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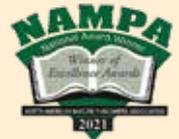
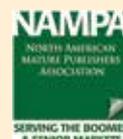
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Medical News & Info



Coffee or Tea? Both!

Drinking coffee or tea is associated with reduced risk for stroke and dementia, with the biggest benefit associated with consuming both beverages, new research suggests. Investigators found that individuals who drank 2 to 3 cups of coffee *and* 2 to 3 cups of tea per day had a 30% decrease in incidence of stroke and a 28% lower risk for dementia vs those who did not. Because regular tea and coffee drinkers comprise such a large proportion of the population and because these beverages tend to be consumed habitually throughout adult life, even small potential health benefits or risks associated with tea and coffee intake may have important public health implications, investigators noted. There was no significant association between coffee and tea consumption and risk for hemorrhagic stroke or Alzheimer's disease. The study was published online in *PLOS Medicine*.



Mushroom Consumption May Lower Risk of Depression

Mushrooms have been making headlines due to their many health advantages. Not only do they lower one's risk of cancer and premature death, but new research led by Penn State College of Medicine also reveals that these superfoods may benefit a person's mental health. Penn State researchers used data on diet and mental health collected from more than 24,000 U.S. adults between 2005 and 2016. They found that people who ate mushrooms had lower odds of having depression. According to the researchers, mushrooms contain ergothioneine, an antioxidant that may protect against cell and tissue damage in the body. Studies have shown that antioxidants help prevent several mental illnesses, such as schizophrenia, bipolar disorder and depression. Additionally, white button mushrooms, which are the most commonly consumed mushroom variety in the U.S., contain potassium, which is believed to lower anxiety. In addition, certain other species of edible mushrooms, especially *Hericium erinaceus*, also known as Lion's Mane, may stimulate the expression of neurotrophic factors such as nerve growth factor synthesis, which could have an impact on preventing neuropsychiatric disorders including depression.

The Sunshine Vitamin That 'D'elivers on Cardio Health

Free from the sun, vitamin D delivers a natural source for one of the hormones essential to our bodies, especially the bones. But when you're down on this essential nutrient, it's not only your bones that could suffer, but also your cardio health, according to new research from the University of South Australia. In the first study of its kind, researchers from the UniSA's Australian Centre for Precision Health at SAHMRI have identified genetic evidence for a role of vitamin D deficiency in causing cardiovascular disease. The study, which is published in *European Heart Journal*, shows that people with vitamin D deficiency are more likely to suffer from heart disease and higher blood pressure, than those with normal levels of vitamin D*. For participants with the lowest concentrations the risk of heart disease was more than double that seen for those with sufficient concentrations.





Women Who Ate More Plant Protein Had Lower Risk of Premature Death

Postmenopausal women who ate high levels of plant protein had lower risks of premature death, cardiovascular disease and dementia-related death compared with women who ate less plant proteins, according to new research published in the *Journal of the American Heart Association*. Good sources of plant protein include chickpeas, lentils, peanuts, almonds, quinoa, beans with rice, and soy products such as tofu, tempeh, and edamame. Compared to postmenopausal women who had the least amount of plant protein intake, those with the highest amount of plant protein intake had a 9% lower risk of death from all causes, a 12% lower risk of death from cardiovascular disease and a 21% lower risk of dementia-related death. Higher consumption of processed red meat was associated with a 20% higher risk of dying from dementia.



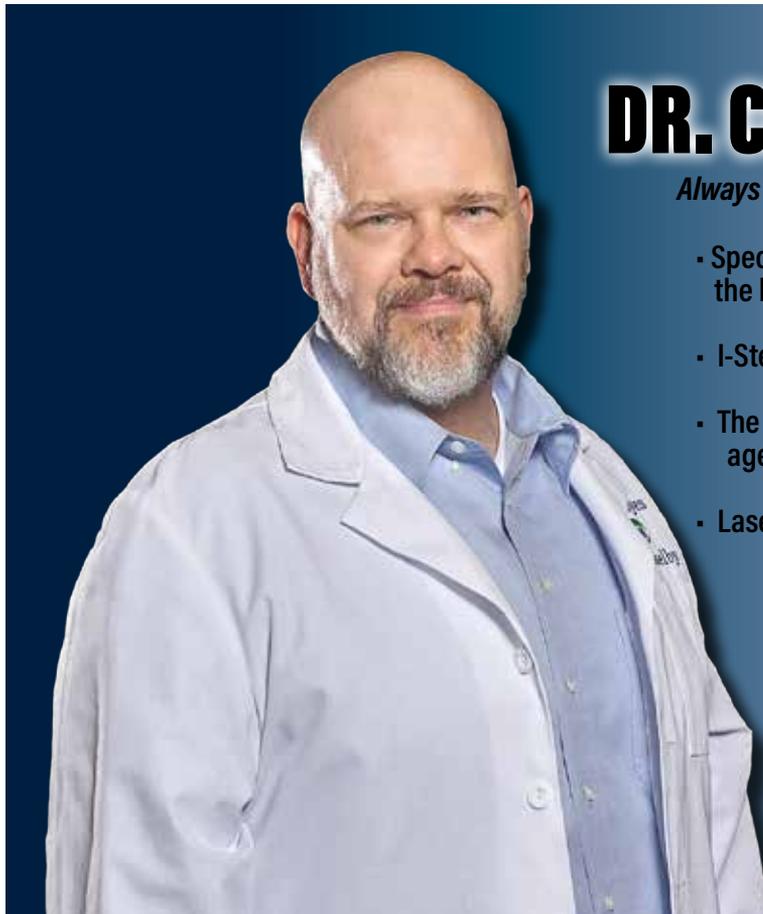
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Time to Celebrate a Healthy Weight Loss

January 16-22 (the third week of January) is National Healthy Weight Week! It seems fitting that this week falls in the month of new diets, exercise regimens, and New Years' resolutions, but Healthy Weight Week means much more than what meets the eye.

It is no surprise that there is an obesity crisis in America. In fact, 42.4% of our population is classified as obese. What's more alarming is that in 1999-2000, the obesity rate was 30.5% in our country. We may think dieting is the solution to the obesity epidemic, but here's the kicker: the percentage of Americans following a special diet has also increased over the years (14.3% in 2007 to 17.4% in 2017). So what's the answer to our growing problem? There's no single solution, but a good place to start is to have a healthier mentality about weight loss and weight management.

While it's tempting to jump into a new diet after stepping on the scale at the mark of the new year, dieting may not always be the best answer. Dieting and willpower alone are not ideal for most people who are fighting to reach and maintain a healthy

weight. Instead of dieting, try starting healthy habits that you are able to maintain for the long run. These healthy habits look different for everyone because we all have different circumstances and are in different seasons of life. Starting habits that you can keep may mean they look very small or simple, but small sustainable changes lead to better outcomes than "yo-yo" or "crash" diets. Small changes to your diet can be anything that seems doable for you, like adding a serving of vegetables to one meal a day or replacing your soft drink at lunch with water.

Physical activity, stress, and sleep also influence our weight, so you may even want to try making changes in these areas. Make it a goal to engage in some form of exercise each day (even if it's a simple 10 minute walk), try to get a little more sleep each night if you're not meeting the recommended 8 hours, or find a healthy way to unwind after a tough day.



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Once you've mastered a new healthy habit, build onto it! Take the momentum from your success and make another healthy lifestyle change. It may seem like using this method will take forever to see results on the scale, but the weight you do lose is more likely to stay off for years to come.

Another important part of having a healthy mentality about weight is giving yourself some grace. Are your weight loss goals realistic for you or do they just add more stress? If the latter is true, try taking a step back and making your goal smaller and more achievable. Just because a goal is unrealistic for you in your current season, this does not mean you have failed. Perfection is impossible! Acknowledge what you can do, learn to feel good about yourself, and respect your body. Avoid comparing yourself or your successes with others, too. Appreciate that health, beauty, and strength comes in many shapes and sizes, and that we are all on our own paths to self-improvement.

If your end goal of getting in shape is to simply be thinner, try to change your focus. What else can weight loss do for you? Try to find more meaningful motivators, like having energy to play with grandchildren, having less pain in your joints, being able to go hiking or skiing with friends, or avoiding the progression to diabetes if you have prediabetes. How do you know if you are at a healthy weight? Body Mass Index and waist circumference measurements are a good place to start. It's also a good idea to talk with your healthcare provider if you have concerns about your weight.

Keeping a healthy weight may seem like it takes more mental exercise than physical exercise some days, but know that these practices are well worth it in the long run. There is no one solution to the weight problems many of us face today, but we can certainly start making small steps in the right direction.



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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The Wisdom of Geese

Have you ever heard the saying “don’t be a silly goose?” I remember hearing that saying a time or two growing up; it was a cute way of saying “you’re being foolish, you need to consider changing your behavior.” If you know anything about geese however, you might realize they are anything but “silly,” and they know how to get a job done efficiently and compassionately. Given the amount of strife and division in our world, country, and in many communities, perhaps we could all benefit from being a little more “goose-like” these days.

Many of us have looked up and observed geese flying in a “V” formation, or at least we have seen pictures or video on television. We cannot be sure of what any new year holds in store, but 2021 was only 6 days old when we witnessed a very rough day in U.S. history. Was it a coincidence that on that Wednesday evening, I was drinking an afternoon cup of coffee on the patio, looked up, and saw a formation of geese flying in the familiar pattern? I had watched the evening news and was trying to process my own thoughts and feelings regarding what I had heard of the day’s events. Seeing those geese led to my thinking “what can we learn from those geese and their “V” formation? Why do geese do that? Science tells us:

- When geese fly in V formation, each goose provides additional lift for the goose flying behind it. When geese fly in V formation the flock can go 71% farther than if each goose flew on its own. When a goose drops out of the formation, it quickly feels the resistance of flying alone and will quickly return to the formation to take advantage of the lifting power provided by the bird immediately in front of it.
- Geese rotate leadership because the lead goose expends the most energy. When the lead goose gets tired, it moves to the rear where there is the lightest resistance, and another goose moves into the leadership position.



- Geese honk at each other as their way of communicating, and some scientists hypothesize it might also be their way of encouraging each other.
- Geese help each other. When a goose gets sick or injured and falls out of formation, two other geese will fall out as well and remain with the injured goose to protect it from predators until it is able to fly again or until it dies. Then, they find another formation to fly with until they catch up to their original group.

The fact is that we are stronger together. It is also interesting to me that “V” is also a sign for “victory.” We cannot do anything about 2021 or any other year in the past, but maybe we can learn a lesson from geese, and move beyond a world of separation, judgement, anger, and hate. We have certainly witnessed plenty of those things these past few years. Maybe it’s time to “fly together” a bit more toward healing, peace, and victory. May 2022 bring that into our lives within our world, nation, state, community, and homes.



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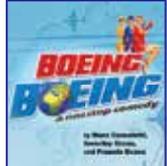
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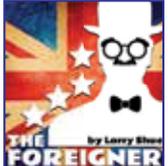
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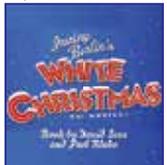
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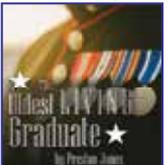
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Deceptive Food Packaging Claims and the Law



Have you ever gone grocery shopping with a 3-year-old? I have.

Once, I've never bought so much junk in my life.

I felt kind of sorry for the Mom of a little girl I saw last time I was at the grocery. The little girl had grabbed a jar of Parmesan cheese off of the shelf and was shaking it around like a rattle as she danced after her Mom. After her performance, she asked, "Hey Mom, what's this?"

The Mom grabbed the jar and read the label to her daughter, "It's 100% grated Parmesan cheese," and put it back on the shelf.

"So it's just cheese?" asked the daughter.

"That's right. 100%," said the Mom.

But what if I told you there wasn't just cheese in the jar? It turns out that in the very small print on the label is

this disclaimer: "Product contains a filler." Is that deceptive advertising?

The law says that the first thing you need to do is ask whether the prominent wording on the label is vague or whether it's unambiguous. If the wording is unambiguous, then it better be true. The small print won't save you. In other words, if the wording is unambiguous, then "truthful disclosures in small print on the sides [of the package] do not cure the deception." But if the prominent wording is vague, then the small print needs to be examined for "disclaimers and qualifying language."

Here's an example of a real-life case out of both New York and California. The prominent wording on the label of a box of crackers was, "Whole Grain" and "Made with Whole Grain." But the small print said, "Not predominantly whole grain, but rather

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enriched white flour.” The judge said that “Whole Grain” was not vague. It was unambiguous. Therefore, the small print “does not cure the deception” and the cracker company’s label was ruled to be false advertising.

In another real-life case, the prominent wording on a box of a premade cake was, “All Butter Loaf Cake.” Sound vague to you? It did to the judge. Clearly, the food inside the box wasn’t literally a stick of butter. So maybe the label meant that all of the shortening ingredients in the cake are butter. Or maybe it meant that no butter alternatives were used. Or maybe it was just a description of the flavor. Because the judge found the wording to be vague, he next looked at the small print on the box, which said, “contains non-butter ingredients, including soybean oil.” Since the law says that small print can “disclaim or qualify” vague prominent wording, the cake company’s label was not false advertising.

Getting back to the Parmesan cheese. Would you say that “100% Grated Parmesan Cheese” was vague? I’m trying to keep a straight face here, but in another real-life case, the judge sure thought so. Maybe it meant that the jar contained 100% cheese and nothing else, but maybe it meant that 100% of the cheese in the jar was Parmesan. Or maybe it meant that the Parmesan cheese is 100% grated. Who can tell? According to the judge, reasonable minds might disagree.

Here’s what the judge held: “100% Grated Parmesan Cheese” is vague. So the small print, which said, “Contains non-cheese ingredients, including cellulose, an organic polymer with no nutritional value that is often used as a filler,” made everything A-OK.

No wonder kids misbehave at the grocery.



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

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Scammers are Always "Phishing"

My title in this article sounds like I am talking about bass or white perch fishing, but that is not the type of fishing I will be discussing. My dad always said to me a yo-yo, which is a fishing device that hangs on a tree, always catches more fish than a person with a pole because it is always fishing. He went on to say that thieves are like yo-yos, they are always fishing and looking for people they can steal from and they never quit. Little did I know my dad was so right and how the term "fishing" would turn into the word "phishing", meaning to try to gain personal information from people on the computer.

Internet phishing has become such a problem that we are all having to pay attention to the emails we open on our computers, the ads and articles we read on our computer, and all email links that are sent to us. Classes are now being taught to businesses or the government on how to avoid having informa-

tion stolen from computer users or clicking on the wrong websites. These classes have included actual interviews with people who commit these crimes. A chilling aspect of a person who commits this type of crime is they don't just do it for the money, but for the challenge and thrill of getting people to respond to them.

One of the most common phishing techniques is to send out an email that looks like it comes from an official source. Some of the emails used have said it is from the Internal Revenue Service, state government, your bank, your mobile telephone provider, your credit card company, or your cable provider. The list is endless. The main purpose here is to tell you that something is **urgent** and you need to **respond immediately** or action will be taken. The scammer will ask for personal information, your account number, or other identifying information. Once they have any of this information, they can then start to try to access your computer to see what private information can be gleaned from it. They then can try to use this information to access your bank account, create new accounts using your information, or assume your identity. The person being interviewed regarding this said all kinds of things could be done with the information.

The next kind of phishing scam is to get access to your computer. The person interviewed on this said that it was not hard to do. They used on-line surveys that people answered. The scammer said people were notorious for using pet names, words from the dictionary, street names, numbers in order, addresses for their home, and maiden names of mothers. On-line surveys could be used to extract the



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information and once they got it, they could get into your computer to get private information or they could insert a program called malware which would lock your computer.

If they got private information from the computer, the scammer said they would sell it on the dark web if they could not use it. If they placed malware into the computer, then the computer could be locked and you would have to pay the scammer to release your computer from the malware. In either case, the scammer still profited from being able to gain access to your computer through phishing.

The scammers best advice was to change passwords often. Use capital letters, symbols, numbers, and use them in no particular order. Do not write down the password or tell anyone what the password is. Do not record the password on your computer. Do not open emails that you do not recognize the sender, if there is misspelling in the email, if it is sent late at night or early in the morning, or uses the words **urgent** or **immediately**. Agencies and businesses will send a letter if there is a problem. They do not contact you by email.

Computers are a wonderful tool, but the user always has to be on guard against scammers. Just like that yo-yo, they are always phishing, and it's not in a good way.



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

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This project was supported, in part by a grant (Nos. 90MPPG0049, 90MPPG0024 & 90MP-PG0023), from the U.S. Administration for Community Living, Department of Health and Human Services, Washington, D.C. 20201.

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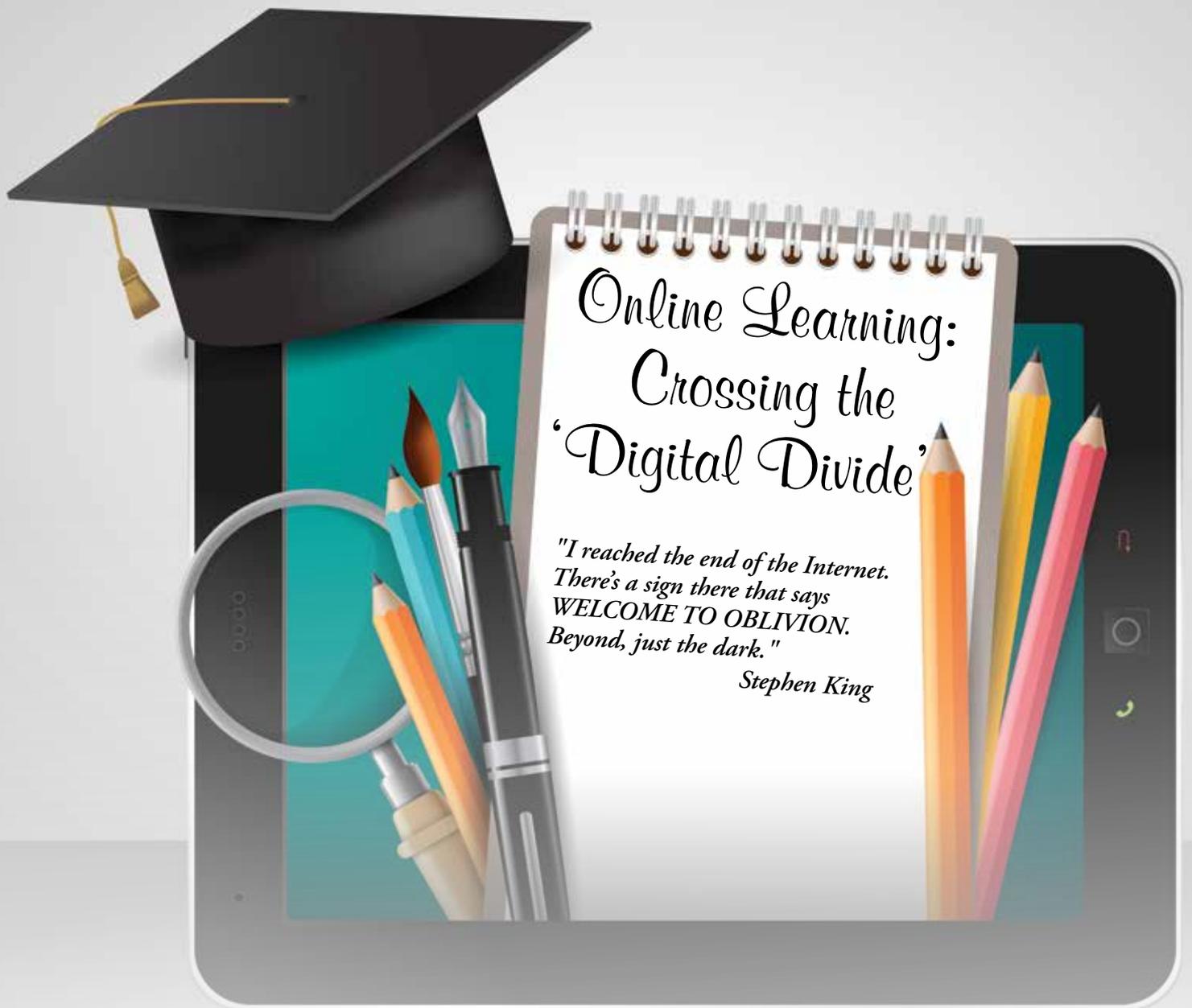


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GCHKU9REN



By Kathleen Ward

That will never happen. The internet is practically infinite. YouTube alone uploads 720,000 hours of video every day for its 2.3 billion users. Google clocks an estimated 5.6 billion searches per day. Sorting through millions of classes and videos on subjects ranging from simple crafts to higher mathematics can be almost overwhelming. For help, *The Best of Times* turned to local fans of a few of the online classes taught by instructors ranging from amateur cooks to Harvard professors.

Shreveport Memorial Library (<https://www.shreve-lib.org/>) and the Bossier Parish Libraries (<https://www.bossierlibrary.org/>) both offer free online tutorials to anyone with a library card and internet access. The tutorials are “how-to” guides for outside databases, said Mandi Johnson, Bossier Libraries’ Associate Director of Community Engagement. Lasting from 30 minutes to six weeks, the tutorials cover topics as diverse as Microsoft applications,

genealogy, auto repair, investing and hundreds more. Here's just a few available at both libraries 24/7:

- ◆ **Pronunciator**, the world's largest language learning service, has more than 150 foreign languages with self-directed lessons, live teachers, movies, music, and more.
- ◆ **Gale Courses** offer almost 400 online classes lasting six weeks, all "taught by college instructors in a variety of subjects from digital photography to grant writing to graphic design to accounting and more," said Johnson. "New courses begin each month, with lessons assigned twice a week, and enhanced with images, videos, and games to support varied learning styles."
- ◆ **Creativebug** gives users "unlimited access to over 1000 online art and craft classes" that "never expire. You can start and stop projects at your own pace."

Crafter Stacie Leng's first online class was Microsoft Excel 25 years ago and she's been taking classes and watching instructional videos ever since. "I watch videos online to learn how to do home improvement projects, such as replacing a part in my dryer, replacing bathroom fixtures and retiling my house. I'm even attempting to learn German online for a vacation I'm planning to visit my daughter and her family stationed in Germany."



"When I find a craft or sewing project that interests me, I use online videos to learn how to do it," ...

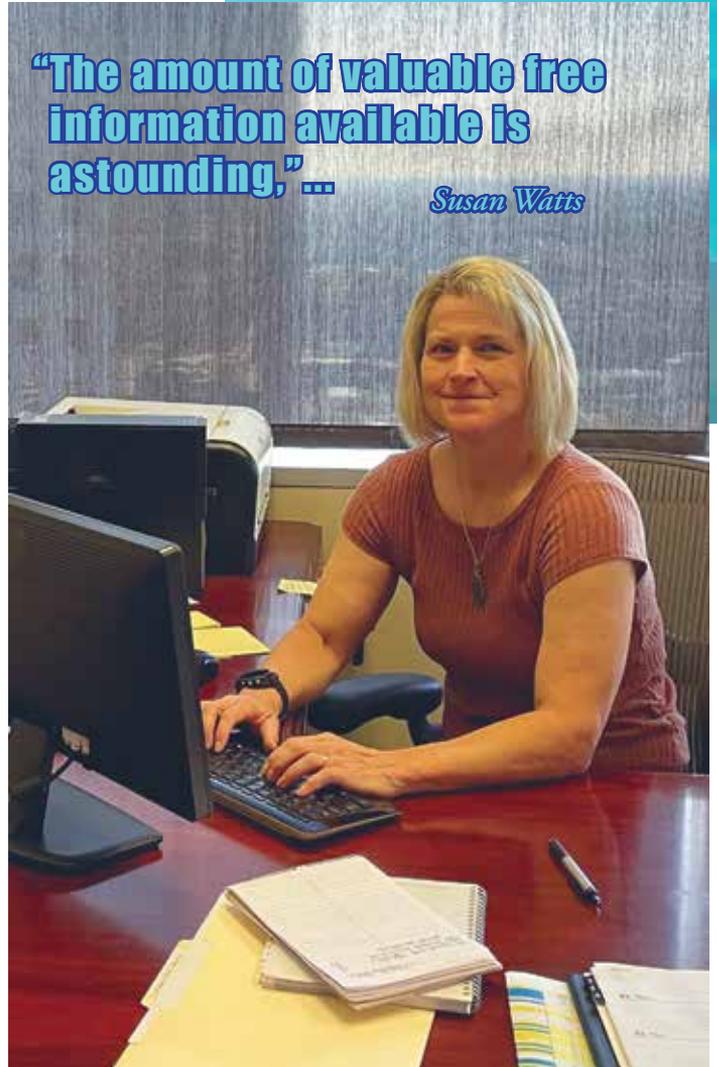
Stacie Leng

"When I find a craft or sewing project that interests me, I use online videos to learn how to do it," said Leng. "In early 2020, I watched many videos about making facemasks. I've since made about 100 for family and friends."

Leng is one of the three million fans of Brenda Gantt, a charming Southerner who owns The Cottle House Bed and Breakfast in Andalusia, Alabama. Gantt, 75, posted a video on making biscuits less than two years ago and became an overnight sensation (<https://www.facebook.com/cookingwithbrendagantt>). The Lengs plan to spend a long weekend at the B&B in the near future.

"The amount of valuable free information available is astounding," ...

Susan Watts



"The amount of valuable free information available is astounding," said writer Susan Watts, who focuses on writing, self-publishing and marketing for authors. "I completed the first book in a young adult fantasy series and am in the process of going through edits and plan on self-publishing the book the first of next year." Watts has been published in several anthologies.

"I have participated in multiple one-hour classes and several free summits. The summits last anywhere from two to five days and usually include numerous daily sessions with multiple instructors. I also read a lot of material on the internet and listen to podcasts, YouTube videos and TED Talks (www.ted.com)" said Watts. "Sometimes, it's information overload, and it is easy to go down a rabbit hole. You just have to go onto the websites that interest you and start investigating."

NEVER STOP LEARNING

Harvard University offers more than 100 free online courses on a variety of subjects, some ongoing and some available on a rotating basis (<https://online-learning.harvard.edu/catalog>). The subjects can be found by selecting 'Price' (choose "Free" on the drop-down menu), which school of study (Divinity, Medical, Law, Education, Arts, etc.), duration of the class (from one to 12 plus weeks), range of difficulty, and 'Modality' (choose "Online" or "Online Live"). One popular course is PredictionX: Omens, Oracles & Prophecies, a Humanities course that lasts just three to five hours and "examines our efforts to predict the future over all of recorded history."

Lex Hubbard, a retired anesthesiologist, and his wife Dottie, a retired nursing educator, have taken a several of the



Lex Dottie Hubbard have taken several online courses through Michigan's Hillsdale College

"In 2011, Hillsdale launched its online courses program to teach the core subjects of a Hillsdale education free of charge."

Kyle Murnen, Director of Online Learning for Hillsdale.

subjects of a Hillsdale education free of charge," said Kyle Murnen, Director of Online Learning for Hillsdale. "Since that time, more than 2.6 million Americans have partnered with us in this effort. There are courses available on the greatest ideas and texts of Western Civilization, taught by Hillsdale College professors."

M.I.T., Stanford, Duke and many other colleges and universities offer free online noncredit courses. There is usually a charge for a certificate of completion. (For more information, check out this article from Business Insider

<https://www.businessinsider.com/free-online-courses-from-best-colleges>.)

"Online classes can have a worldwide audience, instead of the limitations of local classes. Students can access classes on almost any subject where, in face-to-face teaching, they were limited to only what was available in their own areas," said Shreveport writer, teacher, LSU instructor, and lecturer Sarah "Sally" Hamer. Hamer's informative and fun



"Online classes can have a worldwide audience, instead of the limitations of local classes."

Sarah Sally Harper

writing, business and motivational courses and videos are available on several websites for free or a small fee.

Her fiction and nonfiction creative writing courses are designed for both professional and amateur writers who want to sharpen their skills and stretch themselves (<https://www.margielawson.com/teacher/sarah-hamer/>). Need to kill off a character? She's got "Killing People and Other Writerly Pursuits." What about securing your place in your family's history? There's "Memoir – For Your Children's Children." A certified Concept Therapy instructor since 1987, her philosophy classes can be found on her website (<http://www.dreamandbecome.com/>).

"One of my passions is to teach people how to tell their story, whether it's fiction or non-fiction," said Hamer. "Any modality I can use to get the information out there is of great benefit to them and to me. The online process takes away some of the intimacy of a teacher-student relationship but I've found that, with a little extra work, each side of the equation can benefit immensely."

Once you select a course, even if it is free, online educators recommend treating the course as you would if you were earning credits toward a degree. If you are mastering new skills for your career, consider paying for a certificate of completion for proof. "Harvard University" would look great on your resume! ❖

Review of "The Only Good Indians"

The *Only Good Indians* by Stephen Graham Jones begins with the death of a Native man outside a bar as a herd of elk lurk on the periphery. This inaugural event that at first seems to be a tragic accident, sets the stage for what's to come in the lives of three other Native men who share a common history. Together, they grew up on a Reservation where there were strict cultural and hunting rules - rules that should never be broken.

The novel is broken up into sections as each one of the men who participated in an illegal elk hunt many years prior begins to be stalked by the supernatural. The peripheral appearance of an elk-headed woman paired with strange sounds, footprints and the mysterious death of a dog at first lead the reader to question what's real. Are the men going insane, or is there something supernaturally sinister at play?

As the story unfolds the reader learns more about that fateful day. What at first seems like an ill-planned, impulsive decision by a group of young men turns out to be much more. There is a reason that day haunts these four men years later; a reason that their fear takes the shape of a female elk.

The writing itself is cinematic with dramatic descriptions of shadows, sounds and movement. Even the way

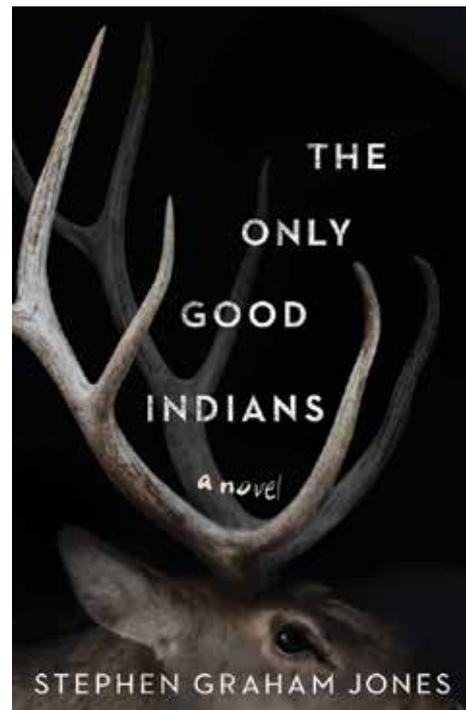
certain scenes in the book are framed seem to jump right out of well-crafted film. Jones also does an excellent job of building dread by unveiling the inner workings of paranoid minds and pairing them with perfectly-timed "coincidences."

The Only Good Indians is also classified as horror, though I would never peg this book as a classic horror novel. It carries its fair share of creepiness - those lurking elk are enough to make anyone jumpy. And readers should be aware that the novel contains a couple of gorey scenes.

Psychological suspense might be the better descriptor for this book. The sense of something ominous constantly lurking just outside of the characters' periphery made my heart pound. And as the abstract threat becomes more and more concrete, the threat level and the reader's investment in the outcome accelerates.

Despite those things, *The Only Good Indians* is primarily a book of mythos and Native culture. In a larger, metaphorical way, it showcases how one terrible decision kept secret among a small group can have a far reaching impact and affect all those they love most.

This book is a wild ride and one of the best page-turners I've read in a long time. Even as someone who rarely picks



up a "horror" book, I would still rank this book at the very top of my reading list. The writing, visuals and sheer fact that I can't stop thinking about it makes *The Only Good Indians* well worth your time.

Rating: ★★★★★

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/readbelieveandlove](https://www.instagram.com/readbelieveandlove).



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Ring in the New Year with 'Marx Brothers Council Podcast' Fun

It's a personal resolution I observe every January: celebrating the New Year with duck soup, animal crackers and, of course, the cocoanuts.

No, it's not some strange private culinary ritual. It's a tradition to welcome the New Year with some old-fashioned Hollywood madcap merriment by viewing several Marx Brothers films including, but not limited to, three of my favorites: "Duck Soup," "Animal Crackers," and "The Cocoanuts."

And at some point this January, I'll also enjoy the next episode of the "The Marx Brothers Council Podcast." It's a series of monthly podcasts co-hosted by three arts and entertainment veterans who are also noted authorities on the legendary 1930s/40s movie comedy team of Groucho, Harpo, Chico and, in their five early films, Zeppo Marx (see www.marxbrotherscouncilpodcast.com).

The podcast is an offshoot of the Marx Brothers Council Facebook group which evolved from Matthew Coniam's blog, "The Marx Brothers Council of Great Britain" launched a dozen years ago, where Noah Diamond and Bob Gassel became regular contributors.

To date, some 40 episodes have aired. Each is generally led by one of the hosts with the others chiming in as the trio deep-dive into one of the films or some aspect of the Marx canon often joined by special guests. The hosts examine the films and lives of the Marx Brothers in astonishing academic detail but remain entertaining and amusing.

"I am just a big fan who often tries to hide my lack of expertise by making smart-ass remarks," said Bob Gassel (on Twitter @bobgassel), a career video editor based in Fairfield, Conn., who is also tasked with recording, editing, and publishing the podcast.

While the brothers only appeared together in 13 movies from 1929 to 1949, dedicated fans throughout subsequent decades have helped maintain the comedy team's popularity. So why their continuing appeal? It's their absurd humor and dangerous manic energy, explains author Matthew Coniam from Bath, England, who published "The Annotated Marx Brothers" in 2015 (see www.marxcouncil.blogspot.com).

"It's low comedy for people with highbrow tastes," claimed Coniam. "That kind of dexterous verbal humor, that's very, very sophisticated yet shot through with a joyous foolishness."

"Their motivation is joy," added Noah Diamond, a writer and performer based in New York City (www.noahdiamond.com). "Yes, they're anarchic comedians but they're not angry."

"I'm just going to say I love how smart they actually are," observed Gassel. "While some may see them as idiots, my perception is that in their best films they are just on a different wavelength than everyone else."

As children, all three hosts discovered the Marx Brothers for the first time and they continue to share that enthusiasm with listeners. "I'm especially proud of the balance between the scholarly and the silly that we seem to maintain," says Coniam, indicating the group's Facebook membership is over 5,000. "We must be doing something right!"

With all past episodes archived on their website, the holiday season is a great time to check out the informative podcast fun. And while you're at it, remember you can also enjoy "A Night at the Opera," "A Day at the Races," and even a "A Night in Casablanca" without ever leaving home.

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



Groucho, Harpo, Chico, and Zeppo Marx in Monkey Business (Paramount Pictures)



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How to Bathe a Cat

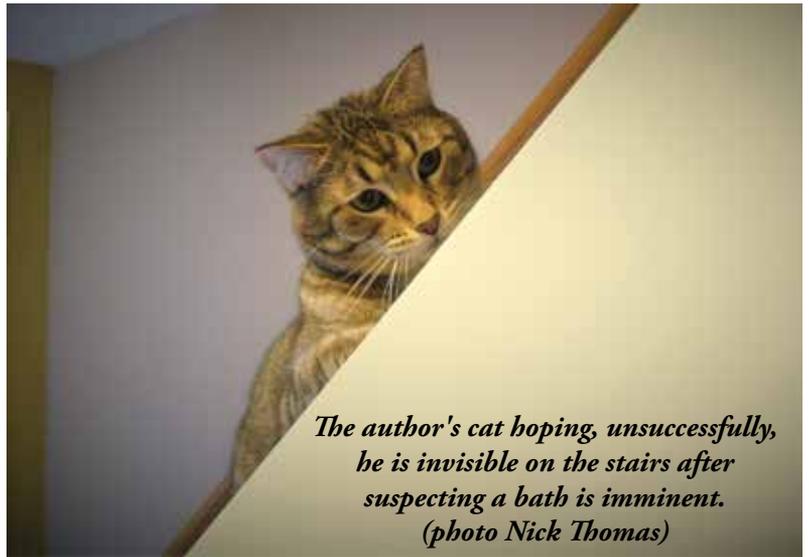
Looking for an effective New Year hangover remedy? Try bathing a cat. When that cute, cuddly furball hits the water and transforms into a murderous biting-clawing demon, you'll be astonished how quickly that morning-after nauseated 'just let me die' mood is replaced by the desire for self-preservation. Since bathing a cat is not without risks, here's a 13-step guide to prepare for that Man versus Beast aquatic confrontation, based (more or less) on painful personal experience:

Step 1: Find cat. This may seem a rather obvious initial step, but cats can be particularly resourceful at devising stealth tactics should they suspect a dunking is imminent. So check the stairs, behind the sofa, in the clothes dryer, up the chimney, in your neighbor's sock drawer, Mars.

Step 2: Place cat in sink/bath. At this point, suddenly realizing you've forgotten the cat shampoo bottle, fetch it and return.

Step 3: Find cat and place in sink/bath, again.

Step 4: Softly repeat comforting phrases like "good kitty," but be aware that the sole purpose of such ver-



The author's cat hoping, unsuccessfully, he is invisible on the stairs after suspecting a bath is imminent. (photo Nick Thomas)

bal reassurances is to build your self-confidence and resolve. They will have absolutely no pacifying effect on the animal.

Step 5: Place cotton balls in cat's ears. This is not to prevent water getting in, but to avoid further frightening the cat from your screams.

Step 6: Turn on faucet, pouring water and shampoo over cat. Attempt to lather.

Step 7: Remove cat from head and return hissing, scratching, wailing animal to sink/bath. Reach for towel to wipe soap and blood (yours) from face.

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Step 8: Find cat, again.

Step 9: Slip on wet, soapy floor while attempting to replace enraged cat back in bath/sink.

Step 10: After regaining consciousness, find cat again.

Step 11: Return drenched, soapy, howling, cat to sink/bath. Lather, rinse, towel dry, and release.

Step 12: Crawl to phone and call 911 to request assistance. While waiting for ambulance, disinfect any area where excrement may have been deposited; also check if the cat left any.

Step 13: Relax for well-deserved New Year's rest – while being carried out on stretcher.

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



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

Scuba Diving

- | | |
|------------|-----------|
| Adventure | Moray Eel |
| Boat | Ocean |
| Bubbles | Octopus |
| Buoyancy | Oxygen |
| Camera | Reef |
| Coral | Rocks |
| Deep | Scuba |
| Divemaster | Seaweed |
| Dolphins | Shipwreck |
| Explore | Snorkel |
| Flippers | Stingray |
| Gear | Tank |
| Goggles | Treasure |
| Lobster | Waves |
| Mask | Wet Suit |

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Sudoku

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

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

Crossword

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PuzzleJunction.com.

Solutions on page 29

Across

- 1 Prize
- 6 Constellation between Carina and Pyxis
- 10 1968 Chemistry Nobel
- 14 Life of ____
- 15 Old flames
- 16 Go up against
- 17 Within walking distance
- 18 Terrifying dream
- 20 Editor's mark
- 21 Horse bit
- 22 Of the kidneys
- 23 Somersault
- 25 Diminish
- 27 Pro bono
- 30 Shanty
- 31 Menace
- 32 Good judgment
- 33 Dissenting vote
- 36 John Irving's "A Prayer for ____ Meany"
- 37 Cut back
- 38 Life accounts, briefly
- 39 Degree in math?
- 40 "Common Sense" pamphleteer
- 41 Pasta choice
- 42 High standards
- 44 Hang around
- 45 Entrance to cities sewers
- 47 Judge
- 48 Commencement
- 49 Forever and a day
- 50 Remove from a manuscript
- 54 Bad blood
- 57 Leg of lamb
- 58 Mosaic piece
- 59 Killer whale
- 60 Disdain
- 61 Spring purchase
- 62 Author Roald
- 63 Dazed and confused

Down

- 1 Pendulum paths
- 2 Droop
- 3 Balm ingredient
- 4 Hold back
- 5 Hair colorer
- 6 Open to bribery
- 7 Leave the stage
- 8 Race unit
- 9 Blonde shade
- 10 Bemoan
- 11 Deserting
- 12 Bucolic
- 13 Inscribed pillar
- 19 Threefold
- 21 Elderly
- 24 Furnace fuel
- 25 None too brainy
- 26 Launder
- 27 Familiar with
- 28 Colorful salamander
- 29 Like a monkey's tail
- 30 Lists
- 32 Pizzeria order
- 34 Top-rated
- 35 River of Belgium
- 37 Spinnaker, e.g.
- 38 Italian monk
- 40 Snapshot
- 41 Trading place
- 43 Having a certain motif
- 44 PC linkup
- 45 Castle fortifications
- 46 "Tomorrow" musical
- 47 Kind of treatment
- 49 Leave one's mark on
- 51 Prima donna problems
- 52 Handed-down history
- 53 It's active in Sicily
- 55 Turf
- 56 Portfolio part, in brief
- 57 Govt. property org.

1	2	3	4	5		6	7	8	9		10	11	12	13
14						15					16			
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61						62					63			

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Hearty, Wholesome Winter Meals

FAMILY FEATURES

Seeking comfort from the cold in the form of a wholesome meal is a perfect way to cap off a day with loved ones. During the winter months when brisk temperatures chill you to the bone, warming up with hearty dishes at the family table can bring everyone together. This family dinner is made possible with tasty pecans, which are among the lowest in carbs and highest in fiber compared to other tree nuts, with 12 grams of “good” monounsaturated fat and only 2 grams of saturated fat. Essential nutrients like thiamin, zinc, copper and manganese mean you can feel good about serving pecan-infused dishes. Visit americanpecan.com to find more winter weeknight recipe inspiration.



Mac and Cheese with Pecan Breadcrumbs

Total time: 50 minutes; Servings: 6

8 ounces cavatappi pasta
1 tablespoon butter
1 block (8 ounces) cheddar cheese
½ cup raw pecan pieces
15 ounces part-skim ricotta cheese
4 tablespoons sour cream
1 teaspoon salt
¼ teaspoon ground pepper
1 large egg, lightly beaten

Preheat oven to 375° F.

In salted boiling water, cook pasta according to package instructions. Drain, reserving ½ cup pasta cooking water. Return pasta to pot and stir in butter.

Using box grater, shred cheddar cheese.

Using food processor, process ¼ cup shredded cheese with pecans to coarse breadcrumb consistency.

Add remaining cheddar cheese, ricotta, sour cream, salt and pepper to warm pasta. Stir until thoroughly combined. Add egg; stir. Add reserved pasta water to loosen mixture; stir until smooth.

Pour into buttered 9-inch square or round casserole dish and top evenly with pecan topping.

Bake 30 minutes.



Pecan-Crusted Pork Tenderloin

Total time: 35 minutes; Servings: 6

1 pork tenderloin (about 1½ pounds)
salt, to taste
pepper, to taste
½ cup brown sugar, divided
2 tablespoons soy sauce, divided
2 teaspoons minced garlic
½ cup pecan pieces
¼ cup pineapple juice
2 tablespoons Dijon mustard

Preheat oven to 400° F and lightly grease large baking dish. Season pork tenderloin with salt and pepper, to taste; set aside.

In small bowl, stir ¼ cup brown sugar, 1 tablespoon soy sauce and minced garlic. Spread mixture over pork.

Press pecan pieces into brown sugar mixture on pork. Bake, uncovered, 20 minutes.

In medium saucepan over medium-high heat, combine remaining brown sugar, remaining soy sauce, pineapple juice and Dijon mustard. Bring mixture to boil; reduce to simmer 3-5 minutes then remove from heat.

Slice pork, spoon sauce over top and serve.



Answers from the Experts



EXPERTS: If you would like to help your community by answering a question here, call 636-5510
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Mid South Orthopaedics
7925 Youree Drive;
Suite 210
Shreveport, LA 71105
(318) 424-3400

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

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



Toni Camp
Regional Hospice Care
Group
8660 Fern Avenue, St. 145
Shreveport, LA 71105
(318) 524-1046
See our ad on page 25, 32.

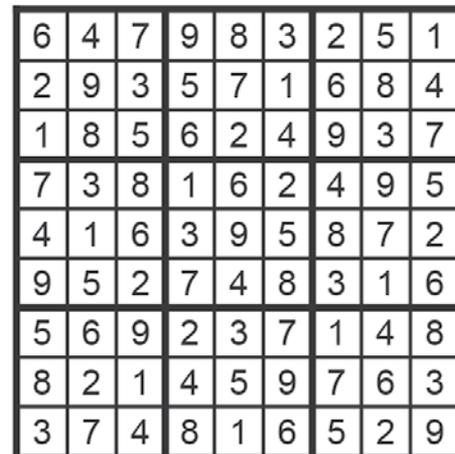
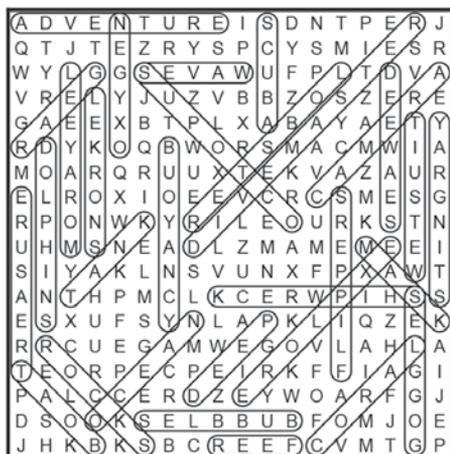
What is Glaucoma?

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 7.

PUZZLE answers (from pages 26 & 27)



SHREVEPORT *Then & Now*

Photos blended and used with permission by **Mike and Mark Mangham** of **Twin Blends Photography**. For more blended photos showcasing Shreveport/Bossier City's historical photos, please visit www.facebook.com/twinblendsphotography.



Groundbreaking for the Veterans Affairs Hospital was held in December 1947. Formerly the site of Fort Turnbull (nicknamed Fort Humbug), it was renamed the Overton Brooks VA Hospital in 1988 to honor the late Congressman Overton Brooks, who pushed for a VA medical center to be constructed in the Shreveport area. The official dedication was held on November 27, 1950.



Elliott Electric Company building which was constructed around 1865 by Mayor Martin Talley and later known as the "Harrison Building", sits in the 500 block of Spring Street. Many businesses have called this building home, Utz and Smith Hardware and Elliott Electric Company to name a few. Ed Chopin saved the original photo from being destroyed 30 plus years ago and allowed us to make a blend of this incredibly historic building.

PLACES PLEASE *A Season to Celebrate*

The Strand

2021

The Second City-Legendary Laughs

SATURDAY
SEPTEMBER 18, 2021
8PM

Postmodern Jukebox

THURSDAY
DECEMBER 2, 2021
8PM

Rudolph The Red-Nosed Reindeer:
The Musical

WEDNESDAY
DECEMBER 15, 2021
7PM

2022

Mutts Gone Nuts

SATURDAY
FEBRUARY 26, 2022
2PM

Road Dahl's Charlie and the
Chocolate Factory

WEDNESDAY
MARCH 16, 2022
7PM

The Queen's Cartoonists

FRIDAY
MARCH 25, 2022
7PM

South Pacific

THURSDAY
APRIL 21, 2022
8PM

One Night of Queen

WEDNESDAY
APRIL 27, 2022
8PM

Waitress

FRIDAY
MAY 6, 2022
8PM

Beautiful-The Carole King Musical

TUESDAY
JUNE 7, 2022
8PM

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



Cremation with remembrance.

By selecting a permanent memorial after cremation, you give future generations a connection to their past. Even if you opt to keep a loved one's ashes at home or scatter them someplace special, you can still create a beautiful and lasting legacy in a cemetery so that family and friends have a place to reflect and remember.

Cemetery offerings may vary.

HILL CREST MEMORIAL FUNERAL HOME

HILL CREST MEMORIAL PARK
HAUGHTON
318-949-9415

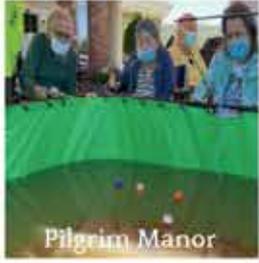
HILL CREST MEMORIAL

BLANCHARD CHAPEL
SHREVEPORT
318-309-4755

CENTURIES MEMORIAL FUNERAL HOME

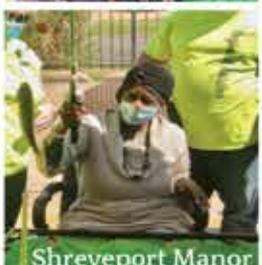
CENTURIES MEMORIAL PARK
SHREVEPORT
318-686-4334

Every Detail Remembered™ | **Dignity**
MEMORIAL



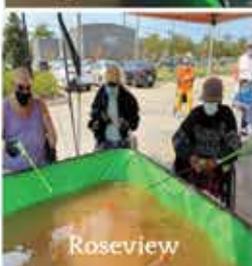
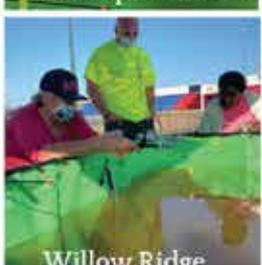
Regional Hospice

Locally Owned & Operated

Fishing Tournament Tour

When you need Hospice care...
ask for the "reel" team in green!



Minden 318.382.9396

Homer 318.927.9217

Coushatta 318.932.9465

Shreveport 318.524.1046

