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Briefs

- 6 Stat! Medical News & Info
- 8 Our Featured 5
- 10 Shreveport Then & Now
- 12 Snapshot Sleuth

Features

- 15 *The Quiet High of a Hot Air Balloon*
by Kathleen Ward
- 18 *Senior Olympics* by Gerry Robichaux
- 20 *Don't Become a Victim* by eQHealth Solutions

Advice

- 22 Counselor's Corner by American Counseling Association
Retirement Can Sometimes Bring Relationship Issues
- 24 Laws of the Land by Lee Aronson
Is Possession Really Nine-Tenths of the Law?
- 26 Savvy Senior by Jim Miller
Find Affordable High-Speed Home Internet Services
- 28 Dear Pharmacist by Suzy Cohen, R.Ph.
5 Supplements That Make You Look Younger Than You Are

Columns

- 30 TraveItizers by Andrea Gross
St. Louis: Spanning Past & Future
- 32 Tinseltown Talks by Nick Thomas
Variety, the Spice of Ed Asner's Life
- 34 Page by Page by Jessica Rinaudo
Review of "Lincoln in the Bardo" by George Saunders

In Every Issue

- 36 What's Cooking?
Delightful Farm-Raised Foods
- 38 Get Up & Go!
- 40 Our Famous Puzzle Pages
Crossword, Sudoku and Word Search
- 43 Parting Shots

Cover Photo: Gary Odom and *The Best of Times* editor Tina Calligas prepare to lift off from LSUS with the assistance of volunteer crew Sheppard Stutts (foreground), Jessica Hartline and John Storey.

April CONTENTS





CLASSICS WITH A Twist

2016 2017



The Nitty Gritty Dirt Band

FRIDAY, SEPTEMBER 9, 2016

NEIL SIMON FESTIVAL'S

Driving Miss Daisy

FRIDAY, OCTOBER 7, 2016

Live And Let Die

A SYMPHONIC TRIBUTE TO THE MUSIC OF PAUL MCCARTNEY

FRIDAY, NOVEMBER 18, 2016

Fame The Musical

THURSDAY, DECEMBER 1, 2016

Shanghai Acrobats

FRIDAY, DECEMBER 9, 2016

Pippin

FRIDAY, JANUARY 27, 2017

42nd Street

SATURDAY, MARCH 4, 2017

The Black Jacket Symphony

MICHAEL JACKSON'S "THRILLER"

SATURDAY, MARCH 18, 2017

RODGERS & HAMMERSTEIN'S

Cinderella

SUNDAY, JUNE 11, 2017

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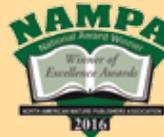
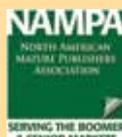
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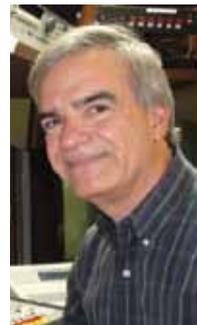
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April 1

The Woman's Department Club

Guests: Shirley Kelley and Hilda Holder

April 8

"The Lost Order"

Guest: Steve Berry, internationally recognized author and historian

April 15

2017 NWLA Senior Olympics

Guests: Ronnie Comstock and Lionel Brangham, Senior Olympics Steering Committee

April 22

Mighty Powerful Medicine: Out-Run, Out-Think, and Out-Eat Your Genetics

Guest: Dr. Jennifer Singh, LSU Health Shreveport

April 29

Overview of Cancer in LA/U.S.

Guest: Dr. Glenn Mills, Director of Feist-Weiller Cancer Center

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9 to 10 a.m. on

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TINA'S URN

I have a serious fear of heights, but my fear is totally irrational (I know...most phobias are irrational). Flying in an airplane or helicopter?

No problem. I've even loved piloting a small plane and flying in a Black Hawk helicopter with the doors open. Roller Coasters? I love them too. Well, except the ones where my feet hang. Ladders? I can't get past the 2nd step without my knees going to jello. I've never been able to climb into my attic. Observation decks? You'll find me hugging the wall by the elevator.

Years ago, I tried to go on a tethered balloon ride, but the thought of it turned my stomach. So, imagine my surprise, when I was invited to fly in Gary Odom's Master Blaster hot air balloon and I stepped into the basket without a moment's hesitation. Being in a hot air balloon is one of the most peaceful rides I've ever been on. I hardly noticed as we gently lifted off the ground at LSU and peacefully floated over the treetops along Youree Drive. I can't say I was totally at ease, but Gary chatted with me the entire time to settle any nervousness that was lingering. I thoroughly enjoyed the ride!! I was even able to lean over the basket and wave to children watching us from below. The landing was pretty incredible as Gary slowly lowered the balloon, between trees and telephone wires, into a small clearing where his crew, who had been following us in their truck, grabbed some ropes and pulled us down.

Then I was introduced to a fascinating, and memorable tradition - The "First Flight Ceremony". I was asked to kneel while Gary retold the story of the Champagne tradition. If you go way back to ballooning's origins, pilots presented the landowners, on whose property they made their landing, with a bottle of champagne. He then read the Balloonists's Prayer. With the final sentence, he poured sparkling cider on my head. I wasn't expecting it, but we all laughed, then went to breakfast. Make sure you turn to page 15 to read the prayer and more about Gary and his journey to ballooning.

As always this issue is jammed with informative and fun articles. You will especially want to check out page 8 for some great tips for staying healthy and living longer and page 26 for finding affordable home internet services from our newest columnist, The Savvy Senior, Jim Miller. And you don't want to miss our Easter egg hunt. For details, see page 18.

On a final note, my husband Gary and I are often thanked for bringing so much vital information to the area's senior community. Please know that, neither this magazine nor the radio show, would be possible without the financial support of our advertisers. Please join us in thanking them for their commitment to serving YOU!!

Until next month, take some time to enjoy this glorious Spring. We pray you have a blessed Easter or Passover!!

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from the
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The Best of Times is FREE and available at hundreds of locations in Shreveport / Bossier City.

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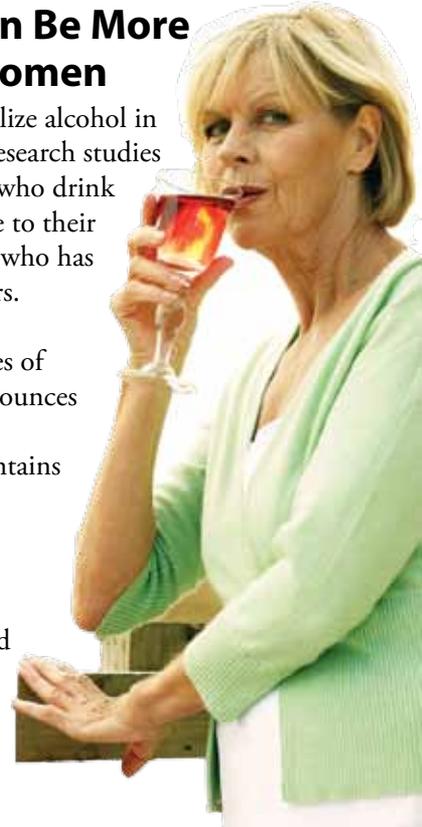
Stat! Medical News & Info

Alcohol's Effect Can Be More Damaging to Women

Women simply don't metabolize alcohol in the same way as men. Several research studies have shown that some women who drink heavily can do as much damage to their bodies in 4 to 5 years as a man who has been drinking for 20 to 25 years.

Remember:

- A standard drink is 5 ounces of wine, 12 ounces of beer or 1½ ounces of liquor.
- A regular bottle of wine contains 5 standard drinks.
- For women, no more than 7 standard drinks a week are recommended.
- Risky drinking is considered to be 4 standard drinks in any one day or drinking episode.
- It takes about an hour per drink for the liver to metabolize alcohol.




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Early Birds May Make Healthier Food Choices Than Night Owls

Benjamin Franklin extolled the virtues of early risers saying, "early to bed, early to rise, makes a man healthy, wealthy and wise" – and a new study by the National Institute for Health and Welfare at the Department of Public Health Solutions in Helsinki, Finland and published in *Obesity*, adds scientific data to the claim that morning people may in fact be healthier. By comparing "morning type" people with "evening type" people, researchers found that morning people ate more balanced foods overall and ate earlier in the day. This study shows that evening type people have less favorable eating habits, which may put them at a higher risk for obesity, diabetes and heart disease.





Rapid Blood Pressure Drops Linked to Dementia

Middle-aged people who experience temporary blood pressure drops that often cause dizziness upon standing up may be at an increased risk of developing cognitive decline and dementia 20 years later, new Johns Hopkins Bloomberg School of Public Health research suggests. The

findings suggest that these temporary episodes – known as orthostatic hypotension – may cause lasting damage, possibly because they reduce needed blood flow to the brain. Previous research has suggested a connection between orthostatic hypotension and cognitive decline in older people, but this appears to be the first to look at long-term associations. These participants, who were on average 54 years old upon enrolling in the study, continued to be followed over the next 20 or more years. People with orthostatic hypotension at the first visit were 40 percent more likely to develop dementia than those who did not have it. They had 15 percent more cognitive decline.



New Alternative to Colonoscopy Is as Easy as Swallowing a Pill

A new noninvasive alternative to colonoscopies is as easy as swallowing a pill. The patient ingests PillCam™ Colon 2, a capsule containing two miniature cameras on either end. As the capsule travels through the digestive tract, it captures images and wirelessly transmits them to a recorder the patient wears on a belt. If a polyp is found, the patient arranges to undergo a colonoscopy to remove the growth. Although colonoscopies are safe and have been proven to be an effective way to screen for colon cancer, some patients cannot tolerate the procedure, or may be at higher risk for sedation. A patient must do the same bowl-cleansing preparation as a patient undergoing a colonoscopy. But unlike a standard colonoscopy, the pill capsule system requires no anesthesia. The U.S. Food and Drug Administration has approved the capsule system for patients who are not candidates for colonoscopies.



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Our **Featured 5**

by Paul Erwin, professor and department head of public health in the College of Education, Health, and Human Sciences

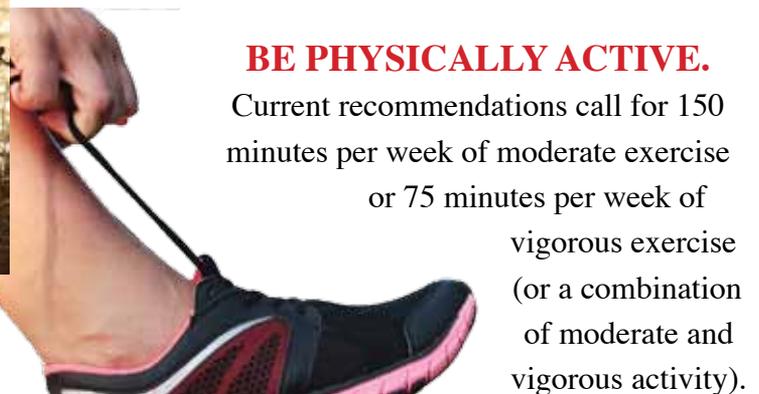
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KYLE A. MOORE

Kyle A. Moore of the law firm of Weems, Schimpf, Haines, Landry, Shemwell & Moore, APLC has been selected as the newest member of the Special Needs Alliance. The Special Needs Alliance (SNA) is a national, non-profit collective of many of America's leading disability and public benefits attorneys. Currently in 48 states, the SNA's mission is to help enhance the quality of life for people with disabilities by coordinating private resources with public benefit programs through special needs planning and trusts. Membership to the SNA is extended by invitation only and Moore is one of only three members in Louisiana.



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

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

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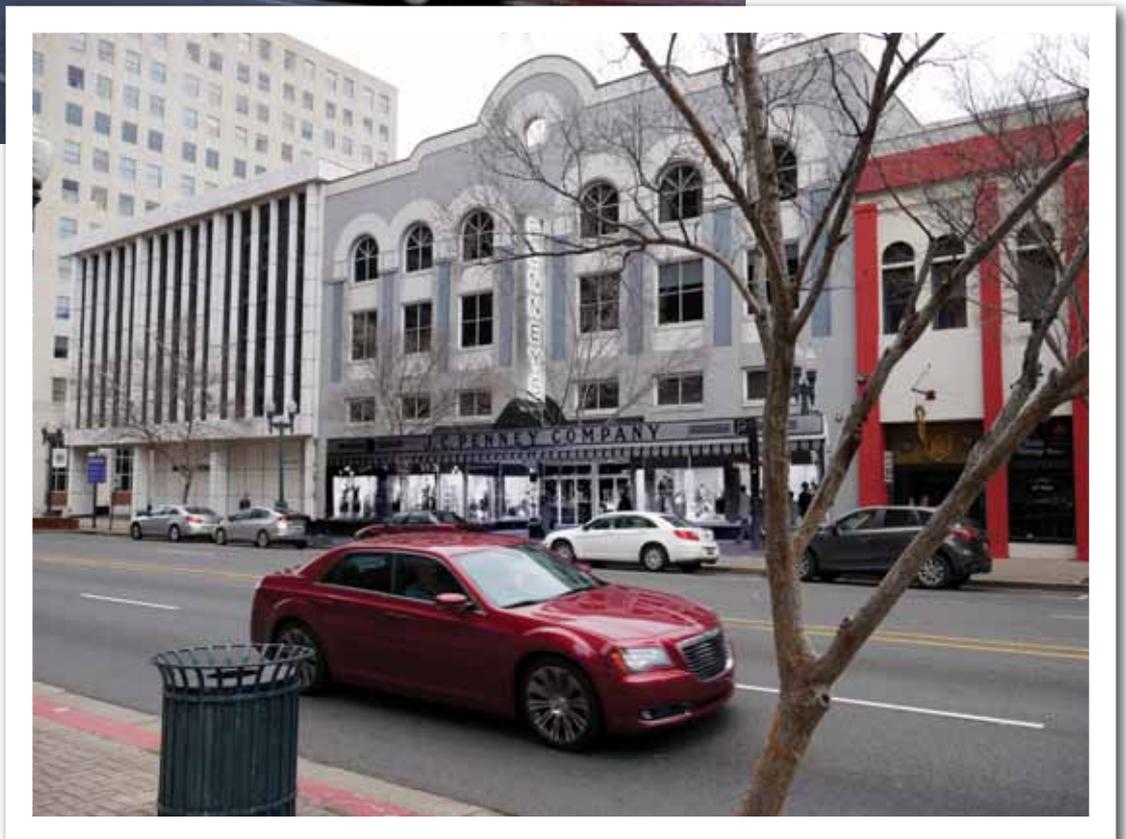
Then & Now

These photographs, a blending of vintage and current photos of a particular location, are the result of twin brothers Mike and Mark Mangham's fascination with Shreveport history. Vintage photos courtesy of LSU Shreveport Library. If you have comments to share about these photos, please email Tina at editor.calligas@gmail.com. Photos blended and used with permission by Mike and Mark Mangham of Twin Blends Photography. For more photos visit www.facebook.com/twinblendsphotography/.



Rubenstein's Department Store was located at 515 and 519 Milam Street in downtown Shreveport. The building, constructed in 1915, housed Baldwin Music Company, Peacock Millinery Shop and Kidd Russ in the years prior to Rubenstein Brothers Department Store's opening in 1932. The store closed in 1987. Centerpoint Energy used part of the building for storage for a short time.

J.C. Penney Company was located at 415 Texas Street in downtown Shreveport. In 1984 the building was renovated into an office building, now know as One Texas Centre.



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Snapshot SLEUTH

Do you recognize any of the people in these photographs?

The Best of Times has partnered with the library at LSU Shreveport to identify individuals in photos from their collections. If you know any of the people in these photos or if you have any memory or comments about the images, please email Tina at editor.calligas@gmail.com or Laura at laura.mclemore@lsus.edu.



1 and 4 - Easter photos taken at the VA Hospital on March 16, 1951.

2 - Preparing Easter baskets as a fundraiser for the Louisiana Association for the Blind, February 20, 1970.

3 - Highland Baptist Church Kindergarten students on parade with their Easter hats, March 30, 1961.

5 - Neighborhood Easter parade, April 3, 1958.

These photos are from the Shreveport Times Collection.



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The Quiet **HIGH** of a *Hot Air* *Balloon*

by Kathleen Ward

*The winds have welcomed you with softness,
The sun has greeted you with its warm hands,
You have flown so high and so well,
That God has joined you in laughter,
And set you back gently into
The loving arms of Mother Earth.*
(From "The Balloonists' Prayer" – author unknown)

Gary Odom had flown just about everything else, so why not? A veteran pilot with twenty-three (23) Federal Aviation Administration certificates and ratings, Odom had spent more than 11,000 hours in the air, but was curious about some of the oldest modes of air travel still in use.

He decided to try gliders (first flown in 1849), seaplanes (1910) and hot air balloons (1783).

"I wanted to experience how it felt while flying an aircraft with no motor or thrust (a glider); how different it was landing and taking off on the water (a seaplane); and I was curious how much lead and lag time was required when flying the balloon," said Odom.

"I was able to spend two days in gliders, two days on the water in seaplanes, and three days flying hot air balloons in Florida and North Carolina," he said. He earned his hot air balloon private pilot certificate in 1985 and then got busy with other things.

"I was not around another balloon until 1993 when I crewed for a world champion pilot named Robert Ambeau from Gonzales, Louisiana," said Odom on a visit earlier this year to participate in the Red River Balloon Rally.

"I bought my first balloon within weeks of crewing for Robert. I still fly that balloon. It was manufactured by Aerostar and has a model



"I was not around another balloon until 1993 when I crewed for a world champion pilot named Robert Ambeau from Gonzales, Louisiana."

Photo: Odom flying over the Youree Drive area.



Gary Odom and crew with his Master Blaster.

designation of S-52 with an Aurora basket,” he said.

Balloons can cost hundreds of thousands if very large or of an unusual design. Odom paid \$30,000 for “Master Blaster,” his two-person, 65,000 cubic foot balloon.

A former Coast Guard Search and Rescue pilot who taught aviation at Louisiana Tech until 2015, Odom and his wife and “crew chief”, Loree, now live in Florida.

The Odoms transport their balloon in the back of their pickup, but larger balloons require a trailer. Besides the balloon, which is powered by gas burners, balloons require inflation fans, ropes, radios and willing helpers. Loree Odom works on the ground with volunteer crewmembers curious about ballooning.

“I try to take up crewmembers who help me launch and retrieve the balloon. They work hard and are required to be at the launch location as early as 5:00 a.m. and sometimes we are still packing up the balloon as late as 10:00 p.m. after a balloon glow,” he said.

In July 2016, Russian Eastern Orthodox Priest and world-renowned adventurer Fedor Konyukhov, 65, broke the record for flying solo around

“While flying the balloon I have been *circled* by airplanes, helicopters, sport planes, paragliders, blimps and drones, but never *experienced a near miss.*”

the world in a balloon in 11 days and six hours. He was the fourth person ever to circumnavigate the planet in a balloon and the second person to do it both solo and in a non-pressurized capsule, according to www.nationalgeographic.com.

“I was excited for the pilot, his crew and for the ballooning community, but I cannot imagine having to fly like he did without the necessary sleep. I am glad our airline pilots have mandatory crew rest requirements,” said Odom.

On July 30, 2016, sixteen (16) people were killed near Lockhart, Texas, when their balloon hit a power line and caught fire.

“Powerlines are balloons worst enemy,” said Odom. “While flying the balloon I have been circled by airplanes, helicopters, sport planes, paragliders, blimps and drones, but never experienced a near miss. I will often hit the top of the trees with the basket only to slow me down near a landing area. The basket will often oscillate after hitting the tree top and that assists the actual touchdown when coming down in a smaller landing zone,” he said.

Although Odom has never had an accident, he has experienced his share of excitement in the air.

“Since we are very quiet, except when we ‘burn’ to place heat into the envelope, you can sneak up on people who have no idea you are in their vicinity,” he said. Once he slowly drifted over some thick woods and disturbed a deer hunter.

“He was upset that I was making so much noise and scaring the deer away from him. He was unhappy and had a rifle in his hands and I was moving at approximately two to three miles per hour as we talked, so I knew I could not put it in after burner and leave immediately. I quickly apologized to him for disturbing the peacefulness of the woods and told him I would continue on my current path for another city block then circle counterclockwise and run the deer back toward him,” said Odom, who was just looking for a safe exit.

“That appeased him to no end and we said our goodbyes on amiable terms. I hope he is not still waiting on me to run the deer back toward him.”

Right: Captain Gary Odom and co-pilot, **The Best of Times** editor, Tina Calligas. Far right: balloons fly together over the Ark-la-tex.



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Senior

by Gerry Robichaux

In its 25th season, the Northwest Louisiana District Senior Olympics will be anything but old hat.

The sports and games carnival for men and women 50 years of age and older will have new locations, new games and new faces which began March 22 and will continue to run through May 30.

"We feel we have made significant changes that will enhance the enjoyment of our games," said Ronny Comstock, Commissioner of the district. One can be traced directly to Comstock's work in his freshman season. He planned and worked out details with Shreveport Public Assembly & Recreation (SPAR) a year in advance to use spacious Riverside Convention Hall for the Games' Opening Ceremony and Senior Health Fair, staged in conjunction with The Best of Times on Wednesday, March 29.

One significant change finds Frank Trammel, a noted distance and marathon runner and national high school coach of the year when at Benton High School, will conduct the track and field competition for the district. "His expertise will help grow our event (April 29) continue to be a favorite stop for entrants from throughout the Ark-La-Tex," said Comstock.

In addition, the District Games will hold more activities at SPAR sites:

- Golf and Chip and Putt competition returns to Querbes Park Golf Course Monday, May 8. "Querbes Park was the site of the first Senior Olympics golf tournament in Northwest Louisiana in 1992," Comstock pointed out.

- Shuffleboard singles (April 18) and doubles (April 19) will be at Bill Cockrell Community Center in Shreveport.

- Bocce Ball will return to Betty Virginia Park on Line Avenue on Thursday morning May 4. "I am told we had great success with bocce ball in the park in the past," Comstock said.



The district's Open Division activities start Wednesday, March 22 with the popular and growing Bean Bag Baseball team competition at VFW Post on Jeter Street in Bossier City.

The VFW Post will host the Celebration of Athletes May 30 to wind up activities.

"We feel blessed to be welcomed at these fine facilities," Comstock said.

In his first season, Comstock and his aids Linda and Lionel Brabham saw the district reach 550 men and women, second-highest total ever.

The district will be aided in staging tennis competition this season by the Northwest Louisiana Community Tennis Association and the new professional at Bossier Tennis Center, Todd Killen, replacing Gerry Robichaux who has conducted the event for the past several years.

OLYMPICS

2017 NWLA DISTRICT SENIOR OLYMPICS CALENDAR

Wednesday, April 5: Table Games, 9 A.M. (Skipbo, Phase 10, Mexican Train Dominoes) Bossier Council on Aging, 706 Bearkat Dr., Bossier City

Friday, April 7: Dominos, 9 A.M. NW La. War Veterans Home, Arthur Ray Teague Parkway, Bossier City.

Tuesday, April 18: Shuffleboard, 8 A.M., Singles . Bill Cockrell Community Center, 4109 Pines Rd., Shreveport

Wednesday, April 19: Shuffleboard, 8 A.M., Doubles. Bill Cockrell Community Center, 4109 Pines Rd., Shreveport

Thursday, April 20: Table Tennis, 5:30 P.M., Bossier Recreation Offices, 3223 Old Shed Road., Bossier City

Saturday, April 22: Accuracy Throws, 9 A.M. Knights of Columbus Bossier, 5400 E. Texas, Bossier City.

Monday, April 24: Pool, 8-ball, 9 A.M., Randal T. Moore Senior Center, 3101 Fairfield Avenue, Shreveport

Wednesday, April 26: Chess, noon, Randle T. Moore Senior Center, 3101 Fairfield Avenue, Shreveport.

Thursday, April 27: Marksmanship, 1 P.M., 22 rifles and pistols, Shooters USA, 357 Magnum Drive, Bossier City.

Saturday, April 29: Track and Field, 8:30 A.M., Airline High School, Viking Drive, Bossier City.

Monday, May 1: Washer Pirch, 9 A.M., Bellaire Fitness Center, 4330 Panther Drive, Bossier City.

Thursday, May 4: Bocce Ball, 9 A.M., Betty Virginia Park, 3800 Line Ave., Shreveport Note: Bring your own chair!

Friday, May 5: Recreational Horseshoes, 8 A.M., Knights of Columbus Bossier, 5400 E. Texas, Bossier City. Advanced Horseshoes, 9 A.M., Knights of Columbus Bossier, 5400 E. Texas, Bossier City

Saturday, May 6: Archery, 9 A.M.,

Red River Archery Range, 4099 Radcliff Road, Shreveport.

Monday, May 8: Golf, 9 A.M., Querbes Park, 3500 Beverly Place, Shreveport. Chip & Putt, 1 P.M., Querbes Park, 3500 Beverly Place, Shreveport

Tuesday, May 9: Recreational & 5K Walk, 9 A.M., Brownlee Park off Brownlee Road, Bossier City.

Wednesday, May 10: Tennis, 9 A.M., Bossier Tennis Center, 4330 Benton Road, Bossier City (flexible scheduling)

Wednesday, May 10: Bowling, mixed doubles, 1 P.M., All-Star Lanes, 9130 Mansfield Road, Shreveport.

Friday, May 12: Bowling, doubles, 1 P.M., All-Star Lanes, 9130 Mansfield Road, Shreveport.

Saturday, May 13: Ladders Golf, 8 A.M., Knights of Columbus Bossier, 5400 E. Texas, Bossier City.

Tuesday, May 16: Miniature Golf, 6

P.M., Party Central, 4401 Viking Drive, Bossier City.

Wednesday, May 17: Bowling, Singles, 1 P.M., All-Star Lanes, 9130 Mansfield Road, Shreveport.

Friday, May 19: Bowling, Scotch Doubles, 1 P.M., Holiday Lanes, 3316 Old Minden Rd., Bossier City. (Teams are either one man and one woman or two women).

Wednesday, May 24: Bowling, 9 Pin No Tap, 1 P.M., Holiday Lanes, 3316 Old Minden Rd., Bossier City.

Friday, May 26: Bowling, Team, 1 P.M., Holiday Lanes, 3316 Old Minden Rd., Bossier City. (Four players to a team, either two men and two women or four women.)

Tuesday, May 30: Celebration 10 A.M., VFW Post #4588, 1004 Jeter St., Bossier City.

www.nwlsog.org/

Search and Win!

In this issue, you will find 15 "hidden" Easter Eggs. Find all 15 and you could win a prize package valued at \$300.

Here's what to do:

Look for Easter Eggs in the ads throughout this issue (*the ones on this page don't count*). No need to pull out a magnifying glass - they're all there in plain sight. Note the business name and page number, then submit your entry by email to gary.calligas@gmail.com or mail to TBT Egg Hunt, PO Box 19510, Shreveport, LA 71149. On April 24th, one winner will be selected in a random drawing of all correct submissions.

Prize package:

- 4 tickets to the Shreveport Symphony Orchestra concert on May 6, 2017 at 7:30 p.m. (\$240 value)
- 6 admission tickets to SciPort: Louisiana's Science Center or an IMAX Dome movie (\$60 value)



Don't Become a Victim

Senior Medicare Patrol Warns Beneficiaries of New Medicare Card Scam

EQHealth Solutions, the Senior Medicare Patrol (SMP) grantee for Florida, Louisiana, Mississippi and Wisconsin is alerting beneficiaries, their family members and caretakers of a new Medicare fraud scam. SMP is receiving calls from concerned stakeholders that scam artists posing as Medicare or other agency employees are calling people telling them that new cards are being issued and that in order to continue receiving benefits, the agency must “verify” or “update” identifying information. This includes their Medicare number and birth date and in some cases even financial accounts. Don't be fooled. This is a scam to steal personal information, money and possibly one's identity.

In an effort to help protect health care and financial information as well as federal health care benefit and service payments, the Centers for Medicare and



Medicaid (CMS) is implementing the Social Security Removal Initiative. CMS will be issuing a new Medicare Beneficiary Identifier (MBI) to replace the Social Security Number-based Health Insurance Claim Number (HICN) on new Medicare cards.

Here is some information you need to know:

- Beginning in April 2018, CMS will start mailing the new Medicare cards with the MBI to all people with Medicare. Medicare will not phone you asking you for personal information. This includes your Medicare number. Nor does Medicare email or visit your home unannounced to “verify” or “update” information it already has.
- If you get a suspicious phone call, simply say, “I don't give out personal information over the phone,” and hang up.
- Report your experience at 1-877-

AN UNBREAKABLE BOND

Stephanie Johnson has spent most of her life in service to others. After serving her country as a sergeant in the Marines and then coming home to care for her sick mother, the retired mother of two was diagnosed with a rare form of cancer called synovial sarcoma.

The cancer that had started out as a lump in Stephanie's foot would eventually claim her foot altogether. When doctors informed her that the foot would have to be amputated she was devastated, but her son DJ jumped in to provide the support she needed.

After taking a break from college to help care for his mother 24/7, DJ returned to school and earned his degree, but struggled to find a job that he really cared about. Since he was already familiar with Snell's Orthotics & Prosthetics from taking his mother to her appointments there, DJ decided to apply for a position with the company.

Now working as a prosthetic technician in the Shreveport office, DJ helps to fabricate and maintain prostheses for many of Snell's patients. However, there is one special patient who is very close to his heart, but that's understandable since they share an unbreakable bond as mother and son.



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Image by Neil Johnson Photography



272-8720 or go to www.stopmedicarefraud.org.

Please feel free to share this alert with others and help prevent them from becoming a victim.

The SMP program's mission is to empower and assist Medicare beneficiaries, their families, and caregivers to prevent, detect, and report health care fraud errors, and abuse through outreach, counseling and education. The Department of Health and Human Services (DHHS) Office of Inspector General (OIG) estimates that Medicare loses billions of dollars each year due to errors, fraud and abuse. SMP actively works to disseminate fraud prevention information through the media, outreach campaigns, community events and by working with Medicare beneficiaries. The National SMP message, "Protect, Detect & Report", is communicated throughout the four states by eQHealth staff and volunteer groups, who are the backbone of the project.

More information on SMP can be found at: www.stop-medicarefraud.org

Founded in 1986, eQHealth Solutions is a population health management and technology solutions company that touches millions of lives annually throughout the nation. Our high-tech and high-touch models include innovative technology solutions and care coordination services with a focus on outcomes and optimization of provider and payer networks. eQHealth serves a variety of entities including federal, state and commercial clients. www.eqhs.org



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Retirement Can Sometimes Bring Relationship Issues



Retirement is something most couples look forward to. It can mean more free time and the chance to do more things you've both been anticipating.

But sometimes retirement can bring changes that add significant stress to a marriage. One reason is that many people fail to realize that retirement means more than simply not working. Retirement usually brings major changes not just to the retiree, but to his or her spouse as well.

One such change is the loss of identity that often comes with leaving a job. Upon retirement, you are suddenly no longer a "teacher," or "department manager," or whatever job description that you probably had for several years. Since our society tends to value work and job titles, when you're no longer working it's not uncommon to feel a sense of diminished self-worth because you are no longer "doing something of value."

The result can sometimes be serious depression, especially for someone who has been dedicated to a job and hasn't developed many friends or interests outside the workplace. Such depression can bring health problems and certainly add stress to a marriage and possibly lead to meaningful relationship issues.

Retirement financial stresses can also be a source of marital stress. For most people, retirement income seldom matches those old work paychecks, yet expenses of travel or medical issues might be significantly higher.

Even the extra time together that retirement makes possible can be a source of stress. Someone newly retired may interrupt the established daily routine of his or her spouse, expecting to be the center of attention now that going to work is behind him or her. In some cases that extra time together

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may highlight marriage problems that were more easily ignored when work kept the couple separated for much of the day.

Retirement doesn't always bring stress and problems to a marriage. Most couples handle retirement and the changes it brings extremely well. But if there are warning signs that retirement is putting a strain on your relationship, seek help if the problems are serious.

There are professional counselors who specialize in retirement and relationship issues. The ACA website at www.counseling.org can help you find a professional counselor through the "Find A Counselor" tab at the top. What they have to offer can help make possible a relationship in which the partners are not just retired, but also happy and satisfied.

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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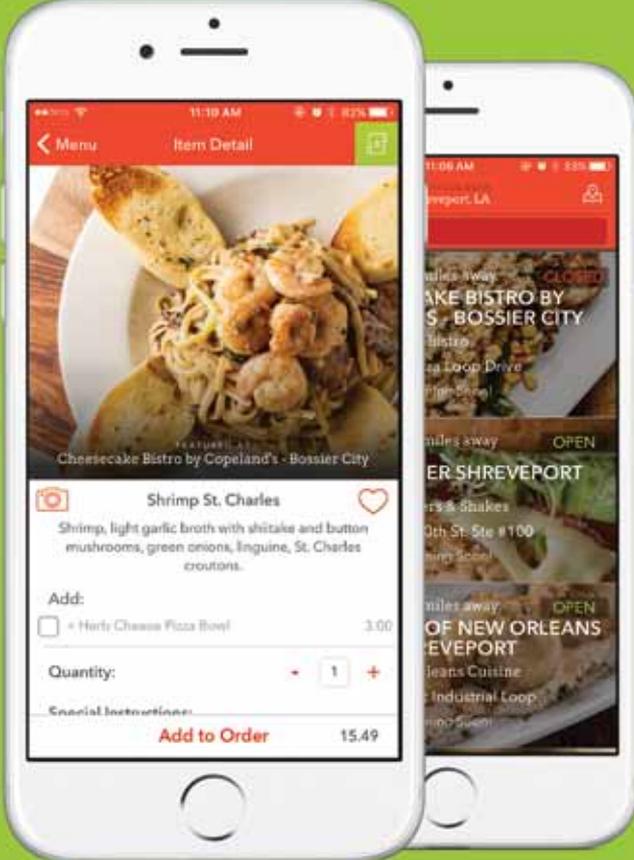
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Is Possession Really Nine-Tenths of the Law?

Back in the 1950's something odd happened down in New Orleans. A young woman, who I'll call Mrs. Cleaver (not her real name), was murdered.

Now I know what you're thinking: murder in New Orleans? There's nothing odd about that! But remember, this was the 1950's, a time when America was great and everything was perfect. I learnt that by watching the TV show *Mad Men*.

But it wasn't the murder that made the Cleaver case odd. It was the pre-nup.

Like today, back in the 1950's Louisiana was a community property state. That means that half of the husband's pay-check belongs to the wife and vice-versa. But Mr. Cleaver wasn't OK with that. So before he got married, he and the soon-to-be Mrs. Cleaver signed a pre-nuptial agreement: what he earned during the marriage would be his and what she earned, which was nothing because not many women worked outside of the home in 1950's New Orleans, would be hers.

Care to guess how long this marriage lasted? Not too long. The couple separated, but before they were officially divorced, Mrs. Cleaver was murdered.

Before she had died, Mr. Cleaver had bought a lot of stuff for his wife. Furniture. All kinds of stuff for the home. A car. And Mrs. Cleaver's Dad, Wallace (not his real name), who was her heir, wanted that stuff. He figured that his daughter was in possession of this stuff when she died. Mr. Cleaver had left it all behind when the couple separated and he had moved away. And possession is nine-tenths of the law, right?

That sure wasn't what Mr. Cleaver thought. He had bought that stuff with his money, and

there was that pre-nup saying what was his stayed his. Wallace, on the other hand, felt that Mr. Cleaver had given this stuff to his daughter. And a gift is a gift. So despite the pre-nup, Mrs. Cleaver's Dad felt that the stuff didn't belong to Mr. Cleaver anymore. He had given it to Mrs. Cleaver.

If you were the Judge, how would you decided?

Here's what Louisiana law says: even if there is a pre-nup saying that the spouses will keep their property separate, it is still possible for the couple to give each other gifts. For example, if there was a pre-nup and Mr. Cleaver used his money to buy a diamond, then the diamond is his and his alone. But if he then gives the diamond to his wife, then the diamond is hers and hers alone.

But Louisiana law also goes on to say, "Nemo presumitur donare." Or in English, "never presume a donation." Which means that in order for the Judge to rule that Mr. Cleaver gave or donated the stuff to his wife, then Mrs. Cleaver's Dad is going to have to prove it. Unless Wallace has



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A collage of images for Azalea Estates. It includes a large exterior view of a multi-story brick building with a green lawn, several smaller interior photos showing different rooms like a lounge and a dining area, and a large photo of an elderly couple sitting at a table with a meal and a drink, smiling.

Find Affordable High-Speed Home Internet Services

Dear Savvy Senior,

Do you know of any resources that can help me find affordable high-speed home Internet services? I'm retired and live primarily on my Social Security and would like to find something cheaper than the \$40 per month that I currently pay. ~Searching Senior

Dear Searching,

There are two great resources you can turn to, to help you locate low-cost or discounted Internet services, but what's available to you will depend on where you live and/or your income level. Here's where to begin.

LOW-COST INTERNET

Your first step to locate cheaper high-speed Internet is EveryoneOn, a national nonprofit organization dedicated to making affordable Internet services available to all Americans.

Through partnerships with Internet providers like Comcast, Cox, AT&T, T-Mobile, Mediacom and others, EveryoneOn can help you search for services in your area that provide high-speed (4G LTE) Internet at a very low cost. Most participating companies charge around \$10 per month, with no contract and no equipment fee. However, for non-income

qualifiers, there may be a one-time setup/equipment fee of \$62. Data plans will vary too.

To start your search, go to EveryoneOn.org and type in your ZIP code and click on the "Find Offers" button, or you can call 877-947-4321. You'll then need to answer a few questions regarding your household financial situation so the Internet services you're eligible for can be located.

Some providers offer their services only to people with limited financial resources, however there are others that offer low-cost deals to everyone regardless of income.

What's available to you will depend on where you live.

Also note that in addition to the low-cost Internet services,

EveryoneOn also provides referrals to affordable computers and free computer classes.

Most of the companies they work with offer refurbished tablets usually for under \$100, and computers for under \$160 that are available to

everyone. And, they provide referrals to free computer classes, which are typically offered in public libraries across the U.S.

DISCOUNTED INTERNET

If you don't have any luck finding a low-cost service through EveryoneOn, and your income is low enough,



AC Duct Cleaners

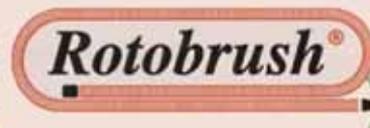
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What you can't see
CAN hurt you



another option is the Lifeline Assistance Program. This is a federal program that provides a \$9.25 monthly subsidy to help pay for broadband Internet service, or for a home or wireless phone. Only one benefit is available per household; either phone service (home or wireless) or Internet (home or mobile), but not both.

To qualify, you'll need to show that your annual household income is at or below 135 percent of the Federal Poverty Guidelines – which is \$16,281 for one person, or \$21,924 for two. Or, that you're receiving certain types of government benefits, such as Medicaid, food stamps, SSI, public housing assistance, veterans pension or survivors pension benefit, or live on federally recognized Tribal lands.

To apply, you'll need to contact an Internet provider in your area that participates in the Lifeline program and ask for an application form. To locate providers in your area, visit LifelineSupport.org or call 888-641-8722. Once the provider verifies your eligibility, they will begin service. (NOTE: The Internet companies that partner with EveryoneOn do not currently accept the lifeline subsidy.)

Send your questions to: Savvy Senior, P.O. Box 5443, Norman, OK 73070, or visit SavvySenior.org. Savvy Senior, by Jim Miller, is a syndicated column for older Americans and their families. He also contributes to the NBC Today show and is author of "The Savvy Senior" book.



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5 Supplements That Make You Look Younger than You Are

I can spot a smoker or a sunbather really fast because they look older than they should from the free radical damage. Maybe you thought beauty is only skin deep, but it's not. A radiant youthful-looking face is actually an inside job. It helps to drink fresh water, exercise regularly and eat healthy foods to get the nutrients which provide the building blocks of healthy skin. Your gut and liver enzymes (glutathione and catalase) must remove toxins and free radicals every second of the day otherwise the junk inside your cell damages your skin.

I've tried various supplements over the years (on and off) to keep my skin looking as good as it can. At 52, some level of aging is inevitable but it's amazing what your face can look like if you neutralize free radicals before they

age you and use high-quality skin care products. Here are some of my favorite skin-loving herbs and nutrients:

Milk Thistle

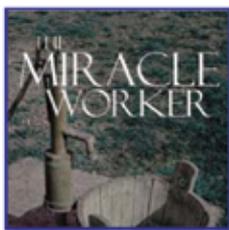
It's a food, but also a supplement. Your liver processes everything that goes in your mouth, including alcohol, prescription medications, pesticides, preservatives, additives and artificial colors. Your liver detoxifies everything your body doesn't need. This reminds me of that episode on "I Love Lucy" where she's struggling to keep up with the conveyor belt of chocolates coming down the line! When your liver falls behind on its job, poisons come out through your skin causing rashes, and itchiness. You'll age faster. Avoid milk thistle if you're allergic to ragweed, chrysanthemums, marigolds or daisies.

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Collagen

Collagen is a natural component of skin that declines as you age, resulting in thinner, less elastic, more saggy skin. Two 2014 studies found that oral supplementation with this may improve skin elasticity and diminish wrinkles.

Silica

This makes hot springs pretty and blue in color. Silica is a trace mineral that helps soothe psoriasis, eczema and rashes when applied topically. Taken internally, silica helps you make collagen naturally, strengthening your nails.

Vitamin E

You may think of rubbing vitamin E oil directly on your skin to prevent scars, but taken orally, vitamin E is a powerful cellular antioxidant, which means it gobbles up free radicals that could otherwise potentially damage your skin cells and lead to premature aging.

Zinc

It's not just for your prostate, or for colds! This mineral reduces skin inflammation and irritation, whether that's associated with acne, pimples, or rashes. It also plays a role in managing the production and turnover of skin cells. When I worked in nursing homes with residents who had painful diabetes-related wounds, or decubitus ulcers, we always put them on zinc and vitamin C. Be careful with zinc, don't take too much. In fact avoid it if you take ginkgo biloba, ibuprofen or warfarin because it slightly increases risk of bleeding.

If you'd like to read the longer version of this article, it's available at my website, suzycohen.com Please make sure to ask your doctor if these supplements are right for you.

This information is not intended to treat, cure, or diagnose your condition. Always consult your physician for all medical matters. Visit www.SuzyCohen.com. ©2017 Suzy Cohen, R.Ph. Distributed by Dear Pharmacist, Inc.



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ST. LOUIS: Spanning Past & Future

Story by Andrea Gross; photos by Irv Green

I'm squeezed into a small capsule with four fellow passengers, readying myself for a ride that will carry me 630 feet to the top of the tallest man-made monument in the United States. I take a deep breath and cross my fingers, as the capsule, which is linked to 15 similar pods to form a tram that resembles a space-age caterpillar, begins wiggling its way up the leg of a giant parabola.

The Gateway Arch is one of the most recognized landmarks in the world as well as the tallest man-made monument in the United States.

The capsule shudders to a stop, and we crawl out to find ourselves in a long narrow room at the crest of St. Louis's Gateway Arch. I look down, way down. Unlike the observation deck of the Empire State building, this room is not supported by a sturdy building. Here there's nothing between me and the ground but the floor of the room and air.

Officially named "The Jefferson National Expansion Memorial," Gateway Arch was built to commemorate Thomas Jefferson's purchase of the Louisiana Territory, which expanded the United States by 828,000,000 square miles. The small town of St. Louis, which was on the eastern edge of the newly acquired land, thus became known as the "Gateway to the West."

I peer out one of the small windows — the structure can't support large, panoramic windows — and there, 60 stories below me, is the city of St. Louis.

Off to one side I see the Mississippi River, which is lined with paddle-boats. From another window, I see Busch Stadium, home to the St. Louis Cardinals, as well as the Old Courthouse, which now serves as a museum and visitor center. In previous incarnations it was the site where two slaves, Dred Scott and his spouse, Harriet Robinson, sued their owner for freedom and where a woman named Virginia Minor argued that women should have the right to vote.

The next day we head 20 miles west to St. Charles, which is Missouri's first and largest historic district as well as quite possibly the state's most

charming town. A trolley takes us down brick-paved streets while a narrator gives us the pertinent facts: The Missouri River joins the Mississippi a few miles to the north, the town was a stomping ground for Daniel Boone, a meeting place for Lewis and Clark and a kick-off point for wagon trains headed west.

All this made St. Charles a major trading center, which it still is — although now the shops deal in trendy clothes and classy art rather than pelts and pipes.



Busch Stadium is the home of the St. Louis Cardinals, the city's major league baseball team.

St. Louis is visited by many of the riverboats that run between Minnesota to Louisiana.





We hear personal stories of the town's past at Boone's Colonial Inn, which dates back to the early 1800s. Proprietors Venetia McEntire and Stephen Powell bought the property in 2005 and in the process of renovating it quite literally dug up pieces of its history. Now, in addition to running a classy B-and-B, they tell folks about the ground beneath as well as the antiques within.

A half-century after St. Charles was settled, Italians began arriving from Italy to work in the clay mines. They congregated in a neighborhood called "The Hill," and today the streets are filled with small shops, church bells ring throughout the day, and fire hydrants are painted the red, white and green of the Italian flag.

Informal surveys show that about 60 percent of the residents are of Italian ancestry, and approximately 15 percent were born in Italy. This means Italian is often spoken and backslapping Italiano greetings are common.

It also means that the food — from home-made pasta and sauces to salami, prosciutto, pastries and gelato — is superb. In order to taste as many varieties as possible, we sign onto a food tour and super-snack our way from one eatery to another. My favorite: the Missouri Baking Company, where I feast on a cuccidati, a mix of figs, raisins, pine nuts, chocolate and orange peel. In other words, cuccidati is a deliciously glorified Fig Newton.

Thoroughly stuffed and in need of exercise, we walk past the childhood homes of two of The Hill's most famous residents, Yogi Berra and Joe Garagiola. The houses are on a street that was formerly called Elizabeth Avenue but now, not surprisingly, has been renamed Hall of Fame Place.

Finally before leaving St. Louis, we swing by the Arch for a last look at the iconic monument. It was built in 1965 to commemorate an event that took place a century earlier, when St. Louis truly was "The Gateway to the West." Now, 50 years later, a massive urban renewal project is redefining its original intent. Linking the river, Arch, courthouse and downtown by means of greenspace, walkways and bike paths, St. Louis is now also "The Gateway to the Future."

The Hill is dotted with fire hydrants painted the red, white and green of the Italian flag.

For more on St. Louis and Missouri travel, see www.traveltizers.com

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Variety, the Spice of Ed Asner's Life

Don't expect Ed Asner's name to fade from casting lists anytime soon. With a variety of current and upcoming projects, 87-year-old Asner remains as busy and versatile as ever.

It's a trend that follows a lifetime of dedication to his craft, playing bishops, doctors, judges, cops, cowboys, professors, villains, and hundreds more film, television, and stage characters and voice roles.

"When I came out to Hollywood in 1961, I was determined not to be typecast," said Asner from his office in Los Angeles. "My agent and I worked assiduously ever since to make sure that never happened."

Nevertheless, Asner is still widely recognized as Lou Grant, the TV news director and newspaper editor, respectively, on "The Mary Tyler Moore Show" and its spinoff series "Lou Grant." In

fact, five of his seven Primetime Emmys were awarded for the character.

But Asner also collected the award for darker portrayals in "Rich Man, Poor Man" in 1976 and, the following year, "Roots." Thirteen more Primetime and Daytime Emmy nominations came his way, too.

Yet he modestly brushes aside any reference to his hefty collection of iconic gold-plated figures that feature a woman with pointed wings holding an atom (representing the arts and sciences).

"They're distributed throughout the house," Asner said of his statuettes. "Those prongs (on the wings) are really sharp. I just have to be sure I don't sit on one."

Before arriving in Hollywood from his native Kansas City, young Ed found one of his first television jobs in the New York anthology drama series,

"Studio One." In 1957, he appeared in the episode "The Night America Trembled," a recreation of the reputed panic caused to some listeners by an Orson Welles' radio broadcast of H.G. Wells' "War of the Worlds" in 1938.

"Imagine being in the studio with Welles for those broadcasts," noted Asner of Welles' "Mercury Theatre on the Air" radio dramas. "I've heard he would stay in bed and roll out just in time to make it to the studio so his voice would be as deep as he could get it."

The 60s brought movie roles alongside the likes of Boris Karloff, John Wayne, and Elvis Presley. And after working on the Mary Tyler Moore comedy series, Asner took the lead in his own show in 1977 – a rare network move to spinoff a 1-hour drama series from a half-hour comedy. But "Lou Grant" eventually found an audience

and good ratings during its 5-season run.

“I didn’t base the character on any particular journalist,” noted Asner. “I looked to my older brothers for their largeness and for their teasing and doubting qualities. For the hour show that dealt with more serious issues, I began to look more into myself for inspiration.”

When the series was suddenly canceled in 1982, Asner believed it was due to his political views and activism, including a statement he made as the Screen Actors Guild president regarding U.S. policy in Central America at the time. And despite his left-leaning philosophy, he even managed to rankle liberal Hollywood.

“Even the liberal producers and directors were loath to employ me for a while because I could affect 50% of their audience and alienate some sponsors,” he said.

Today, Asner still speaks out on social issues of concern and has numerous film and TV projects lined up for the coming year.

When asked to sum up his career, Asner offered a one-word description, “eclectic,” adding “I was always happy with the variety of roles I was able to garner. But I’m not through yet.”

Nick Thomas teaches at Auburn University at Montgomery, and has written features, columns, and interviews for over 600 magazines and newspapers.



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his prideful furies, while still another is followed by orbs representing the three daughters she left behind. All the ghosts have something that's pulling at them to remain: regret, vengeance, sorrow, worry.

All of the ghosts truly just want to be heard. So when they see Willie visited by his still living father and they watch awestruck as the two are able to find a way to interact. Willie quickly becomes the subject of adamant attention by the other "sick" denizens.

"So many were still waiting, a shifting mass of gray and black, as far as the eye could... People in the moonlight outside, pushing and shoving, standing on tiptoe to see... me. Faces thrusting into the doorway to blurt their sad this or that, none were content, all had been wronged, neglected, overlooked, misunderstood," Willie muses as he discovers his newfound popularity.

And throughout the book, the story of what happened to Willie is told by lines taken from many different perspec-

tives, some lauding President Lincoln as a man of empathy, while others scream and curse at his inadequacy and his lack of concern for his own son. The whole thing serves as an interesting study in perspective and how a story gets told.

It should be noted that the book contains a lot of harsh language and imagery, which though suits the characters well, may be a bit much for some.

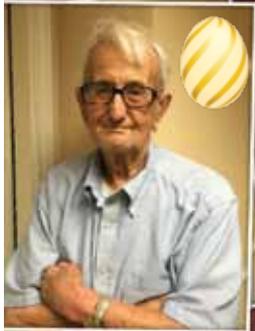
Lincoln in the Bardo is truly a unique tale and does a moving and beautiful job of portraying grief, fear and even hope. The audiobook has also garnered a lot of attention because it is performed by 166 different narrators, many quite famous, and feels almost like listening to a staged production.

Grade: B+

Jessica Rinaudo is an editor and graphic designer who has fostered a love of reading from a very young age. She lives in Shreveport with her husband and four children.



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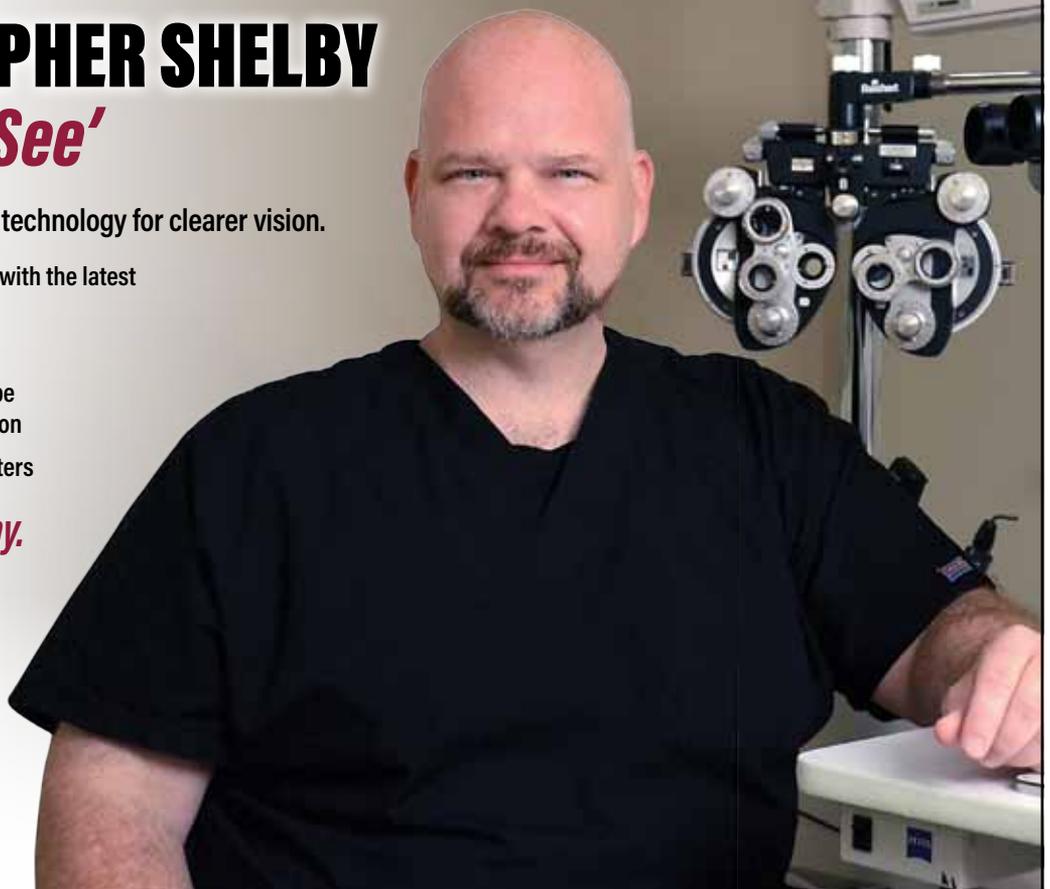
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Heirloom Tomato and Mozzarella Salad

Put a fresh twist on farm-to-table goodness by pairing two vine-ripened garden treasures: heirloom tomatoes and crisp, refreshing white wine. Inspired by the annual Kendall-Jackson Heirloom Tomato Festival, this salad recipe is a twist on classic favorite. Find more pairing tips and recipes featuring seasonal ingredients at kj.com.

Servings: 4

2½ pounds heirloom tomatoes, mixed varieties

**¼ cup good quality extra-virgin olive oil
kosher salt, to taste**

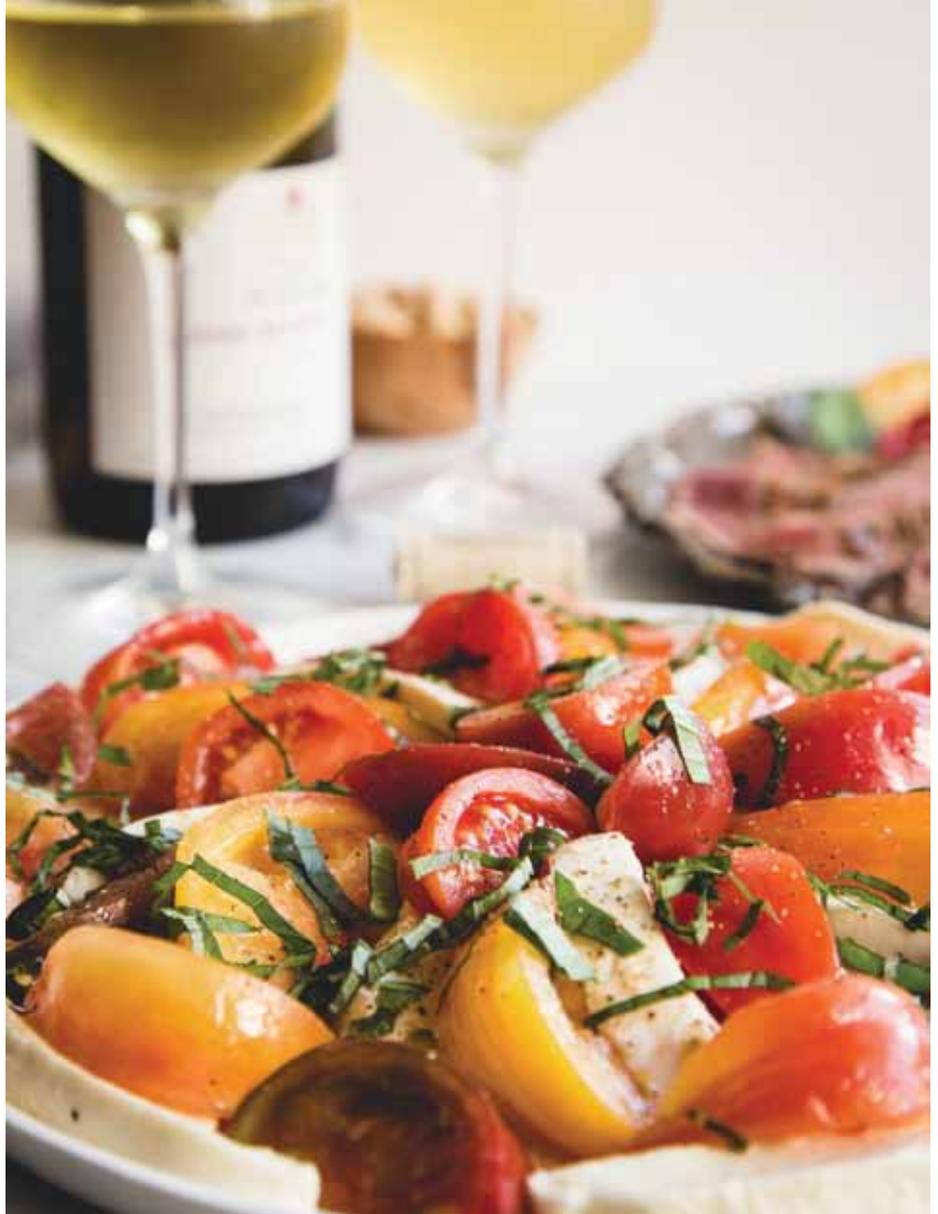
freshly ground black pepper, to taste

¼ cup micro basil (or 1 dozen basil leaves, sliced and torn), divided

2 large balls fresh mozzarella, cut into wedges

flaked sea salt

Slice tomatoes into ¾- to 1-inch thick wedges. In large bowl, add tomatoes, olive oil, kosher salt, pepper and half the basil. Toss and allow to marinate 2 minutes. Arrange tomatoes and mozzarella on serving plate, alternating each. Pour marinating liquid over tomatoes and mozzarella. Garnish with remaining basil and sprinkle with sea salt and pepper. Serve with Kendall-Jackson Grand Reserve Chardonnay.



Delightful Farm-Raised Foods

Linguini with Honey-Sauced Prawns

Make pasta the centerpiece of your meal with this recipe for Linguini with Honey-Sauced Prawns, which combines sweet honey with classic linguini pasta for a flavorful bite at the dinner table. Outside of honey's ability as a natural sweetener, it can also give you a boost of energy as a rich source of carbohydrates – and this recipe is no exception, with 61 grams of carbs in each serving. Find more delicious recipes, at honey.com. (Recipe courtesy of National Honey Board)



Servings: 4

1 pound prawns, peeled and deveined

½ cup julienne carrots

½ cup julienne celery

½ cup green onions, sliced diagonally

3 cloves garlic, minced

2 tablespoons olive oil

½ cup water

¼ cup honey

4 teaspoons cornstarch

1 teaspoon salt

¼ teaspoon crushed red pepper flakes

¼ teaspoon crushed dried rosemary leaves

1 pound cooked linguini pasta, kept warm

In large skillet, stir-fry prawns, carrots, celery, green onions and garlic in oil over medium-high heat about 3 minutes, or until prawns start to turn pink.

In small bowl, combine remaining ingredients except pasta; mix well. Add to prawn mixture; stir-fry about 1 minute, or until sauce thickens. Serve over pasta.

Strawberry and Goat Cheese Pizza

This non-traditional take on pizza will have your taste buds exploding. California strawberries, which boast just 7 grams of sugar and provide 140% of the daily recommended amount of vitamin C per cup, are hand-picked to ensure only the highest quality berries are harvested. Research has also shown this superfruit to be an effective way to help prevent and manage Alzheimer's disease and diabetes. For more strawberry recipes, visit californiastrawberries.com. (Recipe courtesy of the California Strawberry Commission)

Servings: 8 (½ pizza each)

½ ounce active dry yeast	¼ cup aged balsamic vinegar
1 tablespoon sugar	½ cup (4 ounces) softened goat cheese
3-4 cups all-purpose flour	4 cups fresh California strawberries, hulled and quartered
2 teaspoons kosher salt	¼ cup (2 ounces) crumbled goat cheese
1 tablespoon olive oil	coarsely ground black pepper
3 tablespoons white balsamic vinegar	baby arugula frisee
3 tablespoons extra-virgin olive oil	

Heat oven to 400 F.

To make pizza dough: In mixer bowl, sprinkle yeast and sugar over 1 cup warm water; let stand until foamy. Add 3 cups flour, salt and olive oil; mix with dough hook until stretchy and no longer sticky, adding more flour if necessary. Divide dough into four equal portions. Refrigerate, covered, until needed.

To make white balsamic vinaigrette: In small nonreactive saucepan, simmer white balsamic vinegar until reduced to 1½ tablespoons. Whisk in extra-virgin olive oil.

To make aged balsamic reduction: In small nonreactive saucepan, simmer aged balsamic vinegar until reduced to about 4 teaspoons.

On lightly floured surface, roll each piece of pizza dough into 8-inch circle. Place on baking sheet; bake 10 minutes, or until firm and slightly brown. Spread softened goat cheese on pizzas, leaving ½-inch border.

Toss strawberries with white balsamic vinaigrette; arrange strawberries evenly on goat cheese. Bake 10 minutes more. Remove from oven; scatter crumbled goat cheese on top.

Drizzle with aged balsamic reduction; sprinkle with black pepper. Garnish pizzas with leaves of arugula and frisee.



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CONCERT

An Evening with the Blade Family - Presented by the Shreveport Symphony Orchestra on Saturday April 8 at 7:30 PM at Riverview Theatre, 600 Clyde Fant Pkwy, downtown Shreveport. Tickets are \$20 to \$65. Call (318) 227-8863 or email tickets@shreveportsymphony.com. www.shreveportsymphony.com

EVENTS

AARP Shredding Event - Saturday, April 29 from 10 am to 2 pm at the Southern Hills Park and Recreation Center, 1002 West Bert Kouns Industrial Loop in Shreveport. There will be an on-site shredding truck, compliments of Shred-It, to provide **FREE** and open to the public shredding services to help stop scams and fight fraud. For more info, call 1-866-448-3620

Bossier City Farmer's Market - 2017 Season begins April 1 in the south parking lot of Pierre Bossier Mall in Bossier City. The Market will be held from 9 a.m. to 1 p.m. each Saturday through November 25. The family-friendly event is **FREE** and open to the public. www.BossierCityFarmersMarket.com

"Music in the Park" - Saturday, April 29 from 12 noon to 4 pm in Southern Hills Park, 1002 W. Bert Kouns Indus-

trial Loop, Shreveport. Presented by The Southern Hills Business Association. This family fun filled event with feature local bands, arts and crafts exhibits, information booths, public service representatives, food vendors, games, and more. Admission is **FREE**. For additional info, please call 318-834-7179.

Oral, Head and Neck Cancer Screenings - **FREE** cancer screenings will be held from 8 a.m. to 3 p.m. on April 7 at Feist-Weiller Cancer Center, located at 1501 Kings Highway. For more info or to sign up for a screening, please call Feist-Weiller at (318) 675-6262.

Spring Plant Sale - Held by the Northwest Louisiana Master Gardeners. Saturday, April 8, 8 a.m. until 12 p.m. at the Randle T. Moore Center, Fairfield Avenue and Kings Highway. There will be a wide selection of perennials, shade plants, unique vines, and fragrant herbs for sale. Local horticulturist will be available to answer questions. Proceeds fund future Master Gardener projects. For more info contact the Master Gardener office at (318)698-0010 or www.lsuagcenter.com/nwlamg.

MEETINGS

Arklatex DNA Interest Group - Wednesday April 12 at 12:30 PM in the large meeting room of the Broadmoor library, 1212 Capt. Shreve Drive. Basic

CADDO COUNCIL ON AGING

Senior Center Fun - Randle T. Moore Center, 3101 Fairfield Avenue, Shreveport. Caddo Council on Aging. Coffee and cookies at 9:30 AM. Programs begin at 10:00 AM. Senior Tech Talk, with emphasis on beginner skills, Fridays at 10 AM. **FREE**. 676.7900.

- Thursday April 6: 10:00 AM "Pills In A Pouch" Marcie Malmy
- Thursday April 13: 10:00 AM "Advantages Of Preplanning" by Chuck Hartman
- Thursday April 20: 10:00 AM "How To Write An Obituary" by Sally Hamer
- Thursday April 27: 10:00 AM "New Banking and Protecting Your Identity" Rashida Dawson
- Friday April 7, 14, 21, 18: 10:00 AM Senior Tech Talk - Introduction to



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and advanced information on DNA testing from AncestryDNA and Family Tree DNA will be included. **FREE** and open to the public. For information contact: Jim Jones, phone (318) 773-7406 or email jjones09@gmail.com.

GENCOM Genealogical Computer Society meeting - Broadmoor Branch Library, 1212 Captain Shreve Drive, Shreveport on Sunday, April 23 in the large meeting room from 2:00 p.m. to 4:00 p.m. "Genetic Genealogy -- How to Utilize DNA Testing in Your Genealogy Research". The meeting is **FREE** and open to the public. For information, call Kathy Love at 318-377-6394.

SUPPORT GROUPS

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

Grief Support Group - Emmanuel Baptist Church, 5850 Buncombe Road, Shreveport. Tuesdays, April 11 – July 18. 6:30 pm – 8:30 pm. For more info call Kay Asher at 318-617-4085 or kayasher@gmail.com

Weight Loss Support Group - The All Women's chapter of Take Off Pounds Sensibly (TOPS) meets every Monday at 5:30 p.m. at Fitness Lady, 1800 Old

Minden Road. Contact 318-773-5923 for more information.

THEATRE

"**Auntie Mame**" - April 20, 21, 22, 28, and 29 at 7:30 pm; April 23 and 30 at 2:00 pm at Shreveport Little Theatre, 812 Margaret Place, Shreveport. The play tells the story of a young boy who is placed in the care of his flamboyant Auntie Mame. Tickets are adults \$20, seniors/military \$18. Call 318-424-4439, email boxoffice@shreveportlittletheatre.com or visit www.shreveportlittletheatre.com.

Once - Thursday April 13 at 8 pm at Strand Theatre, 619 Louisiana Avenue, Shreveport. Winner of eight 2012 Tony Awards, including Best Musical, **Once** tells the enchanting tale of a Dublin street musician who's about to give up on his dream when a beautiful young woman takes a sudden interest in his haunting love songs. Tickets are \$72.50 - \$42.50. Call 318-226-8555 or visit www.thestrandtheatre.com.



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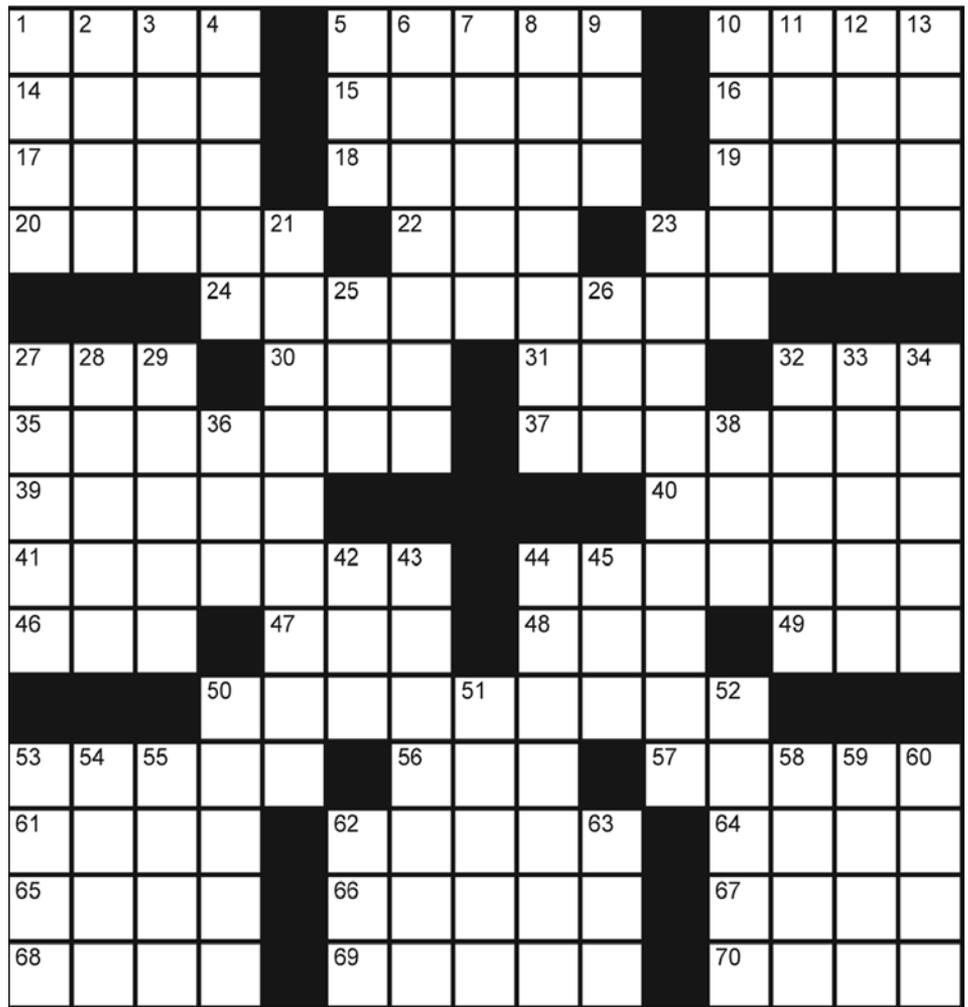
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The Best of Times Crossword (answers on page 42)



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Across

- 1 State openly
- 5 Tablelands
- 10 Retro hairdo
- 14 Ritzy
- 15 Uncredited actor
- 16 Diving bird
- 17 Talipot palm leaf
- 18 Watchman
- 19 Kind of surgery
- 20 Tempest
- 22 Golfer's concern
- 23 Card game
- 24 Strained
- 27 Humanities degs.
- 30 Family tree word
- 31 Bird of myth
- 32 German river
- 35 Suggested
- 37 Russian orbiter
- 39 Libertines
- 40 Sunshine State
- 41 Museum VIP
- 44 Shellfish
- 46 Store posting (Abbr.)
- 47 Chemical suffix
- 48 Dutch commune
- 49 "C'___ la vie!"
- 50 Advocator
- 53 Solar system member
- 56 Clavell's "___-Pan"
- 57 Armored vehicles
- 61 During
- 62 More owlsh
- 64 Challenge for a barber
- 65 Like some vases
- 66 Skirt style
- 67 Radiate
- 68 Quarry
- 69 Retreats
- 70 Soaks, as flax

Down

- 1 Mil. addresses
- 2 Electrical unit
- 3 Quisling's city
- 4 Quay
- 5 Ryan of "I.Q."
- 6 Rejoiced
- 7 Flight segment
- 8 Unpaid overdue debts
- 9 Needing a lift
- 10 Vocally
- 11 Contour
- 12 Be itinerant
- 13 Sole
- 21 Parsons
- 23 Lying down
- 25 Linda ___, Supergirl's alias
- 26 Apex
- 27 Hard close-grained wood
- 28 French romance
- 29 Some rail lines
- 32 Related
- maternally
- 33 Quiet actors
- 34 Bypass
- 36 Pastoral setting
- 38 Woody Herman's "___ Autumn"
- 42 Lennon's lady
- 43 Lizard, e.g.
- 44 Permissive
- 45 Literary piece
- 50 Roly-poly
- 51 Desert sight
- 52 Circus performer
- 53 Seductress
- 54 Mideast potentate
- 55 Emergency CB channel
- 58 Reputation
- 59 Make a sweater
- 60 Hardens
- 62 Pallid
- 63 Hi-___ graphics

Sudoku (Answers on page 42)

Each row, column and box must contain the numbers 1 to 9.

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

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Alabama Place Names (answers on page 42)

B R R M Y E E B G I B M O T E D F
 R B L O U N T C A M J X M A L R G
 J U F B I R M I N G H A M K I A C
 E T T S H E L B Y E M B H V B H O
 F N X A S H N G H C R U F C O C R
 F B G Z C A A L C C C O A D M I O
 E T E E G E K S U T F L L P Z R N
 R L V R G S D K O Y H R G F E P A
 S W O H A O N P R O E M T D A L E
 O M U L C E G E U K L A E N E N L
 N Q L V E A M N L P Q A Z F O K T
 U A K F D O J A A C K T C T G R T
 D Q F S G G W Z G M A V S S E W R
 U O D T N B X M Z D L E Z B U H O
 C E N L I N D E N A M E L A R T Y
 N O G B C N T Z I I V O S M C S Y
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| Blount | Decatur | Mobile | Tombigbee |
| Calhoun | Florence | Montgomery | Troy |
| Coffee | Gadsden | Morgan | Tuscaloosa |
| Colbert | Jefferson | Pell | Tuskegee |
| Corona | Lamar | Prichard | Walker |

Tracking Trivia!

compiled by Gary Calligas

Test your trivia knowledge.

The answers can be found on page 44.

1. Approximately 75 % of the world's nations flag contain what color?
2. What is the most widely spoken language on earth?
3. Today, many of us use Bluetooth wireless technology for our electronic gadgets. Why is this technology named Bluetooth?
4. Which physical trait may affect the amount of anesthesia needed by a patient?
5. Which state has the tallest capitol building in the U.S.?
6. The item to the right was in common household use in the 1940s and 1950s. What liquid was put in the bottle and what was it used for?



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(318) 221-1983
See our ad on page 13.

I am 70 years old and am very nearsighted. I noticed that area doctors have been promoting LASIK to correct nearsightedness. Am I a candidate at my age and does Medicare cover any part of the costs?

LASIK is usually not a first option for people over age 65 because of cataracts. There is a new Multifocal Lens available now called ReStor that allows people with cataracts to see like they did at 25! 80% of people who have the Restor lens implanted are completely free from glasses. Medicare does cover some of the cost of the new lens. To find out if you are a ReStor candidate, call our office at 212-3937 for a screening exam.



Chris Shelby, MD
WK Eye Institute
7607 Youree Dr.
Shreveport, LA 71105
318-212-3937;
See our ad on page 35.

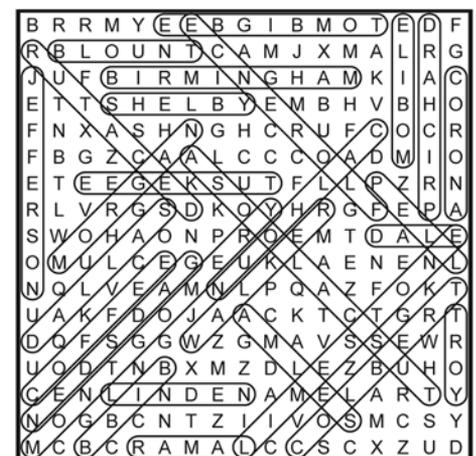
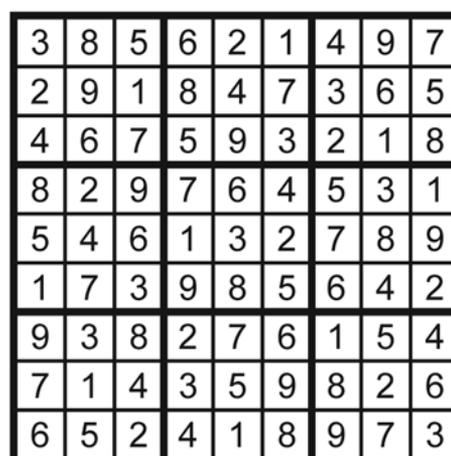
What are the symptoms and treatment of torn cartilage?

Meniscus tears are the most common surgical condition involving the knee. Medial meniscus (inside) tears are 3 - 4 times more common than lateral tears (outside). The meniscus support 50% of the body weight with the knee extended and 90% with the knee flexed 90°. Because the meniscus supports body weight every attempt should be made to repair or maintain as much meniscus tissue as possible. Popping, giving way, locking, tenderness at the joint line, stiffness, and swelling are some of the signs/symptoms of cartilage tears. Arthroscopic surgery is generally done on an outpatient basis and recovery is from a few days to a weeks.



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

puzzles on pages 40 - 41)





PARTING SHOTS

Share your photos with us. Email to editor.calligas@gmail.com

The Community Healthcare Education Network (CHEN) held their annual CEU conference on March 8 in Shreveport.



Belinda Hensley, Modica Tompkins, Shannon Cox, Jann Connell, and Katherine Laster



Amy Bailey, Dr Patrick McGaully, Trella Malpass, and Julie LaPrease



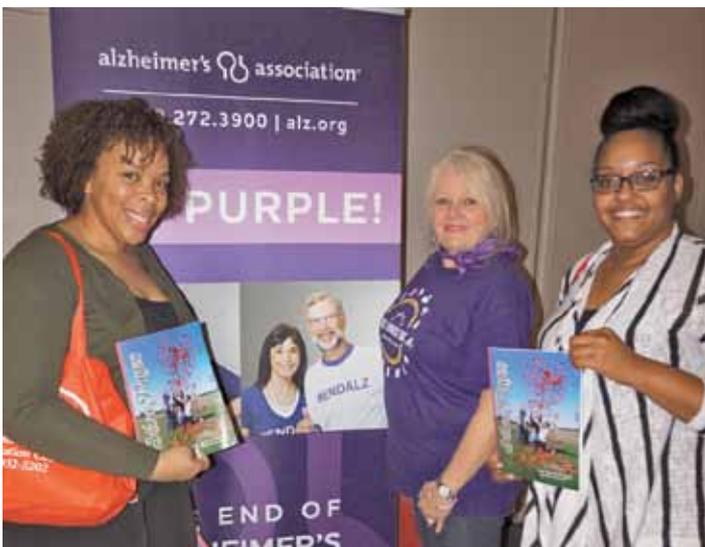
Michael Corbin, Chelsea Cutlip and Clara Farley



(l to r) Allen Jenkins, Mickey Lathon, Summer Warren, Linda Thomas and Nichole Edwards



Gary Calligas and Valerie White celebrated their March 8 birthdays at the conference



Ellise Garmon, Paula Boulanger, and Danielle Diggs with their copies of the 2017 edition of *Silver Pages*

Director of *Spiritual Life Services* for Willis-Knighton Health System and The Oaks of Louisiana, The Rev. Andrew Comeaux (left), MDiv., MSW, received the National Association of Social Workers (Louisiana) Lifetime Achievement Award on Wednesday, March 15, during the group's annual conference in Baton Rouge.



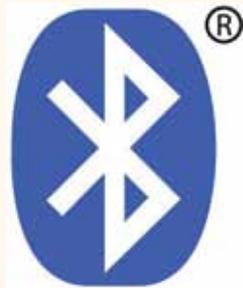
Tracking Trivia!

ANSWERS

1 About 75% of flags contain red and 70% have white in their flag. There are twenty nations in the world who have red, white, and blue in their flag.

2 Mandarin Chinese is the most widely spoken language in the world. Spanish is second, followed by English.

3 Bluetooth technology was named after 10th century King Harald I, also known as "Bluetooth", who united the warring tribes in what is now Denmark, Norway, and Sweden. Similarly, Bluetooth technology was created to allow connectivity between competing, non-compatible products. King Harald was rumored to have a conspicuous dark "blue-like" tooth. The Bluetooth logo - that symbol in a blue oval printed on the box your phone came in - is actually the initials of Harald Bluetooth written in Scandinavian runes.



4 Hair color. According to a 2004 study at University of Louisville in Kentucky, persons with red hair color may require up to 20% more anesthesia before surgery than do blondes and brunettes.

5 At 450 feet, Louisiana has the tallest state capitol in the U.S. The largest? The capitol in Austin, Texas is the largest in square footage, and is the second biggest after the U.S. Capitol in D.C.

6 Before the steam iron was in general use, an old soda bottle filled with water and stoppered with a laundry sprinkler was a fixture on ironing boards to dampen clothes before ironing them.

PARTING SHOTS Continued



Waterview Court held a Mardi Gras celebration on February 28th



Inez Johniken and Marjorie Crunkilton



Larry Casey and Bettye Frye



Queen Bettye Frye with King Charles Boudreaux



Waterview Court Executive Director Pat Covington and Louise Pasquier

The Woman's Department Club held their Mardi Gras Jazz Lunch on February 11.

Krewe of Centaur King Eric Enkey and Queen Jennifer Hammons ▶

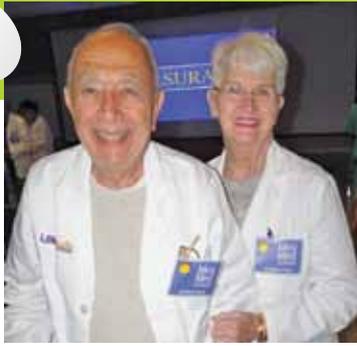


Marty and Melanie Johnson, Krewe of Justinian Queen





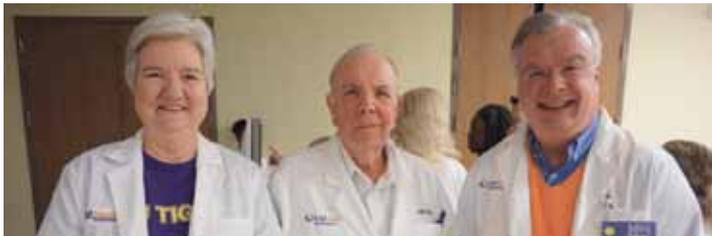
LSU Health hosted Mini Medical School for area residents interested in learning the latest information about various medical topics and treatments during the month of March.



Sydney and Hollisann Kent



Dr Horacio D'Agostino, Marianne Mostellar, Debbie Grand



Judy Woodham, Gregg Trusty, and Randy Brown



The LSU School of Allied Health Professions held a Media Day on February 13.



Director of Admissions Madeline Fechter and Dean of Allied Health Professions, Dr. Joseph McCulloch



▲ Teresa Bigler, Stephanie Blackburn, and Connie Watson



Stanley McCallon, Ed Maloney, and Lindsay Michel

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To register call **318-865-7486**
or e-mail prijkenyon@aol.com

Taught by
Randy Kenyon,
certified
ACBL Director



PARTING SHOTS Continued



WK *Transplant Dietitian Lori Roy, MS, RD, LDN*, has been named Outstanding Dietitian of the Year by the Louisiana Academy of Nutrition and Dietetics (LAND). Roy, transplant dietitian for John C. McDonald Regional Transplant Center, accepted her award at LAND's annual award breakfast Tuesday, March 7, in Baton Rouge.



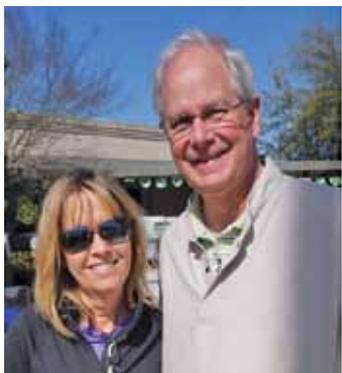
The Caddo Council on Aging (CCOA) held their annual Miles for Meals event to support the Meals on Wheels program at Zocolos on March 12th.



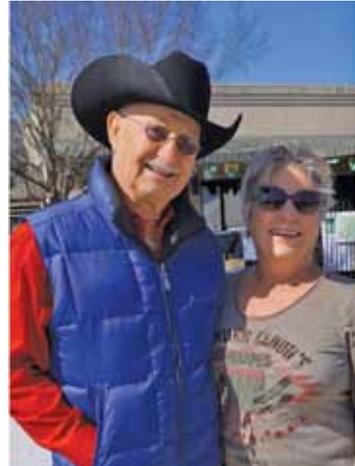
Doug and Mary Alice Rountree, CCOA Executive Director



Charles and Jenneth Merriman



Laura and Mark Williamson



Bobby and Jackie Gay



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The grand opening of the WK Rehab Institute on Line Avenue was held on February 12th.



Jane Wehlander and Terri Wehlander



Bo Boyd with WK CEO Jim Elrod

◀ Judy Austin and Elaine King



Mary Martin Elias, Beverly Miller, Ginger James, and Cheryl Stephens



Susie and Don Holton with Dr Gerald Baker




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Joe Gilsoul



Lee Aronson

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

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