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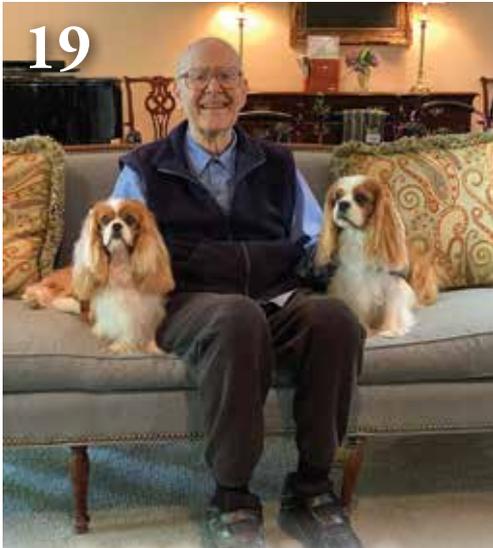
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Ray Fowler with therapy dogs, Buttons and Bentley, at The Glen

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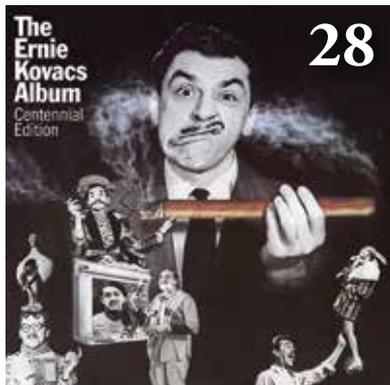
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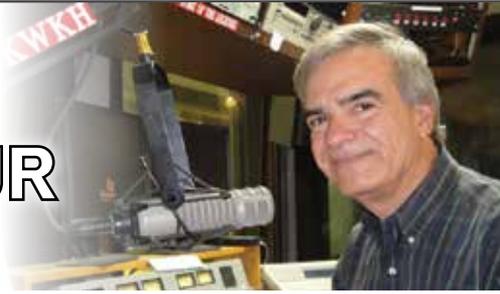
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Broadcasting every **Saturday** morning **9:05 to 10 a.m. on News Radio 710 KEEL**, a Townsquare Media radio station in Shreveport, LA.

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The Best Of Times

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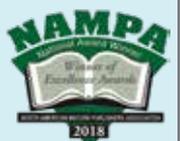
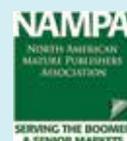
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ON THE COVER

Kevin Russell, founder and president of Warrior Horse, with Jett, a black Percheron.

(Clip or Tear Out and Post)

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10:00 am – 12:00 pm on September 12th – Thursday

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➤ **Did you know that if you have a spouse who needs long-term care that it's almost always possible to save practically everything with proper planning even if they're already in a nursing home?**

➤ Do you know why you **SHOULD NOT** have your children's names listed on your accounts? It's amazing how many unexpected problems it can cause!

➤ **Do you know what can go wrong with a trust?**

➤ Do you know why your Living Trust will likely make you ineligible for long-term care benefits, and what to do about it?

➤ Do you know what estate planning documents are needed and, most importantly, what they need to say to help protect your estate from courts and unintended consequences?

➤ Do you know there are benefits available to many **veterans and widows of veterans** that can help pay for long-term care and that many VA employees aren't aware of them?

➤ Do you know the common mistakes many families make when they have a loved one that is qualified for Medicaid that can knock them off their benefits?

➤ Did you know that the state has the right to recover money they spent on your care after you die and before it goes to your heirs? Do you know how to keep this from happening?

➤ Did you know that the nicest facilities in the area accept Medicaid patients and that you can choose your facility, not Medicaid?

➤ Have you implemented an estate plan that not only protects assets while you are alive but also passes them to your heirs in an efficient, low-cost, and tax-preferred manner?

➤ Do you have someone to guide in process of obtaining benefits you deserve who can guarantee results?

➤ If you or a family member is in a nursing home, do you want to have someone cut through bureaucracy and red tape to help you save thousands of dollars a month on their care?

➤ **Do you know about changes in 2019?**



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Stat!

Medical News & Info



Pets Help Older Adults COPE

A curled-up cat, a tail-wagging dog, a chirping parakeet or even a serene goldfish may help older adults cope with mental and physical health issues. According to the *National Poll on Healthy Aging*, 55% of adults ages 50 to 80 have a pet – and more than half of those have multiple pets. More than three-quarters of pet owners say their animals reduce their stress, and nearly as many say pets give them a sense of purpose. But 18% also said having a pet or pets puts a strain on their budget. Two-thirds of all pet owners, and 78% of dog owners, said their pet helps them be physically active. For those who reported that their health was fair or poor, pet ownership appeared to offer even more benefits. More than 70% of these older adults said their pet helps them cope with physical or emotional symptoms, and 46% said their pets help take their mind off of pain.

Many Grandparents' Medicines Not Secure Enough Around Grandchildren



According to the Centers for Disease Control and Prevention, nearly 40% of children treated in emergency departments for medication-related poisoning took their grandparents' medicines. A new poll by the *National Poll on Healthy Aging* suggests many of them could do more to reduce the risk of their medications harming their grandchild. More than 80% of the grandparents polled say they keep their medication in the same place as usual when their grandchildren visit – and 72% keep them in their purse or bag when they visit their grandchildren. Nearly 1/3 say they store their prescriptions in something other than the container they came in – with the majority using an easy-to-open container. These practices may put children at risk of accidental poisoning, say the University of Michigan researchers involved in the poll. And for older grandchildren, the easy access may lead to misuse of certain medicines that hold the potential for abuse – for instance pain medicines and sedatives.

Do-It-Yourself Cancer Screening

Colorectal cancer is the second-deadliest cancer in the U.S., but only six out of 10 adults who should get routine screening reportedly do so. Looking for ways to increase



that number, researchers at the Perelman School of Medicine of the University of Pennsylvania mailed nearly 900 kits to overdue patients and found that 29 percent of them returned completed kits. Mailing kits directly reduced steps in the screening process, making it easier for patients to get screened and catch colorectal cancer earlier or even potentially prevent it from occurring.



Opioids and Older Adults

Nearly a third of older adults have received a prescription for an opioid pain medicine in the past two years, but many of them didn't get enough counseling about the risks that come with the potent painkillers, how to reduce their use, when to switch to a non-opioid option, or what to do with leftover pills, a poll conducted by the University of Michigan Institute for Healthcare Policy and Innovation and published in the *National Poll on Healthy Aging* finds. The poll also finds that nearly three-quarters of older adults would support limits on how many opioid pills a doctor could prescribe at once. Even more supported other efforts to limit exposure to these medications.

Poor Sleep Tied to Reduced Memory Performance in Older Adults

A new study from Georgia Tech's Memory and Aging Lab has found that variability in night-to-night sleep time and reduced sleep quality adversely affect the ability of older adults to recall information about past events. The findings could help open up a new area of research aimed at understanding the potential connection between poor sleep and the memory declines associated with aging. And the study underscores the importance of sleep in maintaining good cognitive functioning.



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

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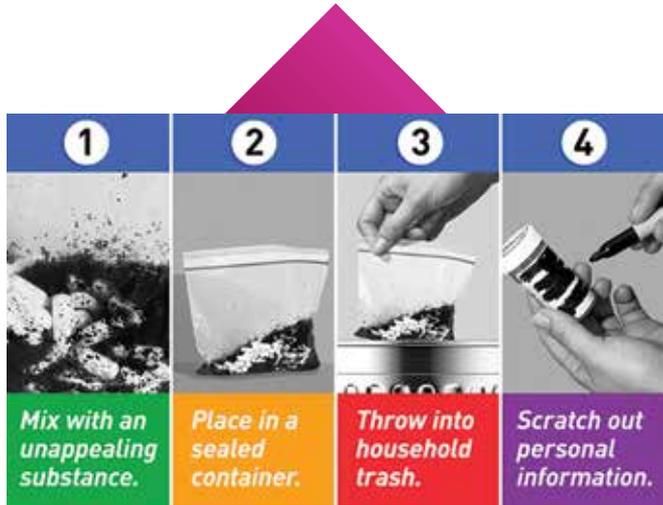
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Odds & Ends



SAFELY GET RID OF UNUSED MEDICATIONS

Every year, millions of Americans misuse or abuse prescription medications, sometimes leading to hospital visits, addiction or even death. To prevent drugs from falling into the wrong hands, it's important to dispose of unused pills in a safe way. To dispose of medications:

- Find a medication take-back location, such as a local pharmacy. Consult the Drug Enforcement Administration's website for a program near you.
- Do it yourself disposal:
 - ▶ Grind up the leftover pills, and mix them with used coffee grounds, dirt or cat litter.
 - ▶ Put the mixture in a can with a lid or a sealable bag to avoid spillage.
 - ▶ Remove the prescription label or scratch out personal information to protect your privacy and avoid identity theft.

THE SKYROCKETING U.S. AGING POPULATION

According to the Aging Alone Study conducted by seniorcare.com, the number of people aged 65 and over is projected to climb from 43,000,000 to 83,000,000 by 2050. According to the study, 78% have no help with bills or financial decisions, 52% think they are likely to experience discrimination, 26% have 3 or more chronic conditions, and 31% take 5 or more medications.



RECENT TRENDS IN DRUG PRICING SHOW STARK DIFFERENCES IN BRAND-NAME AND GENERIC DRUG AFFORDABILITY

A new report from the AARP Public Policy Institute examines trends in prices for 390 generic prescription drugs widely used by older adults. The report found that retail prices for these drugs fell by an average of 9.3% between 2016 and 2017; the general inflation rate rose by 2.1% during the same period. This follows two consecutive years of substantial generic drug price decreases; the previous two years saw prices increase. These changes have meaningful financial consequences for people with Medicare and others who rely on generic drugs.



A Season That
POPS!
2019 | 2020



2019

Richard Marx

FRIDAY, SEPT. 6 • 8 PM

Yakov Smirnoff

FRIDAY, OCT. 4 • 8PM

The Color Purple

SATURDAY, NOV. 16 • 8PM

A Christmas Carol

THURSDAY, DEC. 5 • 7PM

2020

Finding Neverland

SATURDAY, FEB. 8 • 8PM

An American in Paris

FRIDAY, MARCH 6 • 8PM

**Beautiful-
The Carole King Musical**

FRIDAY, MARCH 27 • 8PM

**You're A Good Man
Charlie Brown**

SATURDAY, APRIL 4 • 7PM

Mutts Gone Nuts

SATURDAY, MAY 2 • 2:30PM

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SATURDAY, JULY 25 • 8PM

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Nutrition Labels: A Snapshot of the Nutritional Value of our Food

by *Abigail McAlister*

Ever wondered what the Nutrition Facts Label actually means? The different terms and numbers can be confusing, especially if you don't typically glance at your food labels. Most packaged foods come with nutrition labels, which are helpful tools to make healthy food choices. To take some of the guess work out of reading a food label, follow the guide below.

First, start by reading the serving size. Compare your portion size to the serving size on the label and see how you measure up. For example, if the serving size is 1/2 cup and your portion is one cup, keep in mind you are getting twice the amount of calories and nutrients stated on the label. Make sure to check out the number of servings per container, too. Sometimes a package that

appears to be single-serving may actually have two or more servings.

After checking the serving size, take a look at the calories section. This tells us how many calories are in the foods we eat. Calories are a measurement for the amount of energy in food. Eating too many calories each day is linked to an unhealthy weight. Everyone has individual calorie needs according to many factors including age, sex, weight, height, and physical activity level. You don't have to count your calories every day, but try to choose foods that are lower in calories and rich in important nutrients you need. Remember, the calories on the label means calories per serving size, so if you eat more or less than a serving, the total calories will be different.

Next, look at the other nutrients on

Nutrition Facts

Serving Size 2/3 cup (55g)
Servings Per Container About 8

Amount Per Serving

Calories 230 Calories from Fat 40

% Daily Value*

Total Fat 8g **12%**

Saturated Fat 1g **5%**

Trans Fat 0g

Cholesterol 0mg **0%**

Sodium 160mg **7%**

Total Carbohydrate 37g **12%**

Dietary Fiber 4g **16%**

Sugars 1g

Protein 3g

Vitamin A 10%

Vitamin C 8%

Calcium 20%

Iron 45%

* Percent Daily Values are based on a 2,000 calorie diet. Your daily value may be higher or lower depending on your calorie needs.

	Calories:	2,000	2,500
Total Fat	Less than	65g	80g
Sat Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

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.....

the label. Try to limit total fat, saturated fat, trans fat, cholesterol, sodium, and added sugars. Consuming too much of these nutrients can increase your risk for high blood pressure, heart disease, and some cancers. Try to keep saturated and trans fats as low as possible. The American Heart Association recommends a daily added sugars limit of no more than 36 grams (9 teaspoons) for males and 24 grams (6 teaspoons) for females and a daily sodium limit of no more than 1,500 mg for most adults. The nutrition label also lists the nutrients we need more of, which are called "nutrients of concern," because most Americans typically don't consume enough of them. The nutrients we need to include more of are dietary fiber, vitamin A, calcium, vitamin C, and iron. Eating enough of these nutrients can help reduce your risk for some chronic diseases.

Other nutrients listed on the label include carbohydrates, sugars, and protein. If your healthcare provider has advised you to eat more or less of any of these nutrients, be sure to use your nutrition label to compare what you eat to what was recommended.

Lastly, use the Percent Daily Value to see how your food ranks nutritionally. The Percent Daily Value is listed at the far right side of each nutrient. It tells us how close a food gets to daily nutrient recommendations for those following a 2,000 calorie diet. For example, if you follow a 2,000 calorie diet and your label reads 25% under the Percent Daily Value for vitamin C, this means one serving will provide 25% towards your daily needs for vitamin C. If your calorie needs are more or less than 2,000, you can still use the Percent Daily Value to determine if a food is high or low in a nutrient. If the Percent Daily Value is 20% or more, a food is high in the given nutrient. If the Percent Daily Value is 5% or less, the food is low in that nutrient.

Nutrition labels give us a "snapshot" of the nutritional value of our food. Knowing what we're eating is essential to staying healthy and reducing our risk for chronic diseases. If reading every nutrient on the label seems overwhelming, start small! Focus on limiting one nutrient, like sodium, or getting more of a healthful nutrient like fiber. Once this seems like a breeze, gradually work up to focusing on more aspects of the label. Every small change is a step in the right direction.



McAlister

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

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Laws of the Land

Hit in the Head by a Cabbage

by Lee Aronson

Dr. Drunk (not his real name) was at a fancy restaurant in New Orleans. As was typical for him, he was drunk. So drunk that when his steak came, he tried to put the entire thing in his mouth. This turned out to be not such a good idea: he started choking and then he stopped breathing.

Fortunately, Dr. Drunk was at the restaurant attending his medical school's reunion and was surrounded by a bunch of doctors, many of whom jumped up and tried to help. But it was all to no avail and Dr. Drunk died soon after the ambulance arrived. Dr. Drunk's daddy was devastated. (Try saying that 3 times fast.) An entire room full of doctors and no one could save his son! So, he sued them all. That's right, he sued each and every doctor who had attended the reunion.

Here's what Louisiana law says: if a doctor is walking down the street and sees someone having a heart attack, the doctor doesn't have to do anything. If the doctor decides to try to help, then he can't be sued. Laws like this are called good Samaritan laws. The idea is that if you decide to be a good Samaritan and try to help someone out, then you should be safe from lawsuits. Louisiana has a whole bunch of laws like this.

For example, let's say that on a summer day, on your way



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12 August 2019

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out of the grocery store, you walk across the parking lot and see a baby, all alone, locked in a hot car. That baby is all sweaty and red and crying its head off. The only way to help that baby is to break one of the car's windows. We have a good Samaritan law for that.

We even have a good Samaritan law for people who ride in parades. A few years ago, a woman who went to the Irish-Italian parade in New Orleans got hit in the head with a cabbage thrown from one of the floats. Now I've never been hit in the head with a cabbage, or any other vegetable for that matter, but I guess it must hurt, because the woman ended up suing for "throwing a cabbage in a reckless manner." But Louisiana law says that parades and festivals can't be sued unless there is "a want of even the slightest care and diligence" or "an extreme departure from ordinary care." If you've been to this parade, you know that throwing cabbages is ordinary; thus, the woman's lawsuit was thrown out.

One final case: on Easter Sunday, a little old lady in Alexandria let her dogs out to, as the Judge put it, "attend to their morning excretory activities." One of the dogs ran away. A Baptist minister found the dog and noticed that something was wrong with its eyes. The minister had his son take the dog to a vet and the vet said the dog was almost blind and that treatment would be very expensive. The minister's son told the vet to put the dog to sleep. Think the minister and his son are protected by good Samaritan laws? Nope. A differ-

ent Louisiana law applies: when you find something, you have to make a "diligent effort to locate its owner." According to this law, the minister and his son should have put an ad in the newspaper or posted lost dog signs or notified public authorities.



Aronson

If you do that and the owner is not found within 3 years, then you get to keep what you found.

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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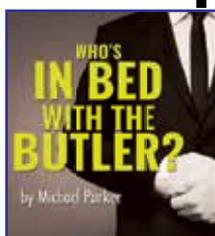
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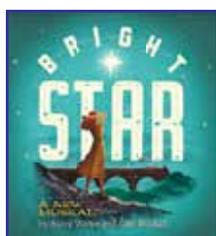
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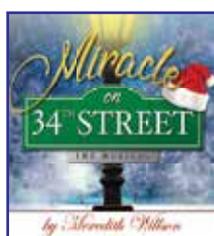
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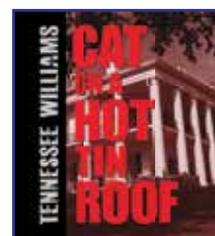
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Exploitation of the Elderly is Increasing

by Judge Jeff Cox

Newspaper and television reports abound with stories about people across the country who have allegedly exploited or taken advantage of the elderly and have taken their life savings and/or property. Other stories talk about how those that are not able to care for themselves are being beaten or mistreated. These stories usually sadden and anger me at the same time. They sadden me because the elderly person who has been exploited usually loses all of his/her life savings or cannot defend themselves and the stories usually anger me in that a person hired to help another person would do the person they are hired to help this way.

Unfortunately, stories of financial and physical exploitation of the elderly are not isolated incidents in society today. We have seen many cases occur in our local area in the last few months. Included in this article are few tips to hopefully prevent you, the reader, from being harmed by someone attempting to take care

of your finances, business, and/or person.

First, it goes without saying, know the person you are trusting to handle your financial business. If the person is in the financial sector, check his or her credentials. Find out if any complaints have been registered against the person with the Better Business Bureau or the Securities and Exchange Commission. Also, if you can find clients of the person seeking your business, find out how other clients rate the person and whether they would recommend his or her financial services.

In additions, ask if the person is bonded and insured for handling financial matters and how much coverage they have available.

If you are being helped by an individual, know the person's background. Some questions that may need answering are: Does this person have an arrest record? Have they been convicted of any type of crimes? What experience do they have in investing money? Have they helped other people with their finances? If you feel you need the help and do not know the person or their



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background, it is a good idea to have them thoroughly investigated, even by a private investigator. Also, if you feel uneasy around the person, trust your “gut” feeling as the old saying goes.

Second, be careful of health caregivers who want to get into your personal financial business. Many situations started because the person was a health caregiver and gained the trust of the person they were helping. If possible, try to keep health care needs separated from the person who helps you with your finances. It is very easy to fall in the trap of trusting someone who spends a great deal of the day with you caring for your physical needs to help you with financial matters. Under no circumstances allow the health caregiver to know passwords, PIN Numbers, or your Social Security Number. In addition, watch access to checks and make sure no checks are missing or can't be found.

Third, if you, or a family member, feels you are being financially or physically exploited, contact your local law enforcement agency immediately. The quicker the agency is contacted, the quicker they can investigate and stop further losses if losses are occurring or further harm to the person being abused if abuse is occurring. You can also contact Elderly Protective Services if you feel you or someone close to you is being exploited by any person.

Being careful in choosing persons to help you with your finances or health care needs can help eliminate some of the risks associated with losing your life's savings or being physically harmed. You need to make sure that your best interests are being cared for by the person who is helping you. Remember, persons you hire work for you, you do not work for them. If they are not caring for you or taking care of your business as they should do, then let them go and find someone who will.



Cox

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

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The key is to **not dwell** on the past but rather to keep **moving forward**.

.....

have the courage to face such events, even if you may eventually fail at them, you're taking action to learn and to build a better you. And the result will be, after time, that things that once made you nervous or scared are now clearly in the domain of things you can handle.

The key is to not dwell on the past but rather to keep moving forward. When faced with something that may contain some risk, it's important to ask yourself, "What's the worst that can happen?" Try to evaluate how you would deal with that negative outcome. Is it possible that not succeeding might even have positive benefits in the long run?

Too often we focus on the immediate present, seeing what has happened as a major disaster. But when we take the time to step back and evaluate the disaster, it usually turns out that while it was an outcome you may wish hadn't happened, it's almost always one you can move past.

Learn from a setback and you'll be less anxious about trying once again.

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Animals Helping Us Feel, Heal & Find Our BEST SELVES

by Kathleen Ward

Time spent reflecting on the past and planning for the future, with its inevitable uncertainties, can rob us of the joy of being here now. Four area organizations and their animal staffs work to bring the focus of the lives they touch comfort, companionship, hope and healing every day.

Warrior Horse

Kevin Nixon, one of several combat-veteran volunteers at Warrior Horse, was a young Army sergeant who fought in and around Mogadishu, Somalia. Returning home, he sought help for PTSD, but it was not widely available.

“It got worse as I got older. Fight or flight. I didn’t want to go anywhere,” said Nixon, 46. “When someone tells you, ‘You have a problem,’ it actually makes you feel better. At Warrior Horse, I started working with Jett (a beautiful black Percheron) and I got a little more comfortable with the horses and, without me knowing it,

Kevin (Russell) was working the program with me.”

“Warrior Horse is a once in a lifetime, all expenses paid three-day experience for veterans suffering from PTSD,” said Kevin Russell, founder and president. Russell, who comes from a military family, wants to help diagnosed veterans return to active lives “after the let-down period after active duty” by working with horses. Through donations and years of hard work, the nonprofit opens this month in Frierson.

Each group of five veterans from around the country will work with horses as a socialization and bonding



Beverly Barton with Yoda, Paul Danner, Jack, and Judy Steinfeld

“Echo gives me the confidence and opportunity to do more things that in the beginning were never in sight,” said Yeatts, who takes his Doberman most places, including to work.



Michael Yeatts and Echo

experience. Russell was inspired by his own long, close bond with his first horse, Blue, a retired thoroughbred.

“When they bond with a horse, it triggers a release they haven’t been able to achieve since the trauma occurred,” said Russell. “Unlike humans, horses can’t be fooled. They can tell if you have walls or borders up, which you have to let down in order to achieve the bond and come to a point of mutual trust.” The experience can also bond the veterans.

“Not everyone is going to have the same reaction, but it gets them out of the home, where they have been wallowing in self-pity,” said Nixon. “I can see their emotions and can step in.”

K9 Karma

Michael Yeatts, a 10-year Army veteran, left Iraq in 2003 to care for his two toddlers while his wife underwent cancer treatment. His return to civilian life did not go well.

“PTSD was basically ignored. We were told to suck it up,” said Yeatts, 47. “It was like pulling teeth to get me out of the house. I bounced from job to job. In general I felt pretty much worthless. It cost me my first marriage.”

“If you asked for help you were laughed at,” said former Marine Daniel Murray, a certified dog trainer and founder of K9 Karma, a Bossier nonprofit started in 2014, that has trained and placed 15 service dogs, with eight currently in training with their veterans, all at no cost to the veterans. Murray studied dog training as a K9 police officer, at Penn Foster University, and through years of experience training service dogs with veterans.

“It is generally a challenge at first because most don’t like to get out of the house,” said Murray. “Most of them are impatient and want their dog trained right away. I also talk with them about their experiences, as I can relate to most of them. This eases their minds and helps them in the process as they grow together. I love seeing the transformation from start to finish.”

“There is not any specific breed of dog that is better than the other,” said Murray, owner of Gumbo, a rescued Corgi-Pit mix. He prefers going with the veteran to the shelter to select a dog together to train, an expensive process that can take up to two years.

“Echo gives me the confidence and opportunity to do more things that in the beginning were never in sight,” said Yeatts, who takes his Doberman most places, including to work. “I find it hard to work around a lot of people. I work at Elks Lodge #122 as a janitor/maintenance man early in the morning when no one else is around.”

“If I had any advice for military personnel that feel the way I did, it would be talk it out. It is not as taboo as it was in the past,” said Yeatts. “It makes you no less a woman or man to ask

for help; stop telling yourself that. You matter as much as the next soldier.”

At The Glen

Paul Danner lights up as he weaves his walker among the dogs and people gathered near The Glen cafeteria. “I always stop and pet them, though I have my own dog at home,” said Danner, 89. “It makes people feel good if they will just stop and pet the dogs.”

He is greeted by four therapy dogs (Jack, Yoda, Bentley and Buttons), Debbie Cowan, The Glen’s pet coordinator, and several volunteers. It’s a happy scene, played out almost every day, which benefits residents, volunteers, staff and dogs alike.

“Dogs sometimes serve as a memory aid to seniors because they bring back recollections from their childhood,” said Cowan. “Pet therapy also helps them form bonds and relationships and improves blood pressure and heart rates.”

Cowan has been training dogs “for as long as I can remember. The residents at The Glen who visit with the dogs get unconditional love and are able to make friendships.” She heads The Glen’s nationally certified community outreach program, Paws With Purpose, an organization that has trained numerous therapy dogs.

Volunteer Judy Steinfeld brings, Jack, a calm and loving Labradoodle that was returned to the Caddo Shelter three times before Steinfeld adopted and trained him.

“Probably therapy dogs are born not made,” said Steinfeld, who trained at The Glen and also volunteers at hospitals, libraries and many other organizations, a schedule she has kept for years.

“There is no doubt the visits we make generate many smiles. We like doing it and I know the folks we visit do as well,” said Steinfeld.

At Holy Angels

Luke belongs to Laurie Boswell, CEO of Holy Angels Residential Facility, but spends most days at Holy Angels enriching the lives of residents, visitors and staff as he accompanies Boswell around the campus.

“So many of our residents miss their pets, and dogs ache for human contact,” said Boswell. “Luke is recognized as an important member of our care team.” Holy Angels cares for approximately 180 individuals in residential care, 30 autistic residents, and 100 participants in AngelWorks, the day program.

“Luke has an innate ability to know how each person wishes to greet him. Many residents experience dementia and end of life complex

medical issues,” said Boswell. “Luke visited Carol and worked to provide her with a calming spirit. One day she was terrified to return to her room. Not remembering where she was, she began to cry continuously. I brought Luke to the hallway, Carol relaxed enough to follow in her wheelchair and returned to her room. We knew that Carol loved Luke, and he knew that she needed him.”

“Many staff members love Luke and stock treats in their offices for him,” said Boswell. “Our workload is very heavy and in healthcare, constantly changing. Luke gives the administrative team and care givers a chance to stop and de-stress.”



Evan Falbaum, Luke and Robin

“So many of our residents miss their pets, and dogs ache for human contact,” said Boswell. “Luke is recognized as an important member of our care team.”

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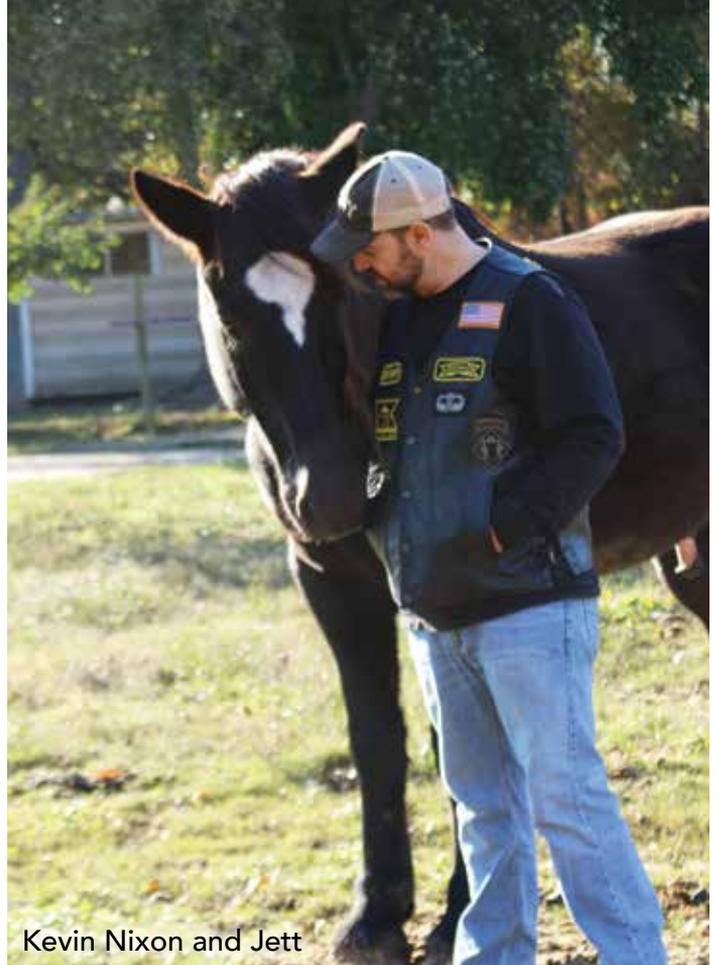
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Kevin Nixon and Jett

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Warrior Horse is a once in a lifetime, all expenses paid three-day experience for veterans suffering from PTSD.

“It was a beautiful and peaceful day” as John and his caregiver Melvin were completing their regular morning walk, said Boswell. “Luke saw John approaching and stopped, sat down, and looked away. Luke knew that John was not comfortable with direct eye contact and preferred to watch from a distance. John was thrilled with this experience and just smiled and laughed. I could feel and see that Luke was very happy to minister to John in this unique way.”

To learn more about donating and volunteering visit Warrior Horse at www.warriorhorse.net, K9 Karma at www.k9karmadogs.com, The Glen at www.theglen.org/community/outreach/ and Holy Angels at www.laholyangels.org/resident-life/additional-habilitation-services/pet-therapy/ or find them on Facebook.

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Alabama's Gulf Coast

Come for the beach, but stay for everything else

By Victor Block

Photos compliments of Gulf Shores and Orange Beach Tourism.



Fishing from pier



Sightseeing by Segway



Fort Morgan

My first thought was that I had taken a wrong turn.

This couldn't be Gulf Shores and Orange Beach on Alabama's Gulf Coast. That place is known for long stretches of magnificent sand and unspoiled nature.

I was passing high-rise condominium buildings that seemed to be competing for the title of most glitzy, and restaurants ranging from gourmet elegant to beach-dive casual.

It wasn't long, though, before I understood. I was in a something-for-everyone place. Gulf Shores and Orange Beach combine the attractions of many sun-and-sand destinations with a number of enticing add-ons.

Those who like to commune with Mother Nature have plenty of opportunities. Active types may choose from a long list of pursuits. Folks seeking learning experiences can drop by museums devoted to a diversity of topics. Enhancing the mix is what many consider to be the best state park in Alabama.

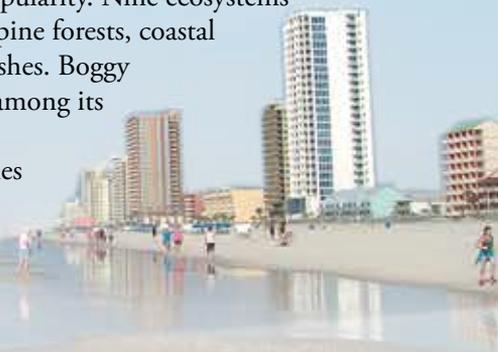
Granted, beach tourism is why many people visit Gulf Shores, a town of about 12,000 residents; Orange Beach, with about half that number, and the sun-drenched area surrounding them. Sun-seekers find a total of 32 miles of pristine white quartz sand lapped by the blue-green waters of the Gulf of Mexico.

Both Gulf Shores and Orange Beach have eight mile stretches of sand. Gulf State Park encompasses two miles, and Fort Morgan fronts 14 miles of seashore.

Pentagon-shaped Fort Morgan was completed in 1834 to strengthen the coastal defense of the United States following the War of 1812. The site contains historic military buildings, artillery batteries and a museum with exhibits of weapons, photographs and letters written by soldiers who served there. A living history program interprets the military periods in the fort's active life.

While Gulf State Park is home to the shortest stretch of beach, other claims to fame account for its popularity. Nine ecosystems nestled in its 6,000-plus acres include pine forests, coastal hardwood swamps and freshwater marshes. Boggy streams and three spring-fed lakes are among its water features.

A back-country trail complex stretches for 28 miles. Hikers may spot white-tailed deer, an alligator basking in the sun and even a bobcat looking for its dinner. Boating and fishing



are available and, for those seeking modest accommodations, there are cabins, cottages and campsites.

Visitors seeking an even more extensive selection of activities also are in luck. Kayaking and paddle boarding attract people of all ages. Dinner, sunset and dolphin watching cruises appeal to those who prefer to take to sea without any effort.

Lake and ocean fishing tempt anglers. Some try their luck off a pier that stretches 1,540 foot over the Gulf of Mexico's water.

Snorkelers and divers also find much to like. Artificial reefs provide experiences geared to everyone from children and beginners to advanced divers.

Avid golfers may spend time on courses which are in the immediate area or within an hour's drive. Two, Craft Farms and Kiva Dunes, have ranked high on Golf Digest "best courses" lists.

People who prefer indoor pursuits also are in luck. Small museums provide insight into the region's history and character.

The Gulf Shores Museum is located in a pre-World War II beach house. Permanent exhibits tell the story of 19th century settlers in the area and of hurricanes, including how they originate and how a community rebuilds from their destruction.

In keeping with its name, the Orange Beach Indian & Sea Museum provides introductions to the area's Native American and fishing heritages. The USS Alabama at Battleship Memorial Park, about an hour drive away in Mobile, is home to the massive ship which saw action for 37 months

during World War II, a World War I submarine and a collection of historic aircraft.

An hour drive in the other direction leads to the National Museum of Naval Aviation in Pensacola, Florida. Despite its name, the collection of more than 250 aircraft represents every military branch. The complex also is home to the famous Blue Angels, the aerobatic team of Navy and Marine aviators who thrill onlookers with their literal flights of fancy.

Battle ships and historic airplanes, golf and a Gulf-related museum might seem to have little in common with an inviting beach destination. That's especially true of one which has been recognized and highly ranked in "Best of" lists compiled by the likes of *USA Today*, *Reader's Digest* and *Travel + Leisure*.



Inclusion on "Top 10," "Best Places" and "Most Beautiful" lists is based upon the magnificent stretches of beach as well as the long list of other attractions that the Gulf Coast and Orange Beach offers those who go there. As one repeat visitor told me, "I came here the first time for the beaches. Now I return for everything else."

For more information about Gulf Shores and Orange Beach, log onto gulfshores.com or call (800) 745-7263.



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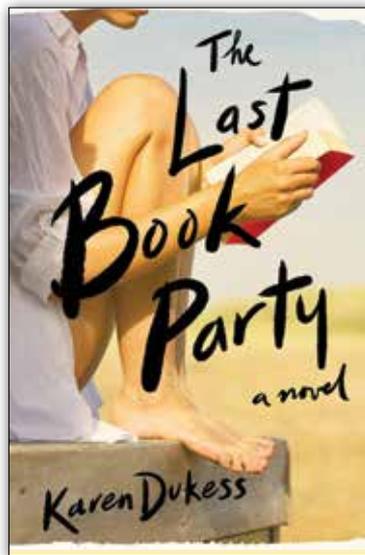


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The Last Book Party

by Karen Dukess

As summer begins to wind down, I found myself looking for a beach read – something quick and fun with a dash of romance and adventure. *The Last Book Party* by Karen Dukess seemed to fit the bill nicely.

In its pages Eve Rosen, an aspiring writer in her 20s, is working as an assistant editor at a publishing house in the 1980s.



Rinaudo

There she has brushes with great writers and longs to one day join their ranks, but can't find the tenacity and grit it takes to finish a story. Her aspirations are constantly thwarted by her well-to-do parents who fawn over her math whiz of a brother.

When she's passed over for a promotion, she goes to work as an assistant for popular author Henry Grey. Grey and his wife, Tilly, who is also a writer, live their unstructured, artistic lives in a beach house in Truro near Cape Cod. Their unpretentious lifestyle and openness and proximity to the art and writing communities is so different than Eve's upbringing that the opportunity to become a part of it is a lure she can't resist.

Eve quickly gets wrapped up in the lives of the Greys. She helps Henry do research for his books, steps in to help with the couple's famous annual book party that draws an exclusive invite list, and allows herself to be swept away by the much older and charming Henry Grey.

The Last Book Party has a great cast of characters from eccentric publishers to Eve's overzealous brother and a standoffish, but intriguing up and coming writer. Throughout the book, I enjoyed feeling like I was summering on the east coast in decades past. Perhaps the one thing that was simultaneously interesting and disappointing was that every single character managed to keep making rather bad decisions about their futures and relationships. By the time the book was over, it was hard to feel bad for anyone. And still, somehow, Dukess manages to leave the reader feeling hopeful.

The Last Book Party is about what it takes (and doesn't take) to follow your dreams. In the end, it was exactly what I was looking for: a great little beach read.

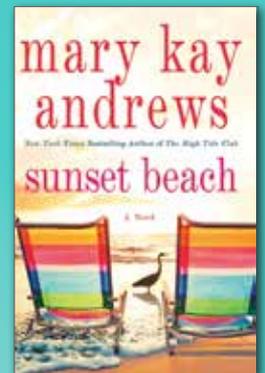
Grade: B

Jessica Rinaudo is an editor and writer who has fostered a love of reading since childhood. She lives in Cincinnati with her husband and four children.

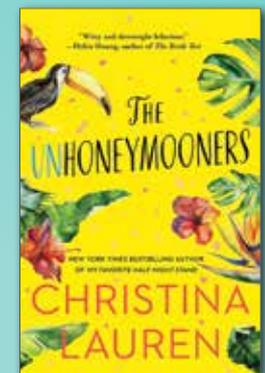
Great 2019 Beach Reads



Hallie's beloved aunt dies and leaves her a bucket list to complete at her favorite place in the world.

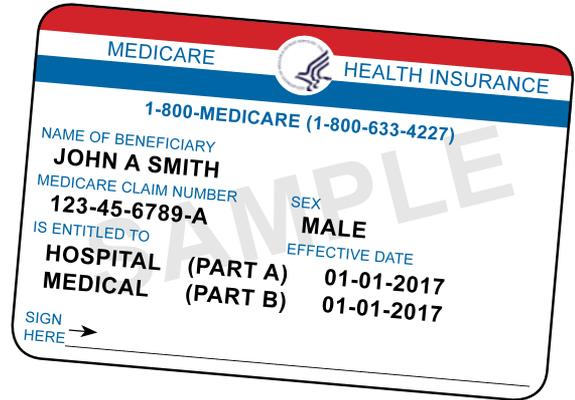


Drue's estranged father resurfaces at her mother's funeral. He offers her a job that leads her become involved in an investigation.



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An Ernie Kovacs Centennial

By Nick Thomas

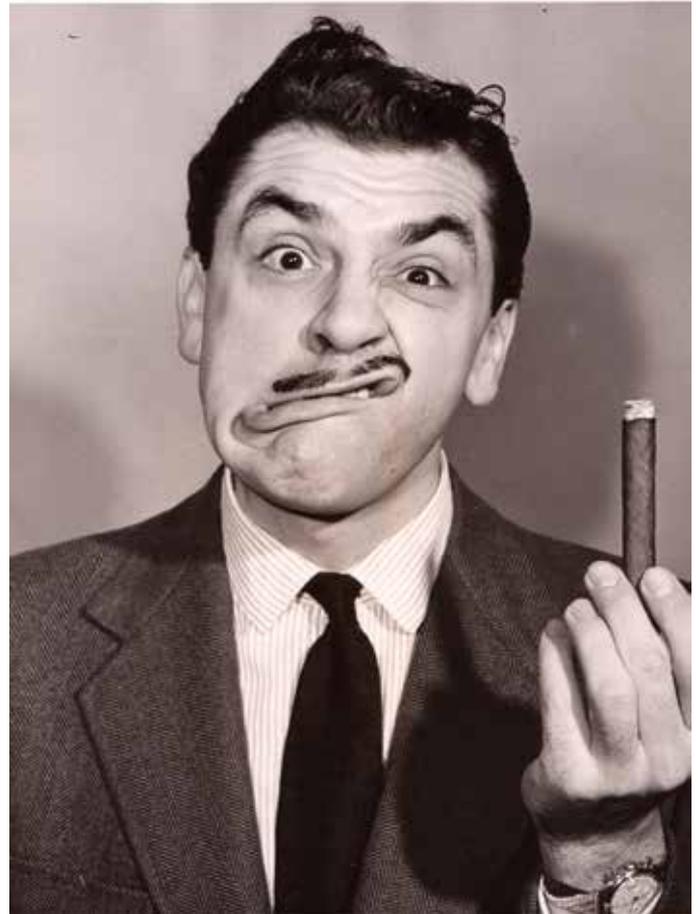
Opening last summer in Jamestown, New York, the National Comedy Center will launch an exhibition honoring comedian Ernie Kovacs beginning with a Festival on August 7-11 (see www.comedycenter.org).

"It's the centennial of Ernie's birth this year, so a great time to recognize this influential comedian," said Laura LaPlaca, the Center's Director of Archives. "The Kovacs' exhibit will remain until summer 2020."

Though he died tragically in a single car accident at just 42, Kovacs would leave his mark on comedy for decades. Like other pioneers of early television in the 50s who were exploring its boundaries such as Milton Berle, Sid Caesar, and Steve Allen, Kovacs pressed it further by satirizing and lampooning the new medium.

"Unlike other comedians of the day who started on radio and basically put three walls up and created a TV show, Ernie did something different," said Josh Mills, whose mother (Edie Adams) was married to Kovacs at the time of his death. "Ernie had a cockeyed perspective of the world that few comedians have matched, a very surreal and offbeat way of looking at comedy."

This was most evident in Kovacs' TV shows which were broadcast on several networks throughout the 50s and early 60s



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in various versions and formats. They often featured innovative skits written by Kovacs which inspired later TV comedy formats.

"I've had conversations with Monty Python's Terry Jones who grew up in Minneapolis and he said that in Eisenhower's 1950s America you just didn't see anything like Ernie Kovacs," recalled Mills. "You see Ernie's influence on that show."

After Kovacs' death, Edie Adams married photographer Martin Mills, Josh Mills' father, so the younger Mills never knew Kovacs personally. But Jolene Brand did.

"Ernie influenced many entertainers including my husband (George Schlatter) when he produced Laugh-In," explained Brand. "When I worked on Ernie's show he began writing little scripts just for me which were really nice moments."

In one memorable 1961 skit introduced by the cigar smoking Kovacs, Brand played a weather girl seductively reading the forecast.

"Yeah, that one was famous," she said, laughing. "I watched it a while back on YouTube and wondered how it got by the censors!"

She says Kovacs worked himself and the crew hard, beginning at 6 am on Sundays

and working through the next day until 1 am.

"It was just cheaper to keep us going into overtime rather than coming back another day for a new set up," she said. "And Ernie would do everything – setting up the camera shots and working out technical problems. But he had a joy about his work and his creativity. He was a delightful and really sweet man to work with."

In addition to the exhibit, which contains Kovacs memorabilia provided by Mills who is the executive for the Kovacs estate, a new CD – "The Ernie Kovacs Album: Centennial Edition" – was released in July for the centennial (see www.erniekovacs.com).

"It's basically some of Ernie's best-known bits with six bonus tracks never before released digitally," said Mills.

"His work still resonates 60 years later because it's not topical," added LaPlaca. "It's experimental and still innovative. The National Comedy Center's museum environment is an excellent way to highlight his contributions to the history of comedy." *Nick Thomas teaches at Auburn University at Montgomery, Ala., and has written features, columns, and interviews for over 700 magazines and newspapers.*



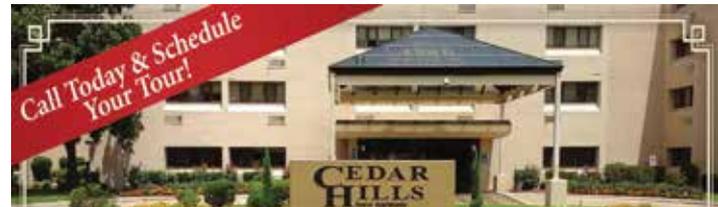
Ernie Kovacs and Jolene Brand on the set. Credit: Ediad Productions and National Comedy Center

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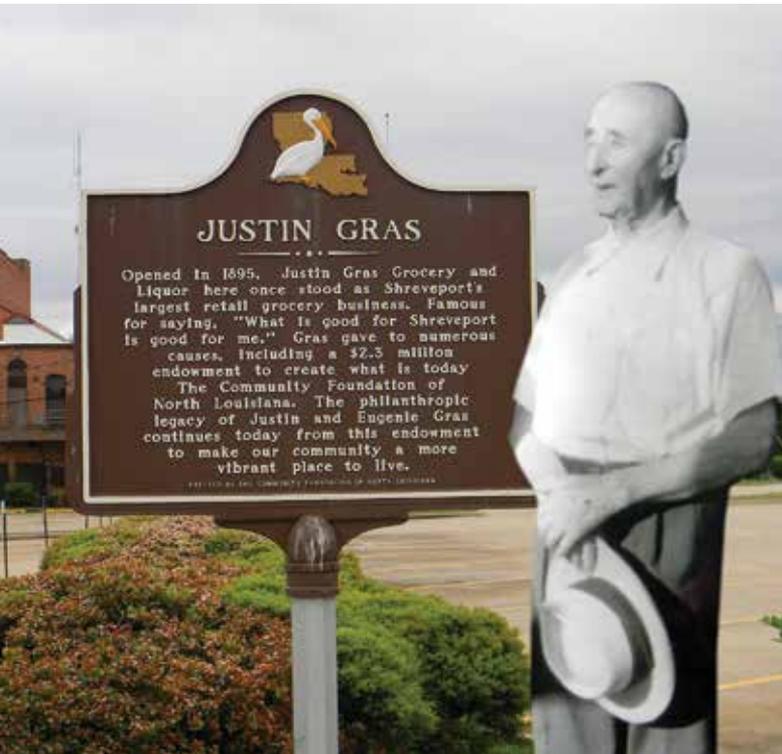
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SHREVEPORT Then & Now

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Justin Gras (1868-1959) came to the U.S. from France at the age of 23. When he arrived he was broke and spoke no English. Within 4 years he was able to open his own grocery store, Justin Gras Grocery and Liquor on the corner of Texas and Common streets. A marker now notes the spot where the building once existed. At the time of his death at 91 years old, he was worth 2.3 million. The bulk of his estate established and endowed The Community Foundation of North Louisiana.

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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

Is engineered hardwood “real hardwood”?

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See our ad on page 15.

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
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(318) 524-1046
See our ad on page 33, 40.

I have diabetes and have heard that it can make you go blind. Is this true?

Diabetes is a very common cause of blindness in the United States. High blood sugar causes damage to the cells that line the small blood vessels, which causes them to leak. When leaking occurs in the back of the eye, it can lead to temporary or permanent loss of vision. If you have diabetes it is essential to have an eye exam at least once a year. Diabetic eye disease can be treated to prevent vision loss. Call today if you have diabetes and have not had an eye exam.



Chris Shelby, MD
WK Eye Institute
7607 Youree Dr.
Shreveport, LA 71105
318-212-3937;
See our ad on page 14.

Is Osteoarthritis (OA) hereditary?

OA does have a genetic predisposition. Common forms of OA of the hands has a familial component. Obesity is a modifiable risk factor for bilateral (both) knee OA and weight loss will reduce the risk of OA in the knee. Obesity, surprisingly, does not show an increased risk of hip OA, but does show increased risk of hand OA. Whether adipose tissue releases OA-causing growth factors or hormones is not known at present, but what is known is that weight loss does have an identifiable improvement in OA of the knee.



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

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.



Above: Images are from the J. Frank McAneny collection, circa 1950s, and are labeled "unidentified people". Below: Children involved in Apollo 11-related activities at Terry Vaughn's Photography Studio (left) and at Shreve Memorial Library (Shreveport Times photo), July 1969.



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Every Friday at 10:30 a.m. Various speakers. Come enjoy a great cup of coffee and stimulating conversation.



Genealogical Seminar • Aug. 10

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Caddo Council on Aging/ Randle T. Moore Center, 3101 Fairfield Avenue, Shreveport. 9:30 a.m. coffee and cookies. **FREE**. Call 676.7900 for more info.

- Fridays, August 2, 9, 16, 23, 30. 10 a.m. Senior Tech Talk. Introduction to Laptops, tablets and smart phones.

- Thursday, August 1. 10 a.m. "Vernon's Visions Unexplainable", Vernon Varnell

- Thursday, August 8. 10 a.m. "Medicare & Medicaid", Raven Mourning

- Thursday, August 15. 10 a.m. "Have You Heard", Latoya Foster

- Thursday, August 22. 10 a.m. "Connections That Matter", Demetria Miles

- Thursday, August 29. 10 a.m. "My Life Story" Ernest Palmisano, Ernest's Orleans Restaurant

EVENTS

AARP Smart Driver Course

The Bossier Council on Aging Benton Site along with AARP, will offer the "Smart Driver" course, Wednesday, August 21 at 202 Sibley from 12:30 to 4:30 pm. \$20 for non AARP members, and \$15 for AARP members. All course attendees must show the instructor their identification card to receive paperwork to return to your insurance agent for use in obtaining any discounted amount. Reservation required. Call (318) 741-8302.

Ark-La-Tex Genealogical Association Annual Seminar

Saturday, August 10 from 9 a.m. - 3:30 p.m. at the Broadmoor United Methodist Church – Pearce Hall, 3715 Youree Drive, Shreveport. Featured speaker will be John Sellers, professional genealogist and lecturer. Lectures will include "History's Role in Your Genealogical Pursuits", "What's Hidden in Courthouse Records" and "Researching Newspapers in Cyber Space". Advance registration recommended. Registration fee is \$40 and includes lunch if pre-registered. For further

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information and registration instructions go to: www.altgenealogy.com/, contact Jim Johnson at 746-1851 or email jjohnson747@suddenlink.net.

Jam on the Red Outdoor Concert Series

August 1, 8, 22, and 29 (no concert on the 15th). 5:30 to 9 p.m. at the Shreveport Aquarium courtyard overlooking the Red River, 601 Clyde Fant. Featuring some of the most talented regional rock, pop and jazz artists for a **FREE** outdoor concert. Great food, cold beer and specialty cocktails will be available for purchase. For a list of performing artists, visit www.shreveportaquarium.com/jamonthered or call 318-383-0601.

WAM (Wine, Art, & Music)

Presented by 1800 Prime Steakhouse and Eagle Distributing partner with the Bossier Arts Council. Wednesday, Aug 7 from 5:30 - 8pm at Boomtown Casino, 300 Riverside De, Bossier City. Features local artists with the Creative Art Connection, wine

tastings, food pairings and live music. Artworks will hang at 1800 Prime from August 1 until October 31. Tickets are \$35 and can be purchased at the door. For more information visit www.bossierarts.org or call 318-741-8310.

MARKETS

Bossier Farmers Market
Every Saturday, 9:00 AM - 1:00 PM. Pierre Bossier Mall (south parking lot by Sears), 2950 E. Texas St., Bossier City. 100+ vendors. Fruits and vegetables, market goods, arts and crafts. **FREE** admission, **FREE** parking, live music, food trucks, pet friendly.

East Bank Market
Every Tuesday thru November. 4pm-7pm at East Bank District & Plaza, 665 Barksdale Blvd, Bossier City. Farmers Market, shopping, handmade goods, art, unique foods, food trucks more. www.EastBankMarket.com.

Shreveport Farmers' Market
 Open **every Saturday** through August 24 from 8 a.m. to 1:00 p.m. at

Festival Plaza in downtown Shreveport. The East Pavilion features vegetables, fruits, herbs, plants, honey, and meats. Baked goods, various canned goods, locally-made soaps, dog treats, seasonings, and sauces are also available. In the West Pavilion you'll find hot, ready-to-eat foods. Live entertainment. **FREE** parking. For more info visit www.shreveportfarmersmarket.com.

TOURS

Houston Texans versus Dallas Cowboys game
 Join Tri-City Fun Tours on Saturday, August 24. Tour departs at 12 noon on a luxury motor coach

to arrive in time to enjoy pre-game and tailgating festivities. Purchase includes roundtrip transportation and a game day ticket. For pricing and reservations, call 903-663-5514.

L'Auberge Casino Resort
 Join Tri-City Fun Tours on a relaxing getaway to Lake Charles' beautiful L'Auberge Casino Resort on August 18 to 20. Tour includes roundtrip transportation via luxury motor coach with pickups in Longview, TX and Bossier City, a 3 day and 2 night resort stay, two meal vouchers, and resort fees. For pricing and reservations, call 318-747-4754



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PUZZLE pages

Crossword

Turn to page 39 for all puzzle solutions.

- | | |
|--------------------------------------|-------------------------------|
| Across | Down |
| 1 Engrossed | 1 Maid's cloths |
| 5 Rand McNally book | 2 Reunion attendee |
| 10 Frisbee | 3 Prefix with graph |
| 14 Banned spray | 4 Part of a board |
| 15 Percolate | 5 Vocally |
| 16 Sans purpose | 6 Musical times |
| 17 Mentor | 7 Chemist's workplace |
| 18 Royal card game | 8 Big plot |
| 19 Calf's meat | 9 Beach souvenir |
| 20 Serious collision | 10 Portion out |
| 22 Raise | 11 It comes to mind |
| 24 Foofaraws | 12 Bed board |
| 26 Not clerical | 13 Actor MacLachlan |
| 27 Measured portions of medicine | 21 Flexible pipes |
| 30 Gullible one | 23 Consume |
| 32 Abnormal mass of tissue | 25 Demonic |
| 36 Maintenance | 27 Somewhat dark |
| 38 Fraternity letter | 28 Drama set to music |
| 40 Do roadwork | 29 Coil of yarn |
| 41 Drop in on | 31 Butter serving |
| 42 Japanese massage | 33 Constructs |
| 45 Barbie's beau | 34 Blatant |
| 46 Barbra's "A Star Is Born" co-star | 35 Lets out |
| 48 Slip into | 37 Third degree? |
| 49 Prince of Monaco | 39 Can. neighbor |
| 51 NY team, familiarly | 43 Charged item |
| 53 Puppy's bite | 44 Stomach woe |
| 55 Flings | 47 High-flying singer |
| 56 Beast of burden | 50 Religious ceremony |
| 58 To go stealthily or furtively | 52 Hang loosely |
| 60 Filling material | 54 Easy on the eyes |
| 64 Some pots | 57 Shish ____ |
| 68 Sanctuary | 59 Painting holder |
| 69 Sends packing | 60 Border on |
| 71 Infinitesimal amount | 61 Big butte |
| 72 Consumer | 62 Call from the flock |
| 73 Pontificate | 63 "Encore!" |
| 74 Unwanted e-mail | 65 Arizona Indian |
| 75 Kind of top | 66 Abbr. at the end of a list |
| 76 Shade of green | 67 Handle |
| 77 Unit of length | 70 Paddle |

1	2	3	4		5	6	7	8	9		10	11	12	13
14					15						16			
17					18						19			
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68						69		70				71		
72						73						74		
75						76						77		

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Sudoku

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

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

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

Word Search

The "Eyes" Have It!

BLINK	OPTIC
CATARACT	OPTICIAN
CONTACTS	ORBIT
CORNEA	ORTHO-
EYEBALL	SCOPE
FOVEA	PEEPERS
GAZE	PUPIL
GLASSES	RETINA
IRIS	SEE
IRITIS	SIGHT
LASHES	SQUINT
LENS	STY
LOOK	TEARS
MONOCLE	UVEA
MYOPIA	VISION
OCULIST	

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**Samaritan's Purse
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Samaritan's Purse, an international outreach program that provides a shoebox of much needed Christmas gifts for children, held their annual fundraiser at First Baptist Church in Bossier.

Bret Michaels Concert Tickets

Fifty lucky individuals won free tickets from The Best of Times to the July 3rd Bret Michaels concert at DiamondJacks Casino in Bossier City.



Lynn and Wes Brown



Pat and Bill Stell



Kathy Whitney, Barbara Blaylock (event organizer), Patsy Starks, Tricia Adcox, and Donna Schelette.



Guest vocalists, The Raab Family, (l to r) Brett Raab, Marie Raab, and daughter Rachel Scott



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55+ on Thursday Evenings at Ernest's



Gary and Paulette Wright



Ernest Palmisano and Mike Gintella



Patrice Theo, Sophie Duke, Claudene Schmidt, Lisa Skamangas, and Annaleah Solice



Beth Hayes, Kathy Jeter, Doll Moore, and Kay Butcher



Sue Prudhomme, Mary Citrano, and Charles Citrano

●●● Caddo Council on Aging

AARP Executive Council member Gary Calligas presented “5 Pillars of Brain Health” at the Caddo Council on Aging.



Johnnie Covington, Beverly Bowers, and Paula Schorr Cornelious



Chris Simmons and Barbara Wilson



Betty Wegner, Ernell Brown, and Ruth Taffi

●●● Peterson Family Reunion, July 11 – 14.



Terry Peterson, Helen Peterson, Jerry Peterson and Jerry Welch



Terry Peterson, Helen Peterson, Jerry Peterson and Jerry Welch

●●● Happy Birthday COL Steve dePyssler

On July 19, the ArklaTex Chapter of MOAA and the City of Bossier co-hosted an evening of celebration of a living legend, COL Steve dePyssler for his 100th Birthday party at the Bossier Civic Center. Colonel dePyssler, USAF retired, is the only living American to have served in four wars: WWII, Korea, French-Indo China, and Vietnam.



Col dePyssler with his wife of 73 years, Gloria



Jim Vanderberry, Gordon Blackman, Ted Wing, and Peyton Cole



LA Governor John Bel Edwards, Col. Steve dePyssler, and Bossier City Mayor “Lo” Walker

PUZZLE answers

R	A	P	T	A	T	L	A	S	D	I	S	K	
A	L	A	R	L	E	A	C	H	I	D	L	Y	
G	U	R	U	O	M	B	R	E	V	E	A	L	
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1	4	5	3	6	7	8	9	2
7	9	2	4	5	8	1	3	6
6	3	8	9	2	1	7	5	4

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

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