

August 2018

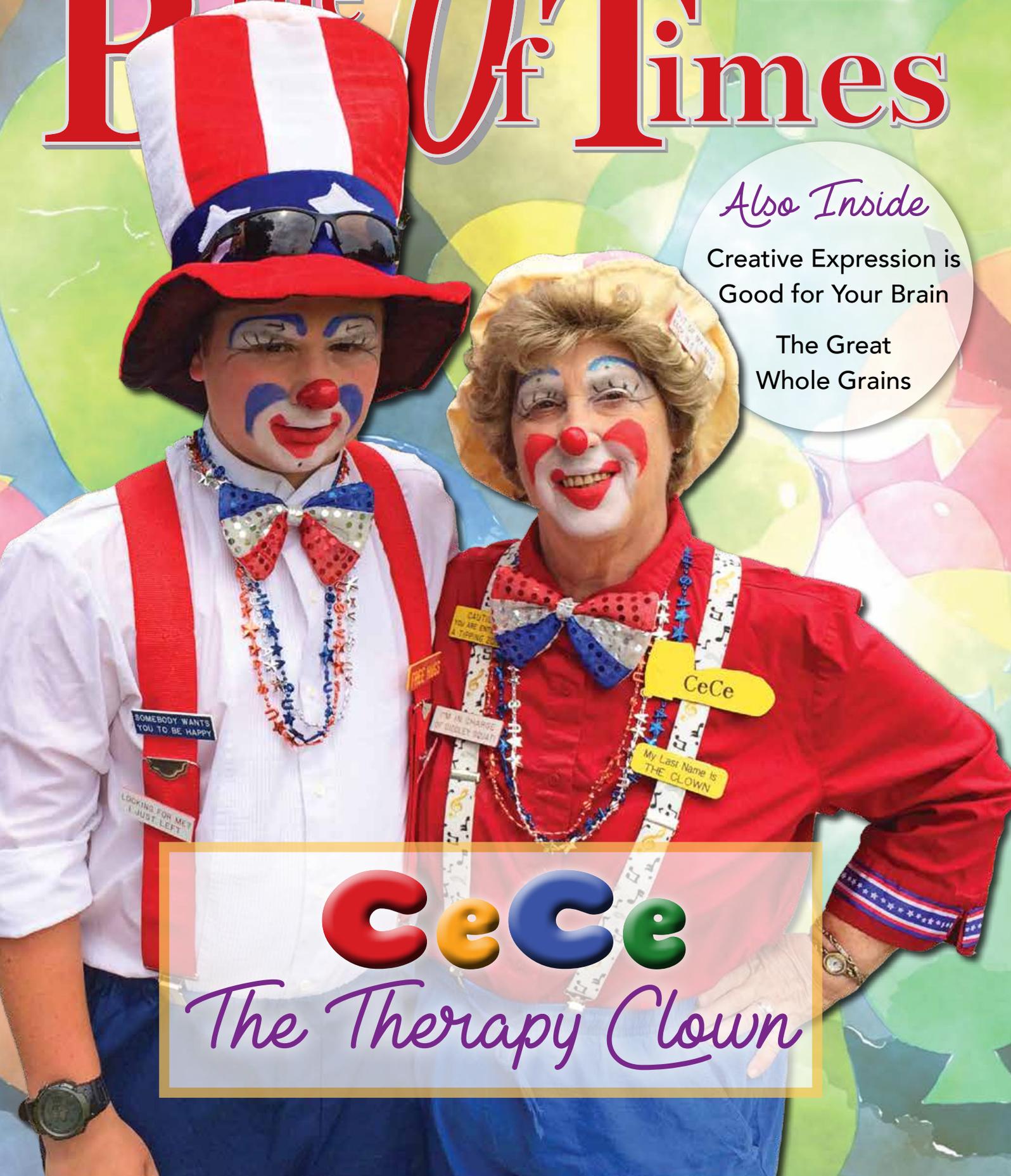
Back The Of Times

“Celebrating Age
and Maturity”

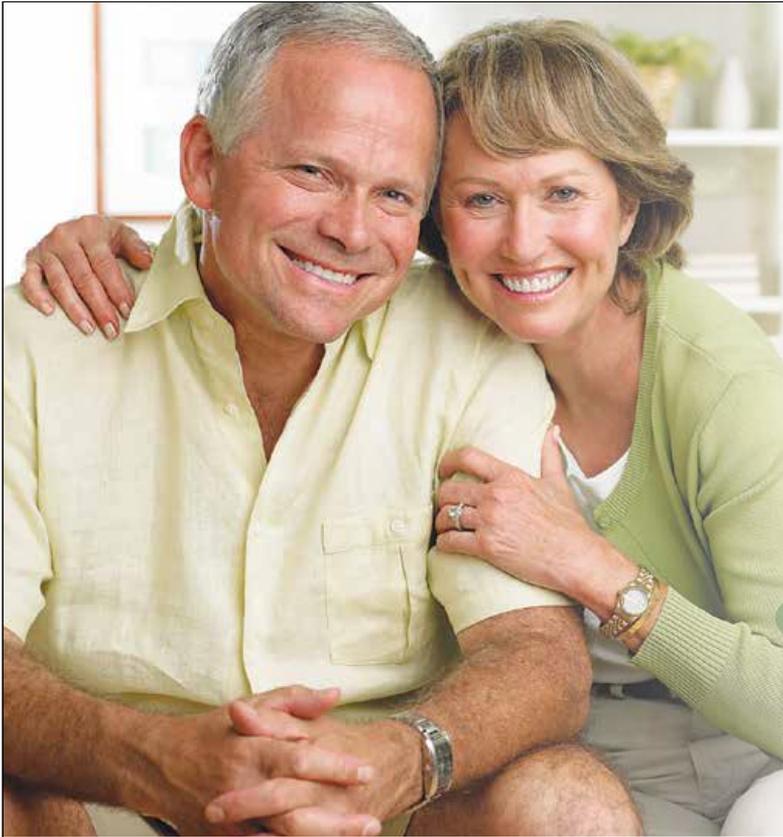
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August 4
"New Depression Treatment"
 Dr. Jason M. Broussard from the Center for Mental Wellness

August 11
"Shreveport Little Theatre's 2018/2019 Season"
 Robert Darrow, Creative Director with the Shreveport Little Theatre

August 18
"The Strand Theatre's 2018/2019 Season"
 Jenifer Hill and Jodi Glorioso with the Strand Theatre

August 25
"Life Savers Ball 2018"
 Dr. George Mills with Fiest-Weiller Cancer Center

September 1
"All of Us Research Program"
 Donald Johnson, RN, Coordinator of the All of Us research program

The Best Of Times

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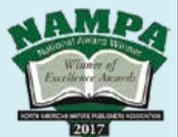
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On the Cover

Rosemary Short dresses as Cece the Clown and Mrs. Claus to bring fun and happiness to places where there isn't much joy to be found. Here with grandson, Bryden Bronikowski (aka Wheeley the Clown).



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Stat!

Medical News & Info

- **Many Older Adults with Probable Dementia Are Likely Unaware They Have It**

A Johns Hopkins Medicine analysis of information gathered for an ongoing study of aging and disability adds to evidence that a substantial majority of older adults with probable dementia in the U.S. have never been professionally diagnosed or are unaware they have been. A report of the findings was published in the *Journal of General Internal Medicine*. Most of the findings, the researchers say, confirm previous similar estimates, but unaccompanied visits to a doctor or clinic emerged as a newly strong risk factor for lack of formal diagnosis or awareness of diagnosis.

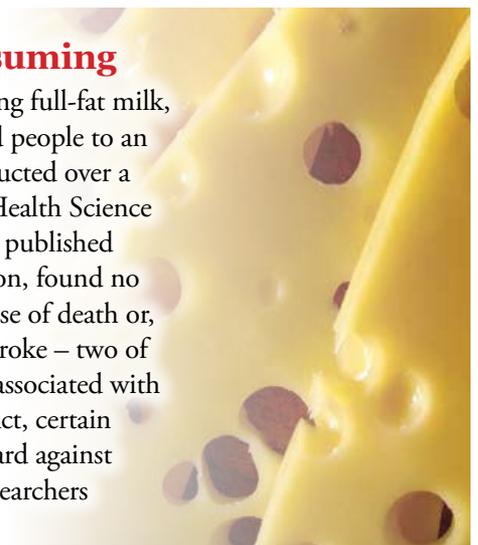


- **Being Unconventional Makes Experiences Feel Brand New**

If you are not enjoying your favorite things as much as you used to, new research suggests a way to break through the boredom: Try the same old things in new ways. Researchers from The Ohio State University's Fisher College of Business noted that people found new enjoyment in popcorn, videos – even water – when they consumed them in unconventional ways. Findings suggested that using unconventional consumption methods helped people focus on what they enjoyed about the product in the first place. For example, they stated that when you eat popcorn with chopsticks, you pay more attention and you are more immersed in the experience. *-Personality and Social Psychology Bulletin.*

- **Don't Feel Guilty for Consuming Whole Dairy Products**

Enjoying full-fat milk, yogurt, cheese and butter is unlikely to send people to an early grave, according to new research conducted over a 22-year period by The University of Texas Health Science Center at Houston (UTHealth). The study, published in the *American Journal of Clinical Nutrition*, found no significant link between dairy fats and cause of death or, more specifically, heart disease and stroke – two of the country's biggest killers often associated with a diet high in saturated fat. In fact, certain types of dairy fat may help guard against having a severe stroke, the researchers reported.



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Thanks to all those who participated in *The Best of Times* Balloon Rally Contest. These lucky readers won 2 season tickets to the Shreveport Little Theatre.



Buddy Hays



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Velma Johnston



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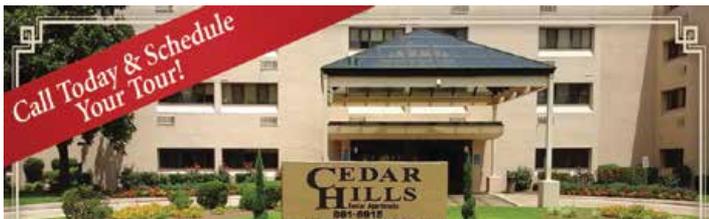
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Advice
From the Bench
by Judge Jeff Cox

Wildlife Areas & Parks



For those of you who read this article, you may think this is a crazy topic to discuss. But recently, I have been confronted with a number of issues regarding wildlife management areas and our parks, both national and state. With vacations going on at this time of the year and people traveling to different areas of our state and country, I thought I would discuss some of the rules that apply to wildlife areas and parks.



Cox

First, know the rules before you enter the parks regarding vehicles. Make sure where you can drive vehicles and take off-road type vehicles. Know the rules about what type of vehicles are allowed. Know what types of tires are allowed and not allowed in the parks. Many tickets are written each day for persons driving on trails where they are not allowed to drive.

Second, know the rules about obtaining permits to be in the park area. Bodcau Wildlife Management Area, located in Bossier Parish, has sign in boards to obtain a permit before entering the area. Each person must sign in and obtain a permit to use the area. The permit asks what activity you are doing, whether camping, fishing, riding, or hunting, and how long you will be in the park. If you do not have this permit, you can be written a ticket which requires a trip to court. Additionally, as you leave the area, you must sign out.

Third, know whether or not you must obtain a permit to camp in the wildlife management areas and parks. Know where the campgrounds are located and what kinds of camp

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When checking in, **ask the Ranger for any rules** you will need to particular attention to while you **stay at the park.**



you can have in that area. Do not take motor homes into areas where only tent camping is allowed. Additionally, know where you can dispose of waste and how you must clean any campsite before you leave. If you violate these rules, then the rangers can write you a ticket.

Fourth, do not pick any flowers or disturb any nature area, unless you are allowed to do so by park rules. Picking flowers or disturbing areas can result in hefty fines and court costs. In addition, you can be asked to leave the park and may be banished from further visits to the park or wildlife management area.

Fifth, if you carry a weapon in your vehicle, make sure you check the laws and regulations about carrying firearms on park or wildlife management area property. You can usually find this information in publications published by the park. Firearms in parks and wildlife management areas are taken very seriously and can be reason for an arrest or very hefty fine.

Finally, know all the rules of the parks you visit. Before going to visit or stay in any park, ask for a rules manual. When checking in, ask the Ranger for any rules you will need to pay particular attention to while you stay in the park. By knowing the rules, you will have a good stay and will not have to visit the court to pay tickets and fines when you leave.

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

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Casting for a Bigger Picture



I recently had a client contact me that wanted to be able to watch videos on YouTube on a larger screen in the comfort of his living room. He had proposed purchasing a laptop to connect to his TV. I proposed an even better solution that would only cost a fraction of the cost of a laptop. I recommended that he purchase a tablet of any brand, and a Chromecast stick to plug into his home Audio/Video Receiver. This solution would allow him to choose what he wanted to view from his tablet and project it to his TV.



Rinaudo

Casting is a feature that allows you to choose which video to watch, and instead of watching it on your phone or tablet, you can view it on your TV. The cast feature is supported by most of the popular video apps that you may already have installed on your phone or tablet: apps such as Amazon Prime Video, Netflix and YouTube already have this capability built in.

The casting process requires two things in order for the whole process to work. First, you will need either a casting supported device plugged into your TV, or a smart TV with this capability already built in. A casting supported device can be one of many streaming devices available on the market such as Google's Chromecast stick, Amazon's line of Fire devices, or even a Blu-Ray/DVD player with apps installed. Having a newer smart TV removes the need to

purchase and plug anything extra into your TV, and means you're already a step ahead when it comes to casting.

The second part to this process is having a smart phone, tablet or computer with the casting apps (YouTube, Netflix, etc.) installed. Once you have these two components in place and you're connected to the internet, you can simply pair your app with your TV or device and initiate the casting process.

Most apps that support the casting process display a casting icon once the app is opened. After you've successfully paired your app with your TV, you can simply press the casting icon button and you will be asked which device to cast to. During the pairing process you will be asked what name to give your TV that you're pairing up with. This is the same name you will be shown when attempting to cast from your phone or tablet to your TV. After you choose your TV, the video will start playing on your TV and you can pause, fast forward, rewind or stop all from your phone or tablet.

This capability allowed my client to be his own video jockey in his living room. He was able to have the Internet at his fingertips and watch his videos on the big screen. This capability is a hint of what's to come with the simple touch of the screen on your phone, tablet or watch.

Mark Rinaudo has worked in IT in Shreveport for more than 20 years. He is the owner and operator of Preferred Data Solutions. Email mark@preferreddatasolutions.com to submit a question for this column.



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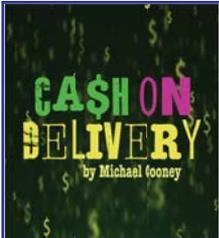
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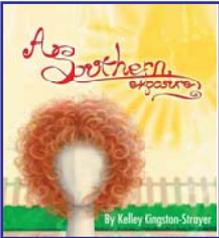
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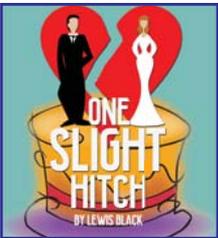
CASH ON DELIVERY
by Michael Jooney

September 13-23, 2018



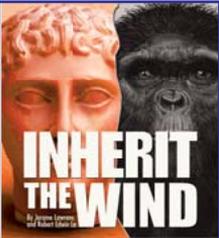
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By Kelley Gangston-Strayer

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Beverly Washburn's Favorite Co-stars

Beginning her career as a talented child actress, Beverly Washburn worked alongside Hollywood's most popular actors and her list of favorites is long (see www.beverlywashburn.com).



Thomas

While she appeared in several "Wagon Train" episodes, her favorite was The Tobias Jones Story where Lou Costello plays a drunk accused of murder – a rare dramatic role for the comedian and one of his final acting appearances.

"I was a big Abbott & Costello fan, so it was a thrill to work with Lou," said Washburn from Las Vegas where she has lived for over 20 years. "I just loved him, he was such a sweet man. But he was so used to ad-libbing in the comedy routines that he actually found it hard to stick to the script. When he forgot a line, he would look into the camera and say, 'So how are ya?' which always made me giggle."

Washburn appeared in the 1956 film version of "The Lone Ranger."

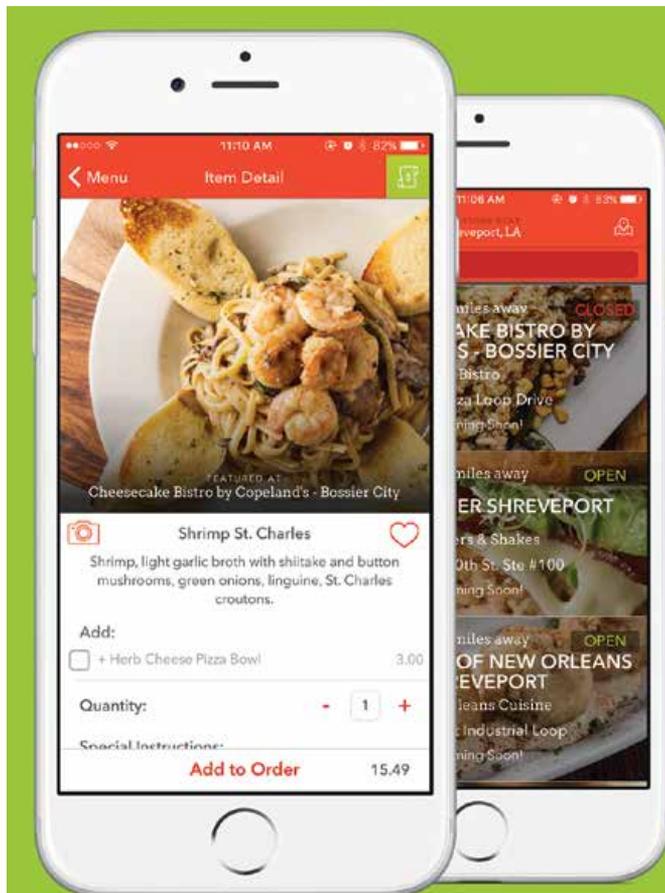
"Oh, I loved this one – I'm kidnapped by Indians and the Lone Ranger comes to my rescue!" she said, laughing.

"Clayton Moore was just wonderful and one of my funniest memories was while we were all relaxing by the pool one weekend. In his contract, he wasn't allowed to be photographed without his mask on. Well, a lady recognized him at the pool and asked for a photo so he jumped up and grabbed his mask. Seeing the Lone Ranger in just swimming trunks and a mask was hilarious!"

In "The New Loretta Young Show" 1962-63 season, Young played a widow with 7 children. Washburn was a series regular as one of the kids.

"She actually called me herself at home to ask me on the

Clayton Moore, Beverly Washburn and Bonita Granville in 1956's *The Lone Ranger* movie - (Warner Bros)



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show and I was thrilled because she was such a sweet woman,” recalled Washburn. “It was one of those shows where we all felt like family. We’d go out on weekends together, have parties or go to the beach. Loretta would have us all over to her house for dinner.”

Washburn was in her early 20s when she appeared in “Spider Baby,” a Lon Chaney Jr. dark horror comedy blending murder, madness, and mayhem into the now cult classic.

“It was a very bizarre movie made on a budget of just \$65,000,” explained Washburn. “But I was excited to work with Lon Chaney and he turned out to be so dear. I remember one scene where he is crying on the porch and those were his



real tears because he was so invested in the role.”

Washburn, too, possessed that talent.

“I could cry on cue which was usually required for playing the poor little orphan girl-type roles I often had. I would try to feel what the character was feeling and it would invariably make me cry. I suppose I’ve always been an emotional person, too. My brother would tease me and say I

cried at supermarket openings!”

More than just a young actress who could cry on demand, her co-stars were quick to praise young Beverly’s mature acting skills. After they worked together, Lou Costello publicly acknowledged her for helping bring out his credible dramatic performance.

In her book, “Reel Tears: The Beverly Washburn Story, Take Two” re-released in 2013 by BearManor Media, Beverly shares many more stories from her career.

“It hasn’t all been roses, as I talk about in my book,” she adds, “but I have a lot of fond memories for sure.”

Nick Thomas teaches at Auburn University at Montgomery, Ala, and has written features, columns, and interviews for over 650 newspapers and magazines.



Lou Costello in a 1958 Wagon Train episode with Beverly Washburn (NBC publicity photo).



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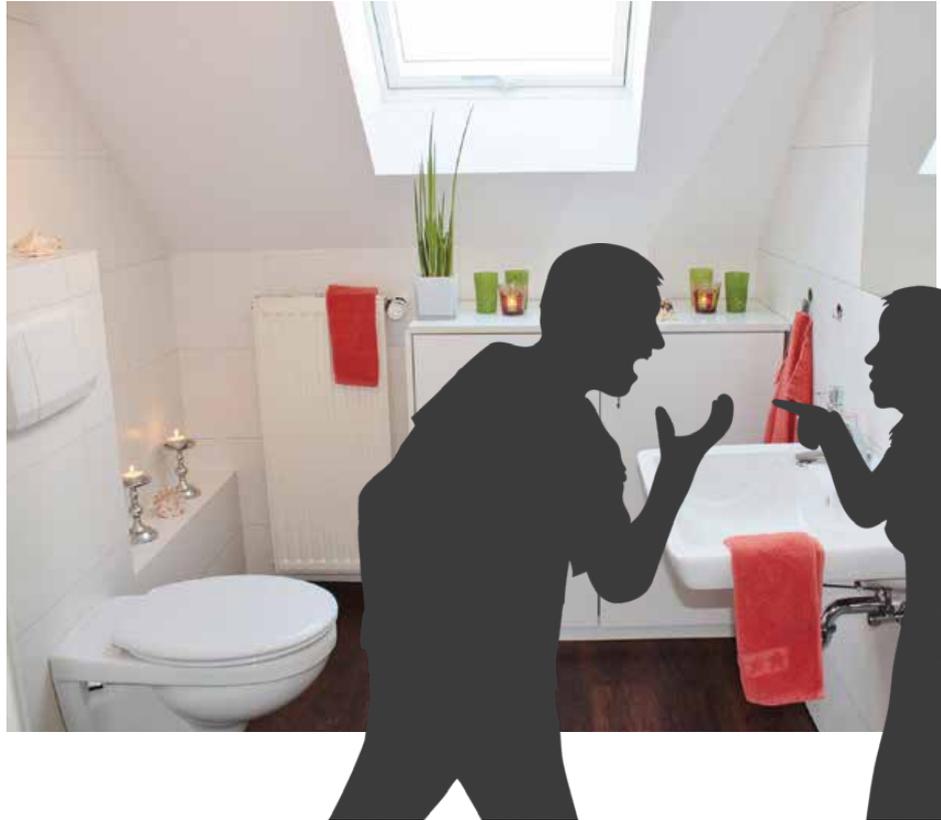
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Advice
Laws of the Land
by Lee Aronson

The Case of the Unused Bathroom



He despised her dog. She thought he was old, cantankerous, solitary and given to drink.



Aronson

But they got married anyway. It was only after she moved in that she discovered that he, and I'm not making this up, "did not allow friends and family to use his bathroom; in an obsession to conserve water, he made them go to the back yard to relieve themselves." Sound like a deal breaker? It wasn't. They stayed married. He even rewrote his will, leaving everything to his new wife.

But by the time he died a few years later, the will had been lost. She had a copy of the will, but no one could find the original. In Louisiana, that's a problem. That's because if your

original will can't be found, the Judge has to presume that you destroyed and revoked it before you died.

Now that doesn't mean that a copy of a will is never good enough, but you are going to have to prove with strong evidence that the person who wrote the will didn't revoke it.

Let's call our "back yard reliever" Walter*. Walter's wife, who we can call Maude*, thought she had real strong evidence that Walter hadn't revoked his will.

She explained that Walter hated his son. Due to Walter's unusual situation, If Walter had destroyed and revoked his will, then his son would inherit Walter's house and most of his money. (Usually, everything you own prior to getting married is your separate property. In Louisiana, even though we are a community property state, if you don't have a will, your spouse does not inherit your separate property. Your

kids do.) Which, according to Maude, was not something Walter would have wanted.

Walter was convinced that his son had stolen money from him and told anyone and everyone that he wanted his son to get nothing from him. There were lots of witnesses who told the Judge that Walter did not like his son; one even testified that it had been over 8 years since Walter and his son had spoken to each other.

But after Walter died, the son showed up. While Maude was at the flower shop picking out flowers for the funeral, someone let Walter's son into Walter's house. Maude told the Judge that before she got home, the son must have "ferreted out" the original will and destroyed it. When Maude did get home, she and Walter's son opened the unlocked strongbox where she and Walter kept their important papers. She took out Walter's will and showed it to his son, "who immediately dismissed it as just a copy." Maude told the Judge that Walter's son "dismissed the will before he looked at it, stoking [her] suspicion that he had slyly spirited off the original."

In Louisiana, even though we are a community property state, **if you don't have a will, your spouse does not inherit your separate property.** Your kids do.

Of course, the son denied all this. He did admit that about six weeks after his father died, he "angrily called [Maude] several offensive sexual epithets and [Maude] lunged at him, grabbing his face." But he also had an ace up his sleeve: one of his witnesses was a woman who I'll call Marta*. Marta told the Judge that she was a lady friend of Walter's and that Walter had told her that he "was very unhappy with [his wife] and did not consider her a companion."

After listening to all of the witnesses, the Judge decided that he simply didn't know what happened to the original will. Because the original could not be found, the Judge had to presume that Walter himself destroyed and revoked it. And Maude's evidence, "does not rebut, by clear and convincing proof, the presumption that [Walter] himself destroyed and revoked the will." Therefore, the will could not be probated. Which meant that Walter's son, as much as he may have been hated, inherited his Dad's house, bathroom and all, and most of Dad's money.

**All the names have been changed.*

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

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The U.S. Dietary Guidelines recommend that every American should include moderate amounts of grains in their diet, along with fruits, vegetables, protein, and dairy. These guidelines also advise that at least half of all grains eaten should be whole grains—but what does this mean? Why are whole grains so important, and how do we know the difference?



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A whole grain contains all of the components that were present in its original grain seed. The three parts of a grain seed are the bran, germ, and endosperm. Each of these parts contain their own unique vitamins and minerals, including B vitamins, fiber, protein, iron, and zinc, to name a few. All grains begin as whole grains and either stay whole or undergo a process called milling. When a whole grain is milled, the bran and germ are stripped away, which produces a refined grain. Milling a grain creates a product that is lighter and easier to chew, but it also strips away important nutrients. The process removes about 90% of vitamin E, over 50% of B vitamins, and almost all of a grain's fiber. When compared side-by-side, refined grains contain only about 33-50% of the nutrients found in whole grains.

The wholesome package of nutrients in whole grains provide even greater health benefits. Eating whole grains can help with lowering cholesterol levels and keeping blood sugar levels steady. These fiber-rich grains may also lower the risk of heart disease, obesity, stroke, some cancers, and type 2 diabetes, all while helping maintain healthy bowel movements.

Now that we know the benefits of eating whole grains, it's important to know how to distinguish whole grains from refined grains. Examples of refined grains include products made from white flour, white bread, de-germed cornmeal, white pasta, and white rice. Some common whole grains are brown rice, oatmeal, quinoa, popcorn, whole wheat products, whole cornmeal, barley, and wild rice. Sometimes food labels make it difficult to tell if a food is a whole grain, especially when certain terms and names seem similar to a whole

grain. For example, "100% wheat," "seven grain," "cracked wheat," "made with whole grains," or "multi-grain" does not mean a food is a whole grain. A good rule of thumb to tell if a product is a whole grain is to look at the ingredient list. If the first ingredient contains the word "whole" before the grain's name (ex: "whole oats," "whole wheat flour," "whole grain brown rice," "whole rye," "whole grain corn"), then the product is most likely a whole grain. For grains like quinoa, barley, popcorn, brown rice, oatmeal, and wild rice, following the label rule is not necessary because they are naturally occurring whole grains. Checking the color of a grain product is not a reliable method, as the brown color in a bread may be due to another ingredient like molasses.

For some people, the thought of switching to whole grains may seem overwhelming or discouraging. Whole grains can taste very different in comparison to refined grains and it may take several tries to appreciate their unique taste. It's important to remember that lifestyle changes don't happen overnight and every small change can make an impact on your diet. If the switch to whole grains is challenging for you, start slow. Substitute half of your white rice with brown rice and mix them together, start your day eating a bowl of oatmeal, and try using whole wheat pasta in a dish. Many people forget popcorn is also a whole grain and makes for a great snack if made with little or no added butter or salt. When making meatloaf, use whole grain cracker or bread crumbs. You likely won't even notice the difference! Also, try snacking on whole wheat cereal or whole wheat toast with your favorite toppings.

Whole grains are a great way to pack a nutritional punch to a balanced plate. They provide a plethora of nutrients, all of which work to help maintain a healthy body and prevent disease. With a little knowledge and small changes over time, making half of your grains whole can be accomplished.

Abigail McAlister is a Registered Dietitian and nutrition agent with LSU AgCenter for Caddo and Bossier parishes. Her focus is adult nutrition education and promotion. Contact her at amcalister@agcenter.lsu.edu.

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1 Richard Nixon loved clowns so much that he signed a bill in 1971 setting aside the first week of August annually as **National Clown Week**.

2 Rodeo Clowning is the 8th most dangerous job in America.

3 In the early 1970s, **Patch Adams**, a doctor, started the culture of clowning for patients in hospitals.

4 The portrait of Uncle Sam is modeled after a 19th century clown, named Dan Rice.

5 Clowns have a superstition that painting your face blue will bring you bad luck.



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CeCe

The Therapy Clown

by Kathleen Ward

"If by chance someday you're not feeling well and you should remember some silly thing I've said or done and it brings back a smile to your face or a chuckle to your heart, then my purpose as your clown has been fulfilled." Red Skelton

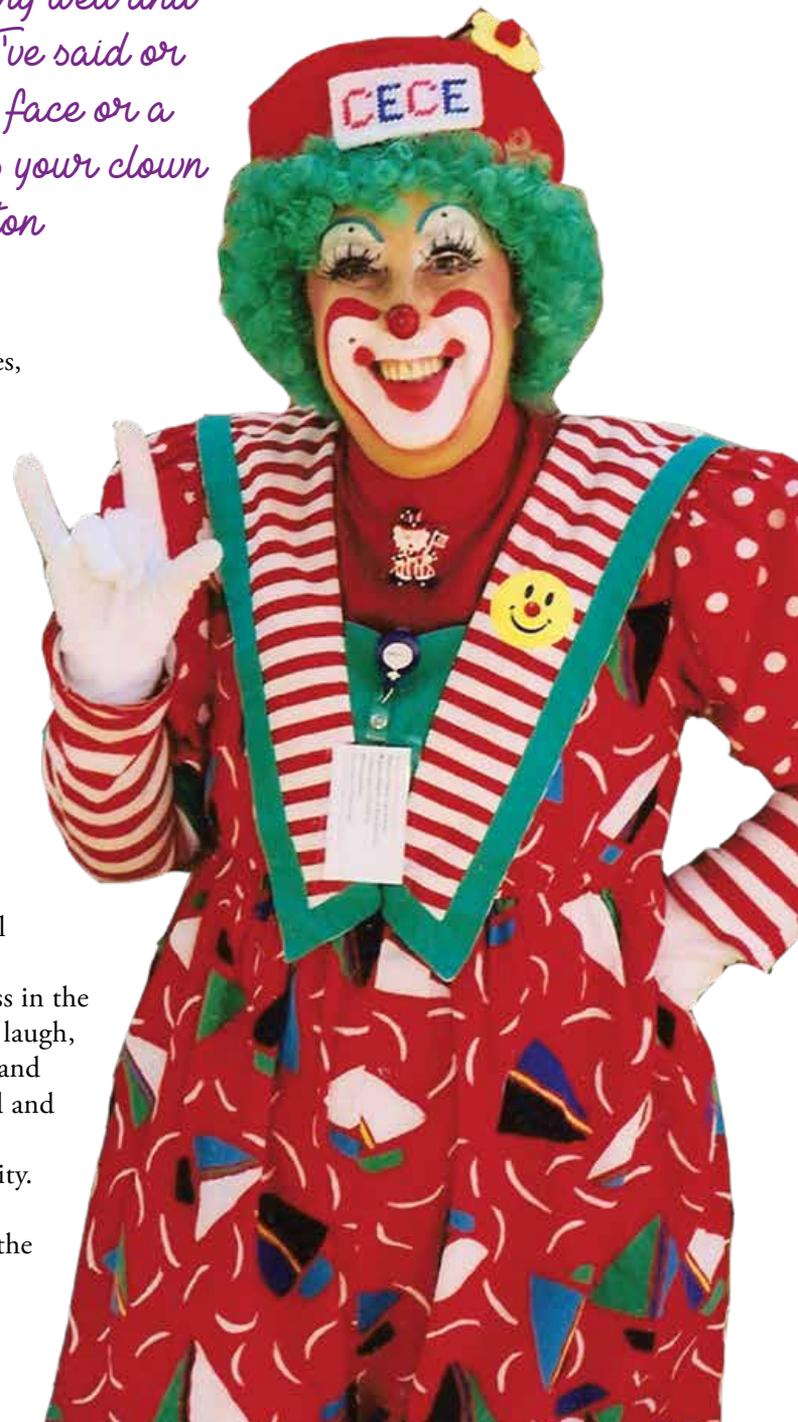
Most clowns have big red noses, wear huge shoes, dress "fashion backward" and have a bad hair day, well, every day. But, there's an art to this and sometimes a little heartbreak, especially if your audience is sick or traumatized children.

Meet Rosemary B.C. Short (aka "CeCe the Clown" and "Mrs. Claus"), a member of that special group of cut-ups known as therapeutic clowns. Her education includes Master's degrees in Education and Marriage and Family Counseling, and graduation from Barnum and Bailey Clown College. She is uniquely qualified to bring a sense of fun and a few moments of happiness to places where there just isn't much to be found.

Therapeutic clowns lower anxiety and fear in hospitalized children undergoing invasive exams and treatment, work with first responders at traumatic events, and help agencies that deal with young victims of sexual abuse.

"Laughter is a sign of wellness in an individual and wholeness in the relationship between individuals," said Short. "Healthy people laugh, and when they laugh it releases endorphins that lift the spirits and promotes a healthy body. When people are ill, sad or depressed and have a lack of confidence, they do not laugh."

"The therapeutic clowning started when I was at the university. Dr. Clyde Ekbohm noticed I was volunteering (as a clown) for many non-profit organizations and encouraged me to include the volunteering as a way to enrich my studies."



“I found that being a clown offers a unique opportunity to make a connection with people of all ages. The red nose offers an open door to another world to a child or an adult,” she said. “This turns the association into a world of fun, silliness, excitement and joy. A chance to leave behind their pain and worry and make them forget, momentarily, all the unpleasant things going on in their life.”

She used what she has learned in a particularly unpleasant experience in her own life to help herself and those around her.

“Seven years ago I was diagnosed with Stage 3 cancer. Now that is all behind me, but while I was in treatment I decided to make our medical team, which was so serious and compassionate, lighten up and give them a laugh to lighten their day,” she said. “Since the radiation was done on my abdomen, the tech was always drawing red and blue lines on me. On a day that I felt better, I glued a red pro nose on my belly button and glued my long iridescent blue eyelashes on my abdomen for my treatment. When the doctor and techs saw that, they burst into laughter.”

She wore her makeup and costume as she sat with the other patients through long hours of chemotherapy. “My thoughts were to have these fellow cancer survivors focus on a happier moment in their encounter with cancer and the associated treatments. At the time I was hoping maybe to be a part of someone’s memory.”

She has created some special, lasting memories with her grandson, 16-year-old Bryden Bronikowski (aka Wheely the Clown).

“I am an instructor in the art of clowning and have taught adults and children since I came to this area. He just got private instructions,” said Short. “When he was eight he asked if he was old enough to be a clown. I told him he could be a junior ‘Joey’ (that is what a child clown is called) so it began. He seemed to be a natural.”

“I taught him a little magic and how to twist balloons. He caught on very fast. His mother has friends that work in nursing homes and they let him clown for the residents. He loved it and for the past eight years he has entertained at retirement homes, nursing homes and birthday parties. When he is here with me, he accompanies me to all of my engagements.”

Short frequently visits nursing homes, assisted living homes, churches, child daycare facilities, hospitals and schools.

During a speech before a seventh grade health class in Minnesota, she was identifying the types of



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abuse children may experience when one student became extremely upset.

“The five types of abuse are physical, emotional, verbal, sexual and neglect. During the session on sexual abuse, a young girl stood up and angrily shouted at me, ‘You don’t know anything. You are only taught by a book,’ and ran out of class shouting obscenities,” said Short.

“A few days later the principal of the school called me asking if I would see the girl as she only wanted to talk to me; no one else. So I went to meet with her dressed as a clown so there was no gender judgment; this way she could feel safe. The abuse came out. She was afraid of being judged and that it was her fault,” said Short. “We started on a long journey in identifying, counseling and getting her ready for court. The process took over a year, and then the time came to address her perpetrator. She went into court with confidence and self-worth. To this day she still keeps in touch with me every so often to thank me for saving her life. She went on to become a child psychologist and also a clown.”

At Holy Angels recently, she wore a red and white checked outfit from her closet of more than 35 costumes, took an hour on her makeup and curly orange-red wig, and pulled her red wagon loaded with balloons and a hand pump to a small tent. There she worked quickly to make complicated balloon hats, swords, snakes (with tongues!), dogs, dolls and fantasy creatures while a line of fascinated kids and their

parents waited patiently, ignoring the dunking booth, free cookies, loud music and their cell phones.

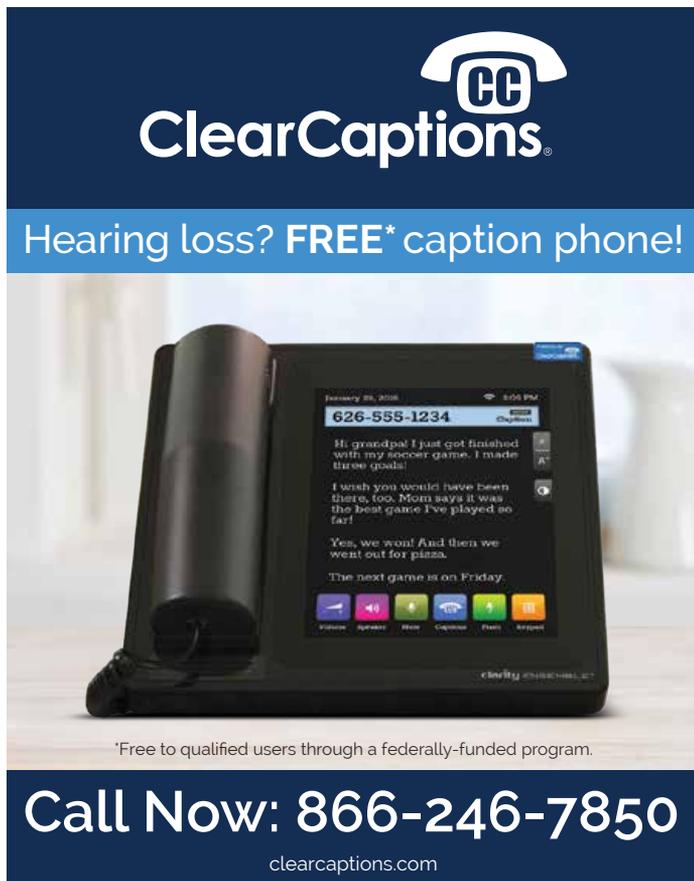
“National Clown Week is August 1-7. This is a yearly recognition of the contribution made by clowns in their entertainment at

National Clown Week is August 1-7.

This is a yearly recognition of the contribution made by clowns in their entertainment at children’s hospitals, charitable intuitions, for the mentally challenged, and generally helping to lift the spirits and boost the morale of our people in society.

children’s hospitals, charitable intuitions, for the mentally challenged, and generally helping to lift the spirits and boost the morale of our people in society,” she said.

“The benefit of being a clown to me, has always been working in a world of clown ministry. Humor has been in this world since the beginning of time, and it will probably exist until the end of time. Anything is possible when your actions come from the heart and soul,” said Short. •



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SHREVEPORT *Then & Now*

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The Municipal Auditorium located on Elvis Presley Blvd. in Shreveport was the home of the Louisiana Hayride from 1948 until 1960. World famous photographer Jack Barham was there to capture photos of the up and coming star, Elvis Presley. Twin Blends took some old photos of Elvis (and the Hayride) and blended them with now pictures at the Municipal to say “Elvis is back in the building” at the Municipal! Special Thanks to the LSUS Archives and Special Collections for these photographs.





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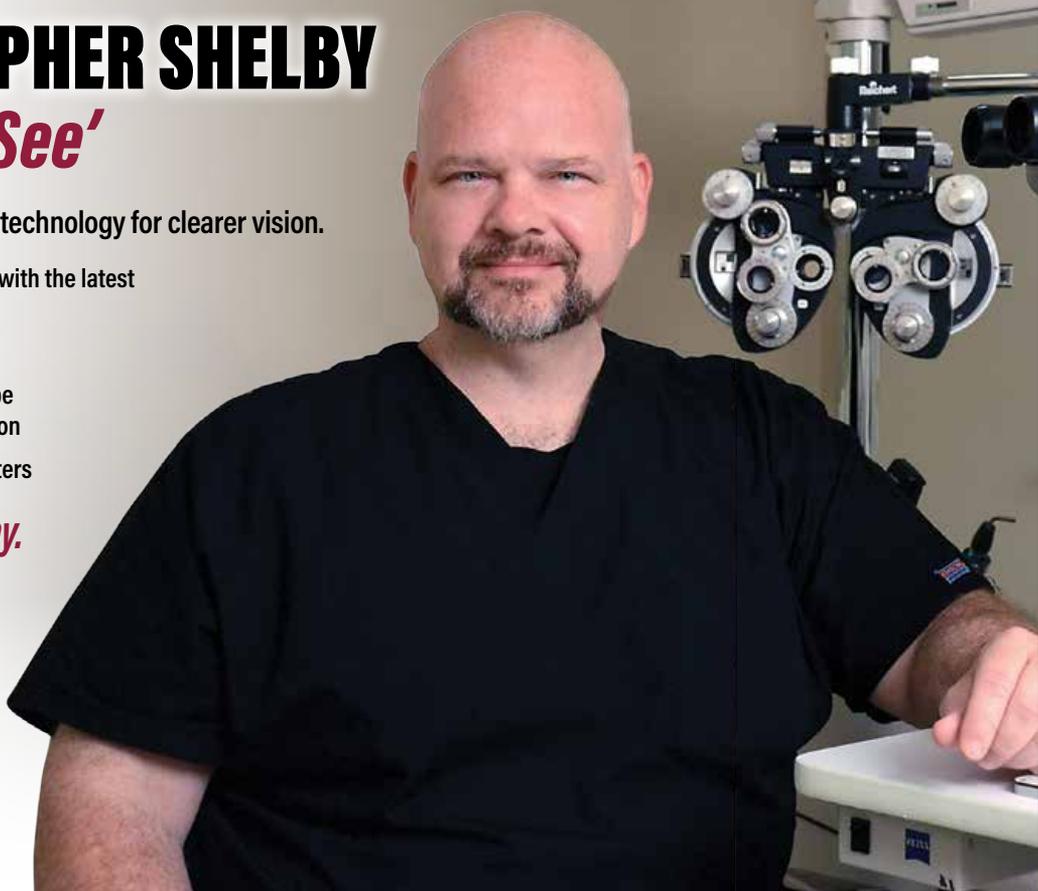


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Creative Expression

Good for Your Brain

by Stacey Hand

Brain health is a hot topic nowadays. Crossword puzzles, computer games, exercise, and nutrition are all touted as keeping our minds sharp. But innovative research being done in multiple studies including at the Mayo Clinic, is demonstrating that using your creative side to paint, sculpt, draw, play music, dance, or otherwise express yourself through art, can help delay the onset of dementia or lessen its effects.

One aspect of art's value to our brain has to do with using different neural pathways than we usually do. Creating art fires up neurons throughout the brain as the individual must plan, remember, create patterns and visualize...all important functions that can begin to weaken if mild cognitive decline is either present, or a risk.

Another aspect of the power of the creative process has to do with the recovery or use of the fine and large motor skills often involved in creating art. Yet another has to do with the stimulation of our sensory organs...the ear, the eye, and one that is hugely important but often overlooked; the skin. And specialists believe that people still have imaginations intact even until the very, very end of their battles with Alzheimer's or dementia. Using art as a form of expression gives them a way to show others and themselves that their spirit is still alive within them.

Researchers are catching up to some caregivers who have long believed that art would be beneficial to their loved ones. Five years ago, the Alzheimer's Agency of Shreveport Bossier began a program called Art for Alzheimer's. Members of the agency's volunteer team (all current or former caregivers) bring all the painting supplies needed to various facilities throughout our area and provide a creative experience for residents, patients or clients who have dementia.

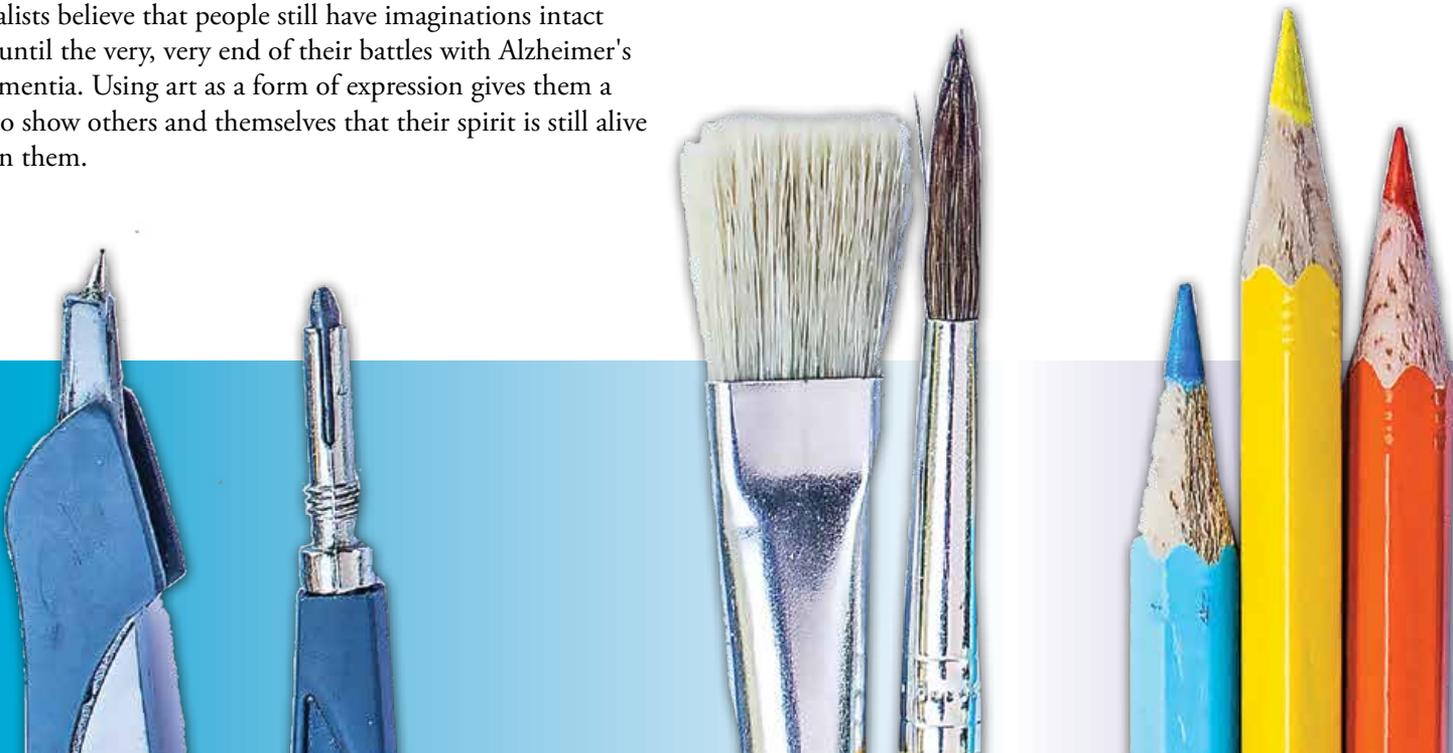
"This program has been so rewarding," said Alzheimer's Agency Board Vice-President Vickie Rech. "Everywhere we go, we have the privilege of watching people come alive. The opportunity to paint seems to bring out a creativity that many people don't think could still possibly be there," she said. "And whether the

product "looks good" or not, there is a joy in the process that is heart-warming to see," Rech added.

Caregivers whose loved ones have the opportunity to create report that it promotes relaxation and improved mood. Another significant benefit is that art provides



This friendly fellow was created by an elder participating in the Alzheimer's Agency's Art for Alzheimer's project. He was so engaging that the Agency made note cards with the permission of the artist, and sells them for a nominal amount.





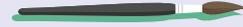
Garden Park Nursing and Rehabilitation in Shreveport has created an artists' studio where weekly opportunities for participating in creative expression are offered to residents.

interaction among all family members who can share in the activity. Spouses who can no longer play bridge together can create with clay. Or picture a grandchild finally having the chance to communicate through water-coloring with a grandparent who has lost other forms of self-expression. It brings smiles and closeness, and often tears of joy.

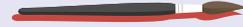
There is still so much that geriatricians, neurologists, therapists and others have to learn about the brain, but those who've worked with people who have dementia, have been impressed not only by their clients' responses to visual art, but their ability to create art, as well. Some believe that the ability to create is a basis for human life and this is just as true for persons with Alzheimer's disease as anyone else. In fact, as a person moves toward the end of life, art and creativity can offer a unique opportunity to open a doorway into the emotions someone with dementia might not otherwise be able to express.

Stacey Hand, MA, CVT, is a Gerontologist and Education Coordinator for the Alzheimer's Agency of Shreveport/Bossier. For more information on providing art experiences locally for those with dementia, contact her at 318-840-3434 or read more about the power of artistic expression by visiting www.cognitivedynamics.org.

Tips for Planning an Art Activity for Someone with Dementia or Alzheimer's Disease:



Keep the project on an adult level. Avoid anything that might be demeaning or seem childish.



Build conversation into the project. Encourage, and discuss what the person is creating.



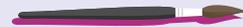
Help the person begin the activity. If painting, you may need to start the brush movement. Most other projects may require just basic instruction and assistance.



Use safe materials. Avoid toxic substances and sharp tools.



Allow plenty of time, keeping in mind that the person doesn't have to finish the project in one sitting.



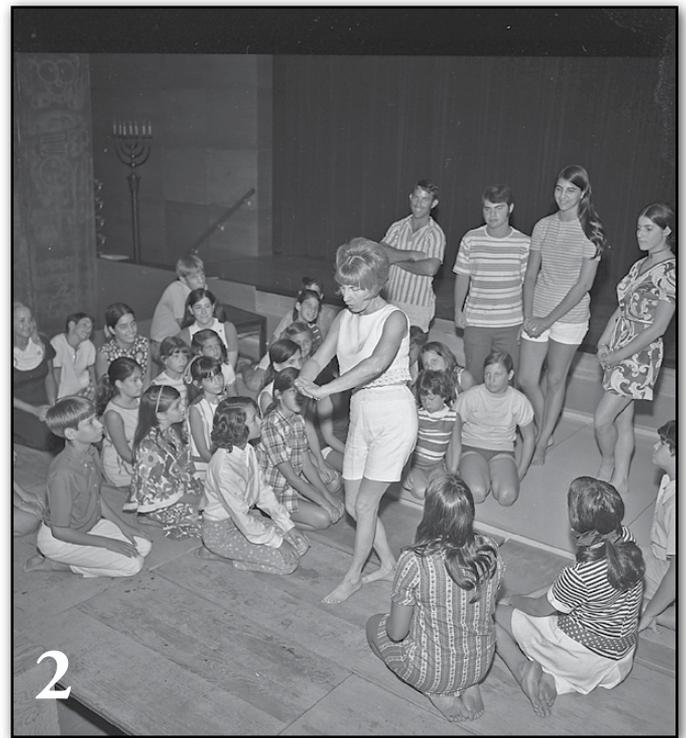
Avoid judgment either positive or negative... focus on the process, not the product.



Snapshot SLEUTH

Do you recognize any of the people or events in these photographs?

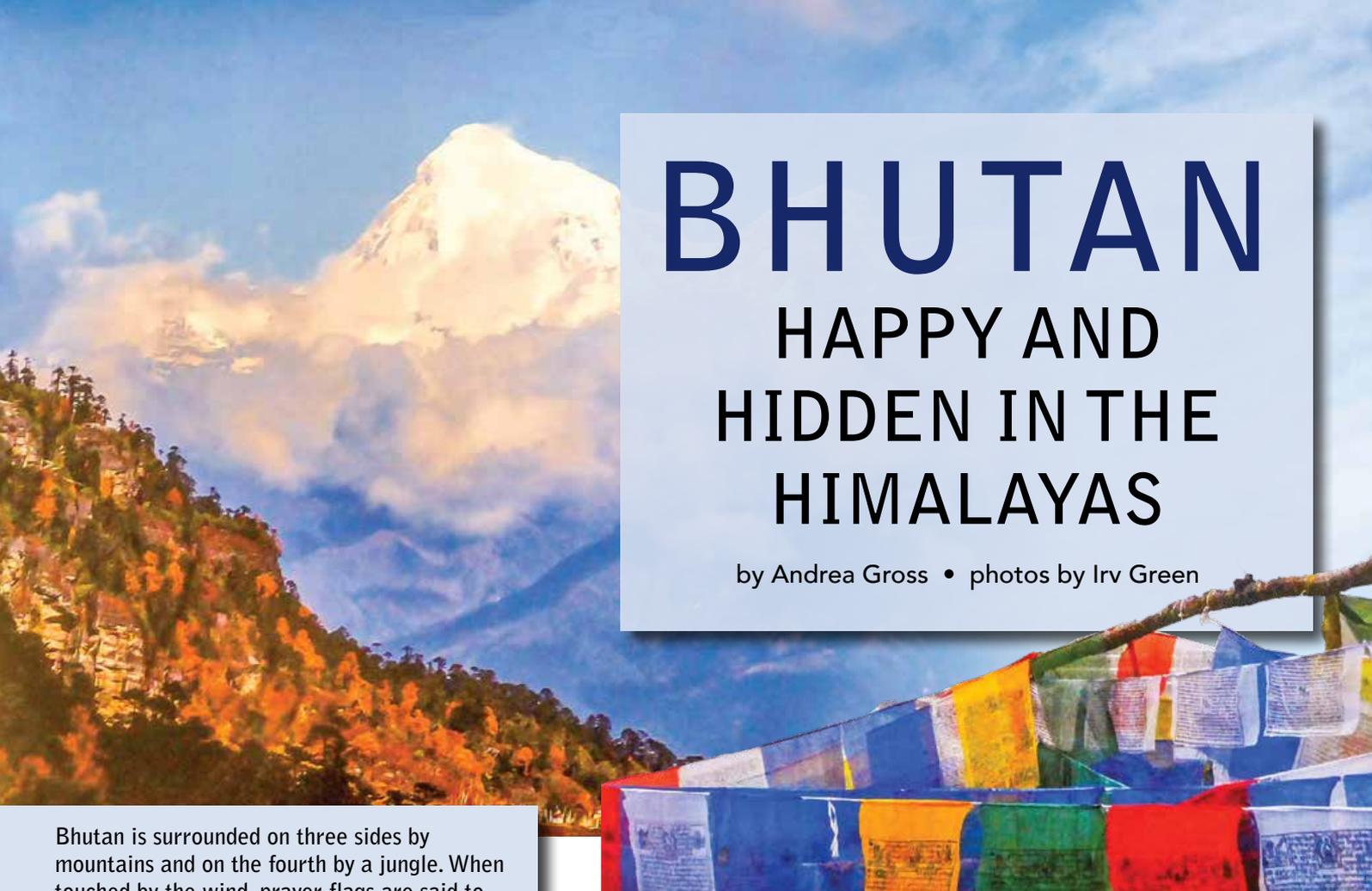
The Best of Times has partnered with Archives and Special Collections of the LSU Shreveport Library to identify individuals and events in their collections. Please email Tina at editor.calligas@gmail.com or Laura at laura.mclemore@lsus.edu if you have any memory or comments about these images.



1. Broadmoor Baptist Church youth performing an operetta, August, 1963. (*Jack Barham*)

2. Kids seated around presenter at Bnai Zion Temple kids theater program. (*The Shreveport Times*)

3. Team photo by J. Frank McAneny



BHUTAN

HAPPY AND HIDDEN IN THE HIMALAYAS

by Andrea Gross • photos by Irv Green

Bhutan is surrounded on three sides by mountains and on the fourth by a jungle. When touched by the wind, prayer flags are said to send prayers to every person in the wind's path.

It was a crazy idea, this plan to go to the Himalayas in November. I'm not into hiking, can't even contemplate trekking and despise the cold. Whatever possessed me?

Authenticity, that's what. The opportunity to see a country that was still untainted by the outside world. Foreigners weren't allowed in until 1974; there wasn't any television until 1999. But the capper was this: my husband and I would get a chance to learn about a place that operates according to the tenets of Gross National Happiness rather than Gross National Product. In other words, the people value GNH more than GNP. Now how charming is that?

So a few weeks before our frequent flyer miles are going to expire, we set off for Bhutan, a small country tucked between Tibet and India. "That mountain over there is Mount Everest, the highest mountain in the world," our pilot says casually, as he threads the plane between a gap in the mountains and heads for the narrow runway that marks one of the most dangerous airports in the world.

I grip the armrest and remind myself that he's one of fewer than a dozen pilots who's certified to fly into Bhutan. On the one hand, I'm glad my pilot is such an expert; on the other, I'm terrified that maneuvering between the peaks is so dangerous that I need such an expert.

An hour's drive gets us to Thimphu, the country's capital and the largest city in Bhutan. With a population of just over 100,000, there's no need for a stoplight. Instead a lone policeman, encased in a small gazebo and outfitted with white gloves and a shrill whistle, stands at the city's busiest intersection and directs traffic.

The architecture in the city center is distinctive — white buildings with graciously curved walls, windows outlined in red — and the people are all dressed in the national dress, which is required attire when in public. Thus men are outfitted in ghos [belted robes] and women in kiras [a blouse and skirt combo]. This, according to the government, will help the country retain its cultural identity.

The style of dress is defined, but the color and patterns are not. Weaving is an intrinsic part of Bhutanese culture, and hand-woven ghos and kiras incorporate intricate patterns, sophisticated dyeing techniques and rich colors that have made Bhutanese textiles known and admired throughout the world.

After a visit to the Royal Textile Academy and the National Folk Heritage Museum, we head to rural areas where we find prayer flags strung up and down hills, past buildings and across mountains. This, according to the



Boys enter the monastery between ages six and nine years old.

Buddhists, who comprise 75% of Bhutan's population, creates a vast network of harmony and compassion.

Bhutan is primarily agricultural, and as we drive along the road that unites the country from west to east, we're enveloped by green. By law 60% of the land must be forest, but in reality more than 70% — containing an estimated eight million trees — remains undeveloped.

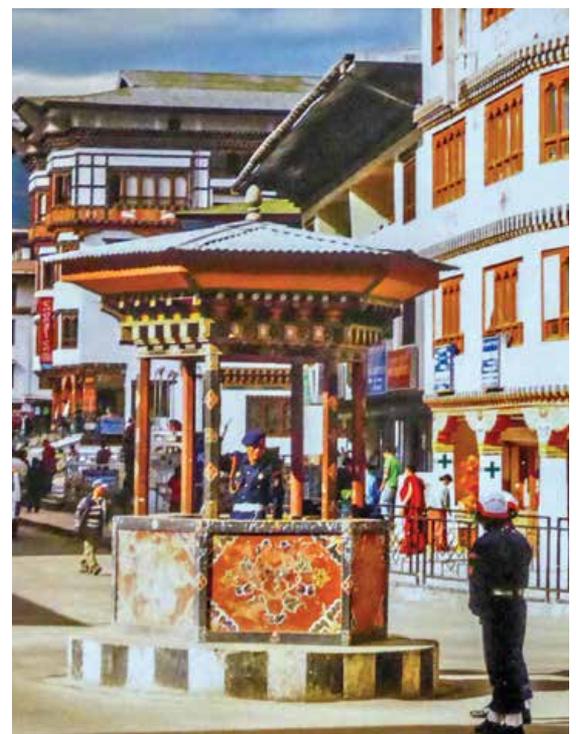
Although the villages are small, the houses are substantial. The government encourages folks to build their homes in a three-story style that is unique to Bhutan. The ground floor is reserved for cattle and other animals; the second for storage, and the third for people.

It's there, as we pass through the second village, that I see my first painted penis. It's huge, a giant phallic symbol that dominates the entire side of the house. A few blocks further into town a photocopy store sports two playful penises climbing a wall and, oh my, around the corner a shop has a protruding penis above the door.

Why the obsession with phalluses? Legend has it that Drukpa Kunley, an ancient mystic, hit errant demons over the head with his penis in order to subdue them. Hence many Bhutanese paint phallic symbols on their homes and businesses in order to protect its inhabitants.

"You know," says my husband, "Kunley is rumored to have had sex with more than 5,000 woman. He said sex would help people on their path to enlightenment and promote harmony among family members."

A lone policeman, encased in a small gazebo and outfitted with white gloves and a shrill whistle, stands at the city's busiest intersection and directs traffic.



More than harmony, what Kunley actually promoted, albeit it took several centuries to realize its effect, was Bhutan's modern tourism industry. A man approaches my husband, holding a plastic penis in one hand, a carved one in the other. "Necklace, for lady," he says in perfect English.

And that's how, above his desk, my husband came to have a six inch carved phallus hanging from a thin strip of rope.

That afternoon we head back to the airport, our souvenir from the nation that espouses Gross National Happiness tucked safely in my husband's pocket.

For information on other international destinations, see www.traveltizers.com. •



Add a **Splash of Flavor** to Your Summer Asian-inspired small plates for the entire family

FAMILY FEATURES

The season of warm summer nights and bright sunny days calls for equally vibrant meals. As the season of entertaining continues, many at-home chefs are searching for exciting and flavorful meals to feed their family and friends. When the hotter summer weather calls for light, fresh snackable fare, give Asian small plates a try.

Have a go at a variety of flavorful appetizers like dippable Chinese Shrimp Potstickers, which pair perfectly with a savory Thai Chicken Satay and Light Cucumber Salad. Round out your meal with a satisfying Korean Beef Bulgogi and Kimchi over Sticky Rice, featuring irresistible and exotic flavors that can have your guests coming back for more.

For more fresh and flavorful summer dishes, visit NakanoOrganic.com.

Korean Beef Bulgogi and Kimchi Over Sticky Rice

Prep time: 15 minutes, plus marinating

Cook time: 15 minutes

Servings: 6

- 3 tablespoons light soy sauce
- 2 tablespoons dark brown sugar
- 2 tablespoons Rice Vinegar
- 1 tablespoon toasted sesame oil
- 2 minced cloves garlic
- ¼ cup grated red apple
- 1 teaspoon minced fresh ginger
- 16 ounces thinly sliced rib-eye steak
- 1 tablespoon canola oil
- 3 cups sticky rice
- 3 tablespoons seasoned rice vinegar
- 1/2 cup kimchi, prepared

- 1 tablespoon toasted sesame seeds
- 1 scallion, sliced
- 1 red jalapeno, sliced
- ¼ cup carrots, julienned

In large bowl, combine light soy sauce, dark brown sugar, natural rice vinegar, toasted sesame oil, garlic, apple, ginger and black pepper. Add in steak slices and cover bowl. Marinate 1 hour.

After marinating, in large nonstick skillet over medium-high heat, heat canola oil. Add steak slices and sear, reserving marinade. Once browned, add marinade and cook 1 minute, or until slightly thickened.

Cook sticky rice according to package instructions and sprinkle on seasoned rice vinegar. Serve beef bulgogi over sticky rice and garnish with kimchi, sesame seeds, scallions, red jalapeno and carrots.

Chinese Shrimp Potstickers

Prep time: 25 minutes

Cook time: 10 minutes

Servings: 6 (4 potstickers per serving)

- 24 wonton wrappers
- 8 ounces large raw shrimp, peeled, deveined and chopped
- 3 tablespoons minced scallions
- 4 canned water chestnuts, minced (approximately 1/8 cup)
- 1 tablespoon oyster sauce
- 3 tablespoons rice vinegar, divided
- 2 tablespoons peanut oil
- 2 tablespoons water, plus additional for wonton wrappers
- pinch of salt
- pinch of pepper
- 2 tablespoons soy sauce
- 2 teaspoons toasted sesame oil

To make potstickers: Set aside wonton wrappers. In large bowl, combine shrimp, scallions, water chestnuts, oyster sauce, 1 tablespoon seasoned rice vinegar, peanut oil, water, salt and pepper. Fill one wonton wrapper with 1 teaspoon filling.



Lightly wet edges of wonton wrapper with water, fold into triangle and pinch edges closed. Repeat with remaining wonton wrappers and filling.

In large skillet over medium-high heat, heat peanut oil. Place potstickers in skillet and cook until golden on

bottoms. Once browned, add 2 tablespoons water to skillet, cover and cook 4 minutes until steamed. Remove lid and cook until water has evaporated.

To make dipping sauce: In medium bowl, combine soy sauce, remaining seasoned rice vinegar and sesame oil.

MINISTERING TO OTHERS

Harvey Gafford believes in large families that share a lot of love. The 14th of 19 siblings who grew up on a farm near Shreveport, he recalls that happy childhood—and has recreated it in his own family. He and his wife Sandra have been together for more than 40 years, and have five adult children and ten grandchildren. As a deacon in his church, he ministers to others in God's family, and hopes his life may serve as an example to others.

A gunshot wound when he was 18 left him with drop foot and partial paralysis of his right leg. His job as a hospital janitor led to further issues, beginning with an infection that took half his foot. Ultimately, recurring infections led to the amputation of his leg below the knee.

He struggled with previous prostheses that gave him “nothing but trouble”—until he struck up a conversation with a stranger wearing a prosthesis, who worked for Snell's and invited Gafford to come by.

“That's how I got started going to Snell's and I've been happy ever since,” he concluded. “If the pictures (and my story) help anyone who is going through something similar, that's what I'm all about.”



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Image by Neil Johnson Photography



August Get Up and Go

EVENTS

• Ark-La-Tex Genealogical Association Annual Seminar and Book Fair

Saturday, **August 11** from 9 a.m. - 3:30 p.m. at the Broadmoor United Methodist Church, 3715 Youree Drive, Shreveport. Featured speaker will be Philip Adderley, Genealogy Consultant and Lecturer. Lectures will include genealogy tips, basic strategies, and finding early American settlers. A special selection of genealogy and history books will be available. Due to limited seating, advance registration recommended. Registration is \$40 and includes lunch if pre-registered. Online registration available. For info visit www.altgenealogy.com/seminar.htm, contact Jim Johnson at 746-

1851 or email jjohnson747@suddenlink.net.

• BINGO on the Bayou

Saturday, **August 11** at 6:00 p.m. at East Ridge Country Club, 1000 Stewart Drive, Shreveport. Benefiting Catholic Charities programs in north Louisiana. Dinner and bingo. \$50 per person. For tickets call 318-865-0230 or visit ccnla.org

• Dining With Diabetes

A four part educational series on diabetes will be held at the LSU AgCenter Caddo Parish office, 2408 E. 70th Street, Shreveport on August 7, 14, 21, and 28 at 6:00 pm. This program helps adults at risk for type 2 diabetes, who are pre-diabetic, or who have diabetes and their families/caregivers learn how to manage their condition through menu planning,

carbohydrate counting, portion control, and label reading. Participants have the opportunity to sample healthful foods using the concepts taught in class. Cost is \$40 and is open to the public. Please call 318.226.6805 to pre-register. Seating is limited.

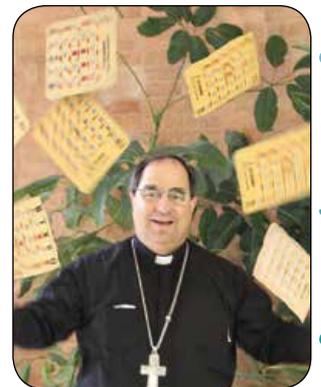
• Krewe of Elders Star Spangled Night Coronation XXI

Friday, **August 24** at 6 p.m. at the VFW Post 4588, 1004 Jeter St in Bossier. Eric Craig Band will perform. Wear your casual red, white and blue attire and enjoy

the bar-b-que. BYOB. Silent auction. Elders Krewe members admission is \$40 and non-members admission is \$55. For tickets call 318-925-3914. <http://thekreweofelders.wixsite.com/home>.



Krewe of Elders Coronation XXI • Aug. 24



Bingo on the Bayou • Aug. 11



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G A M B L I N G P R O B L E M ? C A L L 1 - 8 7 7 - 7 7 0 - 7 8 6 7

• **WAM (Wine, Art, & Music)**

Presented by Bossier Arts Council, Boomtown Casino, Eagle Distributing, and 1800 Prime and featuring the paintings of Sarah Joy Lewis. Wednesday, **August 8**, from 5:30pm - 8:00pm at 1800 Prime in Boomtown Casino, 300 Riverside Drive, Bossier City. This quarterly event features local artists, wine tastings, food pairings and live music. \$35 per person. For more info call the Bossier Arts Council at 741.8310.



Weekend Farmers Markets

FARMERS MARKETS

• **Bossier City Farmer's Market**

South parking lot of Pierre Bossier Mall in Bossier City. 9 a.m. to 1 p.m. each Saturday through November. Produce, arts & crafts, food

trucks, handmade goods, plants, baked goods & more.

• **Shreveport Farmers Market**

Saturdays, through August 25. 7 a.m. to 12 noon. Under the pavilions at Festival Plaza in Downtown Shreveport at 101 Crockett St. (where Crockett St. and Commerce St. intersect.) Booths will offer produce, meat, honey, plants, artisan food products and agricultural goods produced within 100 miles of Shreveport. The Market Café will be open. For more information, please visit www.shreveportfarmersmarket.com.

SEMINAR

• **Estate Rescue 2018**

Thursday, **August 16**, 10 a.m. to noon at the Broadmoor Branch Library, 1212 Captain Shreve Dr., Shreveport. Presented by SAFE Planning. Learn about protecting assets from nursing home costs and Medicaid, even if some is already receiving care. Reserve your seat at safeplanningseminars.net/event1 or call 318-869-3133. **FREE.**



Caddo Council on Aging

SENIOR CENTER FUN

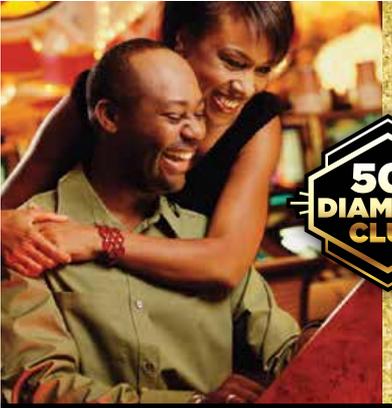
• **Caddo Council on Aging**

9:30 Coffee and Cookies; 10 am program. CCOA/Valencia Community Center, 1800 Viking Drive, Shreveport. **FREE.** For more information call 676.7900.
 • Thursday, **August 2:** 10:00 "Generation Rx" Lois Anderson

- Thursday, **August 9:** 10:00 "Top Three Things You Can Do Today with Physical Therapy", Dr. Gregory Redmond
- Thursday, **August 16:** 10:00 "Chair Aerobics with Nora", Nora Wilbert
- Thursday, **August 23:** 10:00 "Why It's Important to Eat Fruits" Pat Lee, Southern University Ag Center
- Thursday, **August 30:** "Financial and Life Events Checklist", Glenda Graham, First Guaranty Bank
- Friday, **August 3, 10, 17, 24, 31:** 10:00 Senior Tech Talk Introduction to Laptops, tablets and smart phones and other tech tips by the Caddo Council on Aging.



WAM - Wine, Art & Music • Aug. 8



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PUZZLE page

Turn to page 38 for solutions.

Crossword

Across

- 1 South American Indian
- 5 Six-stringed instrument
- 9 Baby grand, e.g.
- 14 Soon, to a bard
- 15 Sacramento's _____ Arena
- 16 Church officer
- 17 Valdez sight
- 19 Take the honey and
- 20 Provokes
- 21 Vault
- 23 Call to Bo-peep
- 24 Bluecoat
- 25 Yearn
- 26 Fuse
- 27 Top guns
- 29 Kind of hand
- 30 Darjeeling or oolong
- 32 Bird of myth
- 33 Pitches in
- 34 Graphic
- 38 _____ horse
- 40 Competence
- 42 Tender spots
- 43 Caspian feeder
- 44 D.C. bigwig
- 45 Daughter of Hyperion
- 47 Math degree
- 48 Filly's father
- 49 Bird of prey
- 52 Some wines
- 54 Wall St. debut
- 55 Tenn. neighbor
- 56 Wing (Fr.)
- 57 Religious law
- 60 Kind of center
- 62 Securities firm
- 65 Go on the hunt
- 66 Fairy tale villain
- 67 _____ Stanley Gardner
- 68 Backgammon piece
- 69 Dog-eared
- 70 Like Easter eggs

Down

- 1 New Mexico resort
- 2 Condo division
- 3 Cruiser
- 4 Openings
- 5 Delivery vehicle
- 6 Rub the wrong way
- 7 Spotted wildcats
- 8 Sophia of "Two Women"
- 9 Chick's sound
- 10 "_____ be back!"
- 11 Hacienda brick
- 12 Katmandu's land
- 13 Mountain nymph

Crossword

1	2	3	4		5	6	7	8		9	10	11	12	13
14					15					16				
17				18						19				
20							21		22			23		
		24				25					26			
27	28				29				30	31				
32				33						34		35	36	37
38			39					40	41					
42							43					44		
			45		46		47					48		
49	50	51			52	53				54				
55				56						57			58	59
60			61				62		63	64				
65							66					67		
68							69					70		

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- 18 Egyptian cobra
- 22 F.B.I. employee, briefly
- 25 Lord's mate
- 26 Sing the blues
- 27 Rainbows
- 28 Small salmon
- 29 Bakery item
- 31 Demonic
- 33 Likewise
- 35 Prognosticator
- 36 Aqueduct of Sylvius, e.g.
- 37 Unit of force
- 39 Smell bad
- 40 Sciences' partner
- 41 Scrooge's cry
- 43 Experience, as an operation
- 46 _____ Lanka
- 48 Refrained from harming
- 49 Heavenly strings
- 50 On the lookout
- 51 Deciduous shrub
- 53 Macaroni shape
- 54 Swelling reducer
- 56 Fully fit
- 58 Lecher's look
- 59 Requirement
- 61 Barley bristle
- 63 "Catch-22" pilot
- 64 He's a doll



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Culture.

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Advice.

Sudoku

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

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

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Kevin M. Langlois, MD

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Answers from the Experts



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

I am told once I choose hospice I cannot return to the hospital. If I choose hospice care, am I able to return to the hospital?

YES, once you select hospice care, your care and options are actually expanded, not limited. The hospice team is there to help you manage your healthcare decisions. Call Regional Hospice at 318-524-1046 any day of the week to arrange an informational visit.

After a person is admitted to a nursing home, how long will they stay there and will they ever return to their home?

Length of stay varies and is generally dependent on 3 things:

- 1) the potential for improvement to the point that the individual is able to resume caring for themselves and meet their own vital needs (this is frequently the case after health management and rehab),
- 2) the ability of the family to provide the care themselves in a home environment, and
- 3) the comfort level of the physician that the person's needs can be met outside a medical setting.

My father has glaucoma and is blind in one eye. When should I be checked?

A family history of glaucoma is a very strong risk factor for the disease. Other risk factors include advancing age, African-American race, and nearsightedness. If you have a first or second degree relative with glaucoma, you should be evaluated as soon as possible. Glaucoma is a painless progressive disease which, left untreated, causes irreversible blindness. If you have a family member with glaucoma or have other risk factors, schedule a screening at 212-3937.

I broke a bone last year. Do I have osteoporosis?

In certain high risk groups the risk of a serious fracture can double after a first fracture. Those who experience an osteoporotic hip fracture have a 24% increased risk of dying within one year following the fracture. This is not only a disease of aging white women. Osteoporosis occurs in all racial groups and men have a 1:8 chance of having an osteoporotic fracture. Although there is no specific cure, you can: Get enough Vitamin D and Calcium. Get regular exercise (weight bearing and low impact). Do balance exercises to avoid falls (Tai chi decrease falls in older individuals) and if you have a broken bone talk to your doctor about a bone density test.



Toni Camp
Regional Hospice Care Group
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Shreveport, LA 71105
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See our ad on page 40.



Vicki Ott
Highland Place
1736 Irving Place
Shreveport, LA 71101
(318) 221-1983
See our ad on page 5.



Chris Shelby, MD
WK Eye Institute
7607 Youree Dr.
Shreveport, LA 71105
318-212-3937;
See our ad on page 25.



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

Puzzle ANSWERS

Crossword

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

Sudoku

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

parting ●● ●●●shots

BALLOON RALLY PATRON PARTY

A VIP party was held for participants and patrons of the Red River Balloon Rally on July 10.



Gabe McCaughey, Todd Isley, John Storey, and Brady Roland



Ron Oswalt, Teresa Michels, and John Storey

BALLOON RALLY

The Red River Balloon Rally was held on the LSU-S campus on July 13 & 14.



Barbara Ward



Patrick Dennis and Kelly Wells



Bryon and Bobbie Trust with TBoT sponsored balloon, Twisted Martini

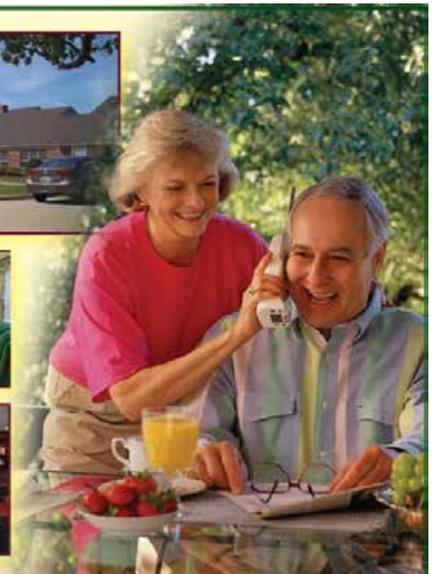
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