

March 2020

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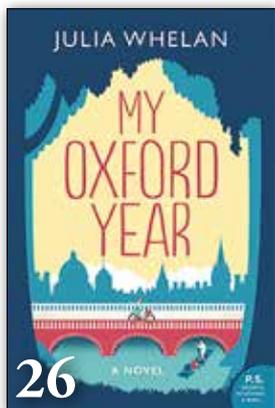
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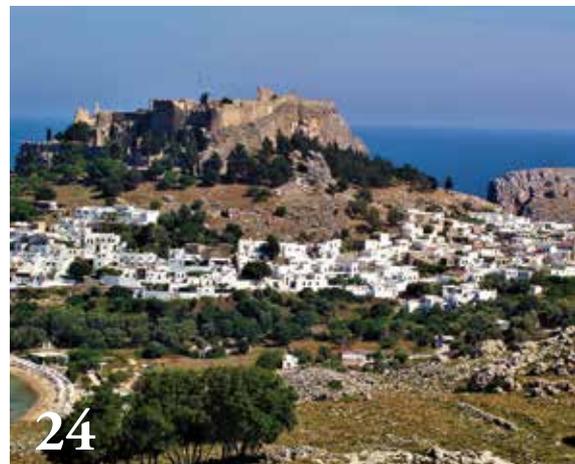
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**Louisiana**

**MARCH 7**

**Writing Your Life Story**  
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 Drugs**  
 Jill M. Comeau, Associate Professor  
 at College of Pharmacy at University  
 of Louisiana at Monroe

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**Publisher**

Gary L. Calligas  
[Gary.Calligas@gmail.com](mailto:Gary.Calligas@gmail.com)

**Editor**

Tina Miaoulis Calligas  
[Editor.Calligas@gmail.com](mailto:Editor.Calligas@gmail.com)

**Design**

Karen Peters, Jessica Rinaudo  
 Chrissie Combs

**Account Executive**

Patrick Kirsop

**Webmaster**

Dr. Jason P. Calligas

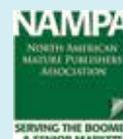
**Writers**

Sarah (Sally) Hamer, Victor Block

**Contributors**

American Counseling Association,  
 Lee Aronson,  
 Medicare Rights Center,  
 Abigail McAlister,  
 Jessica Rinaudo, Nick Thomas,  
 Twin Blends Photography

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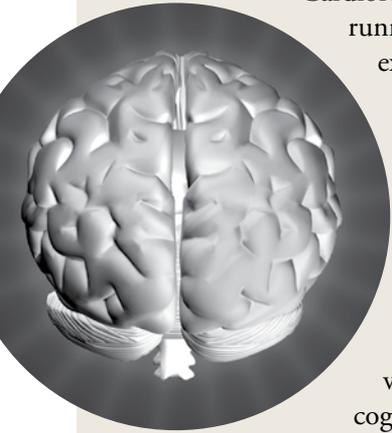
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# Stat!

## Medical News & Info

### Keep Exercising: It's good for your brain's gray matter

Cardiorespiratory exercise — walking briskly, running, biking and just about any other exercise that gets your heart pumping — is good for your body, but can it also slow cognitive changes in your brain? A study in Mayo Clinic Proceedings from the German Center for Neurodegenerative Diseases provides new evidence of an association between cardiorespiratory fitness and brain health, particularly in gray matter and total brain volume — regions of the brain involved with cognitive decline and aging.



### Oh, My Aching Back!

About 80% of adults in the United States will experience lower back pain at some point. Treating back pain typically involves medication, surgery, therapy and self-care options. Efforts to reduce opioid use and increase physically based therapies to reduce pain and increase physical function and safety are crucial. In a review published in the journal *Holistic Nursing Practice*, researchers from Florida Atlantic University's College for Design and Social Inquiry and Christine E. Lynn College of Nursing evaluated the effects of movement-based mind-body interventions, such as yoga and tai chi which combines gentle physical exercise and stretching with mindfulness, on chronic low back pain. Results showed these interventions to be effective for treatment of low back pain, reporting positive outcomes such as reduction in pain or psychological distress such as depression and anxiety, reduction in pain-related disability, and improved functional ability.



### Virtual Reality and Breast Cancer Treatment

Virtual Reality during chemotherapy has been shown to improve breast cancer patients' quality of life during the most stressful treatments, according to a recent study performed at the Pascale Institute in Naples. Receiving a breast cancer diagnosis causes severe stress, with frequent manifestations of anxiety and depression, reducing compliance of women with treatment (frequent requests for dose reduction or treatment interruption) and, consequently, the effectiveness of the drugs themselves, and therefore survival. In the study, women undergoing chemotherapy wore a Virtual Reality headset and were immersed in an alternative reality. A control group did not receive any supportive treatment. The results showed that the group of women subjected to virtual reality was able to benefit from the treatment with a substantial lowering of anxiety levels, while the group of women who did not receive any supportive treatment, anxiety increased and mood also deteriorated significantly after chemotherapy.



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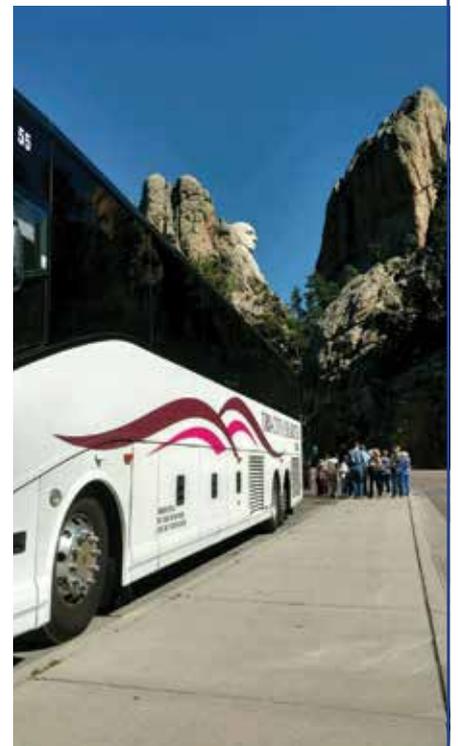
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# Q & A

Chats with  
Area Boomers and Seniors

Meet Neva Jones



Neva Jones is the Director of the Caddo-Bossier Foster Grandparent Volunteer Program.

**Q.** Who was your childhood celebrity crush?

**A.** Annie Oakley. I could dress up with her guns and whip and play shootem up.

**Q.** What's your favorite childhood memory?

**A.** Going to the Louisiana State Fair.

**Q.** What is one favorite activity from childhood you wish you could do now?

**A.** Jumping rope.

**Q.** What was your most embarrassing moment?

**A.** When I was younger going on a dinner date and my false eyelash fell in my plate.

**Q.** What gives you joy?

**A.** Sharing and making others happy.

**Q.** What's the best job you've ever had?

**A.** My current job is the best! Director of the Foster Grandparents program.

**Q.** Name a topic you feel passionate about.

**A.** Senior issues and health.

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**Q.** *What would your perfect day look like?*

**A.** No negative news from our federal government.

**Q.** *What is one accomplishment people might not know about you that makes you proud?*

**A.** I managed a federal program with success, enabling some 400 senior volunteers to lead a better quality of life to enable them to live longer lives.

**Q.** *What's #1 on your bucket list?*

**A.** Going on a vacation with my 5 grandchildren.

**Q.** *What was something you thought would be easy until you tried it?*

**A.** Going to the gym.

**Q.** *What are some of your guilty pleasures?*

**A.** Going to the casino and Las Vegas.

**Q.** *What advice would you give your 18 year old self?*

**A.** Don't be afraid to make mistakes. Follow your passion.

**Q.** *What's your favorite quote?*

**A.** "Be who you are and say what you feel, because those who mind don't matter and those who matter don't mind." (Dr. Seuss)

**Q.** *What motivates you?*

**A.** The word of God.

**Q.** *What's the best way to stay young?*

**A.** Stay positive, active and connected, eat the right foods, try something new, and exercise.

**Q.** *If you could spend a day with one person from history, who would it be?*

**A.** Martin Luther King Jr.

**Q.** *If you could have one wish granted, what would it be?*

**A.** That this world could live in peace.

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# Odds & Ends



## **SAM'S CLUB ANNOUNCES LIMITED-TIME FREE PRESCRIPTION DRUG PROGRAM**

Sam's Club is piloting a prescription drug program in Louisiana that gives Plus members access to 9 medications at zero cost. For a limited time, the company is offering free 30-day supplies for one year on qualified prescriptions. Members must initially fill the qualified prescriptions at a Sam's Club pharmacy before April 20, 2020 to qualify for free pricing. Drugs included in the program for \$0 include:

- Lisinopril\* (High Blood Pressure)
- Metformin\* (Diabetes)
- Sertraline\* (Mental Health)
- Montelukast\* (Allergy/Asthma)
- Donepezil (Alzheimer's Disease)
- Pioglitazone (Diabetes)
- Escitalopram (Mental Health)
- Finasteride (Men's Health)
- Vitamin D2 50,000 IU (Women's Health)

\*Only available for \$0 if initially filled between 1/10/20 and 4/20/20. \$0 pricing on these select drugs will be honored for one year.

## **SHREVE MEMORIAL LIBRARY AND IRS VOLUNTEERS OFFER FREE TAX FILING ASSISTANCE**

Each Monday through April 6, IRS volunteers will be available to help the public file their taxes online and make sense of tax filing paperwork at the Hamilton/South Caddo Branch of Shreve Memorial Library, 2111 Bert Kouns Industrial Loop, from 5 to 7 p.m. A special IRS Tax Assistance Super Saturday event will take place on Saturday, April 4 from 9 a.m. to 12 p.m. for those who are unable to attend on Monday evenings. Trained volunteers will assist online filers with tax preparation FREE of charge. Volunteers will not complete tax returns, but rather help users navigate the online filing process. Those filing will need to bring all necessary documents including W-2 forms in order to file online. For more information, please visit [www.shreve-lib.org](http://www.shreve-lib.org) or call 318-687-6824.



## **CCOA ANNOUNCES NEW BOARD AND ADVISORY COUNCIL MEMBERS**

The Caddo Council on Aging announced its board and advisory members for 2020. The members were elected and installed by Judge Jeanette Garrett at its annual meeting on January 27. The officers are President - Vickie Meadows, 1st Vice President - Betsy Sample, 2nd Vice President - Clara Farley, Treasury - Sam Medica, Secretary - Kathy Williams. The members are Brittney Dunn, Don Gibbs, Dora Miller, Doug Hargis, Dr. Raymond Hicks, Jeff Everson, Josh Clayton, Loreta Leavitt, Marie Vazquez Morgan, Paul Pratt, Robena Petterway, and Taylor Jamison. The Advisory Council members are Carla Myers, Cynthia Franklin, Dottie Armand, Georgia Blow, Martha Westmoreland, and Naomi Lawler.

# Avoid Nursing Home Costs Without Buying Insurance

2:00 pm – 4:00 pm on March 12<sup>th</sup> – Thursday Afternoon

**Broadmoor Branch Library in Shreveport**

1212 Captain Shreve Drive - Main Meeting Room

## Think it's too late?

We routinely help families already paying thousands every month  
for someone in a nursing home to save 65-100% of their estate

### Come and Learn:

- Ways to avoid paying \$5,500 to \$6,500 each month for a nursing home stay that could go on for years
- Ways to avoid losing your savings and even your home
- Ways a spouse can often draw up to \$3,216 per month of a nursing home patient's income or keep much more
- Ways to protect small or even very substantial estates without purchasing long-term care insurance

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**Free Public Workshop — Reserve seats easily online or call:**  
**safepanningseminars.net/event**  
**318.869.3133**

Can you answer "Yes" to all of the questions below? If not, call and reserve your seat!

➤ **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 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 you in the process of obtaining the benefits you deserve who can get 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 the changes in 2020?**



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## What is a Transition Refill?

**D**ear Marci,  
A drug that I need to take is not on my Part D prescription drug plan's formulary. My friend told me that my plan might need to provide me with a transition refill of this prescription. What does this mean?

-Ezra (Portland, OR)

Dear Ezra,

A transition refill, also known as a transition fill, is a one-time, 30-day supply of a drug that you were taking:

- Before switching to a different Part D plan (either stand-alone or through a Medicare Advantage Plan)
- Or, before your current plan changed its coverage at the start of a new calendar year.

Transition fills let you get temporary coverage for drugs that are not on your plan's formulary or that have certain coverage restrictions (such as prior authorization or step therapy).

Transition fills are not for new prescriptions. You can only get transition fills for drugs you were already taking before switching plans or before your existing plan changed its coverage.

The following situations describe when you can get a transition refill if you do not live in a nursing home (there are different rules for transition refills for those living in nursing homes):

1. Your current plan is changing how it covers a Medicare-cov-

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## Transition fills let you get temporary coverage for drugs that are not on your plan's formulary or have certain coverage restrictions



ered drug you have been taking.

- If your plan is taking your drug off its formulary or adding a coverage restriction for the next calendar year for reasons other than safety, the plan must either:

- ✦ Help you switch to a similar drug that is on your plan's formulary before January 1

- ✦ Or, help you file an exception request before January 1, 2020

- ✦ Or, give you a 30-day transition fill within the first 90 days of the new calendar year along with a notice about the new coverage policy.

2. Your new plan does not cover a Medicare-covered drug you have been taking.

- If a drug you have been taking is not on your new plan's formulary, this plan must give you a 30-day transition refill within the first 90 days of your enrollment. It must also give you a notice explaining that your transition refill is temporary and informing you of your appeal rights.

- If a drug you have been taking is on your new plan's formulary but with a coverage restriction, this plan must give you a 30-day transition refill free from any restriction within the first 90 days of your enrollment. It must also give you a notice explaining that your transition refill is temporary and informing you of your appeal rights.

- In both of the above cases, if a drug you have been taking is not on your new plan's formulary, be sure to see whether there is a similar drug that is covered by your plan (check with your doctor about possible alternatives) and, if not, to file an exception request. (If your request is denied, you have the right to appeal.)

**Note:** If you file an exception request and your plan does not process it by the end of your 90-day transition refill period, your plan must provide additional temporary refills until the exception is completed.

**Remember:** All stand-alone Part D plans and Medicare Advantage Plans that offer drug coverage must provide transition fills in the above cases. When you use your transition fill, your plan must send you a written notice within three business days. The notice will tell you that the supply was temporary and that you should either change to a covered drug or file an exception request with the plan.

-Marci

*Dear Marci is provided by the Medicare Rights Center, a national, non-profit consumer service organization that works to ensure access to affordable health care for older adults and people with disabilities through counseling and advocacy, educational programs and public policy initiatives.*



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# Put Nature To Work Fighting Stress

*by the American Counseling Association*

**Y**es, we live in a pretty stressful world these days. Whether it's international events, job pressures, or personal problems, most of us are touched by plenty of stress-producing situations every day.

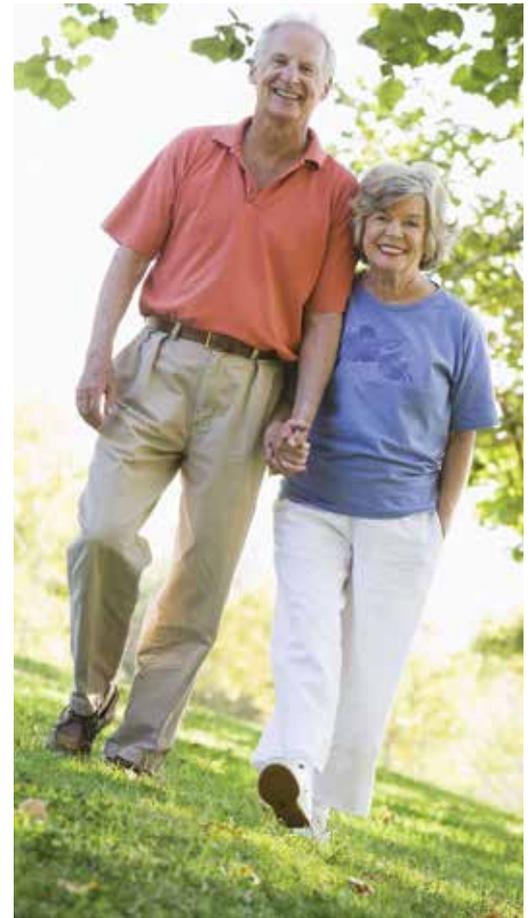
Though we may not be aware of the ways stress is affecting us, it can actually harm us. Experts report that stressful environments can be a direct cause of anxiety and depression in our lives. Studies have found that excessive stress may be at least partly responsible for headaches, drinking problems and a variety of serious health issues.

So how can you better manage the stress in your life? While it may not be possible in today's hectic world to live a stress-free existence, there ways you can minimize the stress you may

be feeling and to escape from it for at least a little bit. Researchers report that even small escapes from stress can offer real benefits.

Distractions are one way to reduce stress. Studies have found that adding a little nature to your life can be quite stress-reducing. Researchers say that people working in an office with no windows or just a view of a blank wall reported that the work environment became more pleasant and less stressful when they were able to look out and see a trees and sky. Something as simple as adding a potted plant or two to the area where you spent most of your day can also play a part in giving you a positive distraction that can reduce stress.

Even better is just to escape from your normal environment, if only for a short time. And by "escape"



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we mean nothing more than taking a walk. You can stop thinking about stressful things with just a short lunch time stroll through a nearby park or down a tree-lined street. Time with nature is an opportunity to not focus on the things contributing to a hectic, stressful life. You can listen to the quiet of nature, admire some budding flowers, or just smile at the squirrels scampering about -- all things to take the focus off what is stressing you.

A little time outdoors is an opportunity to enjoy the natural beauty around you and take a breather from the problems disturbing you. A short walk won't remove all the stress in your life, but it can give your mind a chance to relax and refocus, and that's a positive thing.

*"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.*

### Questions About Your Medicare?

**Did you know you may be eligible for Additional Benefits?**

Represented by over 170 agents that have helped more than 70,000 Medicare beneficiaries, MMA has the experience necessary to help guide you or a loved one through anything Medicare related.

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## Less Than an Open Book

by Lee Aronson

After 30 years of marriage, Mom got a brain tumor. Dad moved out and got a new girlfriend. The kids were furious. And things only went downhill from there.

Mom re-wrote her will, leaving everything to her kids with nothing going to Dad. Dad and the kids stopped communicating. Then Mom died and the kids tried to get their inheritance. And that ended in a lawsuit. Here's what happened:

About 20 years ago, Dad had started his own business. Although he was married to Mom at the time, the business was in Dad's name only. But Louisiana is a community property state. That means that everything a couple earns during their marriage is community property. Half belongs to the husband and half belongs to the wife. Even though Dad's business was completely and totally in his name only, it was still community property. Dad owned half of the business and Mom owned the other half of the business. Because of Mom's new will, the kids inherited Mom's half of the business. But when they demanded to see the business' books, Dad refused. Is that legal?

The type of business Dad had started was a Limited Liability Company, i.e. an LLC. When you create an LLC, one of the things you are supposed to do is to write an operating agreement, which is a rule book for the business. If you don't



have an operating agreement, then Louisiana has some very specific laws that will control your business.

In Dad's case, he hadn't written an operating agreement, so the specific Louisiana laws would apply. One of the things that these specific laws deals with is what happens when one of the business owners dies. When an owner of an LLC dies, his heirs get some rights, but not others. Specifically, the heirs get the right to any proceeds distributed by the business, but they don't get any other rights. They get no say in how the business is run. They can't even look at the books!

Here's what the Judge said in this real life Louisiana case: "The law as written allows for the creation of situations whereby an [heir] of a deceased member's [owners of LLCs are called "members"] rights, while due distributions, may never be able to see company records to ensure he is actually receiving those distributions in full, because remaining



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members can simply withhold records that would show what, if anything, may be owed.”

In another Louisiana case, there was an LLC with three owners, i.e. members. One of the member’s died and his wife inherited his estate. The wife wanted to see the LLC books. One of the two remaining members was OK with showing the wife the books, but the other insisted that the wife couldn’t see the books or have anything to do with the company. Because this LLC also didn’t have an operating agreement, the specific Louisiana LLC laws apply. Those laws say that an heir has no right to look at the books and the heir can have nothing to do with the business except get any distributions that the company may pay. But the remaining members can give the heir the right to make business decisions or to look at the books, if, and only if, ALL of the other remaining members consent in writing. In this case, one of the remaining members refused to consent, so the wife was stuck.

Here’s how to avoid this problem: if you own an LLC, you can put in your operating agreement that your heirs have the right to look at the books. If it’s in your operating agreement, the specific Louisiana default rules won’t apply, and your heirs will be protected.

*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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## 4 Easy Tips to Help You Curb Food Cravings

by Abigail McAlister

Most of us battle food cravings at least occasionally. Sometimes they can be so incredibly overwhelming that we find ourselves starting the car to run to the nearest drive-thru, or digging through the freezer to find that half-gallon of ice cream from a few months ago. We tend to crave high-calorie foods, and when we indulge, this can make us feel guilty and defeated. So, what are we to do when those irresistible cravings come sneaking in? Try one of the tips below.

**Keep a balanced and varied diet.** Research shows that we tend to have stronger cravings when we are hungry, dieting, or sticking to a monotonous diet plan. Cravings can creep in even when you're following the some of the healthiest diet plans if you're eating the same foods each week. Make sure to include a variety of healthy foods in your diet. Aim to vary your food groups, textures, flavors, and colors to avoid getting stuck in the same weekly routine.

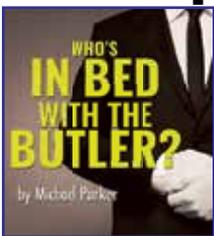
**Find the root cause of the craving.** A common theory is that our cravings are due to a nutrient



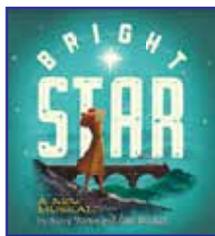
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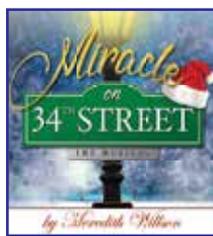
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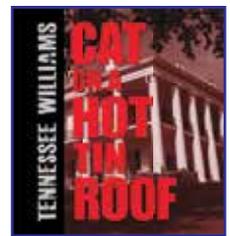
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deficiency, and sometimes they are, but most of the time a lack of nutrients is not the culprit. Sometimes our cravings may be due to hormonal imbalances. More commonly, our cravings are based off of our memories of certain foods. Perhaps a warm chocolate chip cookie brings you comfort when you're sad, because it reminds you of a happy time when you were enjoying it with family and friends. Or, maybe you crave a bag of salty potato chips when you're stressed, because you know it tastes delicious and brings you joy. Even seeing a simple image of a food we love can make us crave it, because it reminds us of our past experiences eating it. These memories of food are important to keep in mind during all seasons of our lives, as they can often be the links to emotional eating and stress eating. If you're curious about exploring the instances that trigger your cravings, try keeping a food journal. Record everything you eat daily and journal about events, experiences, and your feelings on each of these days. This may help you dig deeper into emotional ties with food.

**Distract yourself.** Since cravings often rely on working memory, distract yourself with a different memory. Focus on visualizing a vivid image, such as a garden full of colorful flowers. By doing this, you are using the same working memory, which helps distract your mind from the original food craving. Another way to distract yourself is with a non-food odor, like a fragrant candle or perfume. This especially works well if a food-related smell is causing your craving. Other distractions worth trying include taking a walk, calling a friend, or working on a hobby that you love.

**Satisfy your craving.** Sometimes simply enjoying a small portion of the food you're craving can do the trick. When we tell ourselves that a food is completely off-limits, we tend to think that this will take our mind off of the food, but instead it often leads to an unhealthy preoccupation with the food. The "off-limits" food is all we can think about, and once we finally get to enjoy it again, we're more likely to overindulge. A healthier route to take is to set limits on how much of a food you will enjoy and take the time to savor it and satisfy that craving.

Food cravings can be incredibly frustrating, especially to those who are working to eat healthier and stay on track. Our cravings often have meaning and there are several ways to battle these cravings. Finding what works well will be different for each of us, as we all have different experiences and needs. Curbing food cravings can be accomplished by staying mindful, persistent, patient, and attentive to your body's needs.



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@agcenter.lsu.edu](mailto:AMcAlister@agcenter.lsu.edu).*

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Regardless of where you fit in that continuum, writing is an expression of who you are, whether it’s fiction, non-fiction, business writing, or journaling.

Journaling has an additional purpose – and value. Since most journals are a private conversation with ourselves, never to be shown to anyone else, they can allow us to open up the memory bank of the past and find the wounds hidden beneath the persona we wear.

As quoted in *Writing as a Way of Healing* by Louise DeSalvo, Henry Miller, author of *Art and Outrage*, admitted that “The more I wrote, the more I became a human being. The writing might have seemed

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**A Private Conversation**

by Sarah (Sally) Hamer

# What is healing, but a shift in perspective? — Mark Doty

---

monstrous [to some], for it was a violation, but I became a more human individual because of it. I was getting the poison out of my system.”

Isn't that what we want? To get the poison out? To dig down to the deep, dark secrets which control us and prevent us from finding happiness?

Those secrets could be about anything – a divorce, a rape, an unsafe household, an abusive relationship, a natural disaster – any traumatic or stressful experience.

Keeping the trauma secret seems to be even worse than the original trauma. In fact, as James Pennebaker, the research psychologist who “accidentally discovered the power of writing during an experiment in the 1980s”, learned, “not talking to others about a trauma placed people at an even higher risk for major and minor illnesses compared to those who did talk about their traumas.”

Pennebaker learned that, for the process to work the best, people must “really let go and explore [their] very deepest thoughts and feelings about the most traumatic experience of [their] life.” *Writing to Heal: A Guided Journal for Recovering from Trauma.*

The process itself is very simple, in that you should just write. But the underlying structure is a little more involved.

First, this exercise is about “expressive writing,” in that writing without “emotion” isn't helpful at all.

Instead, the expectation is that you will choose a subject close to your heart and allow yourself to FEEL emotion as you write. This is the most difficult part, since we tend to avoid deep emotion because it hurts. But without feeling, words don't mean anything.

Therefore, I ask that you choose an event that brings up the pain and allow yourself to feel it.

Write without editing. Let the words flow. Feel the

sorrow or pain or embarrassment and write it down. Cry if you must. But let the words on the page draw out “the poison”, as Miller called it. Recognize that, even though it may hurt, the wounds of the past need to be opened and cleaned, so they can heal.

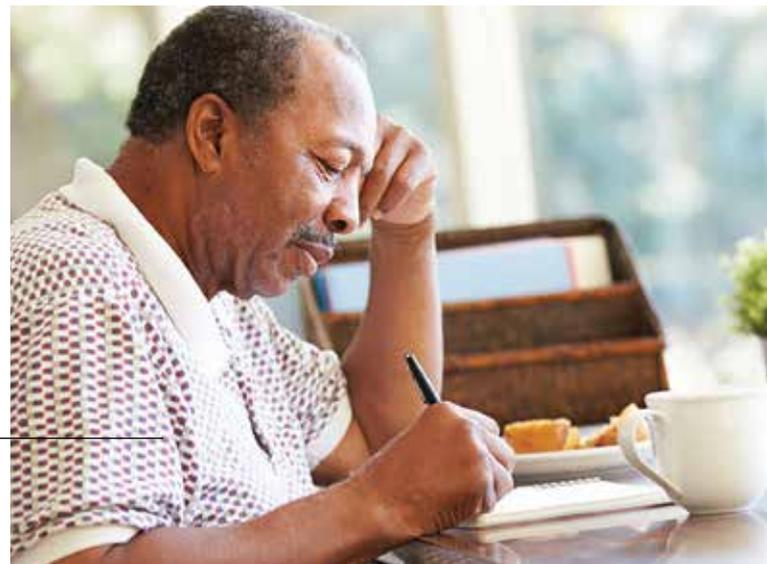
Some people don't have a single incident to point to – instead, there can be a thousand tiny pieces of that puzzle. I suggest in that case to a) invent an event to give you a starting point, b) that you combine several events to make one large one, or c) that you just write, knowing that a good starting point will appear. For instance, you could start writing about how your mother didn't support you against older brothers who taunted and teased you. The first time may be covered over by years of behavior, or may have been a minor event. But the sum of years of this type of treatment may add up to a feeling of insecurity even as an adult, and can be addressed through journal writing, even as much as a single event can be.

To start, find a quiet, peaceful place. It doesn't have to be fancy, but should be somewhere you feel comfortable. Use a notebook and pen or a computer, whichever suits you best. I do recommend that you keep your work during this process, with the understanding that, if you choose, you can delete or destroy it when we're done. But, you may wish to revisit something over a period, which is why I suggest you keep everything for the moment.

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... you will choose a subject close to your heart and allow yourself to FEEL emotion as you write.

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... we must keep in mind that  
we should not be in a hurry  
to “fix” anything.

---

The first thing to write is what you would like to get out of your writing. Why are you willing to do this work? For your children? Your spouse? Or for you? It needs to be, at least to some degree, for yourself.

Then, set a timer and write. Don't edit. Don't worry what someone else will think. Don't allow yourself to be dragged down into the abyss. Just let whatever comes come.

When you're done – at least fifteen minutes – ask yourself these questions:

1. Did you express your deepest thoughts and feelings? To what extent?

2. Do you feel sad or upset? How badly?

3. Do you feel happy? How much?

4. Did you write something valuable and meaningful? To what extent?

5. Write comments as to how your writing went. Did you discover something you didn't know? Was it hard to express feelings?

Follow this procedure for at least seven days.

Remember, you do not have to share anything you discover about yourself with anyone.

As we work through the revelations of our daily writing, we must keep in mind that we should not be in a hurry to “fix” anything. In her book, *Seven Whispers*, Christina Baldwin tells a story about Joseph Campbell's book, *The Power of Myth*, where he talks about “clearing a space in the day and making ready for insight (28).” In other words, it's not just about space to write. It's about allowing a space – and time – for the understanding to come.

This process of this self-reconciliation is not just a one-

time occurrence, done in a few moments of time, plugged into a busy schedule. Instead, it is done over a lifetime, with hurtful/painful things surfacing for examination and healing. In fact, I liken it to the way the grieving process works. My husband died many years ago and, even now, I grieve. The idea that we “get over it”, that events don't hold power over our emotions even after long years, is a fallacy. Pain is pain, no matter how recent or far ago in the past.

Do not let yourself become overwhelmed. If what you remember causes you pain, work through it only if you can. If it becomes too much, rest for a while – an hour, a day, a week – but don't allow yourself to walk away. This is too important.

I find that I don't need to write every day or even every week. Sometimes a particular painful memory is triggered and I write for hours but, once I've dealt with it, I may not write again for weeks. But I know the value of the remembering and the dealing, so I go back to it when I need it.

Finding a place in your day for self-care is immensely important, and writing to heal is so beneficial, it may become a habit to keep.

*Sarah (Sally) Hamer is a teacher of memoir, beginning and advanced creative fiction writing, and screenwriting at Louisiana State University in Shreveport. She is also a book coach, with many of her students and critique partners becoming successful, award-winning authors. Sally will be teaching a short program on A Private Conversation at the How to Write and Sell Your Story writing conference on March 14 at the University Center on LSU campus. Go to our calendar section for more information. You can find her at [sallyhamer.blogspot.com](http://sallyhamer.blogspot.com).*

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*It's about allowing a space and time for the understanding to come.*



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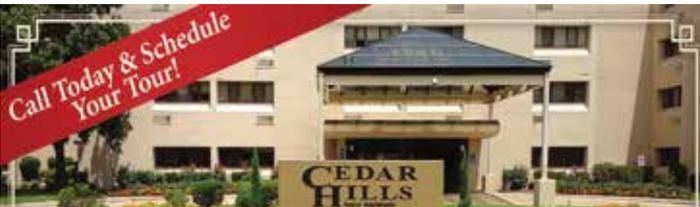


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*Beach at Lindos*



*Kamiros*

# RHODES:

## A Complete Greek Experience

*By Victor Block*

**“You want to spend two weeks on Rhodes?” my Greek friend asked. “You’ll go out of your mind.”**

Those words made me conclude that I had made a mistake, but it was too late. Airline tickets had been bought, hotels had been booked.

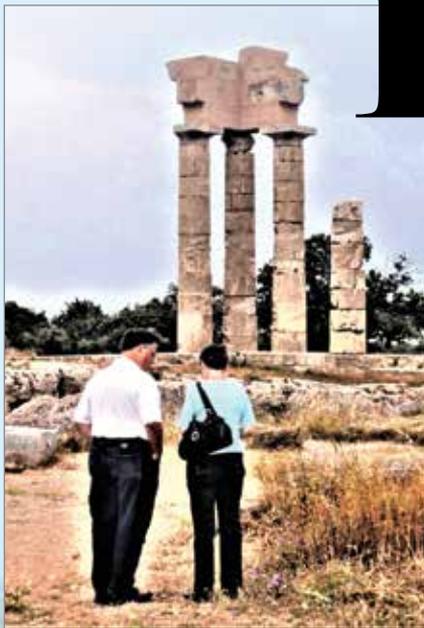
Fast forward two months. After taking the trip, I agreed that I had been wrong. I should have stayed on Rhodes much longer.

Hearing the word “Greece” usually conjures up images of whitewashed villages gleaming in the sun, seas that range in color from light turquoise to dark blue and archeological sites which trace the roots of much Western civilization.

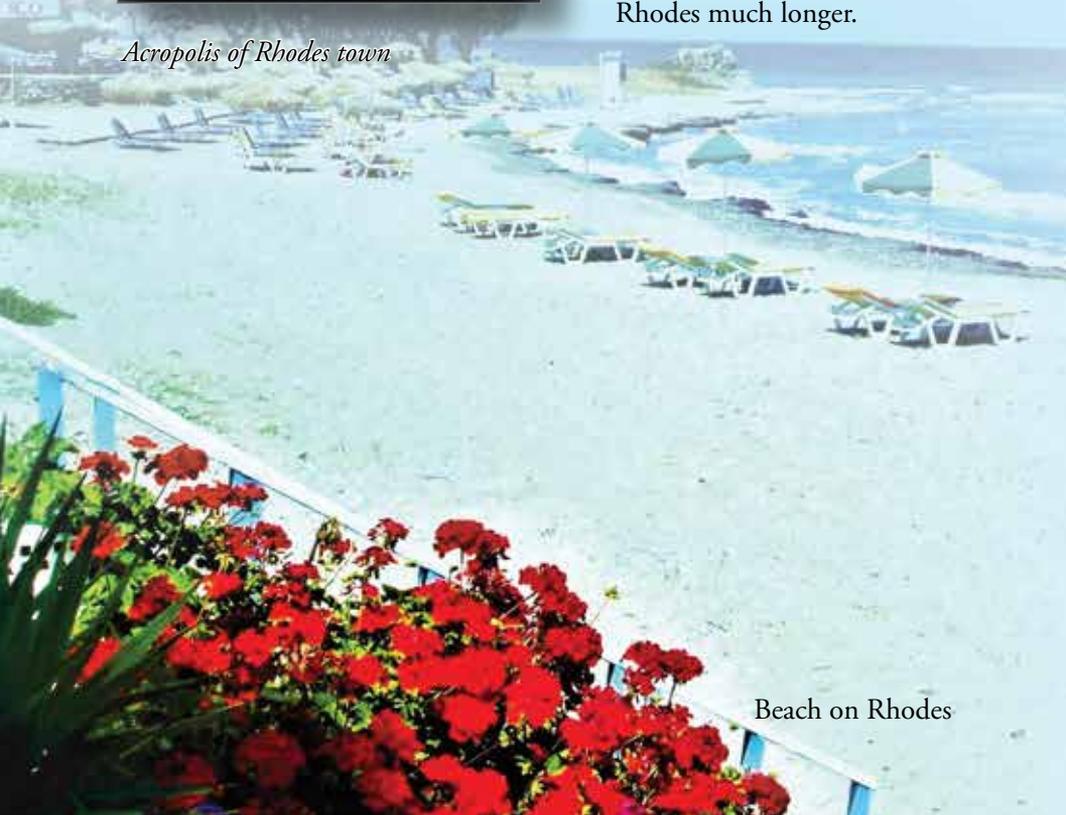
Rhodes has it all, conveniently packed into an area only about five times the size of the city of Shreveport. The entire island is an outdoor museum of reminders of peoples who have passed through. They included the seafaring Phoenicians, Persians, the Roman Empire and Ottoman Turks.

The city of Rhodes itself is perched at the northernmost tip of the island, at the place where a settlement was established more than 2,400 years ago. The old walled section is the largest inhabited Medieval town in Europe. Its ancient buildings and fortifications manifest an authentic atmosphere of the Middle Ages.

The Street of the Knights is lined by former residences and leads to an imposing fortress-like palace. Hippocrates Square, the main shopping area of the Old Town, is lined by stone buildings that today house bustling restaurants and bars.



*Acropolis of Rhodes town*



*Beach on Rhodes*



*Fisherman mending nets*

Despite its population of only about 1,100 people, Lindos vies with Rhodes as a magnet for visitors. It's a quintessential Greek village of white houses, dazzling in the sunlight, perched on the side of a steep hill. Looming above is an acropolis, a cliff topped by graceful columns that are remnants of the Temple of Athena. An outdoor auditorium carved into a rocky cliff once seated 1,800 spectators.

Located near the middle of Rhodes, Lindos is well situated for day trips to beaches and other attractions. Like many destinations in Europe, Rhodes is lined by beaches that range from soft sand to rounded pebbles. The best are strung along the east coast of the island.

The countryside away from the beaches is criss-crossed by narrow roads that snake over rolling hills and low mountains. Landscapes vary from arid, rocky terrain near the coastline to verdant forests in the interior.

A stroll through the ruins of ancient Kamiros introduces the lifestyle of its original inhabitants during the 6<sup>th</sup> and 5<sup>th</sup> centuries B.C. The site spills down a hillside overlooking the sea. On the top level stood a temple complex of Athena and a covered reservoir, large enough to supply water to several hundred families through a network of terra cotta pipes.

The main settlement, situated on a lower terrace, consisted of a grid of streets lined by houses that were adorned with mosaic floors and painted wall decorations. The remains of public baths include hot and cold chambers, and an underground system for heating the rooms.

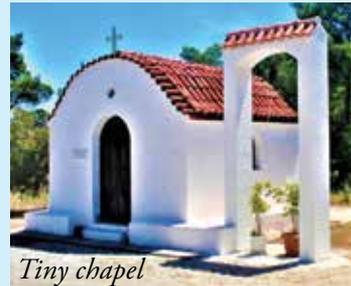
Equally inviting is contemporary life encountered in tiny unspoiled mountain villages where many town folk cling proudly to their traditional ways. Residents of Archangelos are known as master artisans who make pottery and weave carpets and tapestries using the same time-honored methods as their forebears.



*Taverna chef grilling lunch*

Kritinia is one of the prettiest villages on Rhodes. Hugging a hillside, the town of about 550 inhabitants offers panoramic views of the sea in one direction and, in the other, of Mount Attavyros, at 3,985 feet the tallest spot on the island.

For an excellent meal, and opportunities to meet friendly locals, stop at any of the small tavernas that you pass in the villages. The owners often do double duty as the cook and wait staff, and if they speak no English, they're likely to invite you into the kitchen to show you what's available.



*Tiny chapel*

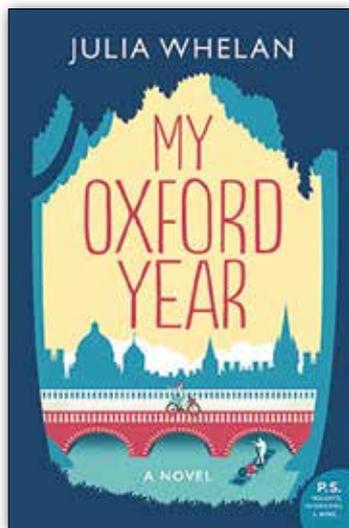
As ubiquitous as the tavernas throughout Rhodes are churches, and they come in all sizes. While the major religious edifices attract most visitors, I found equally inviting the tiny white chapels that are scattered around the island. Many of these minuscule structures can accommodate only a handful of worshippers.

Those tiny places of worship stand in contrast to large cathedrals built when Rhodes was a power in the ancient world. The atmosphere in Rhodes and Lindos is very different from that experienced in villages elsewhere on the island. That diversity accounts for much of the appeal of Rhodes, and introduces those who visit there to much of what Greece has to offer.

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***If you go.***  
**For more information log onto the**  
**Greek National Tourism Organization**  
**website at [visitgreece.gr](http://visitgreece.gr).**

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## My Oxford Year

by Julia Whelan

When I picked up *My Oxford Year* by Julia Whelan, I was expecting a light-hearted read about an American student attending Oxford (a city and school that have remained near and dear to my heart since my own time there), a fun romance, and perhaps a few life lessons... and the first half of the book delivers on just that.

Ella, a newly minted American Rhodes Scholar, is on her way to study at Oxford for a year when she receives a phone call that could alter her future and career forever. A prominent political strategist wants her to serve as an educational consultant for a promising presidential candidate. She agrees to do the work while she spends the year abroad studying - taking phone calls whenever they need her.

Upon her initial jaunt into the famed academic city, she's nearly run over and later bumps into a seemingly self-indulgent and arrogant man named Jamie at a pub. The experience is compounded as she begins her classes and realizes that not only is she out of her league on the academic front, but she's saddled with Jamie as a professor.



Rinaudo

The first half of the book unfolds with joy as Ella builds a fun and quirky troop of friends, makes her way around the famed city (visiting some of my own personal favorite locations), and strikes up a summer romance, all while trying to balance an emerging and demanding career.

The book takes a sudden turn about halfway through, however, and becomes much more serious, poignant and emotional. Suddenly Ella must decide between a certain, successful career and a developing romance that was supposed to be fleeting.

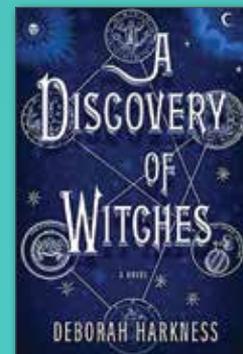
*My Oxford Year* is solid writing and an enjoyable story. The setting, as with many good books, is a character unto itself and the Ella's wanderings into the various parts of the colleges and city were some of my favorite parts of the story. The turn of the plot was unexpected, and not what I thought I was signing up for, but it still remained a good story.

As a side note, this one is being made into a movie. If you like to grab the book before the movie, now's the time!

### 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.*

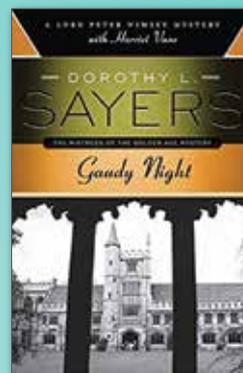
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When Diana, an American professor - who happens to be a witch - discovers a manuscript in Oxford's Boleian Library, she becomes the center of the supernatural world.



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Traditional rollators and walkers simply aren't designed well. They require you to hunch over and shuffle your feet when you walk. This puts pressure on your back, your neck, your wrists and your hands. Over time, this makes walking uncomfortable and can result in a variety of health issues. That's all changed with the Perfect Walker. Its upright design and padded elbow rests enable you to distribute your weight across your arms and shoulders, not your hands and wrists. Its unique frame gives you plenty of room to step, and the oversized wheels help you glide across the floor. Once you've reached your destination you can use the hand brakes to gently slow down, and there's even a handy seat with a storage compartment. It's sleek, lightweight design makes it easy to use indoors and out and it folds up for portability and storage.



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Please mention promotion code 112691.



## Pat Priest's Munster Memories



*Cast of The Munsters - Fred Gwynne, Yvonne De Carlo, Butch Patrick, Al Lewis and Pat Priest (CBS publicity photo)*

By Nick Thomas

When Universal Pictures assembled the cast of the popular TV series “The Munsters” for the big screen adaptation in the 1966 film “Munster, Go Home!” another actress replaced Pat Priest as Marilyn Munster.

“I was devastated not to be in the film,” said Priest from her home near Boise, Idaho. “We were on the set filming the end of the season and the producers sent one of their guys down to tell me. I was 29 and my contract was up for renewal, so I think they wanted a younger actress and didn’t want to pay me more.”

Priest says fellow cast members Fred Gwynne (Herman Munster) and Al Lewis (Grandpa) “went to bat for me” but “that’s just the way it goes in this business.”

While her role throughout “The Munsters” series was often small, Priest has always been upbeat about the experience.

“Occasionally, there was a show built

around me, but I usually didn’t have a lot of lines and I just accepted that,” she said. “On a positive note, I could learn my three or four lines on the freeway on my way to the studio!”

Nevertheless, Priest still has fond memories of working on the show, although there was a brief early encounter with Yvonne De Carlo (Lily Munster).

“She was a major movie star from the 40s and 50s,” explained Priest. “My first day on the set the two of us were in a scene together and the director asked me to move forward into the light.

Yvonne turned to me and said, ‘Let’s get something straight right now young lady, don’t you ever upstage me.’ Man, I jumped back and didn’t care if I spent the rest of the series in the dark! However, we eventually got along well and often had lunch together. But Fred and Al would always tease her about being a diva.”

Gwynne and Lewis had previously starred in “Car 54, Where Are You?” and Priest says it was clear that the pair had on-screen chemistry.

“They played off one another so beautifully, were best friends, and their families were all very close,” she said. “But interestingly, while the rest of us would later meet at TV conventions and autograph shows, Fred didn’t want anything to do with ‘The Munsters.’ He preferred to be known as a fine actor, not just identified with the Munster character, and would never sign autographs or be interviewed about the show. He wouldn’t even stand beside Al to have his picture taken even though they remained good friends.”

After “The Munsters,” Priest continued in commercials and took on mostly small acting roles, but she looks back on her acting career as a wonderful experience.

“I’ve done everything I wanted to do and gone everywhere I wanted to go,” she said. “I’m 83 now and whatever happens in the future is all just pluses.” *Nick Thomas teaches at Auburn University at Montgomery and has written features, columns, and interviews for over 750 newspapers and magazines.*

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**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

**One Night of Queen**

SATURDAY, JULY 25 • 8PM

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# SHREVEPORT *Then & Now*

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Streetcars in downtown Shreveport! Did you know that streetcars ran up and down Texas Street as well as other streets in Shreveport's early days? That's right, you could see as many as four streetcars on Texas at one time if you waited long enough! Although the streetcars are long gone, there are actually reminders of those days under our feet. In 1976, while repairing the 800 block Texas Avenue, workers made a shocking discovery! Streetcar tracks in perfect condition! Who knows what other history is under our feet!



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# PUZZLE pages

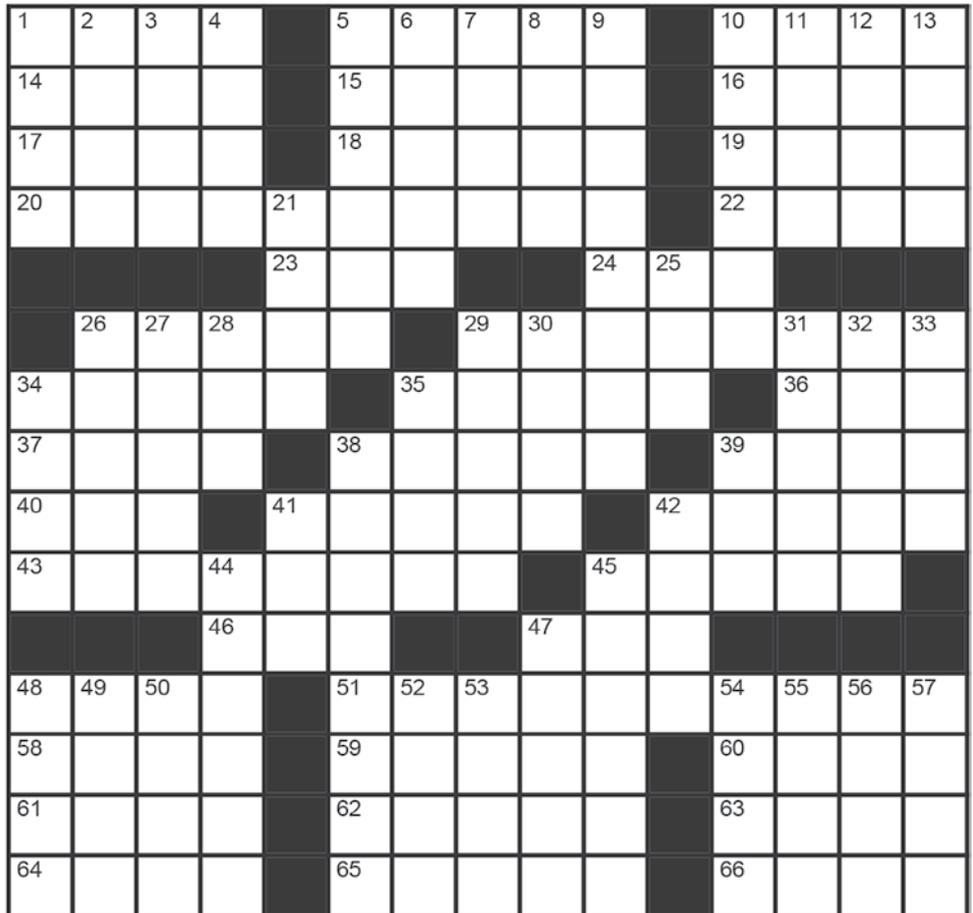
Turn to page 38 for all puzzle solutions.

## Across

- 1 Butts
- 5 Model Campbell
- 10 Knock for a loop
- 14 Racetrack
- 15 Encourage
- 16 Leave in the dust
- 17 Start of something big?
- 18 Caught some Z's
- 19 Ablutionary vessel
- 20 Shamus
- 22 Take apart
- 23 Bon \_\_\_\_ (witticism)
- 24 Comprehend
- 26 Fall flower
- 29 Tennis stroke
- 34 Frequently
- 35 Piece of cave art
- 36 Ham holder
- 37 Dig like a pig
- 38 Bedouin's mount
- 39 Onion, for one
- 40 Rocky hill
- 41 Spars
- 42 Man of steel?
- 43 "Hurry up!"
- 45 Beaumont resident
- 46 Mason's burden
- 47 Transgression
- 48 Quick note
- 51 Medical specialty
- 58 They can take a yoke
- 59 Illustrious
- 60 At another time
- 61 Ascend
- 62 Opposition
- 63 Antivenins
- 64 Greek letters
- 65 Perception
- 66 Chick's sound

## Down

- 1 Cavort
- 2 Allege as fact
- 3 Crèche trio
- 4 Eastern European
- 5 Trojan War figure
- 6 Lace tip
- 7 Curved molding
- 8 Apathetic
- 9 Inherent
- 10 See 20 Across
- 11 Kind of hall
- 12 No longer mint
- 13 Roman Emperor
- 21 Emphatic agreement
- 25 Reef dweller
- 26 In progress
- 27 Mall component
- 28 Hanoi holiday
- 29 Stock for soups
- 30 Mine finds
- 31 Oranjestad's island
- 32 Parachute material
- 33 Obligation
- 34 Table scraps
- 35 Skirt style
- 38 Make allowances for
- 39 Kind of seat
- 41 Ghost's cry
- 42 Landlord's due
- 44 Some cells
- 45 Flower child's pattern
- 47 Flower holders?
- 48 Oliver's request
- 49 Door sign
- 50 City near Phoenix
- 52 Paleontologist's discovery
- 53 British submachine gun
- 54 Woodworking tool
- 55 Arrow poison
- 56 Reactor part
- 57 Go ballistic



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# Word Search

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- ASPE
- AVILES
- BARCELONA
- BILBAO
- CADIZ
- CORDOBA
- ELCHE
- GERONA
- GIJON
- GRANADA
- LEGANES
- LUGO
- MALAGA
- MURCIA
- OVIEDO
- PALMA
- PAMPLONA
- SABADELL
- SARAGOSSA
- SEGOVIA
- SEVILLE
- TARRASA
- TOLEDO
- TORO
- VALENCIA
- VIGO
- VITORIA
- YECLA
- ZAMORA
- ZARAGOZA

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

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# Sudoku

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

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

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## CONCERT

### ● Broadway Today

Saturday, March 28, 7:30 p.m. at Riverview Theatre, 600 Clyde Fant Parkway, Shreveport. Craig Schulman of Broadway Nights fame presents an evening filled with memorable tunes and well-loved favorites. Tickets are \$20 - \$63. Call 318-227-TUNE (8863) or shreveportsymphony.com.

## COUNCILS ON AGING

### ● Bossier Council on Aging 706

Bearkat Drive, Bossier City

- Weekly Dances - Every Thursday evening from 7 to 9:30. \$6/person. Call 318-741-8302 or visit [www.bossiercoa.org](http://www.bossiercoa.org) for more info or to learn which band is playing on a particular date.

- Coffee and Conversation – Every Friday at 10:30 a.m. Speaker and topics can be found at [www.bossiercoa.org](http://www.bossiercoa.org).

### ● Caddo Council on Aging

Randle T. Moore Center, 3101 Fairfield Avenue, Shreveport. 9:30 a.m. Coffee and cookies; 10 a.m. program. **FREE.** Call 676.7900 for more information.

- Fridays, March 6, 13, 20, 27. 10 a.m. Senior Tech Talk. Introduction to Laptops, tablets and smart phones

- Thursday, March 5. 10a.m. “Old Fashion Cornhole Toss”, Rodney Reeves, Always Best Care

- Thursday, March 12. 10 a.m. “MedCentris Wound Care” Bridget Geiman

- Thursday, March 19. 10 a.m. “Medicare Bingo”, Gladys Walters

- Thursday, March 26. 10 a.m. “So You Want to Be an Author” Bonita Bandaries

## EVENTS

### ● Bouquets Symposium

Hosted by the Shreveport Garden Study Club. Tuesday, March 31, at East Ridge Country Club in Shreveport. Admission is \$60, with limited seating. Speakers will be Greg Campbell and Erick New, co-owners of Garden District, along with Elizabeth Heiskell, popular cookbook author and chef. Event begins at 10:30 a.m. To obtain tickets, go to <http://bouquets2020.eventbrite.com>, or mail your check, made out to Shreveport Garden Study Club, to P.O. Box 4492, Shreveport, LA 71134. Include your contact info, as well as, the number of tickets requested. For ticket information, email [bouquetsshreveport@gmail.com](mailto:bouquetsshreveport@gmail.com).

port@gmail.com.

### ● Kegs & Corks Craft Beer and Wine Festival

Presented by Flying Heart Brewing & Pub. East Bank Plaza, 400-1100 Blocks of Barksdale Blvd, Bossier City on Saturday, May 9. Local and Regional Breweries and Wineries and local eateries will be providing samples to participants. Live music. General Admission tickets are \$48.50. VIP tickets are \$100. Tickets can be purchased via Eventbrite.com or at Flying Heart Brewing & Pub.

## MEETING

### ● Ark-La-Tex Genealogical Association Meeting

Saturday, March 14, 1 to 3 p.m. at the Broadmoor Branch Library, 1212 Capt Shreve Drive, Shreveport. Guest speakers are Phil and Debi Adderley, genealogist and family historian. Their topic is “Debi’s Barton Ancestors from India to Virginia”. Also, Phil Adderley will discuss “Genealogy Research Standards”.

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● **Creative Art Connection Meeting**  
630 Barksdale Blvd., Bossier City in The Annex. Monday March 9, 6:00 – 8:00 pm. Avid quilter and teacher, Karla Hardaway, will present program on history, symbolism, and styles of quilting. Public is invited. **FREE**. For more information call 318-861-3324.

## THEATRE

● **"An American in Paris"**  
Friday, March 6 at 8 p.m. at the Strand Theatre, 619 Louisiana Ave, Shreveport. Tony Award-winning musical about an American soldier, a mysterious French girl and an indomitable European city, each yearning for a new beginning in the aftermath of war. Music and lyrics by George and Ira Gershwin. Tickets are \$75, \$62, \$47, \$25 Student. Call (318) 226-8555 or visit [thestrandtheatre.com](http://thestrandtheatre.com).

● **"Beautiful: The Carole King Musical"**  
Friday March 27 at 8 p.m. at the Strand Theatre, 619 Louisiana, Shreveport. *Beautiful* tells the true story of Carole King's remarkable rise from teenage songwriter to global superstar. \$79, \$62, \$47, & \$25 Student. For tickets call (318) 226-8555 or visit [thestrandtheatre.com](http://thestrandtheatre.com).

● **"Little Women, the Musical"**  
March 6 & 13 at 7:30 p.m.; March 7, 8, 14, 15 at 3 p.m. Emmett Hook Center, 550 Common Street at Milam in Shreveport. Based on Louisa May Alcott's classic semi-autobiographical novel, it focuses on the 4 March sisters and their beloved Marmee, while their father is away serving as a Union Army chaplain during the Civil War. Tickets are \$25 adult, \$20 senior/military, and \$15 child. Call 318-429-6885 or visit [emmetTHOOKcenter.com](http://emmetTHOOKcenter.com) for tickets.

● **"The Marvelous Wonderettes"**  
Presented by the Shreveport Little March 6, and 7 at 7:30 p.m., and March 1 and 8 at 2 p.m. This smash off-Broadway hit takes you to the 1958 Springfield High School prom where we meet four girls with hopes and dreams as big as their crinoline skirts! Tickets are \$25. Call (318) 424-4439 or email [boxoffice@shreveportlittletheatre.com](mailto:boxoffice@shreveportlittletheatre.com).

## WORKSHOP

● **Ark-La-Tex Genealogical Association DNA Workshop**  
Saturday, March 28, 10 a.m. to 12:30 p.m. at the Broadmoor Branch Library, 1212 Capt Shreve Dr, Shreveport. Featured speaker is Tarah Thomas, genealogist. Her topic is "Nuts and Bolts of DNA Research" and will include information on DNA testing for genealogy and what to do with the test results.

Workshop is **FREE** and open to the public. Pre-register at the Broadmoor Library Genealogy Department. For info, go to [www.altgenealogy.com](http://www.altgenealogy.com).

● **Balance Does Matter**  
Tuesday March 10, 17, 24, 31. 9:30 a.m. - 11:30 a.m. Caddo Council on Aging/St. Mark's Cathedral, 2785 Fairfield Ave, Shreveport. Learn techniques to prevent falls and improve balance, coordination and strength. **FREE**. Call 676-7900 to reserve your spot.

● **Estate Rescue 2020**  
Thursday, March 12, 2 – 4 p.m. Broadmoor Branch Library, 1212 Captain Shreve Dr, Main meeting room, Shreveport. Presented by SAFE Planning, Inc. Learn ways to protect your estate from nursing home costs without buying insurance. **FREE** and open to the public. Reserve your seat by calling 318-869-3133 or visit [safeplanningseminars.net/event](http://safeplanningseminars.net/event).

● **How to Write and Sell Your Story Workshop**  
A writing conference sponsored by NOLA STARS, LSUS Continuing Education, with a grant from SRAC and the Louisiana Office of Cultural Development on March 14, 8:30 a.m. - 4 p.m. at the University Center on LSUS campus. \$30, includes lunch. Call 318-798-4177 for more information.

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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

## *What is Glaucoma?*

Glaucoma is high pressure in the eye that damages the optic nerve. It is usually painless and causes vision loss very slowly over time. If caught early enough, it is easily treated with drops, laser and/or surgery. Glaucoma is one of the most important reasons to have routine eye exams once you are over 55.



**Chris Shelby, MD**  
WK Eye Institute  
7607 Youree Dr.  
Shreveport, LA 71105  
(318) 212-3937  
See our ad on page 15.

## *Why should we talk to our heirs about our will?*

When Mom first tried to talk to me about her will I refused! It hurt to think about losing her. After handling Dad's affairs, I now emphasize to my clients that clearly communicating your desires about your will, insurance policies, IRAs, and other assets is one of the most loving things you can do. It minimizes stress, reduces clerical errors from grieving heirs, and increases the likelihood your wishes are followed. A fee-only financial planner, such as myself, can help you put together a legacy plan covering this and more.



**Janine "JJ" Conway**  
Ark-La-Tex Leadership Inst.  
331 Milam Street, Suite 200  
Shreveport, LA 71101  
(318) 299-5472  
drjjconway@gmail.com  
buildingwealthtogether.com

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

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



**Toni Camp**  
Regional Hospice Care  
Group  
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Shreveport, LA 71105  
(318) 524-1046  
See our ad on page 9, 40.

## *What can I do about the price of my Medicare supplement going up so much each year?*

Over time all Medicare supplements get more expensive as you get older. However, if you are relatively healthy, or have been over the past couple of years, there is a good chance you would be eligible to enroll in the exact same coverage perhaps with another company, at sometimes half the cost. Remember, a Plan F or Plan G has the same exact coverage under another company as the coverage you have now...the only difference is the premium you pay.



**Dewey Burchett**  
Providus Financial Serv.  
318-572-4662 (call  
or text)  
Dburchett.providus-  
group@gmail.com  
See our ad on page 32.

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

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



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

## *Why do my allergies seem to be worse now than in years past?*

Our homes are so sealed up and we hardly ever open the windows anymore, It is like living in a plastic bag. Respiratory problems including asthma and allergies are on the rise and is the 6th leading cause of chronic disease in the United States, costing the health care system over \$18 billion annually. It can be attributed to dust and mildew spores; pet hair, dander and outdoor pollens that become trapped in your AC duct system.



**Mike Thomas**  
AC Duct Cleaners  
9803 Hastings Court  
Shreveport, LA 71118  
(318) 218-0770  
See our ad on page 9.

# parting Shots

Share your photos with us.  
Email to [editor.calligas@gmail.com](mailto:editor.calligas@gmail.com)

## Woman's Department Club

The Woman's Department Club of Shreveport hosted their annual Mardi Gras Jazz Brunch on February 8<sup>th</sup>.



Carl Rhoads, Ann Rhoads, and Norma Sue Taylor



Marsha Gill, Emerie Eck Gentry, and Susie Chandler



Bobbie Brasher and Brenda Traylor



Marilyn Couch and Sandra M. Harrold



Carlene Mudd, Barbara Zerrahn, and Dana Tarrant

## Annual Family Health Day

The 4<sup>th</sup> Annual Family Health Day, sponsored by Ochsner and LSU Health Systems, was held on February 8<sup>th</sup> at the Feist-Weiller Cancer Center.



Jim and Pat Jones with Rita King



Horatio Handy is welcomed by Dr. Glen Mills



Frances Menhennett and Mary DelCastillo

## Krewe of Artemis Mardi Gras Bal

The Krewe of Artemis held their Mardi Gras Bal on January 11 at the Springhill Civic Center with their take on the Chinese Zodiac.

(l to r) Duke and Duchess of Mystery Jason Wade and Christine McCutcheon, Queen Artemis XVIII Janet Reeves, King Artemis XVIII Mike Reeves, Captain Donna Waring, Duchess of Merriment Susan Keith and Duke of Merriment Matthew Stevens.



## ●●● Krewe of Elders Grande Bal XXII

The Krewe of Elders held their Grande Bal XXII on January 24 at the American Legion Post 14. The theme was A Night at the 'Grand Owl Opry'.



(L-R) Duchess Faye & Duke Don Jackson, Co-Captain Ginny Bates, Captain Wanda Cunningham, Queen Patsy & King Troy McGee, Duke Dale & Duchess Reba Martin, Duchess Kathy Long



Cathy Bolt, Carl Bolt, Amie Martin, and Jimmy Martin



King of Justinian Judge Jeff Cox with wife Susan



Queen and King of Atlas Theresa and Chris Miller



Jerry and Dianne Hammond



Gerald Kent and Paula Tugwell



Claudia Beene, Ginny Bates, Marion Gentry, Judy Bonner, and Judy Doty

## ●●● Waterview Court Mardi Gras Masquerade Ball

Waterview Court Senior Independent Living Annual Mardi Gras Masquerade Ball was held on February 13th.

Waterview Court's King & Queen Reginald and Evelyn Rowell



Susan Pinkley, Carla Sharpe, Wendy Neely, & Joyce Boyett

**PUZZLE answers**  
(from page 32 & 33)

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

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

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

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