

October 2017

The Best Of Times

“Celebrating Age
and Maturity”

Inside Aliens, Vampires
& Werewolves, Oh, My!
Folklore of the Ark-La-Tex

The long tradition of
Navajo Pumpkins
at St. Luke's UMC



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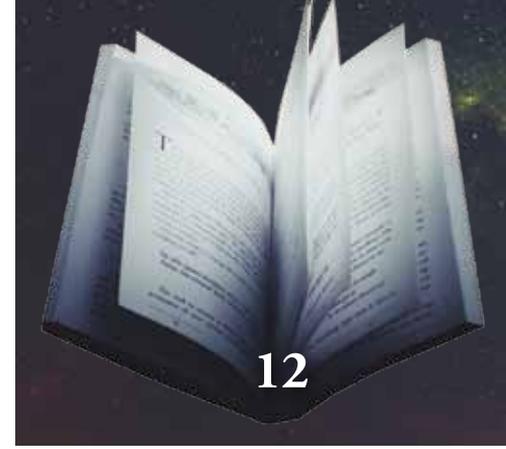
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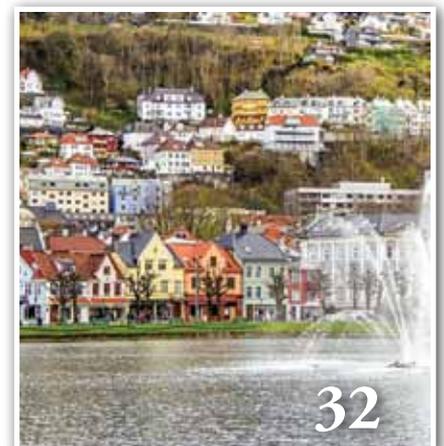


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*To pre-register for the expo and be eligible to win a special door prize valued at more than \$200, email the above information to seniordayexpo@gmail.com with subject line "2017 Senior Day Registration" OR mail to: 2017 Senior Day EXPO, P. O. Box 19510, Shreveport, LA 71149-0510. **Hurry! The deadline is October 23, 2017!***

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The winning entry will be announced at 2:45 p.m. The winner must be present at the Expo to claim the prize. No purchase is necessary to enter or win. The odds of winning this fabulous prize will depend on the total number of entries.

The official rules for winning door prizes at the 2017 Senior Day Expo will be available at The Best of Times Exhibit Booth during the expo and is available online at www.thebestoftimesnews.com.

The China Delights 10 Days Tour Number NHF01B is subject to certain conditions and availability.



Broadcasting every Saturday from 9:05 a.m. to 10:00 a.m. on News Radio 710 KEEL, a Townsquare Media radio station in Shreveport, LA.

October 7

Caddo Council on Aging Offers a Wide Variety of Services
Guest: Monica Wright, Executive Director of Caddo Council on Aging

October 21

State Fair of Louisiana and Senior Day Expo
Guest: Chris Giordano, President of the State Fair of Louisiana

October 14

Shreveport Opera 2017/2018 Season
Guests: Steve Aiken and Jennifer McMenamin with the Shreveport Opera

October 28

Specialized Services for Women Age 65 and Older
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Stat!

Medical News & Info

• Mediterranean Diet May Cut Age-Related Macular Degeneration Risk

People who follow the Mediterranean diet – especially by eating fruit – may be more than a third less likely to develop age-related macular degeneration (AMD), a leading cause of blindness. The study also found that caffeine may be especially protective against AMD. The Mediterranean diet emphasizes eating fruits, vegetables, whole grains, legumes, nuts, healthy fats and fish, and limiting red meat and butter. While caffeine is not considered part of the Mediterranean diet, consumption of caffeine-containing foods such as coffee and tea is common in Mediterranean countries. The study was presented at the annual meeting of the American Academy of Ophthalmology.



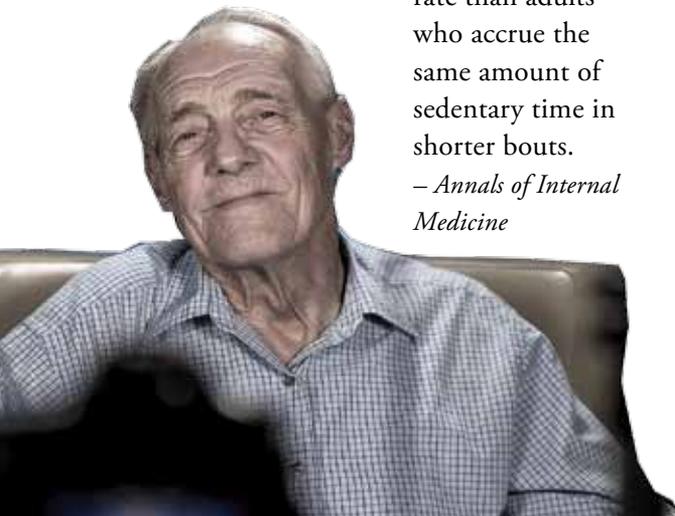
• Case Grows for Link Between Happiness and Health

A team of researchers conclude there is a connection between happiness and health in some instances — from cardiovascular health to better wound healing and immune system function to emotional resilience. Researchers found that happy people are healthier and live longer and that chronic unhappiness can be a true health threat. They noted that people's feelings of well-being join other known factors for health, such as not smoking and getting exercise.

• Long Sitting Periods May be Harmful

A new study from Columbia University Medical Center finds that adults who regularly sit for one to two hours at a time without moving have a higher mortality rate than adults who accrue the same amount of sedentary time in shorter bouts.

– *Annals of Internal Medicine*



• Adding just 48 minutes of moderate exercise per week is associated with improvements in overall physical functioning and decreases in risks of immobility in older adults who are sedentary.

– *Researchers at the Jean Mayer USDA Human Nutrition Research Center on Aging (USDA HNRCA) at Tufts University.*





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Bossier Fire Station Number 6, located at 700 Barksdale Boulevard, was the oldest fire station in Bossier City. It's now home to Flying Heart Brewing, the first micro brewery in the city. 1952. (Vintage photo by Jack Barham)



Palais Royal was located on the corner of Milam and McNeil Streets in Shreveport. The building was built in 1907 for Dreyfuss Dry Goods, and was remodeled for Palais Royal in 1946. The building is no longer there. (Vintage photo by Don Graham)

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VICKIE T. RECH,
*Client Care Coordinator
and Certified Medicaid Planner™*

Vickie Rech is the Client Care Coordinator in the estate planning practice of Weems, Schimpf, Haines, Landry, Shemwell & Moore, APLC assisting clients with their long-term care planning, including qualification for Veterans Benefits and long-term care Medicaid. Mrs. Rech has achieved the designation of Certified Medicaid Planner™ through the Wealth Preservation Institute. To become a CMP™, a candidate must meet certain educational and experience requirements, successfully pass the certification exam, and agree to abide by the highest ethical/professional conduct. Mrs. Rech is the only CMP™ in Louisiana.

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Snapshot SLEUTH

Do you recognize any of the people in these photographs?

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



1



2



3



4

1. A.C. Steere Classroom, October 18, 1976 (*Shreveport Times*). 2. Airline High School Drum Majors, October 13, 1969 (*Shreveport Times*). 3. Alexander School, Homemade Instruments, October 7, 1952 (*Shreveport Times*). 4. Carnival at Alexander School, October 17, 1946 (*Shreveport Times*).

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Our Featured **5** TIPS FOR *Getting a Good Night's Sleep*



1 Develop a bedtime routine that allows you to **relax before bed**. Some people **read a book**, listen to **soothing music**, or soak in a **warm bath**.



2 **Alcohol can make it hard to stay asleep**, even if you drink small amounts.



5 **Exercise** at regular times each day, but **not within 3 hours of bedtime**.



3 **Don't watch TV** or use computers, cell phones, or tablets in the bedroom.

4 **Stay away from caffeine** late in the day.



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ALIENS and VAMPIRES and WEREWOLVES, Oh my!

FOLKLORE

of the ARK-LA-TEX

by Thomas Du Bose

Although folklore addresses many human concerns, one of the most fascinating involves the supernatural: Do ghosts walk? Are there alternate life-forms moving among us humans? Do humans always remain human? As Halloween approaches, it is fun to reflect on what notions about undead creatures, nonhuman species, and shape-shifters pop up here in the Ark-La-Tex.

If any folkloric entity could be labeled universal, it is the revenant which is any being that has passed out of life and has returned in some form or fashion. Most cultures suspect that in some circumstances deceased people can manifest again either in incorporeal form (ghosts) or in new bodily forms (for example, vampires).

The most chilling revenant tales feature spirits who haunt out of hatred. A story I heard as a boy in Texas fits this category. An old Methodist church was said to be haunted by the spirit of an evil old woman. One night, a cowboy sheltered on the church porch during a thunderstorm. Glancing through a window, he glimpsed a pale greenish light near the altar. He assumed that it was a reflection of

some sort. When he looked again, halfway between the altar and the door stood a hazy figure: a woman bathed in an unnatural green light. When he looked a third time, he beheld the sneering, green face of an angry woman pressed against the window. He leapt upon his horse. As he rode from the churchyard, he felt an intense coldness against his back - and found himself enfolded in the glowing arms of the ghost. She had jumped onto the back of his horse! He spurred his horse, the steed bucked, and the creepy lady slid off. As the man and horse sped away, she flew after them shrieking. When they crossed a stream, she vanished, along with the last of the thunderstorm.

Years later, I realized that versions of this story existed in other parts of the South and in other countries. In *Storytellers: Folktales and Legends from the South* (1991), John A. Burrison includes at least two versions of this haunted-church story. Perhaps the most famous variant is the Scottish legend of Tam O'Shanter, who is chased by evil beings he encounters at an abandoned church late one night. Tam is immortalized in Robert Burns' 1791 poem bearing his name.



EAST TEXAS was also the site of one of the most well-documented **SIGHTINGS IN RECENT HISTORY**, the **CASH-LANDRUM** incident in 1980.

Undead Ark-La-Texans predate Ann Rice's and Charlaine Harris's popular vampire novels. In 1943, one of the Universal horror films, *Son of Dracula* was set in Louisiana. Calling himself Count Alucard, the title character skulks around on a plantation called Dark Oaks.

Folklorists and story-tellers Richard and Judy Dockery Young, in their *Ozark Tall Tales* (1989), recall an old story from Arkansas that is about a blood-thirsty revenant. When a young girl visits a cemetery at sunset, she is attacked by a repulsive corpse-like thing that crawls from a grave. The creature rides her shoulders and seizes control of her mind, forcing the girl to take him to a nearby house where he feasts upon the blood of three brothers. Sated, the monster makes the girl return him to his grave by dawn. The heroine outsmarts the fiend, though. She had originally gone to the cemetery to retrieve her father's walking stick. When the monster climbs off the girl's shoulders to enter his tomb, she seizes the walking

stick and stakes the bloodsucker through the heart. As the Youngs point out, this story seems to be a reflex of an old Irish folktale that somehow migrated to Arkansas.

After revenants, perhaps the most prominent creatures in folklore are elementals - beings that were never human, such as fairies. A modern transmogrification of fairy belief features prominently in legends of the tri-state area: encounters with aliens and UFOs. In *Passage to Magonia* (1969), Jacques Vallee detailed the similarities between old stories about fairies and new ones about extraterrestrials. In both belief systems, the beings are often diminutive and of odd colors. Both are associated with flight and mysterious lights. The fairy-ET correspondences are perfect examples of what Classics professor Moses Hadas called "old wine in new bottles" - ancient motifs refreshed with up-to-date modifications.

Arkansas, Texas, and Louisiana have been hotspots of ET/UFO activity for over a century. In 1897 a spaceship supposedly crashed into a tower in Aurora, Texas, and the townspeople buried the alien pilot's body in the local cemetery.

East Texas was also the site of one of the most well-documented sightings in recent history, the Cash-Landrum incident in 1980, in which two women and a small boy witnessed an anomalous light being tailed by helicopters. The women later suffered from what may have been some sort of radiation exposure. (See John F. Schuessler's *The Cash-Landrum UFO Incident*, 1998.)

As John Andrew Prime declared in the headline to his *Shreveport Times* story (July 2, 2007) celebrating the 60th anniversary of the June 1947 sighting by Kenneth Arnold in Washington State, "Shreveport has [a] stake in UFO legacies." Prime recounts the most entertaining of all Ark-La-Tex UFO-related stories: the 1947 Shreveport incident in which a machinist named Murff Swor made a fake flying saucer complete with lights and tossed it off the top of a building on Texas Avenue. This caper has become a classic in the annals of UFO hoaxes.

A shape-shifting figure prominent in Southern Louisiana legendry is the loup garou, or werewolf, which was prominent in medieval French belief and was eventually brought to Canada, and from there, via the Acadians, to South Louisiana. According to Louisiana lore, one may become a werewolf by being attacked and bitten by a werewolf. However, often the bestial conversion is a punishment for impious behavior such

as breaking vows during Lent. Some also say that people may become loup garous by having spells cast upon them and that others decide to become loup garous by practicing magic on themselves to acquire the power of wolves. Sometimes merely looking a werewolf in the eyes may cause one to become a shape-shifting wolf-thing! Much of this information is derived from three good websites: werewolfpage.com, mythologian.net, and neworleansghosts.com/werewolves.

The last site features an eerie story about a man in South Louisiana who dares a boastful hunter to go in search of the loup garou that has been prowling the local bayous. The hunter takes the dare and heads out into the night. He returns in the morning with a bag. He says that he fought the werewolf and cut off its left paw. When the hunter opens the bag, though, it contains a woman's left hand, and the man who challenged the hunter recognizes it as the hand of his wife, Madeline, by her wedding ring.

When one considers folklore, be it in the Ark-La-Tex or the world at large, it is difficult to find middle ground between credulousness and cynicism. People tend to go to extremes - true believers vs. skeptical scoffers. I have no problem admitting that I do not know where truth lies in many of these accounts. I do suspect, though, in the proper spirit of Halloween, that astronomer Arthur Eddington was right when he said, "Not only is the universe stranger than we imagine, it is stranger than we can imagine."

Thomas Du Bose is a native Texan, but lives in Louisiana now, where he has taught at LSU-Shreveport for 27 years. His degree is in Linguistics and English from the University of Texas at Austin, and his fields of interest are linguistics, folklore, and popular culture.



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The long tradition of Navajo Pumpkins at St. Luke's UMC

by Kathleen Ward



The Navajo Nation in the upland desert region of New Mexico is so vast Navajo recruiter Harry Descheene drives three hours to cross it, posting flyers to hire farmworkers for the pumpkin harvest. The Pumpkin Patch is a parcel of 1,200 acres leased by Pumpkin Patch Fundraisers (PPF) out of 75,000 acres of farmland under cultivation on the reservation.

“For many of our workers, it’s the only opportunity to provide for their families,” said Descheene, 59, who has lived on the reservation near Farmington all his life. The rest of the year, the hundreds of Navajo farmworkers rely on the income from this six-week pumpkin harvest to support their small farms.

“The unemployment rate is 42% on the reservation. Right now, it’s like \$200 for a sheep,” said Descheene. The small full-time staff and most farmworkers are all Navajos, but both Zuni and Hopi tribe members are recruited during harvest.

“We ship around 1,000 tractor trailer loads each year; around two million total pumpkins shipped. They all go to non-profit organizations,” said John Hamby of Pumpkin Patch Fundraisers. PPF leases the land and assumes all costs involved in growing, harvesting and transporting the pumpkins. Hamby’s father, Richard, started PPF in South Carolina, but moved operations to the reservation after Hurricane Hugo in 1989.



Pumpkins create a lot more jobs
than most crops as there isn't any type of
automated harvest equipment. All the
pumpkins must be
picked by hand.

"The high altitude, sandy soil and low humidity in this region of New Mexico are perfect for pumpkins," said Hamby. "Pumpkin Patch Fundraisers partnered with the first church in 1975. Since then we have grown to over 1,000 partners nationwide." One of the oldest of the partners of nonprofit churches and organizations is St. Luke's United Methodist Church.

Each fall for the past 27 years, around 6,000 pumpkins from the Navajo reservation arrive at St. Luke's for the church's fundraiser benefitting local charities and helping to alleviate poverty within the Navajo Nation.

"Since 1990, St. Luke's has raised \$246,075 for charities," said Janice Boller, chair of the St. Luke's 17-member Pumpkin Patch Committee. "The Pumpkin Patch gives 100% of the money raised from the sale of pumpkins to charities." Human trafficking ministries, homeless and substance abuse organizations, and a therapeutic horseback riding center are among the many beneficiaries of the funds raised.

"We sell bottled water, t-shirts, cookies and craft items to cover the overhead of running the patch. Hosting and running the pumpkin patch for the community takes a lot of hard work so we strive to make the most profit we can. Usually we earn 40% of our sales," said Boller.

"Pumpkins create a lot more jobs than most crops as there isn't any type of automated harvest equipment. All the pumpkins must be picked up by hand. Our annual pay roll to Native American employees is in excess of \$1.5 million dollars. We provide free living accommodations with showers and laundry facilities. We also have eight buses that provide free transportation to and from work," said Hamby.

PPF was recognized by the Association of Farmworker Opportunity Programs last year for its safety training, respectful treatment and living conditions for farmworkers living on the property during the harvest.

At St. Luke's "around 134 volunteer hours are required per week. We rely heavily on our church family and church staff to help. None of the volunteers are paid," said Boller. "We spend about six hours getting the patch set up with about 15 to 20 of us working. Unloading takes about three to four hours and we usually have 75 to 100 helping."

"With all that physical labor there is still the accounting work to be done every day. Our sales have to be reported every day to the growers. After the patch closes, any leftover pumpkins are removed and the patch is cleaned up, the committee gets together for about two hours to discuss who we gave the money to last year and any new charities we want to consider. That is the best two hours of the entire Pumpkin Patch season," said Boller.

This year the pumpkin patch is open from 9 a.m. to 7 p.m. Monday through Saturday and noon to 7 p.m. Sundays from October 1st to 25th. There is an amateur photographers' contest and a Halloween "Trunk or Treat"

(Editor's note - out of car trunks) party. Live concerts start at 11 a.m. on October 7th, with pumpkin cooking demos 10 a.m. and 3 p.m. October 7th and 10 a.m. October 21st. There will also be a blood drive and many activities for children, including field trips and a story time October 9th through 13th.

"I cannot understate the value of the service and work provided to the Navajo people

by Pumpkin Patch Fundraisers and its nonprofit partners," said Descheene. "Opportunities like this are very scarce on our reservation."

For more information about events at St. Luke's Pumpkin Patch, visit www.facebook.com/StLukesPumpkinPatch1090/ and <http://stlukesumc.community/pumpkinpatch/>. Information on the Navajo reservation can be found at www.navajopride.com. •



Great Carving Contest for Pumpkin Patch Partners

Pumpkin Patch Fundraisers' nationwide carving contest began on September 1st and ends November 1st, with a grand prize of \$10,000 for the best pumpkin. To enter your pumpkin must be purchased from one of their partner patches. They will not pick the winner, the pumpkin with the most votes will win. Find more information and to enter visit www.Facebook.com/carvingcontest. Anyone with a Facebook account can vote," said John Hamby of Pumpkin Patch Fundraisers.



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Volunteering As A Way To Reduce Senior Stress



from the American Counseling Association

As we age, few of us are going to be one of those smiling, gray-haired, fictional people that advertisers love to show. The reality is that many older Americans find themselves facing a variety of issues and problems that can bring substantial amounts of stress to their senior years.

While any one of us can feel stress at any age, most stress-inducing events have a set deadline after which they end. A student might be anxious about an upcoming test, or a businessman worried about a presentation, but once the events pass they're over. And, for such stress, it's possible to take actions, like more studying or extra presentation rehearsals, that help address the problem.

But for an older person facing problems such as deteriorating health, caring for an ill spouse, a possible loss of independent living, or waning financial resources, the stress levels can be high, ongoing and often impossible to eliminate. The result can be serious depression, one of the most common health problems facing older Americans today.

While such stress-inducing issues don't just disappear, there are ways to manage stress and reduce the negative effects it can have on one's life.

The most common advice is to live a more active life. That

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usually translates as more physical activity and a more active social life.

Increased exercise may require dedication, but isn't difficult to achieve. Creating a more extensive social life, however, can be a challenge for many people. And that's where volunteering can make a difference.

From big cities to small towns there are always numerous volunteer opportunities. Some may call on past skills, talents and work experiences, while others might allow you to learn new skills. Often it simply means being a helpful body when assistance is needed. But in all cases volunteering provides an opportunity to meet new people, help others, and feel more positive about yourself - all great stress reducers for anybody.

While getting started can seem difficult, when it comes to volunteering it's usually easy. A call to a local school, hospital, YMCA, Red Cross, animal shelter or other non-profit will usually provide plenty of opportunities or suggestions. And there are online services, such as www.VolunteerMatch.com, that link volunteers to local non-profit needs.

Volunteering is a great way to stay active, be more involved, and reduce stress, regardless of your age. Find out who needs your help today.

"Counseling Corner" is provided by the American Counseling Association. Comments and questions to ACAcorner@counseling.org or visit the ACA website at www.counseling.org.

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Ironically, Joe nearly became a fatality as a civilian, not as a soldier. While using a tractor-powered auger to dig post holes on his farm, a bolt wrapped his pant leg around the shaft, tearing his foot off at the ankle. After undergoing three surgeries and spending weeks in the VA hospital plus months in rehabilitation, he was able to be fit with a custom prosthesis by one of Snell's practitioners.

"I knew where I was before the accident and knew where I wanted to be after I got back on my feet. That's what kept me going," said Smith.

Thanks to the personal touch and prosthetic care that Joe receives from the staff at Snell's, he is confident that he can continue enjoying his retirement and living a productive life.



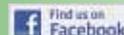
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Image by Neil Johnson Photography



Bah! Humbug!

by Lee Aronson

Ten days before Christmas, Tiny Tim (not his real name), who was 84, signed his will. Later that night, he tried to shoot his wife. He missed. The bullet went into the ceiling and his wife wrestled the gun away.

Nobody brought criminal charges: Tim died 8 months later.

His will left everything to his family, but not equally. Bob, Tim's grandson, got more than everyone else. Which was not OK with Tim's wife. She decided to challenge the will and filed a lawsuit saying the will was no good because Tim didn't understand what he was doing when he signed it. She claimed Tim wasn't in his right mind that day; otherwise he never would have picked up that gun.

But the attorney who notarized Tim's will told a different story. The attorney said that he had met with Tim two times and both times Tim appeared normal and his speech was "fine" and "coherent." And the attorney wasn't the only one. Several other witnesses had seen Tim that day and said that Tim "appeared normal to them in their conversations with him."

So what's going on here? If Tim's will was valid, more would go to grandson Bob and less would go to the wife. But if the will wasn't valid, then the wife would get more and grandson Bob would get less.

If you were the Judge, what would you decide? Here are some more facts that could help you make up your mind:

Tim's daughter told the Judge that towards the end of his life, Tim made "inappropriate comments that were very out of character for him." She also explained that Tim wouldn't take his medicine because he thought his family was trying to poison him.

Another of Tim's relatives, Martha, said that Tim would claim that all of his clothes had been stolen. The clothes



hadn't been stolen. But when Martha would show the clothes to Tim, he would say that they "had not been there before."

Five months before Tim had signed his will, he had been tested by a medical psychologist. The test showed that if you picked 100 elderly people in their eighties to take the test, 99 out of 100 would do better than Tim did. The psychologist further explained that Tim's condition was continually deteriorating and would not get better.

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With all of this in mind, the Judge wanted to know how Tim could appear normal to his attorney and the other witnesses. The psychologist explained that Tim's speech was normal; "if you did nothing other than just sit down and talk to him, you might not know anything was wrong...but his cognitive reasoning was still at the lowest level for his age group."

Here's what Louisiana law says: in almost all situations, if a person makes a will, then it will be presumed that the person was mentally competent to make the will. So in Tim's case, grandson Bob isn't going to have to prove anything. Louisiana law will automatically presume that Tim had the mental capacity to make his will. It will be up to Tim's wife to prove this presumption wrong. If she can't come up with proof that Tim didn't understand what he was doing when he signed his will, then she will lose her case. And just some proof isn't going to do it. Louisiana law says she will need to prove her case with "clear and convincing evidence."

So based on everything you've read so far, do you think Tim's wife had enough evidence to clearly and convincingly prove that Tim didn't have capacity to make his will? You bet she did. And that gun had a lot to do with it.

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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Check-In Services That Can Help Seniors Stay Put



*Dear Savvy Senior,
Are there any services you know of that check in on elderly seniors who live alone. I worry about my 84-year-old father falling or having a medical emergency, and not being able to get to the phone to call for help. And he won't wear a lifeline help-button. ~Desperate Daughter*

Dear Desperate,

Depending on where your dad lives, there are check-in call services, volunteer visiting programs, and a variety of technology options you can turn to that can help you keep tabs on him. Here are several to check into.

Daily Check-in Calls

To make sure your dad is OK every day, consider signing him up with a daily check-in call service program. These are telephone reinsurance programs run by police or sheriff's departments in hundreds of counties across the country and are usually provided free of charge.

Here's how they work. A computer automated phone system would call your dad at a designated time each day to check-in. If he answers, the system would assume everything is OK. But if he didn't pick

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up or if the call goes to voice mail after repeated tries, you (or whoever his designee is) would get a notification call. If you are not reachable, calls are then made to backup people who've also agreed to check on your dad if necessary.

The fallback is if no one can be reached, the police or other emergency services personnel will be dispatched to his home.

To find out if this service is available in your dad's community, call his local police department's nonemergency number.

If, however, the police or sheriff's department in your dad's community doesn't provide a daily check-in call program, there are a number of companies you can turn to that offer similar services offered directly to consumers for under \$15 per month. Some to check into include the CARE senior calling program (Call-Reassurance.com), CareCheckers (CareCheckers.com) and IAmFine (Iamfine.com).

Volunteer Visiting Programs

Another option you may also want to investigate is volunteer visiting programs, which are usually run by churches, community groups, or social service agencies.

These programs provide volunteers who will visit an older adult in their home usually for an hour or two once a week, providing companionship as well as the reassurance that someone is checking in on a regular basis. They can also alert you if they notice your dad's health or living conditions start to decline.

To find out if these services are available, check with local churches or the area agency on aging near your dad – call the Eldercare Locator at 800-677-1116 for contact information.

Technology Solutions

Technology also offers a number of ways to help keep your dad safe at home, and help you keep an eye on him from afar. For example, for safety and peace of mind there are medical alert systems, which provide a wearable "help button" that would allow him to call for help anytime he needed it. Some of these systems also offer wall-mounted buttons that can be placed near the floor in high fall risk areas like the bathroom or kitchen, if he didn't wear a help button.

And to help you keep daily tabs on your dad, there are wireless sensor-monitoring systems (like Silver Mother, Sen. se/silvermother) you could put in his home that will notify you if something out of the ordinary is happening; and video monitoring cameras (like the Nest Cam, Nest.com/camera) that have built-in motion and sound detection that will let you know when something is detected, and two-way audio that will let you talk and listen to him.

Send your senior questions to: Savvy Senior, P.O. Box 5443, Norman, OK 73070, or visit SavvySenior.org. Jim Miller is a contributor to the NBC Today show and author of "The Savvy Senior" book.



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Monetary Instrument Abuse

by Judge Jeff Cox

Recently, we have seen a rash of cases involving Monetary Instrument Abuse in our local area. Some of these cases involve the elderly where a caretaker or family member has altered financial instruments belonging to the person. Other cases involve persons who attempt to counterfeit checks or money orders. In either case, the results can be devastating to the victim and financial institutions who process these altered monetary instruments.

Monetary Instrument Abuse is defined in La. R.S. 14:72:2 as:

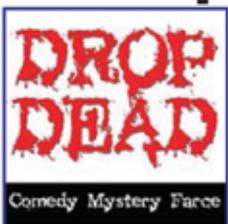
A. Whoever makes, issues, possesses, sells, or otherwise transfers a counterfeit or forged monetary instrument of the United States, a state, or a political subdivision thereof, or of an organization, with intent to deceive another person, shall be fined not more than one million dollars but not less than five thousand dollars or imprisoned, with or without hard labor, for not more than ten years but not less than six months, or both.

B. Whoever makes, issues, possesses, sells, or otherwise transfers an implement designed for or particularly suited for making a counterfeit or forged monetary instrument with the intent to deceive a person shall be fined not more than one million dollars but not less than five thousand dollars, or imprisoned, with or without hard labor, for not more than ten years but not less than six months, or both.

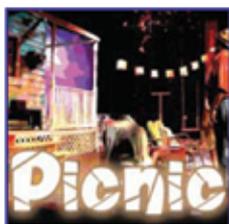


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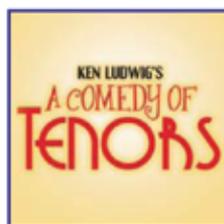
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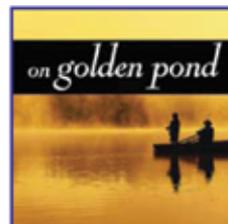
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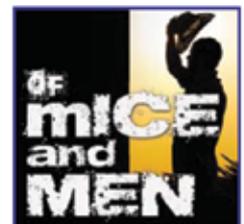
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C. For purposes of this Section:

(1) "Counterfeit" means a document or writing that purports to be genuine but is not, because it has been falsely made, manufactured, or composed.

(2) "Forged" means the false making or altering with intent to defraud, of any signature to, or any part of, any writing purporting to have legal efficacy.

As you can see, monetary instrument abuse can include a number of different scenarios where a person can be charged under this statute. One of the most common scenarios is when a person obtains the victim's checks from the mail and forges their name to the instrument. This happened in the past when Social Security checks were mailed or can happen now when the victim receives checks in the mail each month. When the person obtains the check from the mail and forges the name on the check, the person who has forged the name has now committed not only the crime of Forgery, but also the crime of Monetary Instrument Abuse.

The crime of Monetary Instrument

Abuse carries with it hefty fines and/or jail time. Fines range from a mandatory minimum of \$5000 to \$1,000,000 per count, plus costs. Meaning that each time a check or financial instrument is altered or forged, a new fine and costs can be assessed. The statute further provides the person committing the crime must make restitution to the victim. The statute states the court can take into consideration the financial condition of the person but must arrange a periodic payment plan consistent with person's financial ability to pay.

Only the victim can report these crimes. If you or anyone you know has been a victim of this type of crime, you need to call your local law enforcement agency and report this activity. Crimes of this nature can cost the public and victims thousands of dollars in lost monies and time.

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



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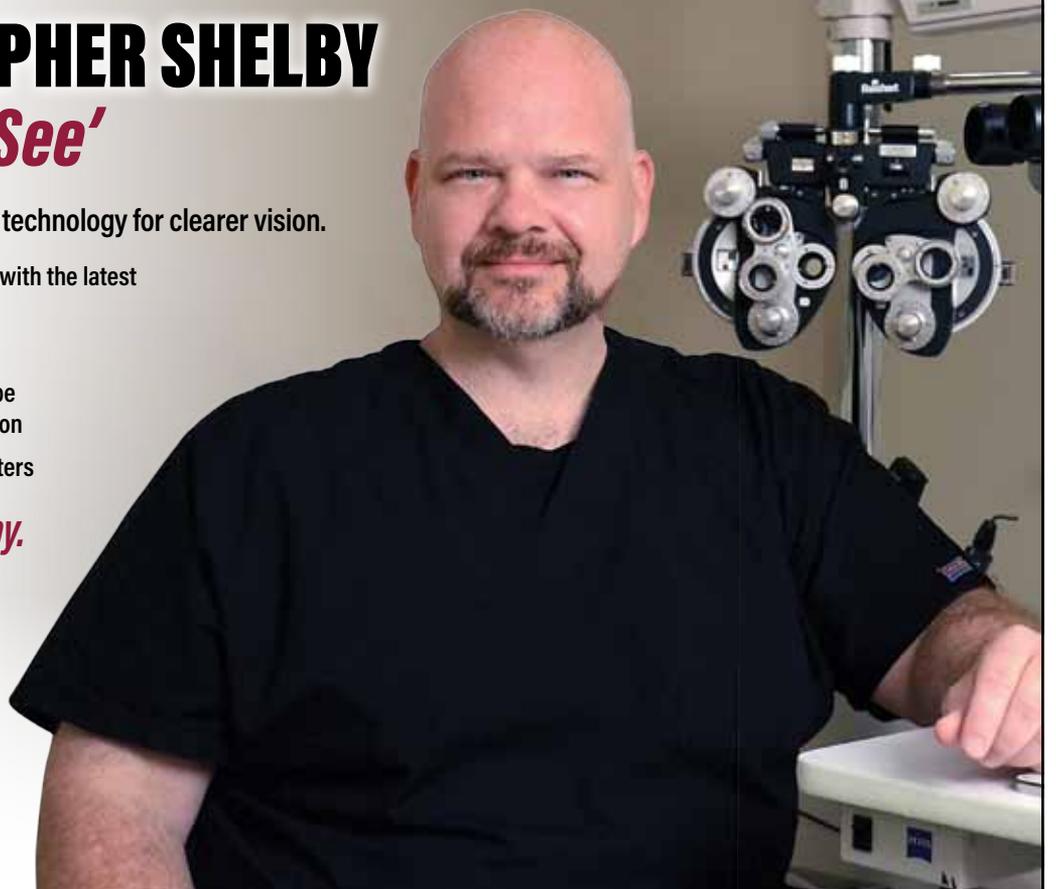
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Team Good Fat: Winning the Race to a Healthier Heart

by *Abigail Scallan*

Omega-3 fatty acids have been touted as the ideal cardio-protective fat. Studies have shown that those who consume higher amounts of Omega-3s have lower rates of heart disease. This is because they work to slow the progression of coronary heart disease. Omega-3s slow this progression by lowering specific blood lipid levels and blood pressure, preventing inflammation of blood vessels and formation of blood clots, decreasing the risk for arrhythmias (abnormal heart rhythm), and slowing the growth of plaque that clogs our blood vessels. Omega-3s not only slow the progression of heart disease, but they also play a role in making hormones, regulating gene function, and protecting our bodies against cancer and other diseases. Omega-3 fatty acids are valuable to those who are at risk for or have heart disease, as well as healthy people.

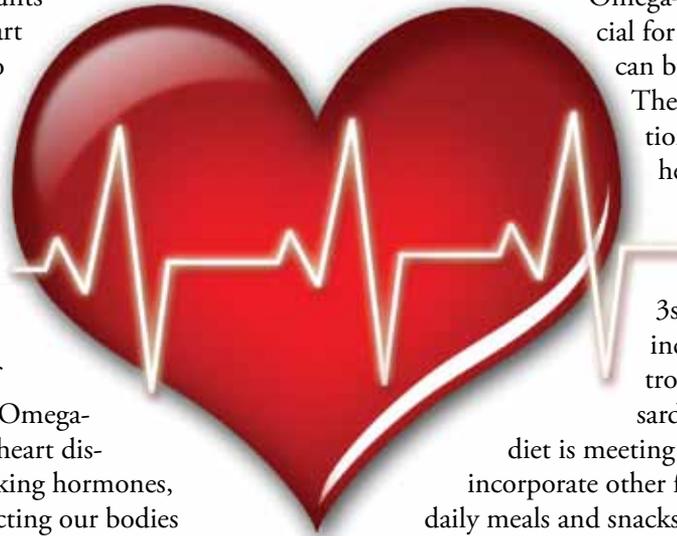
Our bodies can make most of the fats we need from raw

materials or other fats. Omega-3s, however, are essential for our bodies but we cannot make them ourselves. This means it is critical to include sources of Omega-3s in our diets.

Omega-3 fatty acids are not just beneficial for those with heart disease—they can be of value to everybody's health.

The American Heart Association recommends that generally healthy people should eat some form of fatty fish (dark meat fish) twice a week or more, as these fish are high in Omega-3s. Examples of these fatty fish include salmon, mackerel, lake trout, herring, albacore tuna, and sardines. To further ensure your

diet is meeting your needs, is also advised to incorporate other foods rich in Omega-3s in your daily meals and snacks. Good sources of Omega-3s include walnuts, canola oil, soybean oil, leafy vegetables, and flaxseed. Generally, it is better if your source of Omega-3s is from food alone. Fish oil supplements are often used to increase Omega-3 intake. Some people with coronary artery



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disease may have trouble consuming enough Omega-3s solely through their diet, and may need to discuss supplementation with their doctor. If you are concerned about consuming enough Omega-3s daily, always talk to your doctor before starting a new supplement. This is especially important with Omega-3 supplementation because high doses may cause excessive bleeding. Omega-3 supplements can also interact with drugs that influence blood clotting, such as warfarin or heparin. Your doctor can work with you to determine if Omega-3 supplementation is needed and create a plan that is appropriate for your needs.

Including Omega-3s in your diet may seem tiresome considering the various other nutrients you need every day, but simple changes in your meals and snacks can make a considerable impact. Start with snacking on walnuts and using canola oil when cooking some of

your meals. Try adding one tablespoon of ground flaxseed to your oatmeal or munch on a green salad for lunch. Choose two nights each week to light up the grill for a salmon dinner or bake some albacore tuna steaks in the oven. Experiment with various fatty fish varieties and cooking methods to determine what you and your family prefer. Make these changes over time, and choose foods that fit your lifestyle. Small adjustments to your diet can make a big difference in your overall health. Now is the time to make lasting changes that can save your heart for years to come.

Abigail Scallan is a Registered Dietitian and a nutrition agent with the LSU AgCenter for Caddo and Bossier parishes. Her main focus is adult nutrition education and promotion. She can be reached at ascallan@agcenter.lsu.edu.



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Falling in Love with **BERGEN**

NORWAY'S *Cultural Capital*

Story by Andrea Gross; photos by Irv Green



I can't say we weren't warned. When we told our Norwegian friends we were going to Bergen, they looked at each other and smiled as if wondering whether they should let us in on Bergen's secret. "A beautiful place," he said finally. "A city of culture."

"A city of rain," she interrupted. "Rainiest spot on the continent. Rains 250 days a year — summer, fall, winter and spring."

In other words, it always rains. Is this a place my husband and I really want to visit?

Well, yes. A city that's been deemed a "European City of Culture" (an honor bestowed by the European Union upon a select group of cities that have contributed mightily to the culture of the world) and has also been named a UNESCO World Heritage City because of its enduring cultural significance is most certainly a city that is worth a few drops of rain.

On the first morning we look out our hotel room window and see sun, bright happy sun shining down on buildings that shimmer with color. We've won the weather lottery.

Peaked roofs covered with orange, gold, black and sometimes red tiles sit atop walls that may be light gray or ivory, but are more often vibrant gold or soft blue. Off in the distance a church topped with delicate pinnacles and spires stands guard over the haphazard streets. I later learn that this church — Johanneskirken in Norwegian, St. John's in English — is the largest in Bergen and dates back to 1894.

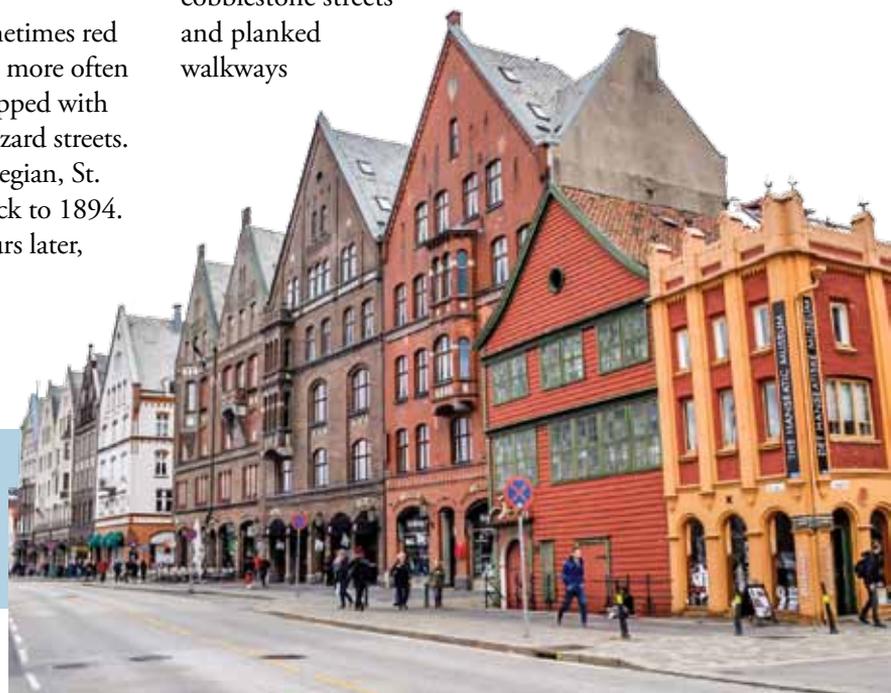
Three hours later the clouds obscure the sun. Four hours later, we're drenched. That's when I remember that my friend told us a proverb she learned from her grandmother: There's no such thing as bad weather in Bergen, just inappropriate clothes.

My husband and I race back to the hotel, grab parkas for our bodies, dry shoes for our feet and myriad plastic bags for his camera. Then, outfitted appropriately, we set out to imbibe some culture.

We begin in the center of town, which 1,000 years ago was home to the medieval town of Bryggen. Many of the original buildings were destroyed by fire during the 1700s and subsequently rebuilt on the old foundations, meaning that the footprints and often the function remained the same.

The reconstructed buildings are lined along the wharf, facing the water that made Bryggen an economic powerhouse — in medieval terms of course. Today the terms have changed. Bergen is still an economic powerhouse, but it deals in tourists instead of fish.

We spend the better part of a day strolling along the cobblestone streets and planked walkways



Top: Bergen Buildings. Right: BryggenCenter. Far right (clockwise): Carvings decorate alleyways in the old section of Bergen. Bergen is home to fishing boats, sightseeing boats and cruise ships of all sizes. The town center is backed by a lovely residential district.



of old Bryggen and exploring repurposed buildings, now crooked with age.

We see trolls in every size and shape in the souvenir shops, admire handmade knits with Nordic designs in the galleries, and eat...Oh my, we eat. First we down a sandwich laden with shrimp, crab and salmon. Then we warm up with a sjokoladerdrikker (hot chocolate) from a Starbucks that's housed in a building that looks like a giant wedding cake, complete with a frosting of white. Two hundred years ago this building was the town's meat market. A few blocks away an old bakery has been turned into a new McDonald's.

Thoroughly sated, we visit the Hanseatic Museum, where we take a guided tour that helps us better understand Bergen's history. Then we wander over to the wharf to see some of the ships that take nearly half-million passengers a year on trips to the spectacular Norwegian fjords.

Some of these ships, which number more than 300 a year, are mega-ships, each carrying thousands of passengers to the larger ports along the coast. Others, like those operated by Hurtigruten, are smaller vessels that combine cargo stops to small towns with passenger amenities for cruisers who want a more unusual voyage.

The next day passes too quickly as we try to absorb the city's art and music scene. It's a large scene — one that encompasses both past and present. Music aficionados can visit the home of Norway's most famous composer Edvard Grieg as well as the villa of violin virtuoso Ole Bull, while art enthusiasts can explore Bergen's Art Street, an impressive row of galleries and museums that borders Lake Lungegårdsvann.

As we walk back to our hotel, we feel the soft drops of an evening rain, but this time we hardly notice. We've fallen in love with Bergen.

For more on Bergen and Norway in general, go to www.traveltizers.com. •

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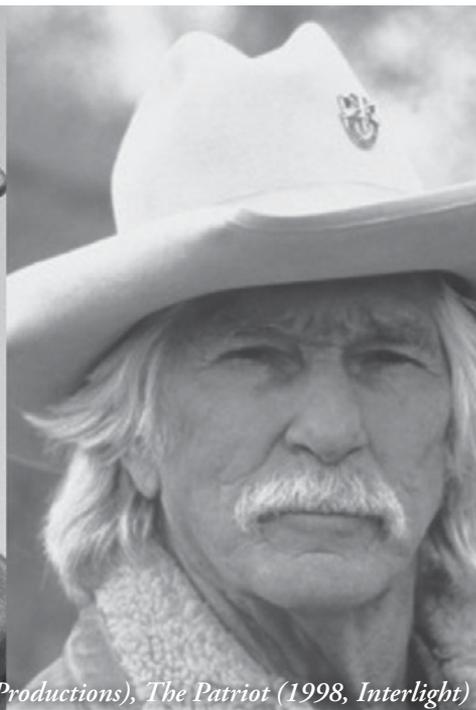
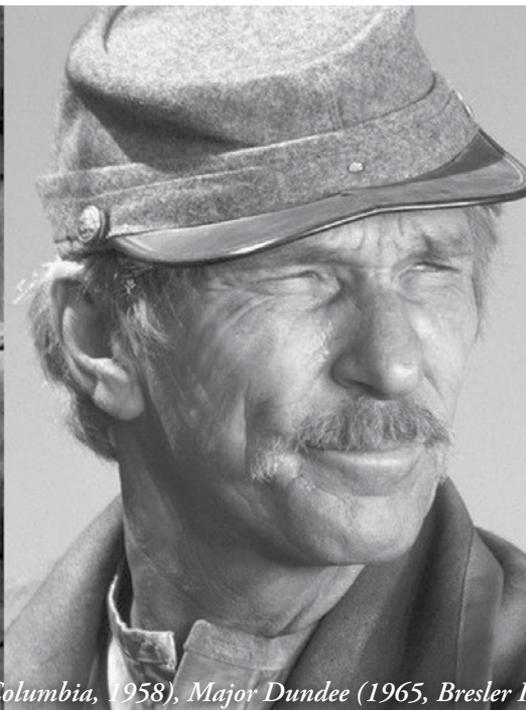
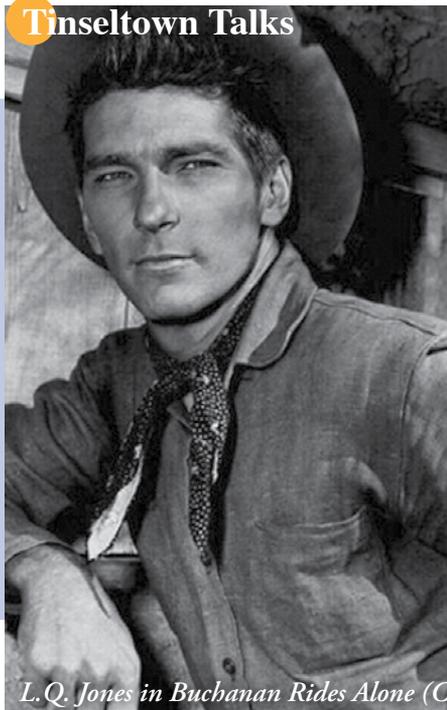
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L.Q. Jones in *Buchanan Rides Alone* (Columbia, 1958), *Major Dundee* (1965, Bresler Productions), *The Patriot* (1998, Interlight)

Turning 90, L.Q. Jones Reflects on Hollywood Journey

by Nick Thomas

For over 50 years, L.Q. Jones was a familiar supporting character actor in some 100 films and hundreds more television shows. Lanky, tough, and athletic, he could tackle any role although was often cast as the ‘heavy’ in westerns and dramas, projecting the ‘bad guy’ image with merely a sinister smirk or a menacing twinkle in the eye.

Over summer (August 19) Jones turned 90, and 2 days later hosted a showing of “The Wild Bunch” at Grauman’s (now the TCL) Chinese Theatre. Born and raised in Texas as Justus McQueen, relatives took care of the young boy after his mother was killed in a car accident.

“I was born in Beaumont, although they may try to disclaim me, but it’s too late now!” said Jones from his home in LA. “We moved around quite a bit, to Houston to Dallas to Oklahoma City, back to Beaumont, and finally Port Neches. I had a horse by the time I was 8 or 9, and grew up around tough rodeo people – my uncle was into roping – so westerns were easy and fun.”

In college, at the University of Texas at Austin, his roommate for over a

year was Fess Parker. While the future ‘Daniel Boone’ actor moved west to Hollywood, McQueen headed south and took up ranching in Nicaragua. When Parker sent his buddy a copy of Leon Uris’s war novel “Battle Cry,” about to be filmed, McQueen thought one character could be his ticket to fame and was encouraged by Parker to come out to Hollywood.

“Within 2 days of arriving, I had the part of L.Q. Jones in ‘Battle Cry’ and probably would never have been in the business had it not been for Fess.”

Despite lacking Hollywood experience, McQueen had worked some comedy acts during college to help pay the bills, so played the comic relief character in the 1955 war drama like a veteran.

After adopting his screen character’s name, the lad from Texas quickly settled into Hollywood and soon became a favorite supporting actor in Sam Peckinpah’s films such as “The Wild Bunch.”

“Sam was a genius and I loved him, but he was a basket case. He drove everybody nuts.”

That was evident during the production of “Major Dundee” with Charlton Heston.

“Heston was using a real saber for one

scene. Sam made him so mad, Chuck came within an eyelash of cutting Sam in two – and it scared Chuck because he damn near did it. Sam found a way to get under your skin to get what he wanted out of you.”

Jones calls “The Wild Bunch” a “hell of a movie,” but believes Peckinpah’s “Ride the High Country was the best Sam ever made, just gorgeous to watch, although I cry like a baby at the ending.” He says it’s “one of the best Saturday afternoon westerns you could ever sit and watch over a bowl of popcorn.”

And while he had a few lead roles in films, Jones was content as a supporting actor.

“I suppose I could have worked my way up the acting food chain, but character work was very rewarding and great fun. I loved playing the heavies because I could do what I wanted and got to work with the best in the business, so I consider myself very lucky.”

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



Tracking Trivia!

compiled by Gary Calligas

Test your trivia knowledge.

The answers can be found on page 37.



1 What are the names of the sailor and the dog on the front of the Cracker Jack box?

2 How did the phrase "once in a blue moon" come about?

3 What is the purpose of a spiked dog collar?

4 What common fruit's skin makes a good natural remedy for the itch associated with poison ivy or mosquito bites?

5 What NBA great from Shreveport was given the nickname "The Chief"?

6 What is the origin of Jack o' Lanterns?



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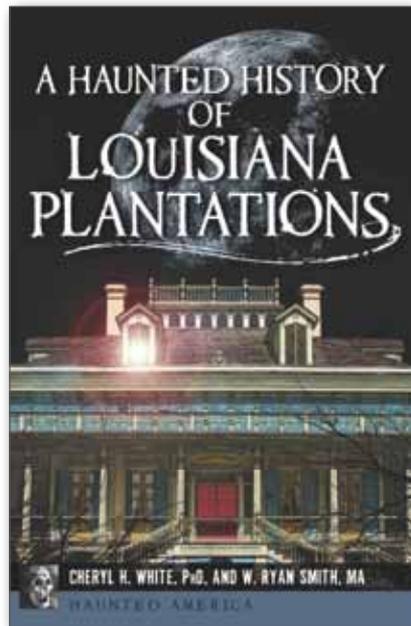
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A Haunted History of Louisiana Plantations

by Dr. Cheryl H. White and W. Ryan Smith

reviewed by Jessica Rinaudo

A *Haunted History of Louisiana Plantations* is a work of well-researched non-fiction by Dr. Cheryl H. White, history professor at LSU-Shreveport, and W. Ryan Smith.

The book takes a look at nine Louisiana plantations – all still standing. In each chapter, a thorough history is given of the plantation itself, including its location, crops once produced there and unique architectural features. It also includes a history of the plantation’s owners and the interesting and sometimes horrifying historical details about their lives.

Destrehan Plantation’s history is a stand out among those depicted in the book, with a massive slave rebellion on a murderous, burning rampage, a morose plantation owner who had to cut his own arm off to save his life, and mysterious hotel deaths.

And while these historical details are often fascinating, the “haunted history” of each of the plantations shows up in the latter part of each chapter. White and Smith share local folklore surrounding each plantation. There are ghosts aplenty, some said to haunt in anger, others in confusion. There are even

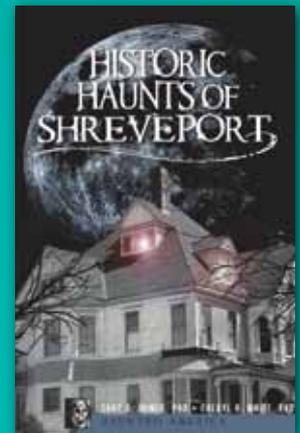
the spirits of centuries-old oak trees, leaning in and protecting themselves from being harvested. There are cold spots, strange smells and even flying silverware! Most of the ghost stories though, revolve around now long dead plantation owners, their families and the slaves who lived and worked at the estates.

The book is also rich with photographs of the plantations, and even includes architectural renderings and portraits of past plantation owners.

A Haunted History’s tone does wander a bit between writing styles, going from some great poetic imagery to a drier, more straightforward historical conveyance. Combined together though, the book does a good job “setting the stage” of each estate.

Once you’ve read *A Haunted History of Louisiana Plantations*, you will be well versed in not only the history of the plantations written of in this book, but about the culture of the time they were built in and how those remaining estates managed to survive. The spooky folklore included makes this book an excellent October read, especially since many of these plantations are a relatively short drive from Shreveport-Bossier.

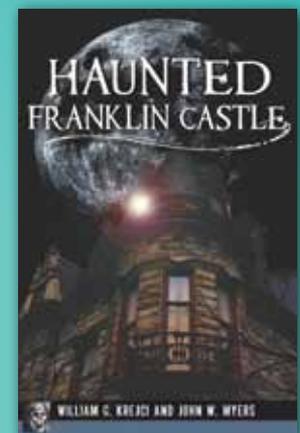
More Books Worth Reading from the Haunted America Series



Historic Haunts of Shreveport



Historic Haunts of Savannah



Haunted Franklin Castle

Tracking Trivia!

ANSWERS

Quiz on page 35.

1 Cracker Jack's mascots Sailor Jack and his dog Bingo were introduced as early as 1916 and registered as a trademark in 1919.

2 To do something "once in a blue moon" is to do it very rarely. The phrase refers to the appearance of a second full moon within a calendar month, which only happens about every thirty-two months.



3 In the middle ages, dogs were mainly used as hunters or shepherds. Spiked dog collars were invented to protect dogs throats from wolves.

4 Rubbing a banana peel on mosquito bites can help relieve itching from poison ivy, mosquito bites, and more.



5 Robert Parish played at Woodlawn High School, then Centenary College (1972 - 1976). His nickname was The Chief, after the fictitious Chief Bromden, a silent, giant Native American character in the film *One Flew Over the Cuckoo's Nest*. According to

Parish, former Celtics forward Cedric Maxwell gave him this nickname because of his stoic nature.

6 Jack o' Lanterns originated in Ireland where people placed candles in hollowed-out turnips to keep away spirits and ghosts on the Samhain holiday.

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Simply Timeless MEALS

FAMILY FEATURES

Italian cuisine has influenced food culture around the world, and is often viewed as an art form that includes the freshest, most authentic ingredients, prepared with passion and served with love to family and friends. Mealtime is a celebration, captured by the classic Italian proverb, “You never grow old at the table.”

For more recipe creations, visit FilippoBerio.com/recipes.

Chicken Cutlet Broccoli Rabe Sandwich

Recipe courtesy of Chef Mary Ann Esposito

Prep time: 17 minutes

Cook time: 13 minutes

Servings: 4

- 4 tablespoons Olive Oil, divided
- 1 small onion, diced
- 1 pound broccoli rabe, stems removed and leaves cut into 2-inch pieces
- 1/4 teaspoon red pepper flakes
- 1/2 teaspoon fine sea salt, divided
- freshly ground black pepper, to taste
- 6 oil-cured black olives, pitted and diced (optional)
- 1/3 cup all-purpose flour
- 4 chicken cutlets (about 1 pound total)
- 1 egg, beaten
- 1/2 cup bread crumbs, toasted
- 8 slices bread, toasted
- 4 slices provolone cheese (optional)

In 10-inch saute pan, heat 2 tablespoons olive oil over medium heat; saute onion 3 minutes, or until translucent. Stir in broccoli rabe and red pepper flakes; cover and cook over medium heat 2-3 minutes, or until broccoli rabe is wilted. Sprinkle with 1/4 teaspoon salt and pepper, to taste; stir in olives, if desired. Transfer mixture to bowl; cover and keep warm.

In small paper or plastic bag, combine flour and remaining salt. One at a time, add chicken cutlets; shake to coat each cutlet in flour then transfer to plate. Dip cutlets in egg then bread crumbs and return to plate. Set aside.

In skillet over medium-high heat, heat remaining olive oil. Working in batches, brown chicken, cooking 2-3 minutes, or until golden on each side and no longer pink inside.

To serve: Top each bread slice with one chicken cutlet; spread with broccoli rabe mixture. Top with slices of provolone, if desired. Top with remaining bread.



Cast-Iron Skillet Pizza

Recipe courtesy of
Chef Mary Ann Esposito

Prep time: 10 minutes

Cook time: 20 minutes

Makes: Two 9-to-10-inch pizzas

- 1 pound store-bought pizza dough, at room temp
- 1 ripe tomato, thinly sliced
- 1/4 pound fresh mozzarella cheese, diced coarse sea salt
- 2 tablespoons Extra Virgin Olive Oil
- 1/2 cup shredded fresh basil

Heat well-oiled cast-iron or nonstick 10- or 12-inch frying pan over medium heat 5 minutes.

Divide dough in half; roll one half into round 1 inch smaller than diameter of pan. Cook dough in hot pan until dough begins to rise and bottom starts to brown. Using metal spatula, turn carefully. Layer half the tomato slices over dough; scatter half the mozzarella over top. Lower heat to medium-low; cook until mozzarella melts.

Using metal spatula, transfer pizza to cutting board. Sprinkle with salt; drizzle with half the olive oil. Cut into wedges; sprinkle half the basil over top.

Repeat with remaining ingredients.

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- Thursday October 5: 10 a.m. "Medicare Open Enrollment" by Bridget Lyman
- Thursday October 12: 10 a.m. "Northwest Regional Reentry Program" by David Boone
- Thursday October 19: 10 a.m. "Shreveport Parks and Recreation" by Eric Anderson
- Friday October 6, 13, 20, 27: 10 a.m. Senior Tech Talk- Introduction to Laptops, tablets and smart phones

CONCERTS



Magnificent Mozart - Shreveport Symphony. October 28 at 7:30 PM. First Baptist, 543 Ockley Drive, Shreveport. The SSO observes the 500th anniversary of Martin Luther's 95 Theses, acknowledged as the beginning of the Reformation, with Mendelssohn's stirring Symphony No. 5. In addition, Philadelphia Orchestra's Principal Clarinetist Ricardo Morales showcases the

sublime Clarinet Concerto by Mozart. Tickets are \$15-\$60. For tickets call 318-227-TUNE (8863) or visit www.shreveportsymphony.com.

All Keyed Up II, A piano and organ explosion! - Friday, October 2 at 7 PM. St. Joseph Catholic Church, 204 Patton Ave, Shreveport. Presented by St. Joseph Catholic Church Music Ministry with Aaron D. Wilson, Organ & Dr. Dan Gibbs, Piano. Featuring music by Mark Hayes, Paul Halley, Felix Mendelssohn and more. Refreshments will be served after the concert. **FREE.** Call Patsy Busi for more information (318) 841-8202.

EVENTS

2nd Annual Pumpkin Patch - Christ United Methodist Church 1204 Crabapple Drive, Shreveport. October 7 - 31. Monday through Friday 9 - 12 and 3 - 6. Saturdays 9 - 6. Each Saturday will feature a different event and children's activities. Halloween night will feature Trunk 'N Treat with trunks of vehicles decorated and candy to pass out to children in costume. For further info, contact Jen Lowe at 318-349-0825.

Black and White Tie Ball - Saturday October 7. Opens at 6:30 PM, Dinner at 7:00 PM; dancing until 10:30 PM. Presented by USA Dance Shreveport, featuring The Steve Wells Band. At Shriner's El Karubah, 6230 S. Lakeshore Dr., Shreveport. Black Tie. Tickets \$65; Students \$45. Cash bar/BYOB. For tickets call 318-401-1801 or 938-0135. www.usadanceshrevoport.org.



The Bossier Arts Council's Emerging Artist Gallery - This exhibition presents Suzy Nelson and will be on display beginning October 3rd and hanging until November 30th. The Opening Reception will be held on Thursday, October 12 from 6 pm - 8 pm at the Bossier Arts Council located at 630 Barksdale Boulevard, Bossier City, La 71111. This event is **FREE** and open to the public.

Senior Day at the Louisiana State Fair - Thursday, October 26 from 10 a.m. to 3 p.m. in the Hirsch Coliseum, 3701 Hudson Avenue in the Louisiana State Fair Grounds in Shreveport. Presented by *The Best of Times* and The State Fair of Louisiana. **FREE** parking, **FREE** admission to the event with the donation of one or more canned goods or non-perishable items to be donated to the Food Bank of NWLA. **FREE** admission to the State Fair midway. Fun, entertainment, prizes, games, health screenings, flu and pneumonia shots (A Medicare card is required for "no charge" flu and pneumonia shots.), educational presentations, information from over 100 exhibitors. Numerous contests, giveaways and door prizes. Grand door prize is a trip to China!! See page 3 for more info.

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St. Lukes United Methodist Pumpkin Patch - 6012 Youree Drive in Shreveport. Monday to Saturday 9 - 7 pm and Sundays 12 - 7 pm during the October. Cooking demonstrations, concerts in the patch. "Trunk or Treat" is a safe alternative for kids on Halloween.

St. Pius X Ladies Guild 10th Annual Charity Fundraiser, Style Show & Luncheon - Saturday, Oct. 7. 12 noon to 2:00 PM. Trinity Heights Baptist Church, 3820 Old Mooring-sport Rd., Shreveport. Dillards presents Fall Fashions. Door prizes. Lunch by "JIMBEAUX & Sons". Tickets are \$25 in advance from any Guild member or call 929-9803 or 453-5700.

FARMER'S 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 25.

Provenance Farmers Market & Concert Series - 5 to 8 PM on October 5th, 12th, 19th, and 26th. Grab your fresh produce and meats, local art, food, homemade crafts and enjoy live music all October long in the serene atmosphere of Windrush Park in Provenance, 1968 Bridgewater Ave, Shreveport.

MEETINGS

The Arklatex DNA Interest Group - Wednesday, October 11 at 12:30 PM in the large meeting room of the Broadmoor library, 1212 Capt. Shreve Drive, Shreveport. Basic and advanced infor-

mation on DNA testing from AncestryDNA and Family Tree DNA will be included along with info on using the chromosome browser and triangulation tools on GedMatch. No prior experience or knowledge of DNA testing or Genetic Genealogy is required. Meeting is **FREE** and open to the public. For info contact Jim Jones at (318) 773-7406 or email jgjones09@gmail.com.

Ark-La-Tex Genealogical Association Meeting - Saturday, October 14 from 1 to 3 PM at the Randle T. Moore Center, 3101 Fairfield Ave (corner of Fairfield Ave and Kings Hwy), Shreveport. Thad Pardue, genealogist, will present "Researching the Sanderlins" (Revealing family secrets and some very surprising findings). Also, genealogist Sonja Webb will present "Planning a Trip to the Cemetery." **FREE** and open to the public. For info call 746-1851 or email jjohnson747@suddenlink.net.

SUPPORT GROUPS

Caregivers' Memory Loss Support Group - Support group for those caring for loved ones suffering from memory loss related illnesses. 5:30 - 6:30 PM, on the first Thursday of every month at Harrell Library at The Glen (Access via Main Entrance on Flournoy Lucas Road). **FREE**. For information call 798-3500 or email info@theglensystem.org.

Grief Support Group - Emmanuel Baptist Church, 5850 Buncombe Road, Shreveport. Tuesdays, April 11 - July 18. 6:30 PM - 8:30 PM. For more

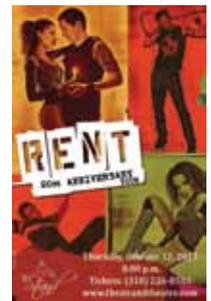
info call Kay Asher at 318-617-4085 or kayasher@gmail.com

Weight Loss Support Group - The All Women's chapter of Take Off Pounds Sensibly (TOPS) meets every Monday at 5:30 PM at Fitness Lady, 1800 Old Minden Road. Contact 318-773-5923 for more information.

THEATRE

Picnic - October 26, 27, 28, November 3, & 4 at 7:30 p.m. and October 29 and November 5 at 2 p.m. Shreveport Little Theatre, 812 Margaret Pl, Shreveport. Picnic is a drama about how you always want what you cannot have - longing for something that is just beyond reach. For tickets call (318) 424-4439 or visit www.shreveportlittletheatre.com.

Rent - Thursday, October 12 at 8:00 PM. Strand Theatre, 619 Louisiana, Shreveport. A re-imagining of Puccini's La Bohème, RENT follows an unforgettable year in the lives of 7 artists struggling to follow their dreams without selling out. With its inspiring message of joy and hope in the face of fear, this timeless celebration of friendship and creativity reminds us to measure our lives with the only thing that truly matters - love. \$72.50, \$59.50, \$45.50 For tickets call 318-226-8555 or visit www.thestrandtheatre.com.





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The Best of Times Crossword (answers on page 44)

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ACROSS

- 1 Breaks
- 6 Magazine contents
- 10 Luxurious resorts
- 14 Crude
- 15 ___ Piper
- 16 Bridge site
- 17 Bullion unit
- 18 Death rattle
- 19 Fury
- 20 Skeptics
- 22 Caspian Sea feeder
- 23 Storm preceder
- 24 Lease out part of a rented apartment
- 26 Feisty
- 30 Wistful word
- 32 Nevada city
- 33 Overly smooth
- 35 Reservations

DOWN

- 40 Stableboys
- 42 Otagia
- 44 Brown ermine
- 45 Speech problem
- 47 Hard to find
- 48 Prepare to swallow
- 50 Balloon filler
- 52 Cheerful
- 56 Norse war god
- 58 Priest of the East
- 59 Hear a case
- 65 Tricksters
- 66 Quick haircut
- 67 Errand runner
- 68 Missouri tributary
- 69 Rope fiber
- 70 Customs
- 71 Compensates
- 72 Go to and fro
- 73 Make amends (for)

DOWN

- 1 Junket
- 2 First-class
- 3 Steins
- 4 Prima donna problems
- 5 Piece of clowning (Yiddish)
- 6 Patriots' Day month
- 7 Filled with vapor
- 8 Tuna ___
- 9 Black Sea port
- 10 Perennial plant
- 11 Oyster's prize
- 12 Pond buildup
- 13 Troutlike fish
- 21 City manager
- 25 Red letters?
- 26 Mavens
- 27 "___ we forget"
- 28 Biblical preposition
- 29 Bubbly drink

- 31 Cleaning cabinet supplies
- 34 Catalina, e.g.
- 36 Lady's man
- 37 Small dark purple fruit
- 38 Drive-___
- 39 Appear to be
- 41 Delineate
- 43 Garden pest
- 46 World War II battle site
- 49 Moors
- 51 Puzzle
- 52 Dirigible
- 53 Female demon
- 54 Suggest
- 55 Duties
- 57 Pudgy
- 60 Sketched
- 61 Codger
- 62 60's hairdo
- 63 High schooler
- 64 Hebrides tongue

In the Tool Shed

(answers on page 44)

- | | |
|-----------|-------------|
| Adz | Pruner |
| Auger | Pulley |
| Calipers | Rake |
| Chisel | Ruler |
| Crowbar | Sander |
| Drill | Saw |
| File | Scissors |
| Gimlet | Screwdriver |
| Hammer | Shears |
| Hatchet | Shovel |
| Lathe | Spade |
| Level | Stapler |
| Pitchfork | Trowel |
| Plane | Vise |
| Pliers | Wrench |

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

Sudoku

Each row, column and box must contain the numbers 1 to 9. (Answers on page 44)

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

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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.



Toni Camp
Regional Hospice Care Group
8660 Fern Avenue, St. 145
Shreveport, LA 71105
(318) 524-1046
See our ad on page 23.

My father is taking many prescription medications and is about to be admitted to a nursing home for rehab care from hip surgery. How will he get prescriptions refilled and will Medicare cover them?

The hospital's discharging physician will write orders for medications. Generally, the nursing home's primary pharmacy will dispense the meds and they will be delivered to the center the same day. As to cost, if your father admits under Medicare Part A, the medications are paid for by the nursing center. If he admits as private pay, either your father or his prescription drug plan will be billed for the costs. If he is eligible for Medicaid and has been awarded benefits, the pharmacy will bill Medicaid for reimbursement.



Vicki Ott
Highland Place
1736 Irving Place
Shreveport, LA 71101
(318) 221-1983
See our ad on page 11.

My mother is in her 70s and over the past few months has had extremely dry eyes. We are concerned that she is over-medicating with over-the-counter eye drops. What could suddenly cause dry eyes and should she see an eye doctor before it gets worse?

Dry eye syndrome is very common among the elderly. It generally develops and worsens over time. There are some diseases and medications that cause dry eyes. Over-the-counter medications are fine to use up to 4 times a day. If your mother is having to use tears more than 4 times a day she needs to see an Ophthalmologist. There are treatments to relieve the symptoms and restore ocular health. Call today at (318) 212-3937 to find out more.



Chris Shelby, MD
WK Eye Institute
7607 Youree Dr.
Shreveport, LA 71105
318-212-3937;
See our ad on page 29.

My shoulder hurts. Should I play through the pain?

Over 12 million people visit a doctor's office for a shoulder problem annually. Athletes are particularly prone to shoulder injuries due to repetitive, cumulative stress/injuries. Injuries occur during sports, as well as every day home and work activities. Most shoulder problems involve muscles, tendons, and/or ligaments and can be treated effectively with exercises, medications, physical therapy, etc. Steady pain, limitation of motion, difficulties with work activities of daily living or difficulty with sleep should alert you to seek an orthopedic surgeon for help in diagnosing and treating your shoulder pain.



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

(puzzles on pages 42-43)

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

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

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

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FEIST-WEILLER

The 2017 Feist-Weiller Cancer Center's Life Savers event, Roaring into our 20's, was held on September 16 at Sam's Town in Shreveport.



Becky and Roger DeKay



Sheryl Little and Linda Goldsberry



Tracy and Dr. Tom Pressly



Dr. and Mrs. Horacio D'Agostino



Drs. Cherie-Ann and Raghu Nathan



Rob and Joanne Russell



Kay and David Taggart



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Rob Franks and Karen Kennedy



Keith and Karen Evans



Catholic Charities of North LA Executive Director Meg Goorley with Margaret & Dr. Ragan Green



Winner Vicki Franks with Rev. Charles Glorioso



Winners Mark Rinaudo and Linda Hamm



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KREWE OF ELDERS

The Krewe of Elders Coronation XX was held August 25 at the VFW in Bossier City. Theme for the evening was "South of the Border." The Coronation was dedicated to the memory of Debbie Carter, who passed away in July from a brief illness. Debbie was to be crowned Duchess of Wisdom.



Captain Julia Collins and Co-Captain Doug Rivet



Duke of Wisdom George Kalmbach



Queen Pamela Brown and King Mike Brown



Duke and Duchess of Longevity Troy and Patsy McGee

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Nexium™ \$927.16 <small>Typical US Brand Price for 40mg x 100</small>		Esomeprazole™ \$90.00 <small>Generic Price for 40mg x 100</small>		Advair™ \$1203.13 <small>Typical US Brand Price for 250-400mg x 180</small>		Salmeterol & Fluticasone Propionate™ \$160.00 <small>Generic Price for 250-400mg x 180</small>
Premarin™ \$458 <small>Typical US Brand Price for 4.50mg x 100</small>		Conj. Estrogen™ \$51.00 <small>Generic Price for 4.50mg x 100</small>		Evista™ \$772.37 <small>Typical US Brand Price for 40mg x 100</small>		Raloxifene™ \$92.00 <small>Generic Price for 40mg x 100</small>
Ability™ \$2994.49 <small>Typical US Brand Price for 10mg x 112</small>		Aripiprazole™ \$92.00 <small>Generic Price for 10mg x 112</small>		Zetia™ \$994.42 <small>Typical US Brand Price for 10mg x 100</small>		Ezetimibe™ \$87.00 <small>Generic Price for 10mg x 100</small>
Celebrex™ \$743.17 <small>Typical US Brand Price for 100mg x 100</small>		Celecoxib™ \$79.00 <small>Generic Price for 100mg x 100</small>		Januvia™ \$1151.87 <small>Typical US Brand Price for 100mg x 60</small>		Sitagliptin Phosphate™ \$146.00 <small>Generic Price for 100mg x 60</small>

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For more information, please visit our website at www.gilsoul-law.com or email firm@gilsoul-law.com.

Joe offers over 32 years of experience in elder law, and Lee over 22 years.

Both have appeared on The Best of Times Radio Hour, and Lee is the author of an award-winning monthly column for The Best of Times magazine. Each gives frequent lectures to the public on elder law related issues, and Joe has presented at seminars for attorneys at LSU Law School and the Louisiana State Bar Association.