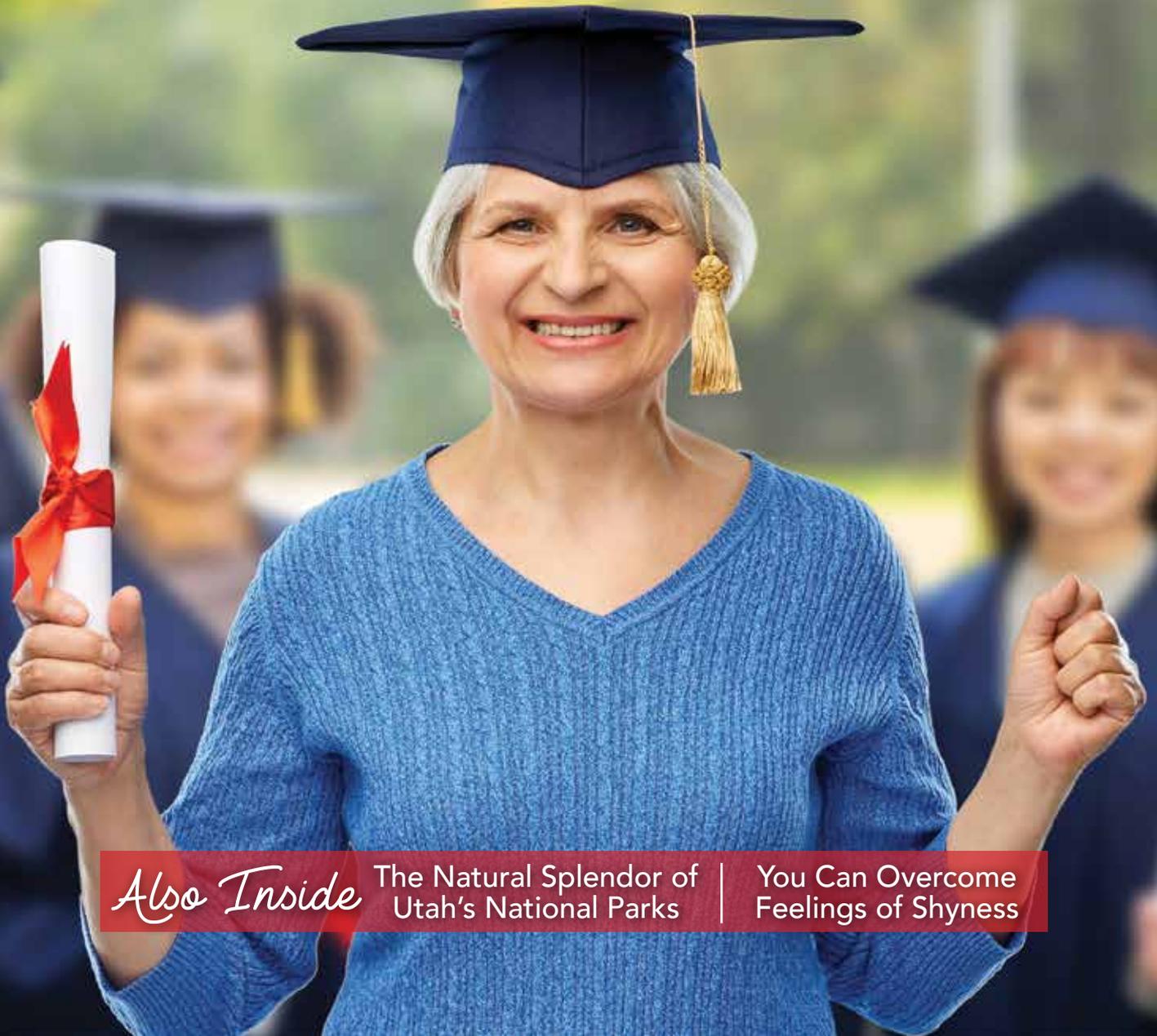


July 2019

The Best Of Times

*“Celebrating Age
and Maturity”*

Never Too Late
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Also Inside

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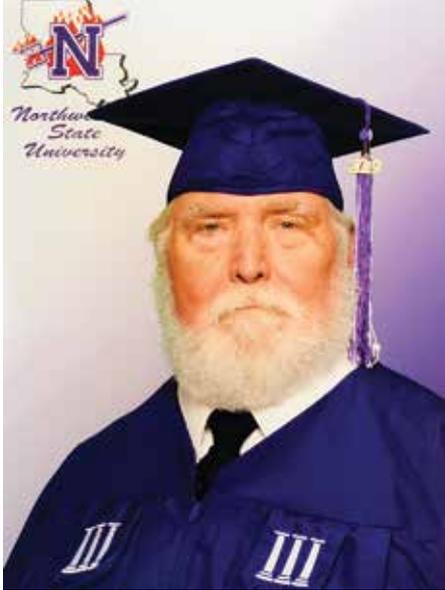
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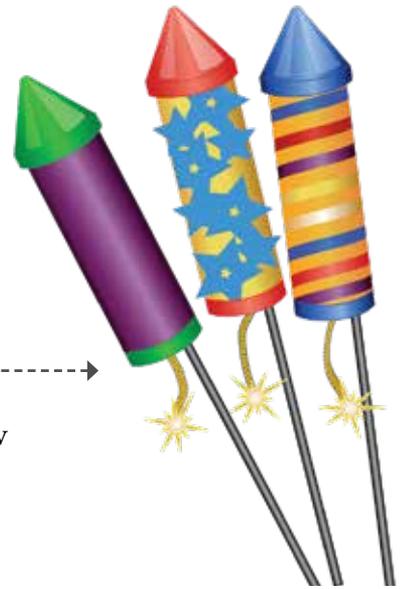
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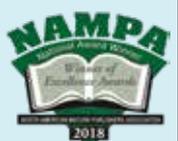
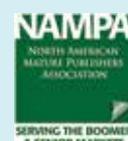
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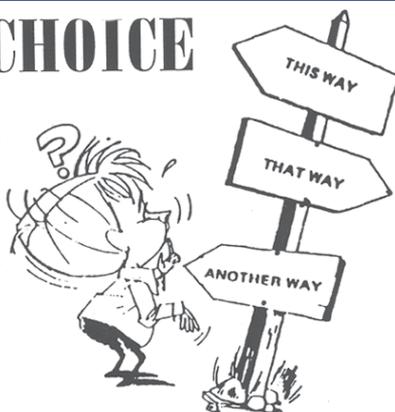
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Medical News & Info



Calling All Baby Boomers: Get Tested for Hepatitis C

Uptick In Allergies



Bad news for allergy sufferers: climate change may exacerbate your symptoms. Warming

temperatures, which extend the growth cycle of plants, causes trees, grasses, and weeds to pollinate earlier and to die back later. New research from the University of Pennsylvania found that pollen loads and durations have been increasing on three continents during the past two decades as average temperatures have increased. Taken together, this means increased exposure to more allergenic plants, said Michael Phillips, director of allergy programs at Penn's Perelman School of Medicine and an author on the study. "Some plants don't grow very well in cold climates," he said. But as temperatures warm, they can thrive further north. "And since we haven't been exposed to these plants before," Phillips said, "they can be potent allergens."

According to the CDC, 300 million people across the globe are unaware they're living with viral hepatitis. In fact, baby boomers - those born between 1945 and 1965 - are five times more likely to have hepatitis C, one of the many different strains of this viral infection. If left untreated, hepatitis C can cause scarring of the liver, which slows down blood flow that's crucial for liver function. By the time symptoms appear, the damage is usually advanced. That's why testing is so important. In addition to causing scarring (cirrhosis), two out of every three liver cancers are caused by hepatitis. Treatment for hepatitis C is now on the cutting-edge of medicine and the disease is curable.



Hospital Readmissions



Medicare patients sent home from the hospital have higher readmission rates than those discharged to a skilled nursing facility. "With the increasing costs of post-acute care, it's important to assess and understand the impacts of these choices," said Rachel Werner of the Perelman School of Medicine at the University of Pennsylvania. "We found clear trade-offs: While home health care may cost less, it doesn't have the same intensity of care as a skilled nursing facility, which may be sending many of them back into the hospital."

Keeping Active in Middle Age May Be Tied to Lower Risk of Dementia

Keeping physically and mentally active in middle age may be tied to a lower risk of developing dementia decades later, according to a study published in an online issue of *Neurology*®. Mental activities included reading, playing instruments, singing in a choir, visiting concerts, gardening, doing needlework or attending religious services. The study found that women with a high level of mental activities were 46 percent less likely to develop Alzheimer's disease and 34 percent less likely to develop dementia overall than the women with the low level of mental activities. The women who were physically active were 52 percent less likely to develop dementia with cerebrovascular disease and 56 percent less likely to develop mixed dementia than the women who were inactive.



Preventable Cancer Burden Linked to Poor Diet

A new study, published in *JNCI Cancer Spectrum*, estimates that diet-related factors may account for 80,110 of the new invasive cancer cases reported in 2015, or 5.2 percent of that year's total among U.S. adults. Low whole grain intake was associated with the largest number and proportion of new cancer cases, followed by low dairy intake, high processed meat intake, low vegetable and fruit intake, high red meat intake, and high intake of sugar-sweetened beverages. The largest number of cancer cases associated with poor diet was for colorectal cancer. That was followed by cancer of the mouth, pharynx, and larynx, uterine cancer, breast cancer (post-menopausal), kidney cancer, stomach cancer, and liver cancer.



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Odds & Ends



WILLIS-KNIGHTON MEDICAL CENTER MAKES NEWSWEEK'S LIST OF 'WORLD'S BEST'

Willis-Knighton Medical Center has been named one of the top hospitals in the world and the 200th best hospital in the United States in a list compiled for the first time by *Newsweek* magazine, in collaboration with Statista Inc., a global marketing research and consumer data company. The only other Louisiana hospital to make the weekly magazine's World's Best Hospitals 2019 list is Tulane Medical Center in New Orleans. Only 250 hospitals in the U.S. were included among the world's best. Hospitals were selected for the list based on recommendations from physicians and health care professionals; patient survey results; and key medical performance indicators, including data on quality of care, hygiene measures and patient safety.

An advertisement for the 2019 Jeep Cherokee. The background is a blurred image of a forest stream. In the foreground, a red Jeep Cherokee Trailhawk is driving through the water. In the background, a silver Jeep Cherokee Limited is driving on a dirt path. The text "A JEEP CHEROKEE FOR EVERY ADVENTURE." is at the top in large white letters. Below the cars, their names are listed: "2019 JEEP CHEROKEE LIMITED" and "2019 JEEP CHEROKEE TRAILHAWK". At the bottom, it says "NOW AVAILABLE AT TOWN & COUNTRY" with the Hebert's logo. Below that, it lists "CHRYSLER • DODGE • JEEP • RAM". On the right, there is a logo for "CUSTOMER FIRST AWARD FOR EXCELLENCE 2018 RECIPIENT" and the text "IN THE SHREVEPORT AUTOMALL! HEBERTSTANDC.COM 318-221-9000".

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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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According to legend, the first fireworks in America were set off by Captain John Smith in Jamestown, Virginia, in 1608 to impress or scare nearby Native Americans.



The very first Independence Day celebration that involved fireworks was on July 4th, 1777 in Philadelphia.



During the 4th of July, Americans light about 175 million pounds of fireworks, which is equivalent to about 100,000 lightning bolts.



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Advice

Laws of the Land
by Lee Aronson

Monkeys In Costumes

On February 26, Jane (not her real name) was on Bourbon Street in the French Quarter with 4 small monkeys in pirate costumes. As she was changing the monkeys' diapers, the cops swarmed in.

Turns out, you can't own a monkey in Louisiana. According to the Louisiana Department of Wildlife and Fisheries, "The size and strength of such animals in concert with their natural and unpredictable and/or predatory nature can result in severe injury or death when an attack upon a human occurs. Often such attacks are unprovoked and a person other than the owner, often a child, is the victim. Furthermore, there is no approved rabies vaccine for such animals, so even minor scratches and injuries inflicted upon humans or other animals can be deadly." So, the Department seized Jane's monkeys and found a home for them at a zoo

in Monroe. This was not OK with Jane, leading her to bring all kinds of lawsuits.

The first lawsuit? Give me my monkeys back! Jane thought that even though it was illegal for normal people to have or own monkeys in Louisiana, a special exception should be made for her because she was disabled, and the monkeys were her service animals. She was asked what makes these monkeys service animals and she told the Judge that "she enjoyed dressing the monkeys and that they had a calming effect on her." The Judge said that under the law, the Americans With Disabilities Act, "an animal that simply provides comfort or reassurance is equivalent to a household pet and does not qualify as a service animal." Ordinary pets aren't service animals. To be a service animal, it must be trained to do work or perform tasks for the benefit of an individual with a disability, such as guiding



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blind people or alerting deaf people to sounds. So that lawsuit got thrown out.

This real-life case happened years ago. When it happened, the Americans With Disabilities Act said that places that are open to the public have to make reasonable accommodations for disabled people with service animals. But the law was changed in 2015. Now the Americans With Disabilities Act says that places that are open to the public have to make reasonable accommodations for disabled people with service dogs or service miniature horses. Any other type of animal need not be accommodated as a service animal. However, when it comes to housing rights and airplane passenger rights, service animals include more than just dogs and miniature horses. So, a movie theatre that is open to the public doesn't have to let your service hamster (if there really is such a thing) in, but your landlord would.

Getting back to Jane. She didn't bring her next lawsuit until over a year later. She decided that if she couldn't have her monkeys back, at least she should be paid big money because her constitutional rights were violated. In this second lawsuit, Jane said her monkeys "were not given proper food and blankets during their six hour trip to Monroe." Jane also claimed that the monkeys were not properly cared for while at the Monroe zoo. Finally, Jane complained that her constitutional rights were being violated because, for reasons that the published case does not make clear, "she was restricted to visiting the monkeys for only two hours per week." That case got thrown out because Jane waited too long. There is no statute of limitations for murder, but lawsuits about not enough blankets or monkey visiting time do have statutes of limitation. If you wait too long, then you lose

the right to sue.

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



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Don't Be Duped By Portion Distortion

Do we really know how much we eat in a day? It can be really difficult to tell sometimes. Over the years we have been slowly and unintentionally eating more food. In fact, we consume about 20-25% more calories than we did in the '70s. How did this happen, and what can we do to prevent portion distortion?

Changes in our lifestyle and environment have caused us to mindlessly eat more and more over the years. The average household dinner plate has grown in size, which may be prompting us to eat more during meals. Processed and pre-packaged meals and snacks are also more

common, which makes it easier to keep food handy than it was 40+ years ago.

Dining out is likely the main culprit of our portion distortion today. Americans are eating at home less and dining out more-- and on much larger portions. A restaurant serving of fries 20 years ago was about 2.4 ounces and 210 calories, while the average side of fries today is about 6.9 ounces and 610 calories. What caused this change? Restaurants have been making their portions larger to keep us satisfied. According to a study from the National Restaurant Association, customers ranked portion size as one of the 10 hallmarks of a "great place to eat." When restaurants serve up larger portions, we feel like we get more "bang for our buck." Larger servings often encourage us to overeat, whether we realize it or not. Oversized restaurant portions have even taught us

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Over the years we have been slowly and unintentionally **eating more food**.

In fact, we consume about 20 - 25% **more calories** than we did in the '70s.



to eat "super-sized" helpings at home.

With portion sizes on the rise, it's important to be mindful of what we eat. Despite changes in our environment, it is still possible to practice healthy portions at home and while dining out. Try these tips to avoid portion distortion:

- When dining out, assume most establishments will serve more than you need. Nearly all restaurant-sized entrees should be split into two meals. Find a friend or family member to split an entree with you or ask the waiter for a to-go box and bring half of your meal home for leftovers. Some appetizers can even be eaten as a meal instead of ordering an entree.
- When dining at home, plate your meal and put up the extra food before sitting down to eat. This removes the temptation of going back for seconds if you are not actually hungry for more.
- When snacking, avoid eating straight from a bag or box. Measure out portions of your snack or buy pre-portioned packages. Try not to snack in front of a computer, TV, or other electronics, as they can be a haven for mindless eating.
- Before eating a meal, drink a glass of water. This can help you feel full quicker and eat smaller portions.
- During a meal, eat slowly and savor your food. Eat until you feel satisfied and are not hungry anymore. Avoid waiting until you feel full or stuffed to stop eating. Feeling full after a meal usually means you have eaten too much. Feeling satisfied after a meal means you have nourished your body without overdoing it.
- After a meal, record everything you've consumed (including drinks) in a food diary. Be sure to record portion sizes too! This is a great way to know what you've eaten. Try comparing what you eat with the guidelines. Recommended portions for all ages can be found on www.choosemyplate.gov.

Portion distortion is an issue faced by people from all walks of life. Nobody is born with the instinct to guess the portion sizes they need, which is why it can be challenging not to overeat at times. Our environment has changed over the years, which has made it even more difficult to eat a healthy, balanced diet. Staying mindful of these changes and the foods we eat can help prevent portion distortion.



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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You Can Overcome Feelings Of Shyness

Each of us, at times, feels anxious about a situation we're currently in or about to enter. If such feelings are the norm for you, you may feel you're "shy" and may find you're labeled as such by others.

Being shy seems cute when it's a small child hiding behind a parent's leg but as we get older, being shy can leave us feeling needlessly anxious and often keeps us from opportunities and relationships from which we might benefit. Extreme cases of feeling shy can sometimes meet the criteria for social anxiety disorder or social phobia.

Fortunately, there are a number of steps a person can take to try to overcome shyness and social anxiety. The simplest is to act with more confidence and to try new things. Shy people often suffer from poor self-esteem and low self-confidence. Taking positive action can help minimize those problems.

An important step is to try new things even if doing so may make you anxious. Often a shy person imagines how poorly doing something like going to a party or engaging in a new social activity will turn out, and then avoids it. But when someone ignores that anxiety and takes that step toward doing something new, it often turns out better than expected.

One way to head in that positive direction is to increase your interaction with others. Start up a conversation in a checkout line or talk to a stranger at the coffee shop or gym or in a store. Having small, positive social contacts helps build confidence and open up new horizons.

You can also demonstrate growing confidence just in the way you walk and talk. Make eye contact in conversations, hold your head high and speak clearly and effectively. Don't

be afraid to make physical contact such as shaking hands or giving hugs.

The key to overcoming social anxiety and shyness is to take some chances in order to recognize and overcome your fears. Try going to a movie with an acquaintance rather than just a close friend. Be a bit vulnerable by offering opinions, asking questions and carrying on meaningful conversations. As you do things that normally you'd be afraid to try, you'll find your self-confidence increasing.

Overcoming shyness takes effort and can seem frightening. If you need help in moving forward, consider talking to a professional counselor who can assist you in building a more confident you.

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



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Surprise, Surprise... Eggs Reduce Risk of Stroke

For years, folks have been afraid of eggs, and how they are “bad” for cholesterol and LDL. Long gone are the days where people drank them raw like Sylvester Stallone did in Rocky... and no I don't recommend you do that! Rocky did that to build muscle mass, but so you know, the practice of eating raw eggs is about 120 years old. Today, some body builders use the liquid egg whites, to avoid salmonella contamination.

Today's focus is on eggs and whether or not they raise risk of heart disease or stroke. The rationale is that eggs are high in cholesterol, and hypercholesterolemia increases stroke. So let's explore that today, and see what the research claims.

One hard boiled egg contains 187 milligrams (mg) of cholesterol. One scrambled eggs has about 169 mg natural cholesterol.

Data accumulated from epidemiological studies suggests an inverse relationship...meaning the more eggs you eat the higher your risk for stroke. However, the evidence of the relationship is quite limited, and has not deterred me from eating them. Millions of people have however, are running scared from the egg.

There is brand new research out, and it was just published in the May 16, 2019 issue of *The Journal of the American College of Nutrition*. The aim of



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the study was to determine the association of eggs (and cholesterol intake) with risk of stroke. It was conducted in 1,950 middle-aged men from Finland. Neither egg consumption, nor cholesterol intake was associated with stroke incidence. The gene that influences cholesterol metabolism (ApoE4) was accounted for. The lack of an association between eggs and stroke is great news for egg lovers!

There was a Meta-analysis published in 2016, in the *Journal of the American College of Nutrition*. Scientists poured through seven different studies and compiled the statistics. Their findings while not a surprise to me, actually came as a shock to others. Let me just quote right out of the STUDY so you can interpret it as you wish: Based on the results of this meta-analysis, consumption of up to one egg daily may contribute to a **decreased** risk of total stroke, and daily egg intake does **not** appear to be associated with risk of CHD.

In other words, the data reveals that eggs might lower risk of stroke, not raise them like everyone is telling you! I'm 54 at the time of this writing and so I can hear Sergeant Gomer Pyle in my head saying "Surprise, surprise!"

What's so important here, and one of the messages that I am trying to give you is to stop worrying so much about food. I think there is so much mental chatter going on in the heads of Americans. Eat this, and not that, this here is bad for you, bread might kill you, there's caffeine in this, gluten in that, lactose in this and sugar in that! Just enjoy real food, eat wisely, avoid all chemicals and refined foods... and unless you are vegan, go ahead and eat the eggs!

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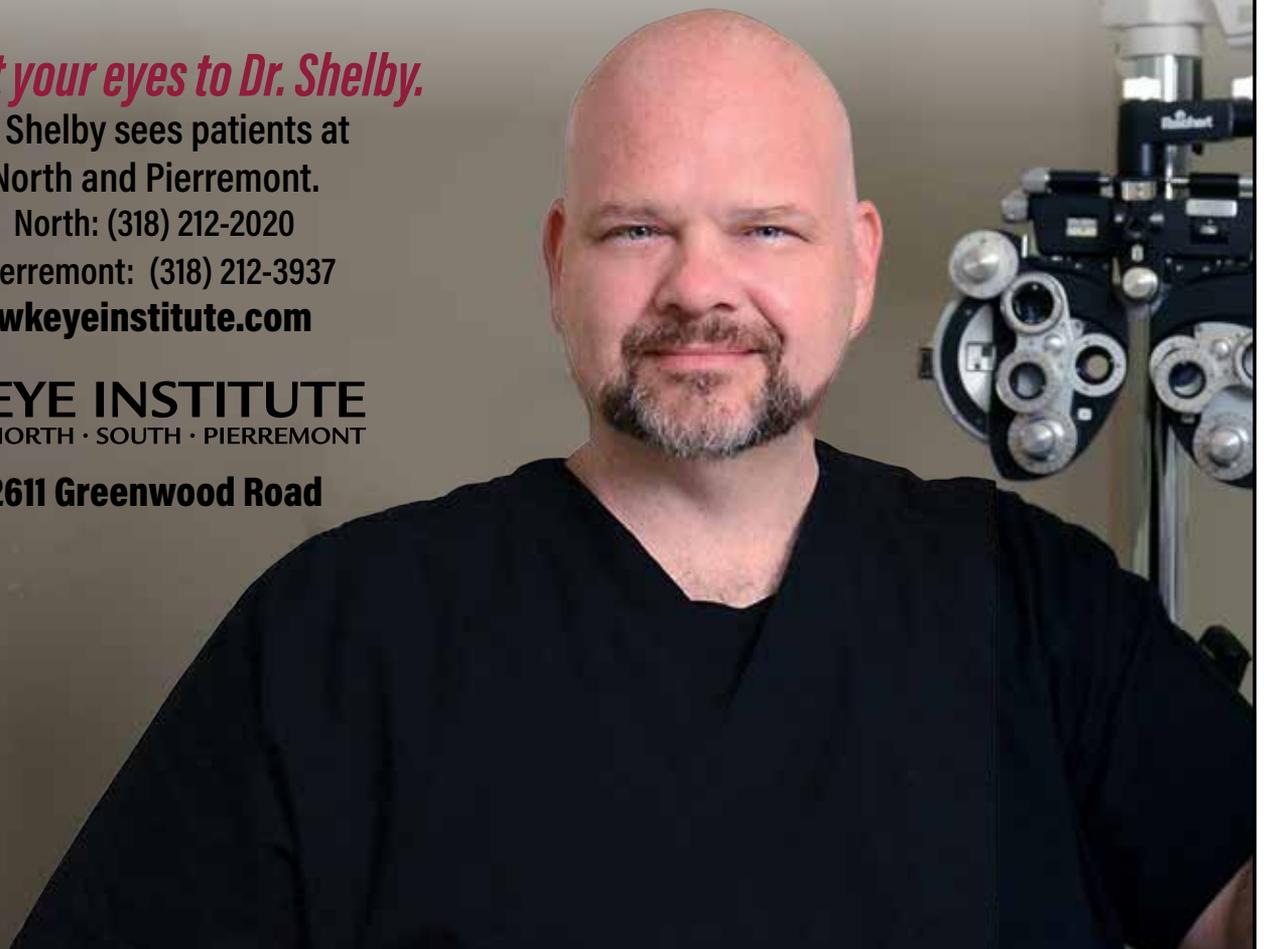
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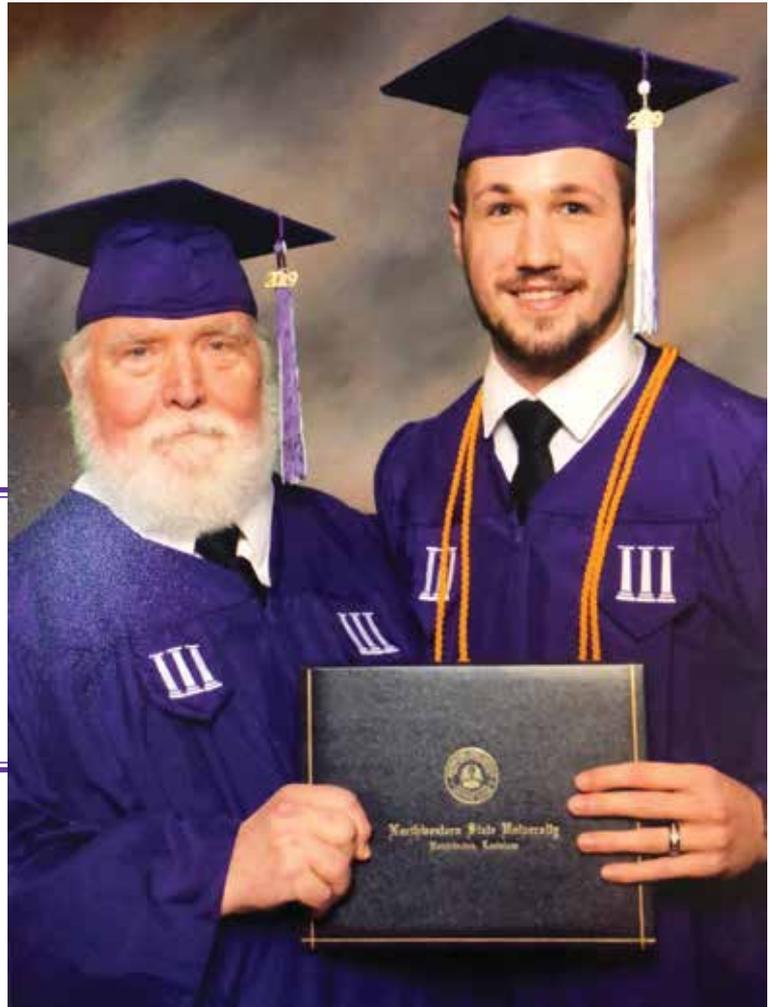
By Kathleen Ward

Johnny Hays attended Northwestern State University from 1962-66, struggling to finish while working in the oil fields to pay for college. Discouraged, he dropped out, fully intending to go back, and started job hunting.

"Every time I went for a job interview, they asked me about my military service," said Hays, 75. In the 1960s, the U.S. military was involved in large and small conflicts in Vietnam, Laos, the Dominican Republic, Thailand, Cuba and Israel, so many veterans were out looking for jobs.

Hays decided to join the Navy where he served six years, mostly on nuclear submarines in Vietnam, near Lebanon at the start of the Six-Day War, and in other war-torn areas. He took advantage of every educational opportunity he had during those years, studying nuclear power at the Naval Training Centers in Connecticut and in Maryland, where he married his wife Gloria and started a family.

"I would have made a career of it, but any time I came back home, I had to reintroduce myself to my three children," said Hays. He decided to move back to Shreveport, studied to become a journeyman machinist and spent more than 20 years with General Motors.



The whole family was in tears when we got to see NSU recognize my nephew and my Dad during the graduation ceremony.

Hays never had a chance to return to college, but on May 10th, thanks to a special program available at Northwestern and two other colleges in Louisiana, McNeese State University and Southeastern State University, he walked across the stage in a cap and gown and received an associate degree in General Studies. His grandson, Colby Cranford, graduated on the same day.

His daughter and Cranford's aunt, Kristy Koch, learned about Project Win-Win while touring Northwestern as an option for her child. Win-Win awards associate degrees to students who had enough credits, but never received their diploma.

"My Dad has always talked about how he left his last semester at Northwestern in 1966 to join the U.S. Navy during Vietnam," said Koch. Koch secretly looked into the eligibility requirements and completed all the paperwork so →

the family could surprise Hays with the news.

“Northwestern requested some paperwork and his military information. They then contacted me to let me know that he was eligible for the program,” said Koch.

“I cannot thank them enough for all the recognition and support they gave him,” Koch said. “The whole family was in tears when we got to see NSU recognize my nephew and my Dad during the graduation ceremony. It was very humbling and my Dad was so overjoyed at everything that was happening to him.”

“I am still having moments of disbelief,” said Hays. “I did not realize that it would feel so great and that this diploma would mean this much to me. To walk across that stage and shake the hand of the university president was something I shall never forget.”

Thousands of students at NSU have received associate degrees through Win-Win, said Barbara Prescott, acting university registrar. “There is absolutely no cost associated with application for a degree through the Win-Win Project.

“When a Win-Win application is received, the student’s academic record is reviewed to determine if they have earned enough credit to merit an associate degree,” said Prescott. If so, the degree is awarded the semester of application. If additional coursework is needed, the student is notified of exactly what it needed to complete requirements and is invited to return to Northwestern to complete those requirements.”

“The associate degree requires completion of a minimum of 60 semester hours of academic work. A minimum of 15 hours must be earned through instruction at NSU. The remaining hours may be transferred from any regionally accredited institution recognized by Northwestern.”

“For one reason or another, students may find they have to discontinue their formal education,” said Prescott. “Through Project Win-Win, Northwestern seeks out those that may not be aware they have earned enough credit to receive a degree.”

“Increased employability and the potential to



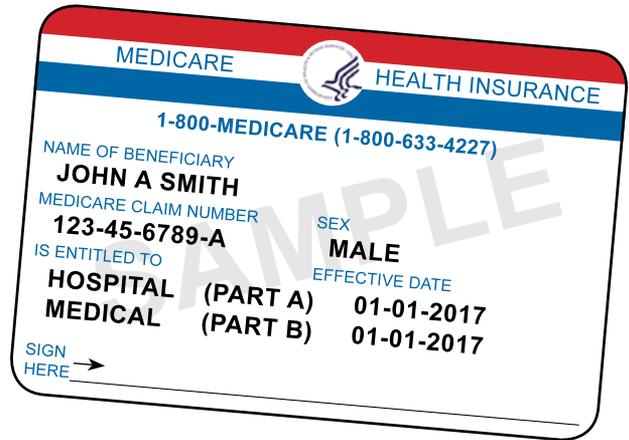
I did not realize that it would feel so great and that this diploma would mean this much to me. To walk across that stage and shake the hand of the university president was something I shall never forget.

earn a higher salary are just two of the benefits of an associate degree. The greatest reward for the university has been in seeing the emotional boost the thousands of Win-Win graduates have received. Realizing the work they completed qualifies them for a degree is not only highly fulfilling but it also serves to spur former students to consider continuing onward into bachelor’s degree studies. A definite Win-Win for all concerned,” said Prescott.

“To me, it was the sense of that period of my life accomplished. Anyone who might be at the stage of their life like myself, if they have the opportunity to go the path as I, go for it! Life is truly short,” said Hays. “Don’t dwell on the past. You cannot change it, but you can learn from it.”

To learn more about Project Win-Win, visit www.ihep.org/research/initiatives/project-win-win

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Seniors riding to the rescue.

SENIORS AND RETIREES ARE RETURNING TO COLLEGE

Here's How You Can Too

By Kimberly Blaker

As many seniors and retirees today will attest, you're never too old to go to college. Lifelong learning has become increasingly popular in recent years as baby boomers have reached the age of retirement. For some, the purpose in going back to school is to finish their studies and accomplish a degree. But for many more, it's simply for fun and an opportunity to gain knowledge, discover new interests, and keep their minds and bodies fit.

With the rising costs of college, you may see it as an unlikely endeavor. Not to mention, if you're still in the workforce, where would you find time for the commute and classes let alone time to study? Fortunately, today there are many ways to overcome these obstacles.

If you'd like to go to college, first, consider your purpose and what you hope to accomplish. Do you want to earn your degree? Are you primarily interested in broadening your knowledge? Are you in search of new interests and socializing opportunities? Your answer might be one or all of these. But knowing your purpose will give you direction.

Once you've determined what you hope to achieve, visit nearby colleges or explore the websites of colleges in the city or state where you'd like to settle for retirement, and see what they have to offer.

Non-Traditional College Credit

If earning your degree is important, today, more and more accredited colleges offer a variety of options for earning nontraditional course credit. Look into this first to save time and money.

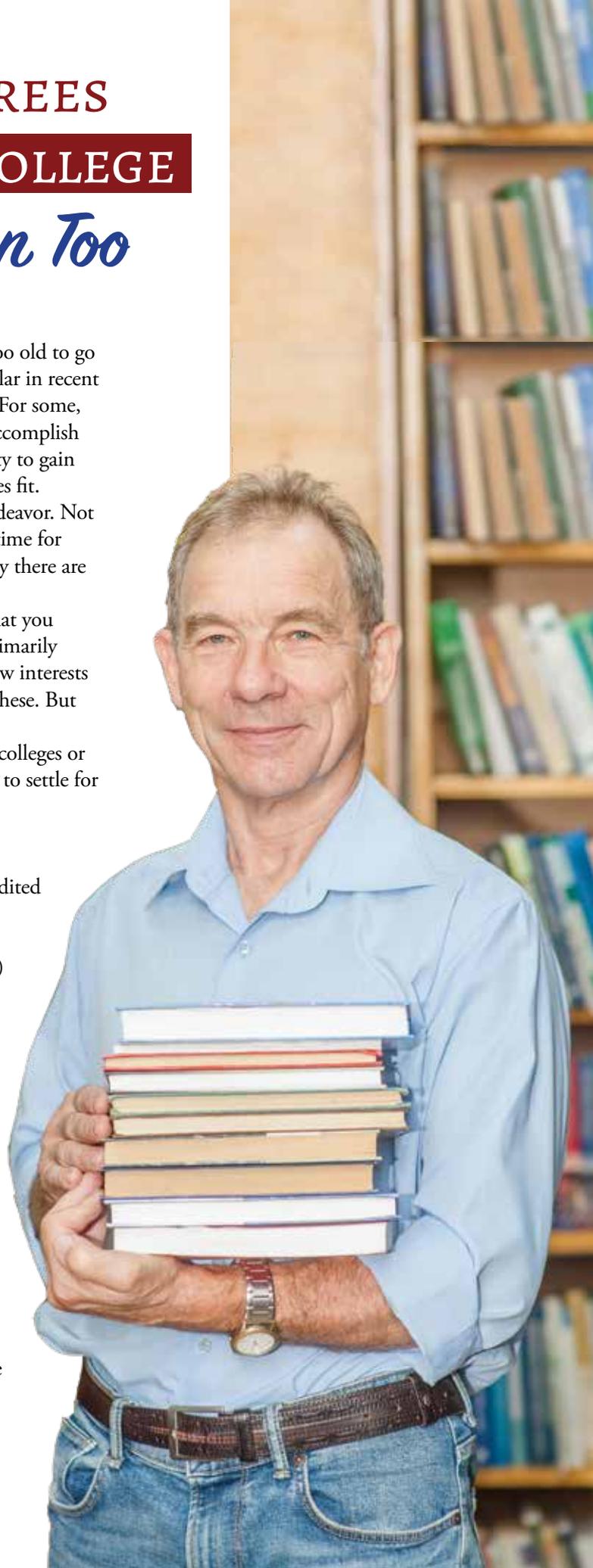
At some colleges you can earn Self-Acquired Competency (SAC) credits. These may have different names at various institutions. But such credits are available for a wide range of skills and life experiences. This requires compiling a portfolio for faculty evaluation. Your portfolio will include on-the-job training, work and volunteer experience, workshops, seminars, and more. If you served in the military, you may be eligible for Military Service Credit for education you gained through schools, experience, or service.

You can also earn credits by examination. Some of these include:

- Credits for College-Level Examination Programs (CLEP)
- Advanced Placement Examinations (AP)
- Defense Activity for Non-Traditional Education Support (DANTES)

Credit by examination can also save time and money if you have knowledge in a particular area or if you study and test well. But be sure to check with your institution before enrolling since credit may not be awarded following admission.

Another possibility for credits is if you've completed any



noncollegiate or in-company sponsored programs or courses. Find out if those programs or courses are any of the thousands reviewed by the American Council on Education (ACE). If so, ask your academic institution if they award credits based on ACE recommendations.

Correspondence and Online Courses

Independent study programs offer a couple options. Online courses can be taken in the convenience of your home. These usually require attendance (at your computer) at specific times. Correspondence courses are a good option also because there are no schedules. They usually allow six to eighteen months for completion with extensions up to one year. Evening and weekend courses as well as accelerated programs also offer some flexibility.

How to Pay for Tuition and Books

There are many options for financing your education. The Federal Pell Grant is available regardless of your age and is awarded based on financial need. The maximum award amount for the 2017-2018 school year was \$5,920.

Several other options include:

- The Federal Supplemental Education Opportunity Grant (FSEOG)
- The Federal Work Study program
- The Federal Perkins Loan
- Federal Subsidized Stafford Loan
- Federal Unsubsidized Stafford Loan

Loan

Many scholarships are also available for seniors. So ask the academic institutions you're considering what they offer.

If you're still in the workforce, ask your employer if it offers reimbursement for college courses. If the classes pertain to your job, your employer may cover the costs.

Finally, don't forget the American

Opportunity Tax Credit, which modifies the HOPE Credit, a tax credit available for eligible taxpayers, totaling up to a maximum of \$2,500. There's also the Lifetime Learning tax credit. Certain requirements and restrictions apply.

If you aren't interested in pursuing a degree, but just want the opportunity to attend courses, many colleges also offer special rates to seniors to audit a class.

Coordinating Multiple Responsibilities

Like many older Americans, you may still be working. But with a little planning and finesse, you can develop workable solutions that'll free-up time for your studies.

Start by making a list of all your responsibilities, then cross off anything unnecessary. Where else can you save time? You can do housecleaning every ten to fourteen days rather than weekly. Skip cleaning anything that isn't in dire need until the next time. Straighten up only the main rooms on a daily basis. Others can wait.

Make a pact to limit volunteering your time until you've reached your educational goals. If 'no' isn't in your vocabulary, create reminder cards. Then put them near the phone and in your purse, so you'll be prepared to say 'no' at all times.

Discuss the importance of furthering your education with your partner. Ask which responsibilities your partner is willing to take over until you've accomplished your goals.

Ask your employer if you can take shorter lunch breaks and leave earlier. Another possibility is for your employer to allow you fewer but longer workdays for an extra day of study each week.

Kimberly Blaker is the author of a kid's STEM book, Horoscopes: Reality or Trickery? containing fun experiments to help kids understand the scientific method and develop critical thinking skills.

Colleges that Offer Independent Study

Before enrolling, make sure credits are transferable and the institution is fully accredited.

- Indiana University's School of Continuing Studies, Independent Study Program.
- Eastern Michigan University, Distance Education Program.
- Ohio University Lifelong Learning Programs, External Student Program.
- University of Colorado at Boulder Independent Learning Program.
- Upper Iowa University, External Degree Program.
- The University of Texas at Austin Continuing and Extended Education, Distance Education Center.

Resources for Financial Assistance

- Visit Fast Web for information on colleges and a scholarship search at <http://www.fastweb.com>
- For federal grants and loans request your Student Guide by calling (800) 433-3243 or visit <https://studentaid.ed.gov/resources>
- Visit the U.S. Department of Education for information on tax credits at <https://studentaid.ed.gov/types/tax-benefits>





Arches National Park, Utah

THE NATURAL SPLENDOR OF UTAH'S NATIONAL PARKS

By: Victor Block

One morning, I'm standing at the edge of towering cliffs overlooking a never-never land of multi-colored stone pinnacles. The next afternoon, I'm in a four-wheel vehicle inching along a narrow dirt road above a 1,300-foot drop to the valley below.

These were but two experiences of many exploring the five national parks strung across southern Utah. It's challenging to adequately describe the colors, shapes and size of the landscape that was carved out over time by weather, erosion and movement of the earth's crust – but I'll try.

Much of this natural splendor may be viewed from scenic overlooks. Those with the time, interest and energy may explore in more depth by a variety of conveyances. These include hiking and biking, whitewater rafting, kayaking and jet boating.

My first impression was understanding why this is called red rock country, painted with more hues of that color than I knew existed. Adding to the palette are splashes of gray, tan, chocolate and the “desert varnish” which covers some rock faces with a shiny black façade.

Along with color variations, each park envelopes the visitor in a unique environment. Arches National Park contains some 2,000 stone arches, the greatest concentration in the world. The varied landscape also boasts cliffs and deep canyons, pinnacles and plateaus, and everywhere a rainbow of colorful rocks.

But arches are the main attraction. Graceful Delicate Arch is the best-known span, while Landscape Arch stretches the length of a football field. Other natural wonders with man-given names include Park Avenue and Devil's Garden.

While only a short drive from Arches, Canyonlands National Park presents a very different façade. Its towering buttes and mesas, colorful cliffs and deep canyons were carved over time by the rushing Green and Colorado Rivers.

Given its size (almost half as large as Rhode Island), Canyonlands encompasses three districts named for their distinctive landscape. Island in the Sky is a towering wedge-shaped rise that offers a 100-mile view from its top.

The Needles District is named for a maze of red- and white-banded pinnacles that resemble a fairyland, with the names of distinctive formations –Elephant Hill, Angel Arch and Paul Bunyan's Potty –as colorful as they are descriptive. The labyrinth of canyons and pillars of the Maze District make it one of the most remote and forbidding places in the country.

A series of white, rounded domes explains how Capitol Reef National Park got its name. Walking on the level Pioneer Trail, which follows an old wagon route, I spotted the names of pioneers and prospectors scratched on the vertical side walls, along with dates as early as 1871 when they passed that way.

Also intriguing are narrow canyons which are subject to dangerous flooding from sudden rainstorms miles away. The notorious outlaw Butch Cassidy, who rode and robbed in these parts, is said to have hidden on occasion in one of those “washes.”

Because of the very different experiences they offer to visitors, Bryce and Zion National Parks are many people’s favorites. At Bryce, the most dramatic views combine overlooks down into canyons with panoramic vistas to the distant horizon. At Zion, you look up, up – and up.

In Bryce National Park, limestone pillars stretch as far as the eye can see. Those delicately carved “hoodoos” rise from amphitheater floors in an endless variety of sizes, shapes and colors.

Native Americans poetically named the place “Red rocks standing like men in a bowl-shaped canyon.” Ebenezer Bryce, the first non-Indian settler for whom the park is named, described the maze of twisting trails between the soaring pillars as “one hell of a place to lose a cow.”

A popular challenge for visitors is to identify the craggy creations as real objects. Among those I spotted were the outline of a pioneer woman in a bustle skirt, the image

of a hunter wearing a hat and Queen Victoria, seemingly reigning over her rock subjects.

At Zion National Park, by contrast, visitors view the soaring red and pastel sandstone walls from valley floors. With elevations rising from 3,300 to 8,800 feet above sea level, it’s not surprising that Zion houses a variety of habitats. They range from semi-desert conditions along canyon floors and hanging gardens of flowers and ferns to cool plateaus at the upper levels, which mountain lions and big horn sheep find to their liking.

The grandeur that surrounds and rises above you at Zion provides a fitting finale to a national park tour of Utah. Each of the unique settings would be well worth a visit on its own. Combined into a leisurely tour, they amaze the eye and provide countless memories – and photographs that, looked at later, can only hint at the beauty you observed.

For more information, call the Utah Office of Tourism at 800-200-1160 or check the website at utah.com.

- Victor Block has traveled throughout the United States and to more than 75 other countries around the world, writing about what he sees, does and learns. He loves to explore new destinations and cultures, and his stories about them have won a number of writing awards.

Zion National Park, Utah



Capitol Reef National Park, Utah



Bryce Canyon National Park, Utah

The premiums, deductibles and co-payments will vary from one Medicare Advantage plan to another. But all plans, by law, must have annual limits on their overall out-of-pocket costs.

Unlike the traditional fee-for-service program, most Medicare Advantage plans require you to go to doctors and hospitals within their network of providers or pay more for getting care outside the network.

Still, the private health plans have been especially popular among people with low to moderate incomes. They provide relatively affordable supplemental coverage, with lower premiums than those for Medigap policies.

So, which is better -- the traditional fee-for-service coverage or a private Medicare Advantage plan? That depends on your own circumstances and preferences. What's best for one person may not work as well for someone else.

To find out more about your options, you can visit www.medicare.gov and browse through the "Medicare and You" handbook. The website will also give you detailed information about the Medigap and Medicare Advantage policies available in your area.

Becoming informed will help you select the health care option that best fits your needs. It will also help you avoid mistakes that may cost you money.

Bob Moos is the Southwest regional public affairs officer for the U.S. Centers for Medicare and Medicaid Services

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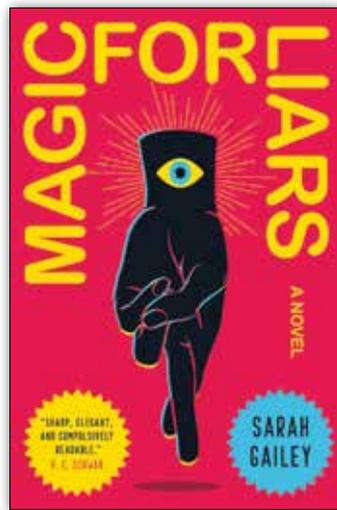
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Magic for Liars

by Sarah Gailey

What happens when you combine magic school with a whodunit plot? And no, I'm not talking about Harry Potter. The answer is an incredibly fun and suspenseful novel with dark twists and turns.

In *Magic for Liars*, Sarah Gailey tells her story through the eyes of private investigator, Ivy Gamble. Ivy contentedly lives a non-magical life hunting down cheating spouses and keeping to herself. That is until she's approached with a job offer unlike any she has ever done before, complete with a paycheck that's impossible to walk away from. The catch? The job is a murder investigation at a magical high school - one where her sister is the headmistress.

But *Magic for Liars* is most certainly not a children's tale. For one, the death in question is grisly. Magical investigators have proclaimed it an accident, but others at the school don't believe their findings. When Ivy agrees to investigate it as a murder, it means surrounding herself in the magical world and having to confront her lifelong resentment of her magical sister.

The progression of the investigation

is fascinating, and set in the world of a high school, accompanied by students' hormonal drama and teenage angst, the plot quickly gets complicated and the suspect pool grows. The magic wielded in the story is often like a trainwreck that you can't look away from, and in the hands of deceptive teenagers and teachers, it can be catastrophic.

Set alongside the murder investigation is Ivy's story of coming to terms with her family's past, her mother's death and her sister's magical life. She searches for herself, trying on different personas, those of a better person, and imagines what her life could have been if she had been born magical.

Forewarning: this novel does have some graphic imagery, especially related to the details of the murder, but the story is great. And the resolution is everything I hope for in a good murder mystery. I love to read books that take me out of real life and allow me to imagine what could be - for better or for worse - and *Magic for Liars* certainly fits that bill.

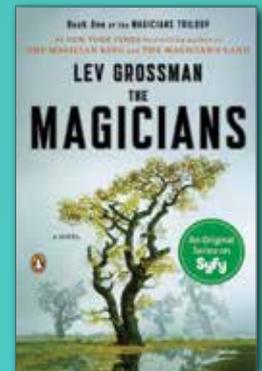
Grade: B+

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.



Rinaudo

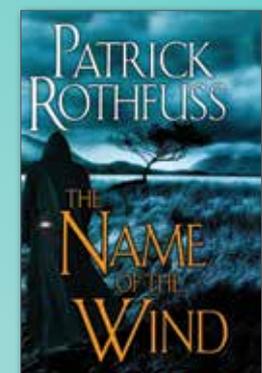
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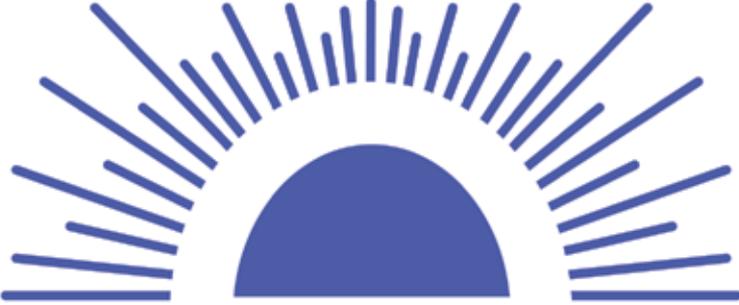
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Terry Moore as Valentino's Lady in Black



Since her first film role in 1940, Terry Moore has appeared on the Big Screen in each of the subsequent eight decades. Recently celebrating her 90th birthday, the actress plays a lead role in the Vladislav Kozlov-directed period drama about silent film superstar Rudolph Valentino – Hollywood's first male sex symbol.

"The film's called 'Silent Life' and I had 90 pages of dialog to learn," said Ms. Moore from her home in Santa Monica. "I feel it's one of the best roles I've ever had."

Following Valentino's passing in 1926, a veiled woman who became known as "The Lady in Black" visited the actor's grave each year, depositing a red rose. Over the years, the ritual was copied by other women and Moore's character is an amalgamation of these mysterious crypt callers.

To prepare for the role, Moore says she and the director visited Sequoia National Park to rehearse.

"Going to Sequoia and working among those wonderful old trees was a brilliant idea," she recalled. "The peaceful, quiet environment was perfect to bring out the range of emotions I had to develop and deliver in the film."

Director Kozlov was quite impressed with the veteran actress, calling Moore "a trooper" working over three brutally hot summer weeks during filming.

"She was doing everything – dancing, crying, laughing, getting angry, telling jokes and stories and didn't complain once,"

recalled Kozlov. "She has an incredible will, stamina, and a very sharp mind."

Moore says working with Kozlov reminded her of another film, some 60 years earlier.

Scenes depicting Valentino's mausoleum where filmed at the Hollywood Forever Cemetery, at the star's actual tomb, which sparked the film flashback.

"In one of the scenes I'm talking to Valentino in my mind and from the corner of my eye I could see Tyrone Power's grave," she said. Moore and Power starred in 1953's "King of the Khyber Rifles."

"Ty was the kindest actor I ever knew and one of the easiest actors I ever worked with," she said. "It gave me chills to see it while filming because I remembered he once told me 'If I die tomorrow, I want two things: to die on set and to have a son.' He did both."

Power suffered a heart attack during a dueling scene with co-star George Sanders while filming "Solomon and Sheba" in 1958 and died soon after (his scenes were later re-shot with Yul Brynner playing Power's Solomon role). Power's wife gave birth to Tyrone Power IV two months later.

In 2015, both Moore and the younger Power appeared in the horror film, "Mansion of Blood," and she says "it's so wonderful he's followed in his father's footsteps."

Moore and the director (who also plays Valentino) hope their film will have its world premiere at this year's Venice Film Festival in August.

"It was a challenging part, full of emotions, but I had to do it," says Moore. "I started acting when I was 10 years old. It's so marvelous to think I'm still working."

Nick Thomas teaches at Auburn University at Montgomery, Ala., and has written features, columns, and interviews for over 700 magazines and newspapers.



Upper Left: Tyrone Power and Terry Moore starred in 1953's "King of the Khyber Rifles" (Twentieth Century Fox)

Above: Terry Moore as "The Lady in Black" from *Silent Life*



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SHREVEPORT Then & Now

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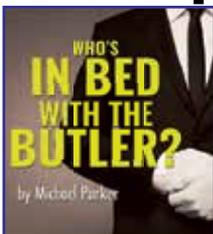


The Famous Mirror Restaurant sat at 981 Louisiana Ave (approximately where Riverside Roofing Materials sits today). The Mirror was lost to progress in the 1960s when it was demolished to make way for Interstate 20. (Vintage Photographer Jack Barham)

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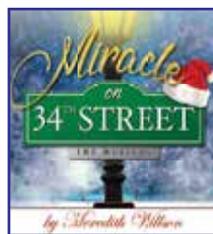
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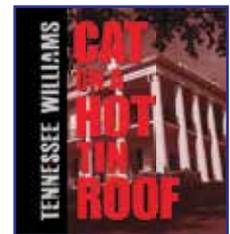
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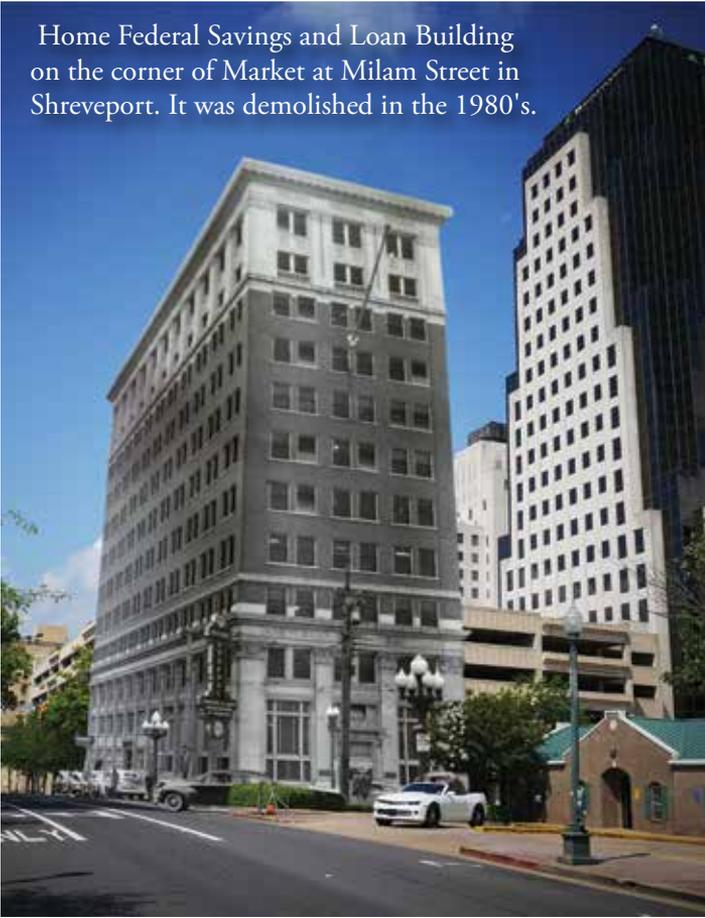
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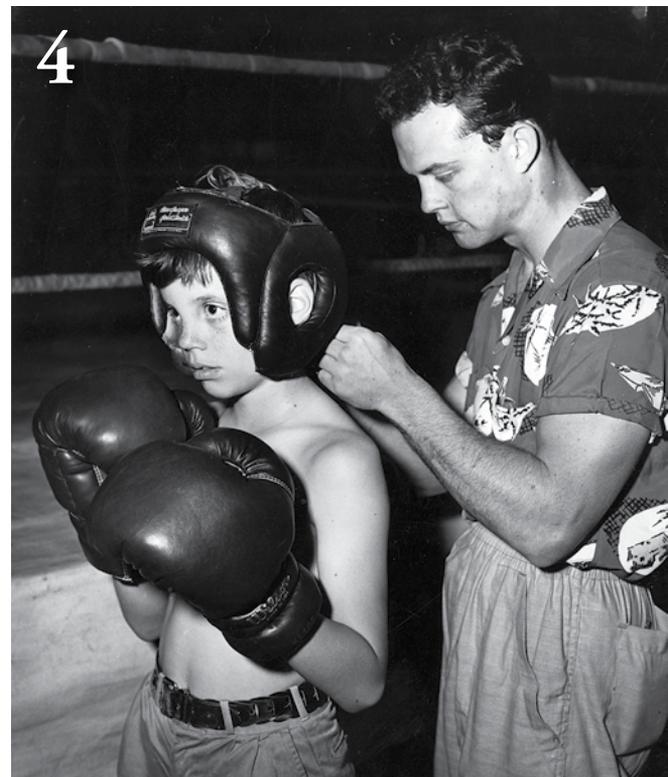
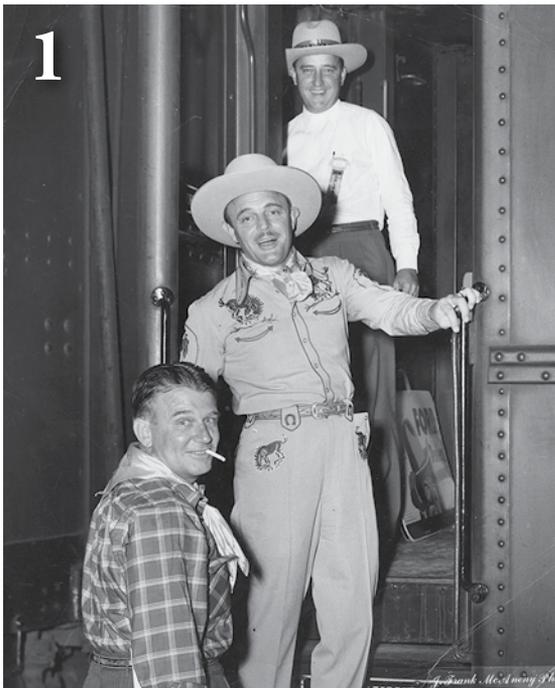
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Snapshot SLEUTH

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.



These photos are from J. Frank McAneny's unidentified people files. None are dated but they appear to be from the 1940s to 1960s.

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FAMILY FEATURES

Establishing a regular pattern of healthy snacks and meals made from fresh, whole foods is essential to promoting good health. Grapes of all colors are a natural source of beneficial antioxidants and other polyphenols. Plus, they are naturally fat-free, cholesterol-free and low in sodium. Pairing heart-healthy grapes with other healthy ingredients – including fish, legumes, whole grains and vegetables – offers a vast array of options for nutritious make-at-home dishes. For more meal inspiration for healthy eating, visit GrapesfromCalifornia.com.

Trout with Grape and Lentil Salad

Servings: 4; 480 calories per serving

$\frac{3}{4}$ cup green lentils, uncooked

$2\frac{1}{2}$ cups water

2 tablespoons minced shallot

$1\frac{1}{2}$ cups halved red grapes

$\frac{1}{4}$ cup fresh chopped dill

$\frac{1}{4}$ cup chopped walnuts

2 tablespoons lemon juice

1 teaspoon lemon zest

1 tablespoon white balsamic vinegar

1 tablespoon, plus 2 teaspoons,

olive oil, divided

1 cup arugula

$\frac{1}{2}$ teaspoon sea salt, divided

$\frac{1}{4}$ teaspoon pepper, plus additional, to taste, divided

4 trout fillets (4-6 ounces each), skin on

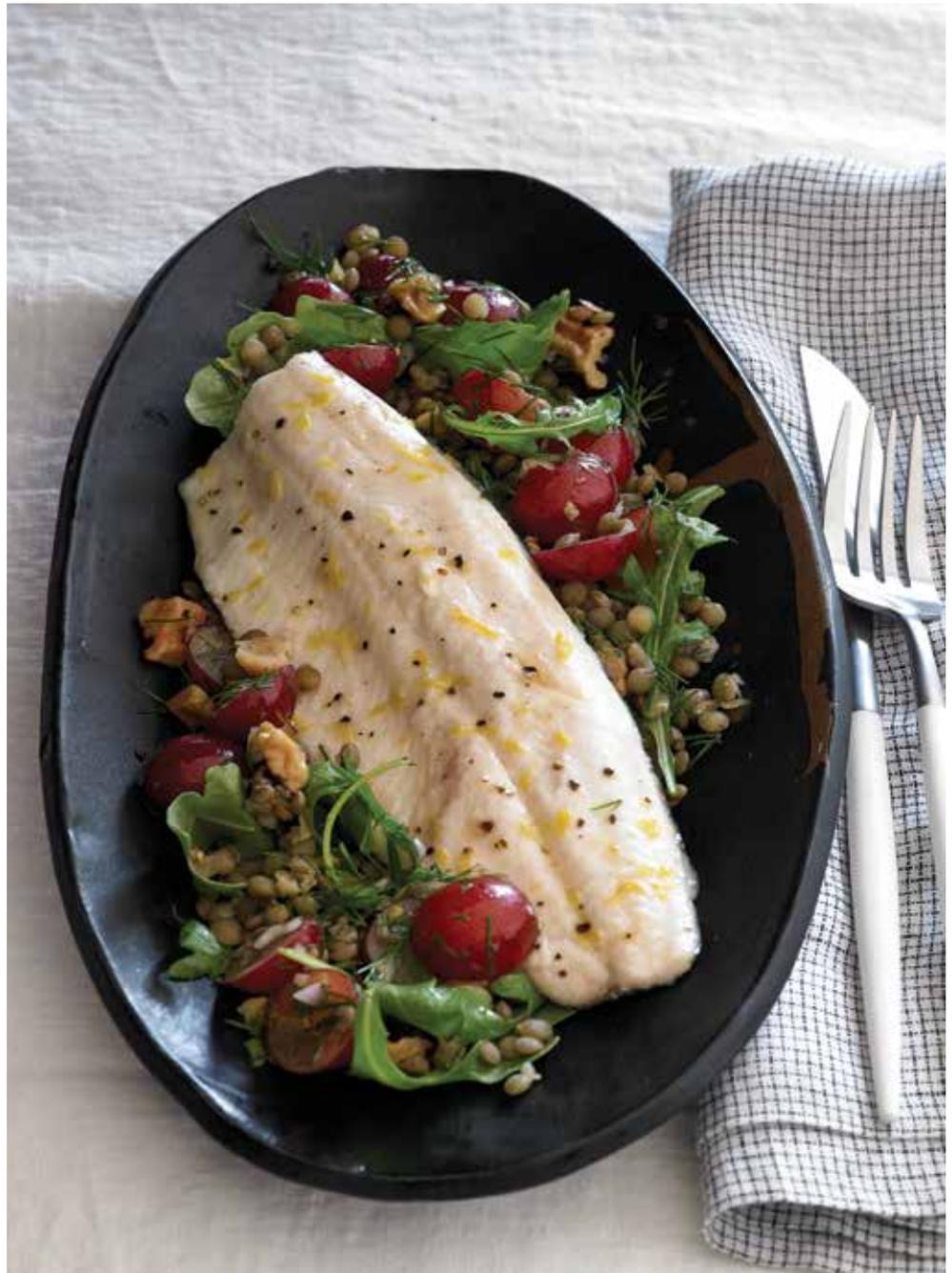
$\frac{1}{2}$ teaspoon lemon zest

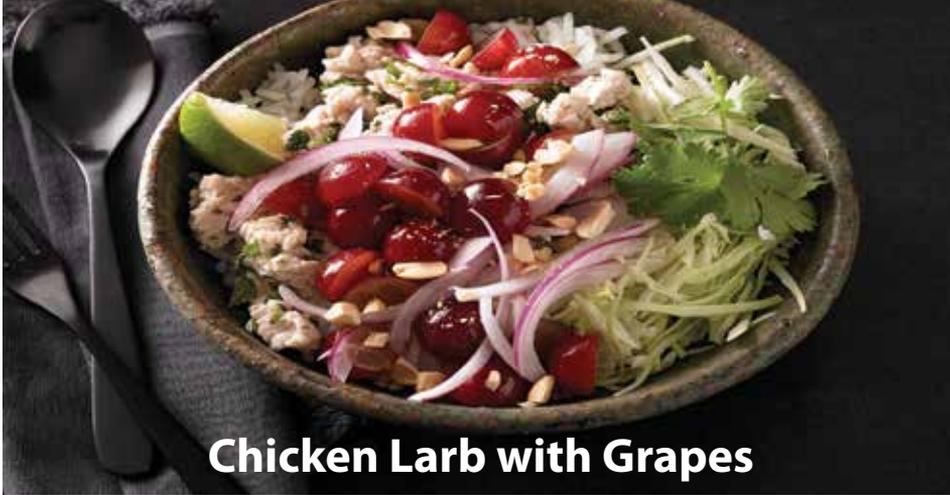
In medium saucepan, combine lentils with water. Bring to boil then reduce heat to simmer; cover and cook 15 minutes. Turn off heat and allow lentils to steam 5 minutes; drain and let cool.

In medium bowl, combine lentils, shallot, grapes, dill, walnuts, lemon juice, lemon zest, vinegar, 1 tablespoon olive oil, arugula, $\frac{1}{4}$ teaspoon salt, and pepper, to taste; set aside.

Heat oven to broil. Move rack to highest position.

Sprinkle trout fillets with lemon zest, remaining salt and $\frac{1}{4}$ teaspoon pepper; brush with remaining olive oil. Broil trout 4-5 minutes. Serve with lentil salad.





Chicken Larb with Grapes

Servings: 4; 540 calories

½ red onion, thinly sliced

2 cups halved red grapes

2 tablespoons rice vinegar

2 tablespoons vegetable oil

1 pound ground chicken

¼ teaspoon salt

¼ teaspoon freshly ground black pepper

1-2 Thai chilies, thinly sliced

2 teaspoons fish sauce

3 tablespoons lime juice

¼ cup coarsely chopped cilantro

3 tablespoons coarsely chopped mint leaves

4 cups steamed jasmine rice

2 cups shredded green cabbage

2 tablespoons chopped roasted and salted peanuts

In medium bowl, combine onion, grapes and rice vinegar; set aside.

In large skillet, heat oil over medium-high heat. Add chicken and cook, stirring frequently until just cooked through, about 6-7 minutes. Season chicken with salt and pepper. Stir in chilies, fish sauce, lime juice, cilantro and mint.

Divide rice between four serving dishes and top with chicken, cabbage, marinated onions and grapes; sprinkle with peanuts.

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Red River Balloon Rally • July 10 - 14

COUNCILS ON AGING

• **Bossier Council on Aging Weekly Dances Every Thursday** evening from 7 to 9:30 at 706 Bearkat Drive, Bossier City. \$6/person. For more info or to learn which band is playing on a particular date call 318-741-8302 or visit www.bossiercoa.org.

• **Caddo Council on Aging** 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, July 12, 19, 26.** Senior Tech Talk. Introduction to Laptops, tablets and smart phones.

• **Thursday, July 11.** 10:00 “Taking Control of Your Health Care Choices”, Steve Bordovsky, Regional Hospice

• **Thursday, July 18.** “Prescription Disposal Bags”, Andrew Ameen, CADA

• **Thursday, July 25.** 10:00 “Long Term Care Today”, John Ogden, Providus

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• 2019 Red River Balloon Rally

At LSU-S from July 10th to July 14th. SE Regional Championships will be in the mornings and the Red River Balloon Rally Festival events will entertain in the evenings. Opening ceremonies on July 11th from 6:00 to 8:30 pm. Friday, July 12th from 5 to 11 pm, there will be crafts, food, fireworks, a DJ, and two local Christian bands. On Saturday night, July 13th from 5 to 11 pm, there will be a spectacular

night of balloons and music headlined by Molly Ringwald's. For more info and tickets, visit www.redriverballoonrally.com

• **“A Matter of Balance”** Fridays beginning July 6, 2019 and ending September 6. 8:30-10:30 am, once a week for 8 weeks. Presented by Ochsner LSU Health Shreveport, at Bossier Council on Aging, 706 Bearkat Dr, Bossier City. Program is designed to reduce the fear of falling and increase activity levels among older adults. Led by Holly Liles of Ochsner-LSUHS, Program Coordinator. To register or



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EVENTS

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more info, contact Marilyn Creswell, Activity Director, 318.741.8302 or via email mrcreswell@bossiercoa.org.

Ark-La-Tex Genealogical Association Seminar

Saturday, August 10, 9 a.m. - 3:30 p.m. at the Broadmoor United Methodist Church – Pearce Hall, 3715 Youree Drive, Shreveport. Featured speaker is 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 info and registration go to: www.altgenealogy.com/, contact Jim Johnson at 746-1851 or email jjohnson747@suddenlink.net.

• Avoid Nursing Home Cost Workshop

Wednesday July 17. 10 AM - 12 noon. Broadmoor Branch Library, 1212 Captain Shreve Dr., Shreveport. Presented by

SAFE Planning. Learn ways to avoid nursing home cost without buying insurance, losing your savings or home. **FREE** Reserve your seat by calling 318-869-3133 or visit safepanningseminars.net/event.

• Independence Day Festival

Festival Plaza in Shreveport on Thursday, July 4 at 12 p.m. Presented by KTBS-3. Admission is **FREE**. Featuring food, music, fireworks and fun. Fireworks take place on the riverfront over the Red River.

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 (except June 22) 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 grown/raised within a 100-mile radius of Shreveport. Baked goods jams, jellies, pickles, 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 from a variety of local performers. Free parking. For more information visit www.shreveportfarmersmarket.com.

MEETINGS

• Ark-La-Tex Genealogical Association Meeting

Saturday, July 13 from 1 to 3 PM at the Broadmoor Branch Library, 1212 Capt Shreve Dr., Shreveport. The library staff will offer a tour of the Genealogy Department plus a Q & A session on Library Resources. This program is **FREE** and open to the public. For information call 746-1851 or visit www.altgenealogy.com.



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Crossword

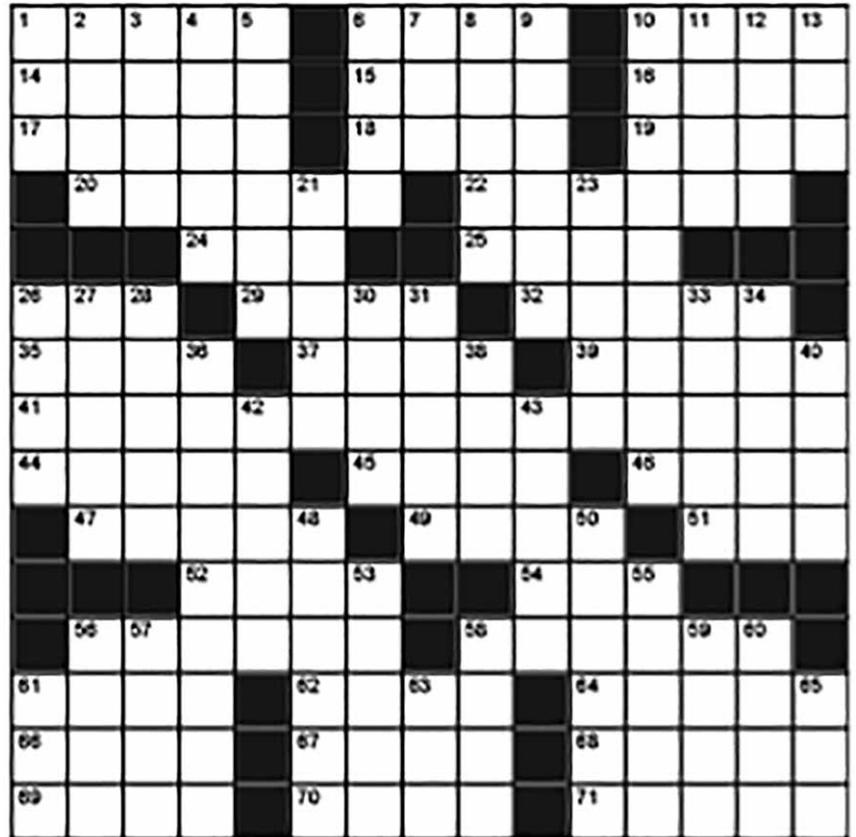
Turn to page 45 for all puzzle solutions.

Across

- 1 Windblown soil
- 6 Short run
- 10 Foreshadow
- 14 Room at the top
- 15 Hoodwink
- 16 Brother of Cain
- 17 Goddess of the hunt
- 18 Gelatin substitute
- 19 Baker's unit
- 20 Priesthood
- 22 Dirty
- 24 Combat
- 25 Charades, essentially
- 26 Call for help
- 29 Supervisor
- 32 Some law officers
- 35 Has
- 37 Dark purple fruit
- 39 Colossal
- 41 Lightheaded people?
- 44 King of Judea
- 45 Plug away
- 46 Bailiwick
- 47 Principle
- 49 Without delay, for short
- 51 Drop the ball
- 52 Facilitate
- 54 Encountered
- 56 Derby hat
- 58 Long way away
- 61 Pond organism
- 62 Marching band member
- 64 New Zealand native
- 66 Knitting stitch
- 67 Good name for a Dalmatian
- 68 Twiddled one's thumbs
- 69 Film unit
- 70 Sorority letters
- 71 Little ones

Down

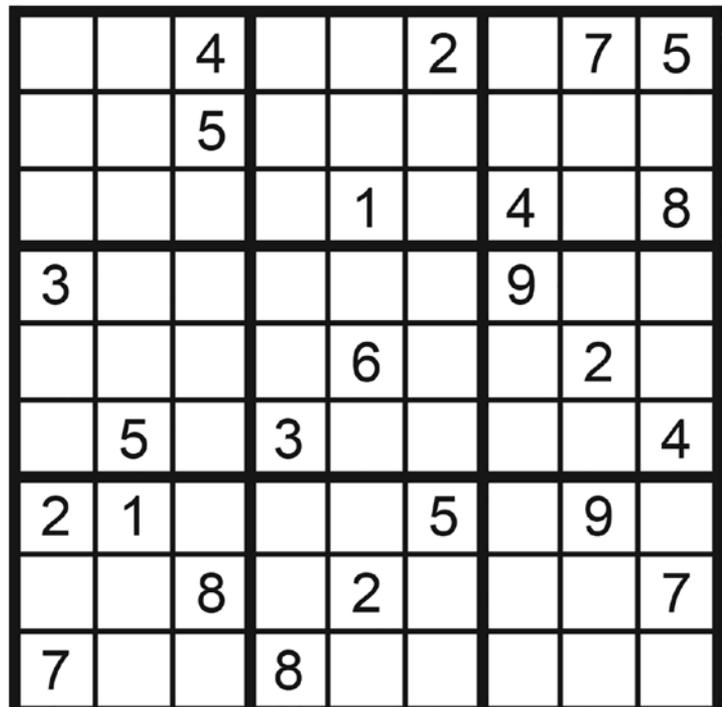
- 1 Schoolboy
- 2 Suffix with psych- abbr.
- 3 Common Latin abbr.
- 4 Tendon
- 5 Sacred beetle of ancient Egypt
- 6 W.W. II turning point
- 7 Summer mo.
- 8 Paroxysm
- 9 Hard drug
- 10 Danseuse
- 11 Cousin of a bassoon
- 12 Obsolete
- 13 Grimm character
- 21 Complain
- 23 Insect stage
- 26 Campus figure
- 27 Bird of night
- 28 Capture
- 30 Cottontail's tail
- 31 Where Pago Pago is
- 33 Inner circle
- 34 Look of contempt
- 36 Obstruct
- 38 Nile bird
- 40 Peter the Great, e.g.
- 42 Perfect
- 43 Peruvian beast
- 48 Dreaded fly
- 50 Sanction
- 53 Blow up
- 55 Apple-polisher
- 56 Depressed
- 57 Folklore fiend
- 58 Minnesota ___
- 59 Kind of rock
- 60 Liberate
- 61 Natl. Humor Month
- 63 Constrictor
- 65 Driver's lic. and others



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Sudoku

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



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 L Z M Q R Z Z J O L C A M O L A F
 R Q X A I X C T T R Y H R Q N A N
 T G N H M C U Q I O O A I W M D A
 I D H N L O A F V S T N Z S V M W
 E A G M A R A N O N I I A Q A L F
 R W O U E C F L A N B C E S O U J
 J U S S W A W M V I E P U R U S L
 F U Z A L M I J Y M R N Y A N A N
 J F E P S I L S A U G A Y U C P P
 S L W M E R A R B Q I K V A T O K
 A V S A B U Y T Z I T K M A E S R
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 The Wells Fargo Home Projects credit card is issued by Wells Fargo Bank N.A., an Equal Housing Lender. Special terms apply to qualifying purchases charged with approved credit. The special terms APR will continue to apply until all qualifying purchases are paid in full. The monthly payment for this purchase will be the amount that will pay for the purchase in full in equal payments during the promotional (special term) period. The APR for Purchases will apply to certain fees such as a late payment fee or if you use the card for other transactions. For new accounts, the APR for Purchases is 29.99%. If you are charged interest in any billing cycle, the maximum interest charge will be \$1.00. This information is accurate as of 5/1/2019 and is subject to change. For current information, call us at 1-800-431-5821. Offer expires 5/15/2019.
 **See your independent Trane Dealer for complete program-eligibility dates, details and restrictions. Special financing offers or rebates up to \$1,000 valid on Qualifying Equipment only. Offers vary by equipment. All sales must be to homeowners in the United States. Void where prohibited.

TRANE Offer Expires 5/15/19

AIR CONDITIONING SPRING TUNE-UP

Tune-Up Includes

- Check Freon Content
- Inspect & Clean Condenser Coils
- Measure Amperage & Voltage On All Motors & Compressor
- Adjust Thermostat Calibration
- Lubricate All Moving Parts
- Tighten All Electrical Connections

For the best value, ask about our maintenance agreement

\$79

Per Residential Central System. Not Valid With Any Other Offer.

318-222-KOOL SERVICE@ADVANCEDAC.COM

The Best Of Times

July 2019 **43**



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

Who qualifies for Louisiana Medicaid Long-term Care?

To qualify for coverage, an individual must:

- Live (or plan to live) in a participating long-term care nursing facility, a state developmental center, or a group or residential home for individuals with developmental disabilities.
- Already receive SSI or FITAP cash assistance OR meet the following criteria and have or apply for a social security number
 - Have countable monthly income below 3 times the monthly SSI benefit rate (FBR)
 - Have countable resources of less than \$2,000 for an individual or \$3,000 for a couple, minus allowable excursions.



Allison J. Youngblood
Seeds in Action Community
Health Care
2210 Line Ave. Ste. 101
Shreveport, LA 71104
(318) 681-9572
Fax: (318) 681-9567
See our ad on page 17.

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 39.

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

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



Toni Camp
Regional Hospice Care
Group
8660 Fern Avenue, St. 145
Shreveport, LA 71105
(318) 524-1046
See our ad on page 19, 48.

I am a 50-year-old female who has worn contacts and glasses for my nearsighted condition for years. Will the new eye procedures eliminate my need for contacts or glasses?

After age 40, most people become presbyopic, meaning you lose your near vision. There are many options for people who want to reduce their dependence on glasses or contacts. Some people are great candidates for LASIK, while others would benefit more from the ReStor Multifocal Lens Implant. In order to know exactly which procedure is best for you, you should be examined. Call 212-3937 today to learn about all of the options available to you.



Chris Shelby, MD
WK Eye Institute
7607 Youree Dr.
Shreveport, LA 71105
318-212-3937;
See our ad on page 20.

I have a rotator cuff tear. Do I need surgery?

It depends. Rotator cuff tears are a common source of shoulder pain, which increases in incidence with advancing age. A person can have a rotator cuff tear without experiencing pain. (The incidence varies from a reported 5% to 40%.) 40% of tears will enlarge, and of these, 80% will be symptomatic. 20% of patients remain symptom free for a 5 year period. There is no evidence that delaying surgery to attempt a non-operative treatment protocol adversely affects results. If you have significant weakness and/or a large tear, surgery may be advisable sooner. MRI's are valuable tests to determine tear anatomy and degree.



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

FOSTER GRANDPARENTS

A special group of Foster Grandparent volunteers were recently recognized for their commitment to area students. Each volunteer spends 20 – 25 hours per week with students who need extra help in the classroom.



Willie Bradford, Maxine Davis, Leola Rhodes, Mildred Hallway, Felton Down



Hats Off to Foster Grandparent Volunteers

20TH ANNUAL GENTLEMEN'S COOKING CLASSIC

The Southern University at Shreveport Foundation 20th Annual Gentlemen's Cooking Classic was held at the Shreveport Convention Center on Saturday June 8.



Candy Welch and Dottie Dell



Ronald Lowery and Candy Welch

PUZZLE answers

L	O	E	S	S	D	A	S	H	B	O	D	E		
A	T	T	I	C	D	U	P	E	A	B	E	L		
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7	4	9	8	3	6	1	5	2

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

FRI
JULY 12
5-11 PM

FAITH & FAMILY NIGHT
AT LOUISIANA STATE
UNIVERSITY SHREVEPORT
WITH MUSIC BY BUILDING
429 AND KB!

SAT
JULY 13
5-11 PM

LOUISIANA SATURDAY
NIGHT AT LOUISIANA STATE
UNIVERSITY SHREVEPORT
WITH MUSIC BY
THE MOLLY RINGWALDS!



SKY

COLOR THE

JULY 12-13

2019
**Red River
Balloon Rally**
Southeast Regional Hot Air
Balloon Championship
Shreveport-Bossier, Louisiana

f REDRIVERBALLOONRALLY

CRAFTS / FOOD / FIREWORKS / CONCERTS / BALLOON GLOW

TICKETS ARE AVAILABLE ONLINE AT REDRIVERBALLOONRALLY.COM OR IN PERSON BEGINNING JUNE 13 AT SELECT SUPER 1 FOODS AND BROOKSHIRE'S LOCATIONS.



SCHEDULE
REDRIVERBALLOONRALLY.COM



ARTHRITIS & RHEUMATOLOGY CLINIC
ROBERT E. GOODMAN, MD
Board Certified Rheumatology

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Regional Hospice

When a higher level of care is needed at *home* we can help you find the
missing piece!

Did you know
Regional Hospice provides?

- Nurse visits scheduled and available as often as needed
- RN available 24 /7 including holidays and weekends
- Full time Physician available 24/7
- Full time Respiratory Therapist on staff
- Aide services for bathing, personal care, and feeding
- Social Worker to assist with resources
- Chaplain to provide spiritual support
- Medical equipment delivered to your home
- Medications provided and delivered to your door

Shreveport
318.524.1046

Minden
318.382.9396

Homer
318.927.9217

Coushatta
318.932.9465

Locally Owned and Operated

home: patient's home, nursing home, or assisted living



★★★★

WE HONOR VETERANS