textures of the ingredients you use. Appreciate the sights, smells, and sounds of these ingredients as they are cut, prepared, and cooked in front of your eyes.
- Designate a specific time to eat your meal, in a calm, quiet environment with little or no distractions.
- Reflect before eating. Before taking that first bite, take a moment to think about how you are feeling and your thoughts about eating the food in front of you.
- Avoid eating "on-the-go". This leads to mindless eating.
- Consciously make the effort to take smaller bites, eat your food slowly, and appreciate the textures and flavors of each bite.
- Avoid multi-tasking while eating.
- Completely finish eating the food in your mouth before loading up your fork or spoon with more food.
- Take sips of water frequently while eating for a refreshing break and palate cleanser.

Mindful eating is a skill that takes lots of practice and may feel a little uncomfortable at first. Though it may feel weird to eat slower than usual and notice more about your food, it becomes more natural over time. Eating mindfully is a very

low-risk lifestyle change that comes with great physical and mental health benefits.

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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South Padre Island, Texas:

Fishing, Beaches and so much more

by Victor Block

“Fish. Party. Repeat.”

Those words, printed on a sign in a South Padre Island, Texas, restaurant, refer to two of the popular pastimes there.

SPI (as locals call it) and nearby Port Isabel also boast a long list of other things to see and do.

That’s well known to “Winter Texans.” They are people primarily from the Midwest who spend several winter months soaking up the sun, and fun, at those twin towns nestled along the Gulf of Mexico at the Lone Star State’s southern extremity.

This is an area of outstanding beaches, a long list of both land and water activities, and intriguing historical tidbits that add color to the setting.

At first glance, both communities present the atmosphere of many beachfront locations. Hotels, restaurants and souvenir shops abound. Colorful golf carts are a popular mode of transportation. The favored attire gives new meaning to the words “casual clothing.”

These are among attractions that draw visitors, then keep them returning year after year. Much more awaits those who find their way to this inviting destination, within a seashell’s throw of Mexico.

Seashells are a fitting image because South Padre Island’s beaches have won well-deserved accolades, and the proximity of Mexico has influenced the local culture. After the Spanish exploration period, the area was owned by Mexico and then the Republic of Texas before becoming part of the United States.

Visitors soon learn why the destination is a magnet for people who like to fish. The waters are so productive that one charter boat captain advertises “No fish – no charge.”

The A (antiquing) to Z (ziplining) list of activities includes many that are water-related. They range from kayaking and canoeing, snorkeling and sailing, to speeding along on a jet ski and loping along a beach on horseback.

Birding also attracts its fans. At the South Padre Island Birding, Nature Center & Alligator Sanctuary I spotted some of the 350-plus species that reside in or migrate through the area. Some have colorful names like marbled godwit and semipalmated plover.

Another expedition took me on a dolphin watch cruise in Laguna Madre Bay. Captain Bob pointed out the first prey as soon as we left the marina.

Whenever someone saw a telltale fin, or better yet a dolphin



leaping out of the water, a collective “ooooh, aaaah” echoed among the passengers.

Adding to the enjoyment was inspecting specimens that a net had dredged up from the bay floor. Among sea life we examined were a sting ray, several fish and shrimp.

It’s no surprise that shrimp were among our prey because those crustaceans have been the source of an industry that has thrived in the area since the 19th century. Trawlers drag their nets through the Gulf of Mexico for as long as three weeks at a time, working at night because the shrimp are nocturnal.

Also not surprising are variations on shrimp dishes that are served at local restaurants. They augment the American, Mexican and Texas-based cuisine which is included on many menus. Preparations using shrimp that were new me included tacos, quesadilla, chipotle, omelet, Benedict and added to a BLT sandwich.

The story of shrimping is among those told at the Port Isabel Historical Museum. Exhibits portray the area’s past, beginning with the Spanish exploration period and moving on to the arrival of Native Americans, the Civil War and colorful tales of local folklore. The museum is housed in a historic building (1899) which in the past served as a dry goods store, post office and railroad station.

Port Isabel also is home to a lighthouse, which was completed in 1853 to guide ships bringing supplies to U.S. military posts. During the American Civil War, it was used as an observation tower by both forces. Of 16 lighthouses along the Texas coastline, this is the only one that’s open to visitors, and those who climb to the top are rewarded with dramatic 360-degree views of the surroundings.

Both Port Isabel and SPI also lay claim to being art appreciation destinations, in a non-traditional way. Any flat surface inside or outside a shop, restaurant, home or other building can serve as a palette for paintings.

If clambering to the top of a lighthouse isn’t your thing perhaps world-class fishing or relaxing on celebrated beaches is. They’re among many treats that await those who visit SPI and Port Isabel, Texas.

For more information log onto sopadre.com and portisabel-texas.com.



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SHREVEPORT *Then* & Now

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You can still almost see the images of Angel Escobar signing autographs for a young fan...↑

Echos of The Past

Pretty soon Fair Grounds Field will be torn down and only memories will remain. Here are some blends to show the contrast between then and now and just how much things have changed over the years. Once a thriving ball-park, now it's eerily quiet.



...or batters at the plate waiting for the next pitch ↑



...or people waiting to get in to see their favorite team ↑

...or watching in the stands →



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Dr. Willis Butler

and the Shreveport Narcotic Clinic

By Sarah (Sally) Hamer

I first “met” Dr. Willis Butler when I was handed his book, “Will Somebody Call the Coroner?” two decades ago. Dr. Butler was first elected as Caddo Parish Coroner in 1916 and won every election for the office, usually unopposed, for the next five decades. He also served the parish as its public health officer and city bacteriologist, but one of the things I found most interesting was the Narcotic Clinic he opened in 1919, and I chose to make his story the subject of my Masters in Liberal Arts thesis project.

I discovered that addiction was considered a terrible problem in 1919. Drugs such as opium and cocaine were little understood – they were considered miracles compared to herbal remedies – and were sold in the drug stores, in tinctures, or on the back of the “Dr. Feelgood” wagons when the peddlers came to town. The federal government had passed the Harrison Act in 1914

to try to control the widespread use and abuse, but also realized that there would be real repercussions for addicts from all walks of life. Narcotic clinics were opened across the country, with three of them being in Louisiana – New Orleans, Alexandria, and Shreveport.

Dr. Butler knew about addiction in Shreveport, since he’d dealt with it in the jails, where drugs were sold to prisoners by trustees. He also knew that “kicking it out” in jail, as he said – cold turkey is the more common phrase – wasn’t going to solve the

problem. So, with some encouragement by the then president of the Louisiana Board of Health, Dr. Oscar Dowling, Butler opened a narcotic clinic in March 1919. He went to work and, unlike other clinics across the country who evidently



Dr. Butler opened a narcotic clinic that was housed in T.E. Schumpert Memorial Hospital.

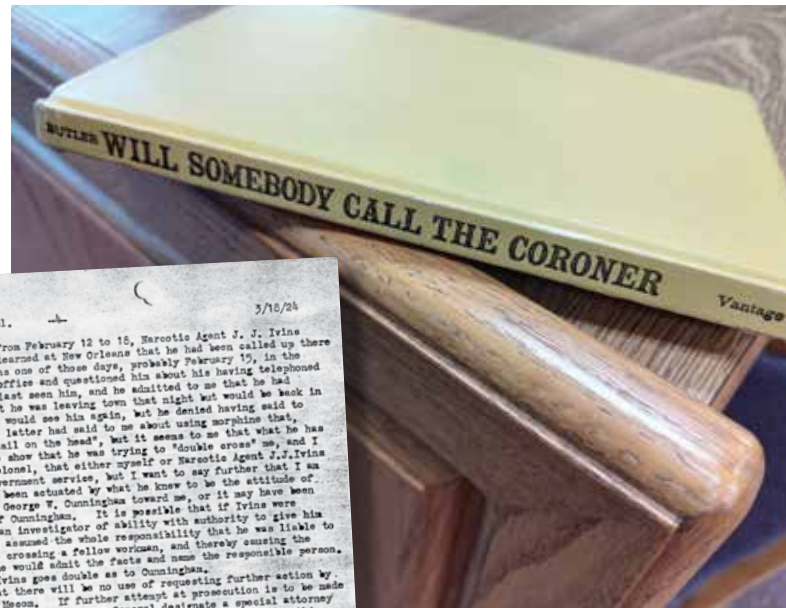
Photos courtesy Northwest Louisiana Archives at LSU Shreveport

just handed out drugs to almost anyone who wanted them, he created an entire system of treatment. His letters and reports, which are stored in the Northwest Louisiana Archives at the Noel Library on the LSU-Shreveport campus, tell the story about how he first struggled to define an addict, not as a weak degenerate as some people believed at the time, but as someone who, often through no fault of their own, had accidentally become addicted by treatment in their physicians' offices. Then, Butler set about to find a solution.

His methods, to some degree, were revolutionary. He believed in treating people with a mixture of discipline and compassion, with expectations that they would respond to both. They were interviewed (there are almost eight hundred intake forms in the Archives), fingerprinted patients at a time when that sort of identification was relatively untried, and treated for any existing condition, such as venereal disease or other physical ailment, that might have contributed to drugs being prescribed and creating their addiction. Then, once that was under control, he expected them to clean up their act, get a job, and return to the world as a productive and viable part of society. At one point, a reporter at The Times stated that there were no drug dealers on the Shreveport streets, or doctors prescribing opium to patients because Dr. Butler's clinic was where addicts went to get clean.

Of course, he had his failures. Addiction is a hard mistress. But his program and the percentage of successes made his clinic known across the nation as a small light of hope that people could actually recover from addiction. Unfortunately, Butler's clinic was in the wrong place at the wrong time. Prohibition of alcohol loomed. The country "went dry" in 1920 and drugs were considered as a part of the problem. The federal agency in charge of the narcotic clinics was combined with the Prohibition agency, and other narcotic clinics, ones who didn't use the same model as Butler, were shut down when they didn't work. Butler's operation was painted with a broad brush of corruption and negligence by both federal and state agents, even though it was not true, but he continued his work with addicts, even in the face of morphing federal opposition, addicted federal agents who wrote fraudulent reports, losing his reputation, and even possible jail time.

Luckily, Shreveport and Caddo Parish loved Butler. There are few newspaper articles of the era that do anything except sing his praises. Judges, district attorneys, commissioners of safety, mayors, police, city council members, and the general public: most of the city supported him through the entire six-year process and, in proof of that, re-elected him to the office of Coroner over and over again. He received hundreds



Dr. Willis P. Butler, et al. 3/18/24

"When I was in Shreveport from February 12 to 15, Narcotic Agent J. J. Irvin was also there and I had learned at New Orleans that he had been called up there by Mr. Mecon. I saw Irvin one of those days, probably February 15, in the ante-room of Mr. Mecon's office and questioned him about his having telephoned Dr. Butler, after we had last seen him, and he admitted that he would be back in Shreveport again soon and would see him again, but he denied having said to Dr. Butler as to what the latter had said to me about using morphine and I am satisfied that Irvin has been actuated by what he knew to be the attitude of the U.S. Attorney Phillip H. Mecon. If further attempt at prosecution is to be made it will be necessary to have the Attorney General Crim not to have anything to do with the naming of that special attorney or with the case in any way. I know that I am attacking a pretty big position but the higher they are the harder they fall, and there are some pretty high ones falling or about to fall in Washington.

In spite of Assistant Attorney General Crim's intimation, as reported to me by Mr. Mecon, and with Mr. Mecon's knowledge and consent, he having been consulted about the matter, I did make some further investigations in Shreveport when there from February 12 to 15, as shown by my letter dated February 25, Ex. 15, herewith a carbon, to Mr. Mecon. This letter gives important additional more definite information in the case, and has heretofore been referred to, I next submit the above and to the cancellation of the subpoena for March 5, referring to the above and I never received any answer to either.

I next submit telegram in the name of Ralph H. Oyler, Narcotic Agent in Charge, dated February 25, and my letter to Cunningham as to the matter, Feb. 25, Ex. 17, carbon herewith, and his telegram of explanation dated February 25, Ex. 18, carbon herewith, and his telegram of explanation dated February 25, Ex. 19, carbon herewith, and I did also mention to him that I would interview U. S. Attorney Mecon, and I had also mentioned to him that I would interview Dr. W. B. Bartlow, Superintendent, Alabama Trance Hospitals, Tuscaloosa, Alabama, as to his availability as an expert witness, and I did see him and concluded he was of his availability and so advised Mr. Mecon.

Butler opened a narcotic clinic in March 1919. In his letters and reports he defined an addict, not as a weak degenerate as some people believed at the time, but as someone who, often through no fault of their own, had accidentally become addicted by treatment in their physicians' offices.

Dr. Willis P. Butler, et al. 3/18/24

I am also submitting herewith the deposition of Dr. Warren P. Morrill, Ex. 20, Mr. Mecon tried to make the argument to me as to the smuggled morphine case that to whom he could surrender it but I left with him a note to the effect that any of their other interests, and that such stocks bought on the order forms of purchase of Dr. Paul on his individual order forms were so small that it was not worth the trouble of checking them up, and still further that they claimed to practice the gradual reduction method in their treatment of addicts that they claimed to practice beside the bed charts should have used a considerable quantity of morphine, and that no attempt should be made to obtain indictments in this case and that is the reason for this long letter, not in defense of myself as I do not consider that I need any defense.

Mr. Mecon told me he had a copy of the report of the investigation of Dr. Butler of which the clinic was finally closed and Spearman, dated October 6, 1922, as a result I do not know whether you have seen the dope articles in Collier's Weekly for February 25, March 1 & 8, 1923, but they are rotten propaganda and I believe they should have appeared just before the Grand Jury was to meet at Shreveport. They advocate narcotic clinics just as the article in the Birmingham appeared in the Birmingham News July 29, 1923, which I also believe was inspired himself as a sales engineer should know that much interest in the matter, and Birmingham, which makes me think that he may have seen my article in the Birmingham News April 1, 1923, and obtained Lieberman to father the article in the Birmingham paper. It may seem that I am creating Dr. Butler with too much, but the fact is that he is a very well educated man, writes well and very plausibly to state, said to be \$18,000 per year. As to his income tax I have succeeded in getting an investigation of that started and an affidavit that it will be

Respectfully,
W. P. Butler,
Narcotic Inspector.

P.S. March 18/24. When last in New Orleans Judge Foster, who will probably continue to hold U.S. Court at Shreveport until a new judge shall have been appointed for that District, gave me an audience of about a half hour in this case, and promised to do all he could toward its prosecution. He is to hold court at Shreveport again the second week in April, not only for civil cases, but also for criminal cases should be made. As the U.S. Grand Jury now adjourned without date have probably been given more ideas in this case I do not advise that any effort be made to have it reconvened to consider this case although under the regular routine there will be another Grand Jury at Shreveport until next October. Possibly conditions will be more favorable to P. F. Ernst, Chief Sanitary Inspector, State Board of Health, with me during the investigation, Narcotic Agent J. J. Irvin will not be further needed in the case.



“Drugs such as opium and cocaine were little understood – they were considered miracles compared to herbal remedies – and were sold in the drug stores, in tinctures, or on the back of the “Dr. Feelgood” wagons when the peddlers came to town.”

Images from the Library of Congress



“The country “went dry” in 1920 and drugs were considered as a part of the problem. The federal agency in charge of the narcotic clinics was combined with the Prohibition agency, and other narcotic clinics, ones who didn’t use the same model as Butler, were shut down when they didn’t work.”



Bureau of internal revenue destroying-narcotics.

Treasury internal revenue department displaying methods of smuggling opium.

Photos from the Library of Congress



of letters from his patients, thanking him for setting them on the right path. The accolades and his sense of doing the right thing kept him going, even when it must have been very difficult for both him and his family.

He wasn’t perfect, of course – his impatience with stupidity and fraud, his surety that he was right and others were wrong, and a nice dose of ego probably drove some folks crazy. But even his detractors had to admit that he was a man of integrity and grit who could get things done.

As I worked through this process, I found very little extant literature on Butler besides what is in the Archives and the newspapers of the time. After the clinic finally closed in 1925, the story simply went away until the early 1970s. At that time, the drug problem had re-surfaced and experts were searching for information on the Narcotic Clinics of the early century. Butler became a rock star, with books by several authors who included at least one chapter on the Shreveport clinic, comparing Butler’s methods to others before and since. But, soon afterwards, his story went away again, with little more research being done.

I was lucky enough to find hundreds of newspaper articles, letters, and other correspondence from Butler’s files, and the reports filed to the Treasury

Department in Washington, D.C., copies of which are in the Archives. There are dozens of articles about the Narcotic Clinic, with one set that particularly stands out: a series written for Hearst’s International Magazine by Sidney Howard, entitled “The Inside Story of Dope in This Country,” published in 1923. Howard was the star reporter for the publication and, over a six-month period, told his readers a heart-breaking story of how drugs destroyed families and created crime. One entire article during that period was devoted to Butler and his clinic. Howard’s story was pro-Butler in tone and included interviews with patients, Butler, and local law enforcement agents – very much an on-the-scene article which brimmed with interesting facts and heart-rending stories.

So, after spending almost three years in a relationship with Dr. Butler, I find myself liking him even more than I did when I started this process. He didn’t give up when he thought he was right. He also had a knack of collecting friends and allies, not because he manipulated people but because he collaborated easily with those who had the same goal as he did – to help the general public find a healthy place to live a good life. I love his humor, his intelligence, and his commitment to public health. He deserves to be remembered.

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



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7PM

2022

Mutts Gone Nuts

SATURDAY
FEBRUARY 26, 2022
2PM

Road Dahl's Charlie and the
Chocolate Factory

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MARCH 16, 2022
7PM

The Queen's Cartoonists

FRIDAY
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South Pacific

THURSDAY
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8PM

One Night of Queen

WEDNESDAY
APRIL 27, 2022
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Waitress

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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.mcmore@lsus.edu.



Holiday in Dixie Parade, April 1973. (Lawrence Lea Collection)



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FUN ENTERTAINMENT

60s Pop Singer Donna Loren Traded Fame for Family

When a top female British singer declined to appear on the premiere episode of the new American musical variety show “Shindig!” on September 16, 1964, the producer knew who to call – Donna Loren.

“Dusty Springfield couldn’t make the first show, so I was invited to sing her hit *Wishin’ and Hopin’* and became a regular cast member for the rest of the series,” said Loren, who turned 75 in March, from her home in Bisbee, Arizona.

Loren had already impressed American television audiences six years earlier with stunning performances guest-starring as a child singing prodigy on “The Mickey Mouse Club.”

By 1963, she was also gaining nationwide recognition as the model and spokesperson for the Dr Pepper Company, performing at promotional events across the country since the age of 16. In films, she appeared in two 1964 musical comedies, “Muscle Beach Party” and “Bikini Beach,” with a third, “Pajama Party,” released shortly after her first “Shindig!” appearance. All three films starred beloved former lead Mouseketeer, Annette Funicello.

With film, television, advertising, and song contracts before her, the dark-haired beauty with a killer voice seemed poised to take the 60s entertainment world by storm, even acting on popular shows such as “Batman,” “The Monkees,” and “Gomer Pyle: USMC.” An additional beach film, “Beach Blanket Bingo,” was released in 1965 featuring Loren’s signature song, “It Only Hurts When I Cry.”

But by 1969, Donna had largely vanished from the entertainment scene.

“Privately, my life growing up had been difficult,” she admitted. “My mother had me out of wedlock and was mired in shame back in the 1940s. She didn’t want me and didn’t even like me which I’ve had to try to balance all my life.”

Loren married in 1968, at the age of 21, as her 5-year contract with Dr Pepper was coming to an end. But then, tragedy struck her new family.



“Two months after the wedding my mother-in-law passed away suddenly,” she explained. “I’d had the contract with Dr Pepper since I was 16 and on my 21st birthday they wanted me to fly to the company headquarters in Dallas to perform for the executives.”

Around this time, with all her earnings going straight to her parents, she also became pregnant.

“I knew the Dr Pepper CEO, Foots Clements, so I called him to say I was getting out of the business,” she said. “I did not want to be used anymore and I needed my child to know who I was. I have absolutely no regrets about the decision.”

Loren went on to raise several children and remarried. After 40 years of private life and with her family grown, she began recording and performing again in the late 2000s.

With numerous singles and CDs released in the past decade, she even relearned 100 songs she had performed in the 60s, posting many online for fans. If Loren had any doubts about recording after a prolonged absence, the words of Mickey Mouse Club teen idol Funicello confirmed her self-confidence.

“I still remember my appearance on the show and Annette later sending me a Christmas card in which she wrote ‘I wish I could sing like



Above: Donna Loren today, near her home in Bisbee.

Left: Donna Loren on Shindig in 1966 singing Sunshine, Lollipops and Rainbows

Page 31: Donna Loren, right, next to Annette Funicello on The Mickey Mouse Club in 1958

you!” recalled Loren, whose still-powerful vocal performances are cataloged on her website (www.donnaloren.com).

Loren has been recounting her life and career recently on a series of weekly podcasts titled “Love is a Secret Weapon” co-hosted by Dr. Adam Gerace (see www.anchor.fm/lovesasecretweaponpodcast).

“I love communicating with people,” she says. “Give me a minute and I’ll give you my all.”

Nick Thomas teaches at Auburn University at Montgomery, in AL, and has written features, columns, and interviews for numerous magazines and newspapers. See www.tinseltowntalks.com.



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Review of *Run Rose Run* by Dolly Parton and James Patterson

AnnieLee Keys is on the run with nothing but her guitar, her voice and her thumb she juts out to catch a ride. She's on her way to Nashville where she hopes to find her way to fame with some of her tunes. But once she finally arrives, AnnieLee learns just how hard the country music business is. Between begging for a chance to sing at the local bars and stealing a few hours or sleep at a park, AnnieLee faces defeat again and again. And to top it off, there is an ominous danger threatening to attack her behind every dark corner.

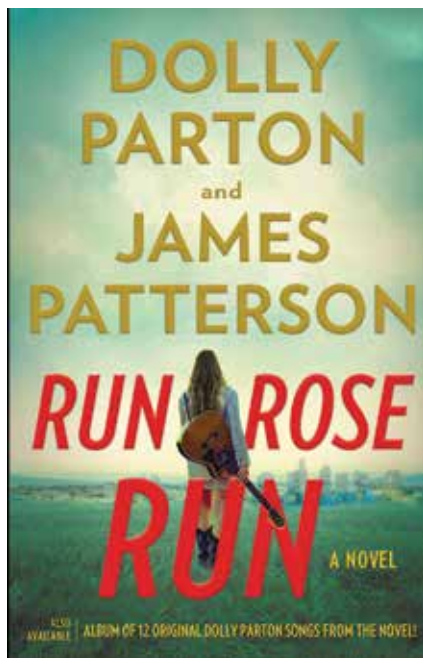
But AnnieLee's luck changes when she finally gets the chance to sing at the Cat's Paw. Not only is she an instant success with patrons, but Ethan Blake happens to be there on the night she sings. And Ethan plays music with retired country music megastar Ruthanna. Soon the two seek to help AnnieLee find success, but AnnieLee discovers that she's not

sure she wants to pay the price for fame.

Written by James Patterson and Dolly Parton, it's clear that *Run Rose Run* is chock full of Parton's insider knowledge. And Patton brings his plotting and knack for suspense to the prose. The story is engaging, and the acknowledgment of how women are often treated in country music is important.

Run Rose Run shines in its small moments: the way AnnieLee writes songs and reveals painful pieces of her past. How Ruthanna (an obvious stand in for Parton), struggles with her self-imposed retirement and desire to keep AnnieLee from making the same mistakes she once did.

The book struggles a bit with its pacing though, smashing a weird backstory suspense into the natural drama of Nashville. Throughout the novel I questioned why a girl who is on the run and in hiding wants to build a career that would make



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her famous. And the resolution to the suspense, while interesting, was nothing new or exciting.

But *Run Rose Run* has some unique things happening for it that aren't seen in most books. First, Dolly Parton wrote a new album with songs that are in the book. (You can listen to it on Apple Music, or wherever you stream music!). Second, the audiobook of *Run Rose Run* is a full cast production and Parton voices retired country diva, Ruthanna. I firmly believe the audiobook rendition is superior to the print.

Run Rose Run is perfect for fans of country music, Nashville and those who like to root for the underdog.

★★★★

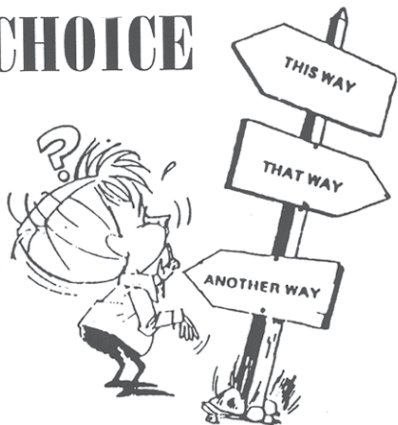
Jessica Rinaudo is a Shreveport-native who works as a writer and editor in Cincinnati, OH. She has a passion for books and regularly reads, reviews and photographs them on her instagram account, instagram.com/readbelievelove.



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Take Your Dog to Work

While many seniors retire as soon as possible, others continue to make the daily trek to the office for many years. For those who do and happen to be a dog owner, remember that every dog has his day.

This year, that day is Friday, June 24, when the 24th national Take Your Dog to Work Day will be held. Once again, dog owners throughout North America will be prodding their poodles and pulling their pugs to patronize their place of employment.

The event is promoted by Pet Sitters International (see www.petsit.com/takeyourdog if you think I'm pulling your paw) and has been growing nationwide since 1999 (there is now also a Take Your Cat to Work Day – wisely celebrated on a different day). Involvement ranges from merely taking a dog to work, to holding office pet parties, and even raising money and awareness for local pet-rescue organizations.

To participate, your first step should be to consult with your employer for permission, reminding him or her that some dog breeds are invaluable in the workplace.

For instance, if your boss is always complaining about staff who never make meetings on time, explain that an employee with a border collie could help will round up those slack stragglers and promptly herd them into the conference room before you can say "Lassie come home."

And speaking of the iconic TV pooch, if you're a collie owner, you could also mention how dependable they are at alerting others should a colleague tumble down the elevator shaft (despite being a TV myth, your gullible boss may fall for it – no pun intended). Or, if a reliable assistant is needed to pull the coffee cart into the boss's office five times during the day, explain how invaluable a husky would be.

Having convinced your boss to allow you to haul your massive mutt to the office, you should also check with coworkers.



While a snarling Rottweiler would certainly cast an imposing figure sitting by the desk guarding your stapler, it might be unsettling for some coworkers if left unleashed to roam around the watercooler.

Also, remember that dogs love to chew and run off with stuff. Just because you steal stationery supplies from the office doesn't mean your dog should.

Finally, keep in mind that coworkers may also be bringing their dogs to work, so it's important that yours can socialize with fellow canines. Your boss won't appreciate the place looking like a battlefield at the end of the day.

On the other hand, you don't want your dog to be too well-behaved. Should the boss ever realize that your dog fetches things more quickly than you and comes running immediately when whistled, Rover may be promoted to your position while you're sent home to the doghouse.



Nick Thomas teaches at Auburn University at Montgomery, in Alabama, and has written features, columns, and interviews for numerous magazines and newspapers. See www.getnickt.org.



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Thai Chicken and Pork Skewers

Recipe courtesy of the Georgia Peanut Commission

1 tablespoon minced ginger
6 cloves garlic, crushed
2 cups creamy peanut butter
1 cup chicken broth
2 tablespoons light soy sauce
1 tablespoon chili oil
½ tablespoon lime juice
2 tablespoons honey
2 tablespoons chopped cilantro
salt, to taste
pepper, to taste
1½ pounds boneless, skinless chicken breast
1½ pounds pork tenderloin

In mixing bowl, combine ginger, garlic, peanut butter, broth, soy sauce, chili oil, lime juice, honey and cilantro. Mix well and season with salt and pepper, to taste.

Cut chicken and pork into strips and thread onto skewers. In non-metal container, marinate meat in half of peanut butter sauce 1-2 hours in refrigerator. Reserve remaining sauce for dipping.

Heat oven to broil.

Broil skewered meats until done, turning once. In pot, bring remaining sauce to boil and serve warm as dipping sauce.



Peanut Butter Cookie Oatmeal

Recipe courtesy of the Georgia Peanut Commission

1 cup old-fashioned oats
2½ cups water
¼ teaspoon salt
2 tablespoons chunky peanut butter
1 tablespoon brown sugar
2 tablespoons raisins
1 banana, sliced
½ teaspoon cinnamon
½ teaspoon vanilla extract
½ cup milk
2 teaspoons maple syrup

In medium saucepan, combine oats, water and salt. Bring to boil then reduce heat to medium. Cook 10-12 minutes, stirring occasionally.

Remove from heat and add peanut butter. Stir until peanut butter melts.

Add brown sugar, raisins, banana, cinnamon and vanilla extract; stir.

Divide oatmeal into two bowls. Top each bowl with ¼ cup milk and 1 teaspoon maple syrup.



Fresh Veggie Spring Roll Bites with Peanut Sauce

Recipe courtesy: Rachael White (setthetableblog.com) on behalf of the GA Peanut Comm.

- Hot water
- 6 rice papers
- 3 mini cucumbers, peeled into ribbons
- ¼ head red cabbage, finely shredded
- 1 large carrot, shredded
- ½ cup fresh basil leaves, loosely packed, plus additional for garnish, divided
- ⅓ cup cilantro leaves, loosely packed, plus additional for garnish, divided
- ⅓ cup mint leaves, loosely packed, plus additional for garnish, divided
- 1 large ripe avocado, peeled and sliced

Peanut Sauce:

- ½ cup creamy peanut butter
- 1 tablespoon soy sauce
- 1 tablespoon mirin
- 2 teaspoons fish sauce
- 1 teaspoon red pepper flakes, plus additional for garnish, divided
- 2 tablespoons fresh lime juice
- ⅓ cup Georgia Peanuts, plus additional for garnish, divided
- lime wedges, for garnish

Fill large bowl about halfway with hot water. Soak each rice paper in water 15 seconds until malleable. Place rice paper on clean work surface. Place four cucumber ribbons in single layer in center of rice paper. Perpendicular to cucumber, add strip of red cabbage, carrots, ½ cup basil leaves, ⅓ cup cilantro leaves, ⅓ cup mint leaves and avocado.

To roll, fold edges of rice paper over each end of filling. Working with side of rice paper closest to you, tuck rice paper around filling and roll tightly.

To cut rolls into bites, use sharp knife and gently move it back and forth. Arrange bites on platter. Repeat with remaining rice papers and filling ingredients.

To make sauce: In small bowl, whisk peanut butter, soy sauce, mirin, fish sauce, 1 teaspoon red pepper flakes and lime juice.

Toast ⅓ cup peanuts by placing in dry pan over medium heat. Move peanuts



around until fragrant and toasted, 3-5 minutes. Roughly chop and add to sauce.

Serve spring roll bites on large platter with sauce. Garnish with additional herbs, lime wedges, red pepper flakes and peanuts.



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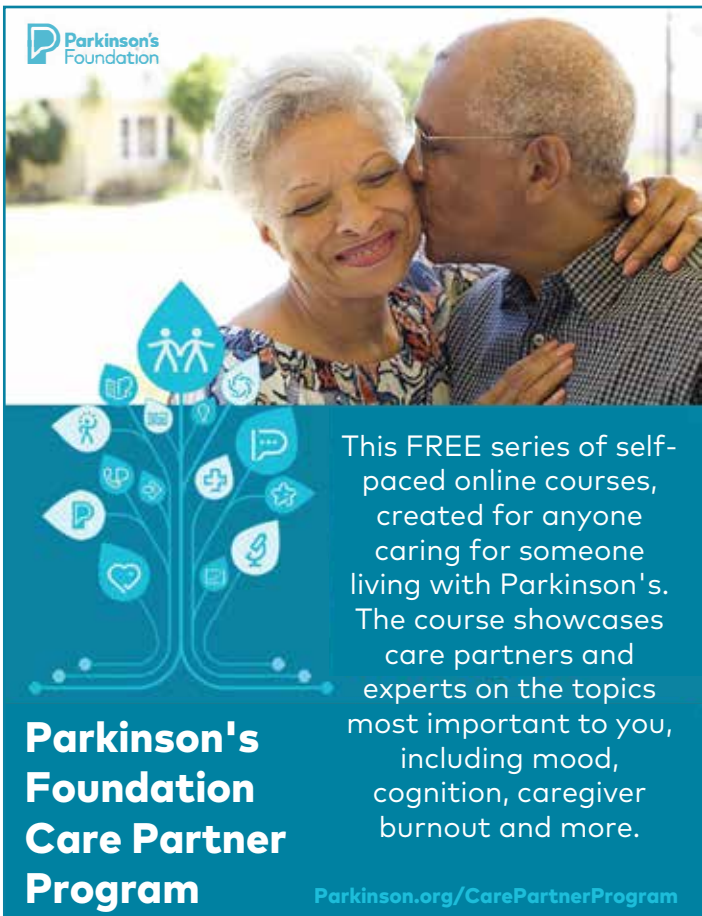
Word Search

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

At the Dentist

- | | |
|-------------|------------|
| ABSCESS | FLOSS |
| APPOINTMENT | FLUORIDE |
| BITE | GUMS |
| BRACES | HYGIENIST |
| BRIDGE | IMPLANT |
| BRUSH | INCISOR |
| CAVITY | MOLAR |
| CROWN | NEEDLE |
| DECAY | PLAQUE |
| DENTIST | RINSE |
| DRILL | ROOT CANAL |
| ENAMEL | TEETH |
| EXAM | TREATMENT |
| EXTRACTION | WHITENING |
| FILLING | XRAY |

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Crossword

Across

- 1 Relinquish
- 5 Drifts
- 10 Baby's first word, maybe
- 14 Looking down from
- 15 Ice house
- 16 Locket shape
- 17 Sari-clad royal
- 18 Exploits
- 19 Hot spot
- 20 Scorched
- 22 Ill-tempered
- 23 Animal hides
- 24 Luau food
- 25 Narrative
- 27 Cheapen
- 31 Traffic stopper
- 32 Where to get a fast buck?
- 34 Conical buoy
- 35 Abound
- 36 Piece of cave art
- 37 Chicken ____
- 38 First lady
- 39 Talkative
- 40 Rash
- 41 E-mail
- 43 Small part
- 44 Floral ring
- 45 Texas cook-off dish
- 47 Pamper
- 50 Oklahoma Native Americans
- 54 In custody
- 55 New Hampshire's state flower
- 56 Site of the Taj Mahal
- 57 Great Lakes city
- 58 Lagoon surrounder
- 59 ____ out (fall asleep)
- 60 Stylish gown
- 61 Fliers in V's
- 62 To be, in old Rome

Down

- 1 Low-____ diet
- 2 Catalog card abbr.
- 3 Lady of Spain
- 4 "Paradise Lost" is one
- 5 To a great degree
- 6 Insurance seller
- 7 Hightails it
- 8 Mary in the White House
- 9 Message in a bottle?
- 10 Angora goat yarn
- 11 Ancient greetings
- 12 Fountain treat
- 13 Confederate
- 21 "Ol' Man River" composer
- 22 NASA scrub
- 24 Rind
- 25 It doesn't hold water
- 26 Ashes, e.g.
- 27 June 6, 1944
- 28 Licorice-like flavor
- 29 Because of
- 30 A deadly sin
- 31 Flower stalk
- 32 Unsophisticated sort
- 33 Sun or moon
- 36 Wise men
- 37 Suicidal
- 39 Highlander
- 40 Headlight?
- 42 Pitcher's specialty
- 43 Ellipse
- 45 Daphnis's love
- 46 Makes sound
- 47 Cast off
- 48 Persian spirit
- 49 This and that
- 50 Mention
- 51 They're inflatable
- 52 Coastal raptors
- 53 Rice wine
- 55 Fall behind

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60							61						62		

Sudoku

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

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



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

What does it mean when your cataract is "ripe"?

A cataract is simply a cloudiness of your god given lens. When you were first born, your lens was crystal clear like a glass of water. As you age it's like someone slowly pours coke into that clear glass of water, it slowly turns yellowish brown. When the symptoms of the cataract get to the point that it is reducing your quality of life, then the cataract is "ripe". It is at this point that the only way to get you seeing better is to have the cataract removed.



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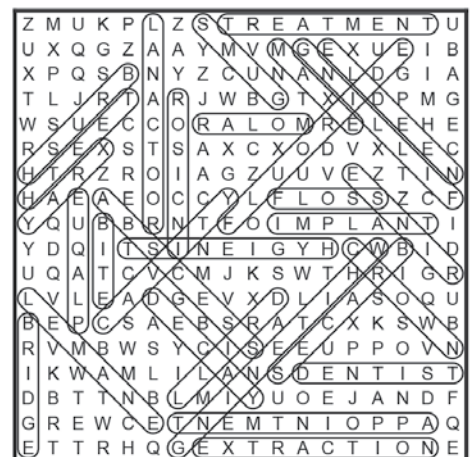
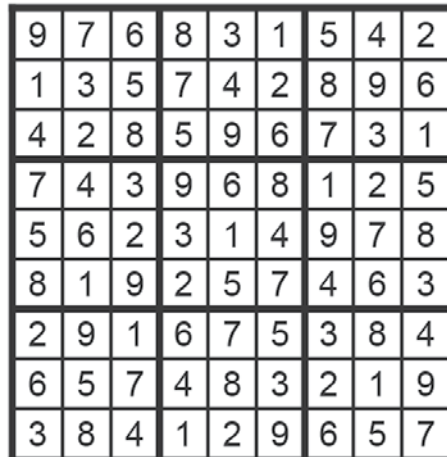
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PUZZLE answers (from pages 38 & 39)



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You can’t always lie down in bed and sleep. Heartburn, cardiac problems, hip or back aches – and dozens of other ailments and worries. Those are the nights you’d give anything for a comfortable chair to sleep in: one that reclines to exactly the right degree, raises your feet and legs just where you want them, supports your head and shoulders properly, and operates at the touch of a button.

Our **Perfect Sleep Chair®** does all that and more. More than a chair or recliner, it’s designed to provide total comfort. **Choose your preferred heat and massage settings, for hours of soothing relaxation.** Reading or watching TV? Our chair’s recline technology allows you to pause the chair in an infinite number of settings. And best of all, it features a powerful lift mechanism that tilts the entire chair forward, making it easy to stand. You’ll love the other benefits, too. It helps with correct spinal alignment and promotes back pressure relief, to prevent back and muscle pain. The overstuffed, oversized

biscuit style back and unique seat design will cradle you in comfort. Generously filled, wide armrests provide enhanced arm support when sitting or reclining. **It even has a battery backup in case of a power outage.**

White glove delivery included in shipping charge. Professionals will deliver the chair to the exact spot in your home where you want it, unpack it, inspect it, test it, position it, and even carry the packaging away! You get your choice of Genuine Italian Leather, plush and durable Brisa™, stain and liquid repellent DuraLux™ with the classic leather look or plush MicroLux™ microfiber, all handcrafted in a variety of colors to fit any decor. **Call now!**

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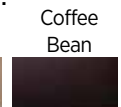
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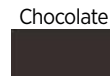
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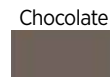
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breathable & amazingly soft



Because each Perfect Sleep Chair is a made-to-order bedding product it cannot be returned, but if it arrives damaged or defective, at our option we will repair it or replace it. © 2022 Journey Health and Lifestyle

SAVE the Date



Beautiful • June 7 • The Strand Theatre

ART CAMP

• "Down on the Farm"

Send your grandkids to Art Camp. June 13 - 17 at St. Marks, 908 Rutherford Street, Shreveport. 9 AM - 3 PM. For students entering 2nd - 8th grade. \$200 (Fee includes all supplies.) \$100 deposit required with registration. Art teachers are Shirlene Alexander and Holli Hennessy. To register or for more info, call Shirlene at 318-218-4380 or Holli at 318-573-0063.

COUNCILS ON AGING

• Health and Wellness Expo

Saturday, June 4 from 10 am to 3 pm at the State Fair Grounds Agriculture Building, 3701 Hudson Street in Shreveport. Expo is proudly sponsored by the Caddo Council on Aging. **FREE** admission and giveaways, door prizes, lunch provided to the first 75 attendees, entertainment, educational presentations, blood pressure checks, info about senior services, chair aerobics, and more. A COVID-19 Community Vaccine clinic will provide the Pfizer and Moderna vaccines for ages 5 and older, as well as 1st, 2nd, and boosters. Appointments are not required. The first 20 individuals age 18+ to receive a vaccine will receive a \$50 gift card. For info, please call (318) 676-7900.

• 50th Anniversary Celebration

Caddo Council on Aging 50th Anniversary gala on **Thursday, June 23 at 6 pm** at Sam's Town Casino and Resort in downtown Shreveport. Tickets are \$75 per person or \$700 per table. This event will honor men and women who are 60 and older who have demonstrated individual accomplishments, extraordinary tasks, or commitment to philanthropic service by their acts of caring toward the citizens of Caddo Parish. For more info, reservations, and to make nominations, please call (318) 676-7900 or www.caddocoa.org.

EVENTS



• 2022 CenterPoint Energy Red River Balloon Rally

June 24 - 25, 5:00 to 11:00 PM at Brookshire Grocery Arena (formerly CenturyLink Center), 2000 Brookshire Arena Dr., Bossier City. Family-friendly event, featuring kid zones, tethered balloon rides, and entertainment suitable for all ages. Each night

has live entertainment, food and retail vendors, fireworks, and of the magical balloon glow at dusk! Tickets are \$12 (age 13+), \$10 military and children (age 3 - 12) and can be purchased at www.redriverballoonrally.com or at Brookshires Super Foods.

• 31st Annual Cross Lake Floatilla

Saturday, June 18 at 11 a.m. at 5315 South Lakeshore in Shreveport. Admission is **FREE**. There will be a poker run, a decorated boat parade and contest, music, food, and fireworks.

• Centerwell Senior Primary Care Open House

Experience the Centerwell approach to primary care, tour the doctor's offices and meet the expert care team. **Tuesday June 21, 9 to 11 a.m.**, Centerwell Shreveport, 7551 Youree Dr., Suite 11; **Thursday June 23, 9 - 11 a.m.**, Centerwell Bossier City, 2900 E. Texas St. Suite 100. RSVP to 318-249-8037.

• Cirque du ARTini

The Bossier Civic Center will be transformed into a Big Top Experience for the

12th annual ARTini. This fundraiser will take place on **Saturday, June 11 at 7 pm** at 620 Benton Road, Bossier. Tickets are \$75 and include entrance to the event, a hand-painted martini glass, live music, circus performers, delicious catered food, and over 20 different martinis. The funds raised support the Bossier Arts Council's programming, local artist advancement support, and community outreach projects for the entire year. For more tickets call (318) 741-8310.

• Le Tour des Jardins

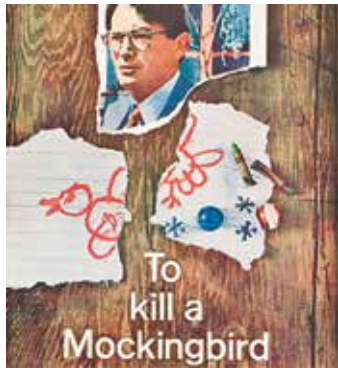
The Northwest Louisiana Master Gardeners will hold their annual spring garden tour from **10 a.m. to 5 p.m. on June 4, and 1 p.m. to 5 p.m. on June 5**. This year's tour will take you through six beautiful private gardens throughout Shreveport and Bossier. Advance tickets are \$10 and can be purchased at any Citizens National Bank, by calling the Master Gardener office at (318) 408-0984 or online at www.nwlmag.weebly.com. Tickets

may also be purchased at any garden on the days of the tour for \$15. For info contact the Master Gardener office at (318) 408-0984 or visit www.nwlamg.weebly.com.

• **Shreveport Summer Music Festival**

Memorial concert honoring William C. Teague. **June 5, 3:00 – 5:00 pm.** Holy Cross Episcopal Church, 875 Cotton St., Shreveport. Maestro Kermit Poling, Conductor, Shreveport Festival Orchestra. Featuring Ken Cowan. Regarded as one of North America's finest concert organists and praised for his dazzling artistry, impeccable technique and imaginative programming. **FREE.**

FILM



• **To Kill a Mockingbird**
Robinson Film Center, 617 Texas Street in downtown Shreveport presents a Silver Screening of "To Kill a Mockingbird" on **June 21 at 10:30 a.m.** Silver Screenings feature a matinee and luncheon for senior citizens showcasing a classic film. RFC presents the series on the third Tuesday of each month. The 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. There will be a 2nd screening of the movie only at 7 p.m. For more info, call (318) 459-4122 or visit www.robinsonfilmcenter.org

MARKETS

• **Bossier City Farmers Market**

Every **Saturday through November, 9 AM - 1 PM** in the south parking lot of Pierre Bossier Mall, 2950 E. Texas St., Bossier City. Fresh local produce and goodies, and live music. **FREE** admission and parking.

• **Shreveport Farmers Market**

Every **Saturday June 4 - August 27, 7:30 AM - 12:30 PM** in Festival Plaza, 101 Crockett Street, Shreveport. Handicapped parking available on Commerce Street. Fruits, vegetables and other food artisans.

THEATRE

• **"Beautiful: The Carole King Musical"**

Tuesday, June 7 at 8:00 PM at The Strand, 619 Louisiana, Shreveport. *Beautiful – The Carole King Musical* tells the true story of Carole King's remarkable rise from teenage songwriter to global superstar. She fought her way into the record business as a schoolgirl, but it wasn't until her personal life began to crack that she finally found her true voice and went on to become one of the most successful solo artists in pop music history. Featuring many of her famous songs. Tickets are \$79, \$62, \$55, \$25 (student). Call 318-2261482 or visit www.thestrandtheatre.com.



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parting ●● ●●● shots



Linda Sperandio, Carol Turnage, Patti Adams, BB Morris

SILVER SCREENINGS

Silver Screenings, sponsored by AARP LA and presented at the Robinson Film Center, was held on May 17 with the classic movie, “Bye, Bye, Birdie”, followed by a delicious buffet lunch.



Mike Richards, Janet Leblanc, Lorraine Guice, Ellen Kirkland



Door prize winner Robin Merkle with Mary Giecek



Carl Rhoads, Richard Jones, and Frances Jones

LES BONS TEMPS

Les Bons Temps Dance Club held their annual spring luncheon on April 26 at Pam Gray's beautiful Cross Lake home.



JoAnna Robinson, Valerie Murphy, Sylvia Beard



Chloe Thornton, Judy Cassibry, Karen Kennedy, Sue Wyche, Donna Cavanaugh



Debbie Grand, Marianne Mosteller, Virginia Chastain, Lois Rowe

SHREVEPORT DERBY DAY

Shreveport Derby Day was held on Saturday, May 7 at the David Toms Academy. Attendees were dressed to impress.



Leonard & Kheysia Washington Neima Longstratt, Candy & Jerry Welch



Teresa and Ryan Meyer

SLT CENTENNIAL GALA

Shreveport Little Theatre's Centennial Gala was held on April 28 at East Ridge Country Club.



Robert Parton, Bobby Darrow, and Tom Giles



Sherry and Philip Isherwood with a costumed character



David Mosteller, Kirby & Lois Rowe, Marianne Mosteller



Sherry Kerr and Sue Wyche



Neil Johnson & Andy Shehee

TACO WARS

Taco Wars was held Saturday, April 30 at Shreveport Municipal Auditorium



Tootie Morrison, Heidi Kallenberg and Candy Welch

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JUNE 13-17

St. Mark's

9 am - 3 pm (bring a sack lunch)

Students entering 2nd - 8th grade

\$200 (fee includes all supplies)

Teachers: Shirlene Alexander

Holli Hennessy

Art Camp

For more information or to register,
call Shirlene at (318) 218-4380 or Holli at (318) 573-0063

FOOD BANK RIBBON CUTTING

The Food Bank of Northwest Louisiana hosted a ribbon cutting for their new facility which is located on Mount Zion Road.



David Cole, Marie Vazquez, Margaret Shehee Cole, and Suzanne Tinsley



Food Bank Board President Trey Smith and Caddo Commissioner Mario Chavez



Food Bank Executive Director Martha Marak (2nd from right) and other dignitaries cut the ribbon for their new facility.

ACFW LOUISIANA WORKSHOP

The ACFW (American Christian Fiction Writers) LA Chapter's annual Christian Writers Workshop was held on May 14 at Barksdale Baptist Church in Bossier City.



ACFW Louisiana Secretary Beverly Flanders and Conference Coordinator/Treasurer Charles Sutherland



ACFW LA President and author Carole Lehr Johnson (left) and author Morgan Tarpley Smith prepare display table.



Award-winning Christian author Betsy St. Amant teaches writers about creating characters that resonate with readers.

THE STRAND THEATRE

"One Night of Queen" was presented at the Strand Theatre in downtown Shreveport on April 27.



Debbie Grand, Joe and Stella Rice, Robert Grand



Michael and Richea Corbin



Deb Cockerll, Dennis Beckham & The Strand Board Member Jodie Glorioso



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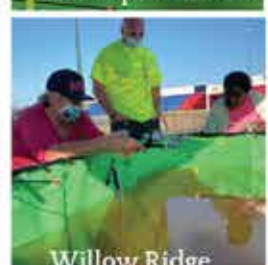
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