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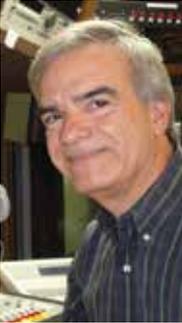
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Broadcasting every **Saturday** morning **9:05 to 10 a.m. on News Radio 710 KEEL**, a Townsquare Media radio station in Shreveport, LA.

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"2018 NW Louisiana Senior Olympics"

Guest: Ronny Comstock and Lionel Brangham with the Senior Olympics Steering Committee

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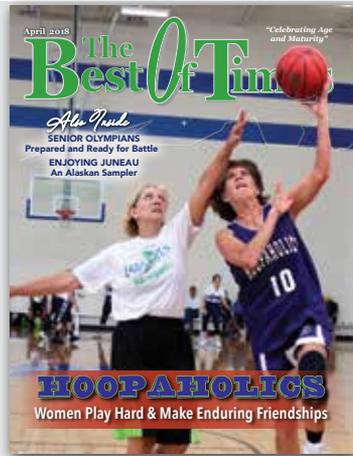
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"The Latest in Hearing Aid Technology"

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On the Cover

Local "Hoopaholics 65" basketball player Marjorie Heath at the National Senior Games.

"I believe the National Senior Games is the best-kept secret in the nation for seniors over fifty," said Heath



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The Best Of Times

April 2018 • Vol. 27, No. 4
 Founded 1992 as *Senior Scene News*
 ISSN Library of Congress
 #1551-4366

A monthly publication from:
 TBT Multimedia, LLC
 P.O. Box 19510
 Shreveport, LA 71149
 (318) 636-5510
www.TheBestOfTimesNews.com

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Medical News & Info



• **Dash Diet May Reduce Risk of Depression**

People who eat vegetables, fruit and whole grains may have lower rates of depression over time, according to a preliminary study from Rush University Medical. The study found that people whose diets adhered more closely to the Dietary Approaches to Stop Hypertension (DASH) diet were less likely to develop depression than people who did not closely follow the diet. In addition to fruit and vegetables, the DASH diet recommends fat-free or low-fat dairy products and limits foods that are high in saturated fats and sugar. Studies have shown health benefits such as lowering high blood pressure and bad cholesterol (LDL), along with lowering body weight.

Sleeping less than the recommended eight hours a night is associated with intrusive, repetitive thoughts like those seen in anxiety or depression, according to new research from Binghamton University, State University of New York.

• **Two Yoga Poses Proven to Reverse Scoliosis Curves**

Continuing clinical research shows strongly positive results for two yoga-like isometric maneuvers to decrease scoliosis curves. Doing exercises for just a minute or two a day for a few months, patients reduced scoliosis curves enough to avoid painful bracing and to avert the need for expensive surgery. Patients averaged 25% - 35% reduction in scoliosis curves over 10 months (adults) and 6 months (adolescents). The side plank pose is used for lumbar curves and the half-moon pose for thoracic curves.



● **Gotta Wear Shades**

Ophthalmologists at UT Southwestern Medical Center remind everyone to protect their eyes from the sun. The surface of the eye and the cornea are particularly vulnerable to the sun's rays. Researchers stressed that excessive exposure may increase the risk for the formation of a fleshy tissue over the cornea, some forms of cataract, and possibly macular degeneration. Sunglasses should be used by adults and children when outdoors for prolonged periods of time. For eyeglass wearers, polycarbonate lenses, which are thin and shatterproof, offer protection from ultraviolet radiation.



● **Every Movement Matters**

Folding laundry or doing the dishes might not be the most enjoyable parts of your day, but these activities may help prolong your life, according to the findings of a study in older women led by the University at Buffalo and published in the *Journal of the American Geriatrics Society*. Women who engaged in 30 minutes per day of light physical activity had a 12 percent lower risk of death. Women who did a half-hour each day of moderate to vigorous activity had a 39 percent lower mortality risk. Light physical activities included folding clothes or sweeping the floor. Moderate to vigorous activities would be brisk walking or bicycling.



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Increasing Our Wisdom About Food Safety

As we age, our risk for sickness increases, including foodborne illness. Foodborne illness, also known as “food poisoning”, is a sickness from bacteria, parasites, viruses, or toxins in foods we eat. People over age 65 are much more susceptible to foodborne illness due to age-related changes in the body. Our immune systems weaken with age and organs become less efficient in eliminating harmful pathogens. Additionally, some medications used to treat chronic conditions may weaken the immune system, which increases the risk for foodborne illness.



McAlister

Luckily, there are ways to prevent foodborne illness, and this comes from practicing proper food safety. The four basic steps to food safety are to clean, separate, cook, and chill.

Clean: This step includes washing your cooking surfaces and your hands. As you cook, bacteria can potentially spread throughout the kitchen and onto counter tops, utensils, cutting boards, preparation surfaces, and even your food. Before cooking, wash your hands for at least 20 seconds. This includes hand washing after you take a bathroom break or after any cooking break. Make sure to start with clean countertops, utensils, preparation surfaces, and cutting boards. It is also important to wash supplies and surfaces after preparing raw seafood, meat, and poultry, and any other foods that will not be cooked. It is advised to use paper towels to clean surfaces instead of cloth towels. However, if you do wish to use cloth, be sure to wash them frequently using the hot cycle on your washing machine. To ensure foods stay safe, clean canned food lids before opening and wash all produce before use.

Separate: This step helps prevent cross-contamination, which is the spread of bacteria to foods. This happens when cooked or ready-to-eat foods come in contact with germs from dirty objects or juices from raw meats. The key to preventing cross-contamination is to keep potential contaminants away from cooked and ready-to-eat foods. At the grocery store, be sure to separate raw meats, seafood, poultry, and eggs from other foods in your cart and grocery bags. Separation is also important when storing foods in your refrigerator. While cooking, make sure to thoroughly clean a plate or cutting board that held raw items before using for another purpose. Also, don't reuse marinades that were used for raw foods unless they have been brought to a boil. To help prevent accidental cross-contamination, designate a cutting board for raw meats, seafood, and poultry, and another board for ready-to-eat foods like fresh fruits and vegetables, bread, and cooked meats.

Cook: This step ensures that foods are cooked to their safe temperatures. The USDA and the FDA have teamed up to provide recommended safe cooking temperatures for a variety of foods. Listed below are a few of them:

- Ground beef, pork, lamb, and veal: 160°F
- Fish: 145°F
- Pork chops, roasts, and ribs: 145°F
- Egg dishes: 160°F
- Chicken, turkey, and duck (whole, ground, and pieces): 165°F

When checking temperatures, place the thermometer in several spots in the food to ensure that it is cooked to the correct temperature. For more information on recommended cooking temperatures, visit www.isitdoneyet.gov.

Four Basic Steps of Food Safety



1. Clean



2. Separate



3. Cook



4. Chill

Chill: Storing certain foods in cold temperatures helps slow the growth of dangerous bacteria. Periodically check your refrigerator temperature to make sure it is at or below 40°F. Within two hours of purchasing or cooking a perishable food, refrigerate or freeze the food. If the summer weather reaches temperatures above 90°F, these foods will need to be refrigerated within 1 hour. When thawing foods, never thaw at room temperature, such as leaving a food on the countertop. Instead, thaw foods in the refrigerator, microwave, or in cold water. Cook foods immediately if they have been thawed in the microwave or in cold water.

The federal government estimates that the rate of foodborne illness is about 48 million cases each year, which means about 1 in 6 Americans suffer from food poisoning annually. Even more shocking, foodborne illness accounts for about 128,000 hospitalizations and 3,000 deaths every year. With age comes an increased risk, making these statistics even more meaningful. Remember to clean, separate, cook, and chill!

Abigail McAlister is a Registered Dietitian and nutrition agent with LSU AgCenter for Caddo and Bossier parishes. Her focus is adult nutrition education and promotion. Contact her at apscallan@agcenter.lsu.edu.

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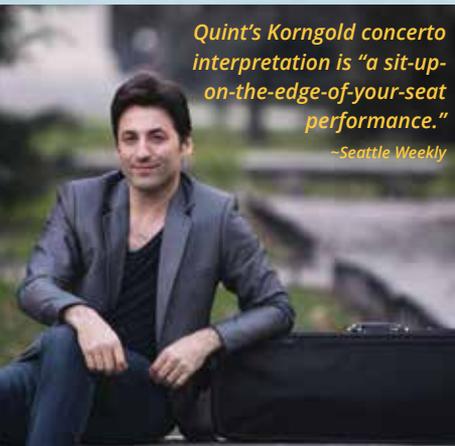
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Laws of the Land by Lee Aronson

You Can Run for Governor, But You Can't...



I always knew that little Cindy Brady would turn out to be a drunk.

So it was no surprise to me that she was convicted of DUI (Driving Under the Influence) in Oklahoma.



Aronson

But because a mother's love knows no bounds, Cindy's conviction didn't stop her mother, Carol, from appointing Cindy and her sisters as the co-executors of her estate. In fact, Carol's will specifically said that she was aware of Cindy's struggle with alcohol and her trouble with the law, but because Carol loved her daughters equally, she wanted all of them to be the executors of her estate.

This was not OK with Marcia, one of Carol's other daughters. When Carol died, Marcia took her Mom's will to court and asked that only she and her other sister, Jan, be appointed as the co-executors.

All of the daughters knew that once their mother's estate was settled, each of them would get one-third. There was no question that Carol's will left

everything to her three daughters equally. Marcia wasn't asking the Judge to take Cindy out of the will or stop Cindy from getting her one-third. Marcia was only asking that Cindy have no part in administering the estate until it was ready to be divided among the three sisters.

Sound fair to you? Carol wanted Cindy to be a co-executor, but Oklahoma law says that anyone who has been "convicted of an infamous crime" cannot be an executor. Unfortunately, Oklahoma law does not say what an "infamous crime" is. So lawyers got involved and the fight was on. Eventually a Judge decided that because Cindy's DUI was a felony conviction, it was an "infamous crime" and she was therefore not allowed to serve as a co-executor of her mother's estate.

Louisiana has a law that is similar to Oklahoma's law, but it's clearer: in Louisiana, you can't be an executor if you are a convicted felon. (You can however, run for Governor. That's right, in Louisiana, felons, as long as they are not actually in prison, can run for Governor.)

Louisiana's executor law goes on to say that you also can't be an executor

of anyone's estate if you are "of bad moral character." So let's say that the Brady family had lived in Louisiana instead of Oklahoma and that Cindy wasn't a drunk and hadn't been convicted of DUI. In fact, let's go ahead and make Cindy an attorney. And while her Mom is in the hospital, she has Carol sign a new will: a new will that leaves almost everything exclusively to Cindy, despite the fact that Carol was confused and didn't know where she was when she signed the new will.

Something like that really happened in south Louisiana. Cindy's sisters quickly got the new will thrown out due to Carol's lack of understanding, but Carol's old will said that all three daughters were to be co-executors. Marcia tried to get Cindy removed as a co-executor not because she had been convicted of a felony, but rather because of her "bad moral character." Marcia argued that Cindy had a bad moral character because she tricked their Mom into signing the new will when she was in the hospital and didn't know what she was doing. Cindy, on the other hand, said that her moral character was upstanding. She proved to the Judge that she voted regularly, was not in debt, had been happily married to the same man for 38 years, had raised three children, had been an attorney for 31 years, had never been arrested and hadn't ever gotten a traffic ticket. In this case, the Judge pointed out that there was no question who would inherit Carol's stuff: each of the daughters would get a third. The only issue was who would be the executor. The Judge decided

Louisiana's executor law goes on to say that **you also can't be an executor of anyone's estate if you are "of bad moral character."**

that Cindy's antics at the hospital regarding the second will was enough to prove her "bad moral character," so she was not allowed to be a co-executor of her mother's estate.

Why the big fight about who would be executor? Well, Cindy was living in her Mom's house, and Marcia and Jan wanted to evict Cindy from the house. Marcia and Jan thought that the only way they could evict Cindy was if they were the only executors. Once the Judge said that they were the only executors, they filed an eviction against Cindy. But that didn't work out as Jan and Marcia expected: the Judge said that although Cindy was not an executor, she was still an heir who would be inheriting a third of her mother's house. Because she was an heir, she couldn't be evicted.

(Although the names have been changed, this article is based on a recent Oklahoma case.)

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



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Slow Computers: When is It Time for a New One?

Question: My computer is running slower and slower it seems and I'm not sure if it's worth upgrading. Is there any hope for this old machine?

I get this question a lot. I usually tell my customers that if you've owned the machine for seven years or more, then you have used the effective life of the machine. If the computer is older than seven years and it's running slow or locking up, it's not really worth the money to try to save it. It's time to move on to a new or newer computer.



Rinaudo

If your machine is newer than seven years old, then this is where the answer gets tricky. Most new computers that are running slower are suffering from some form of malware on them. The malware landscape has changed quite a bit over the years. Malware started out as viruses and has grown into a grey area where it's not as malicious as a virus, but it's not exactly harmless. Most malware is installed on your machine by an outside source and is aimed at directing your computer to some location on the internet to financially benefit the malware's creator.

In my findings **malware is the culprit 80% of the time.** The other **20% of the time it's hardware** related. A computer has many parts to it and **any one of those parts can cause a severe slowdown.**

If your computer is running slow, the first place to start is to scan the machine with several malware scanning tools. I usually recommend starting with the free version of Anti Malware Bytes. This is the first scan tool I normally use on a machine just to get an idea of how badly infected the machine is. From there, I normally move on to other scan tools that go deeper and search for more obscure malware.

In my findings malware is the culprit 80% of the time. The other 20% of the time, it's hardware related. A computer has many parts to it and any one of those parts

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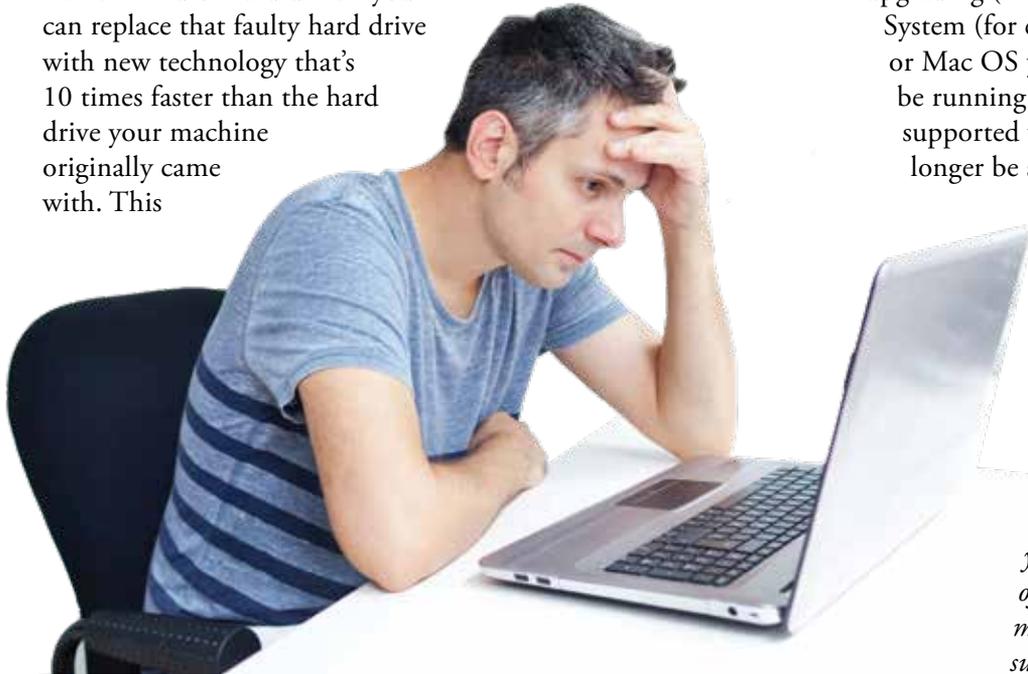
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can cause a severe slowdown. If your hard drive is starting to die, then you'll notice your machine running slower and slower and, if you're able to check it, you'll notice that the CPU is barely being used.

If you find yourself in this boat, then there is some good news. With the introduction of the Solid State Drive (SSD) - a new kind of hard drive - you can replace that faulty hard drive with new technology that's 10 times faster than the hard drive your machine originally came with. This



upgrade can sometime make your machine faster than what it was when it was brand new. I usually recommend an SSD upgrade for machines with failing drives and are 5 years old or newer. This upgrade is very beneficial to the older Mac line of computers.

Other factors that dictate whether the machine is worth upgrading (instead of trashing) is the Operating System (for example, which version of Windows or Mac OS you have installed). Your machine may be running an Operating System that's no longer supported with security updates, or is about to no longer be supported.

With these guides in mind hopefully you'll be better informed to make a decision on whether to invest your money into an aging machine that may just have another two or three years of life in it, or if it's time to start shopping for your next computer.

Mark Rinaudo has worked in IT in Shreveport for more than 20 years. He is the owner and operator of Preferred Data Solutions. Email mark@preferreddatasolutions.com to submit a question for this column.




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From the Bench by Judge Jeff Cox

Carrying Guns in Louisiana



Last month, I discussed carrying guns in your vehicle. This month, I wanted to highlight the law about carrying a gun on your person. Many people are confused if they can carry a gun and how they can carry a gun in the State of Louisiana. This article will attempt to provide some of the laws dealing with guns in Louisiana.



Cox

Louisiana is considered to be an “Open Carry” state. In Louisiana, a person who is not otherwise prohibited from possessing a firearm may carry it openly and loaded, without any permit, in places where firearms are allowed. This law applies to both residents of Louisiana and non-residents. A law enforcement officer may observe the person carrying the firearm and try to initiate a voluntary conversation with someone who is openly carrying a firearm. A valid concealed weapon permit does not restrict the right to open carry a weapon. Private property owners can restrict the carrying of a firearm on their property.

Open carry of a firearm alone does not constitute Disturbing the Peace or Negligent Carrying of a Concealed Handgun/Brandishing under either of these laws. In order to be charged and convicted of these crimes, a person must be doing some other bad act in addition to carrying a firearm. An example of this may include unholstering a handgun and waving it around in a crowd of people.

If you intend to carry a concealed weapon in Louisiana, you must obtain a concealed weapon permit. In order to obtain this permit, you will need to apply to the State of Louisiana. Louisiana will require you to fill out an application and take training offered by a certified instructor before they will issue you a final permit. Louisiana’s concealed weapon permit is recognized in numerous states.

All permit holders who are armed must inform a law enforcement officer “who approaches the permittee in an official manner or with an identified purpose” of the fact they are carrying a concealed weapon. People who have been convicted of certain crimes of violence, sex offenses, felony controlled dangerous substance offenses, domestic abuse battery, and

All permit holders who are armed **must inform a law enforcement officer** "who approaches the permittee in an official manner or with an identified purpose" of the fact **that they are carrying a concealed weapon.**

.....

certain other crimes are prohibited under state law from possessing a firearm or carrying a concealed weapon until ten (10) years after the completion of the sentence. This prohibition also includes black powder weapons such as muzzleloaders.

Concealed weapons are prohibited in certain places. These include law enforcement stations, courtrooms, polling places, state capitols, airports, and detention facilities. A permittee is not allowed to carry a concealed weapon into a church unless the church gives them permission to do so.

If you are planning on carrying a firearm on your person, you need to know the law. You have a right to firearms, but you must act responsibly when carrying them.

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

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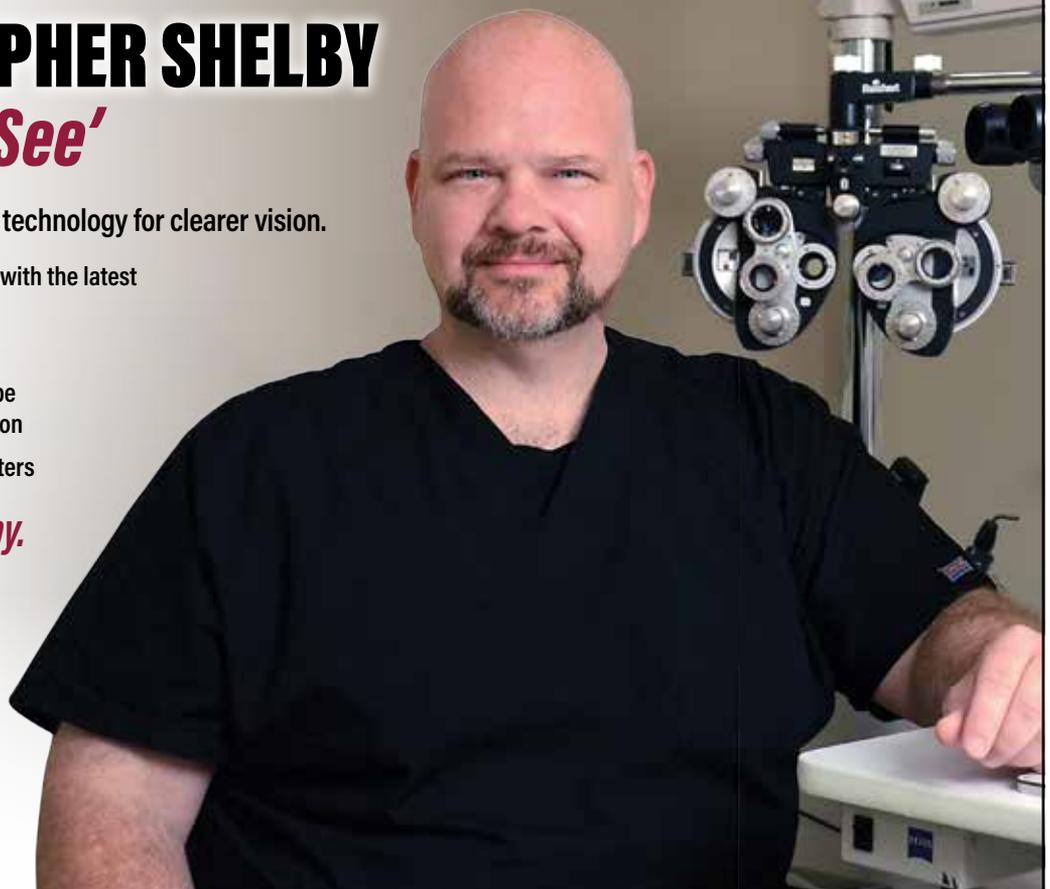
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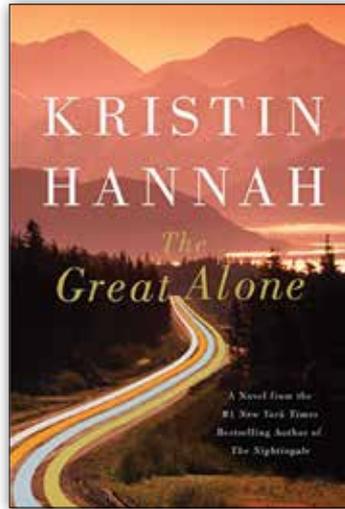
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The Great Alone

by Kristin Hannah

Occasionally I'll pick up a book that crawls under my skin and haunts me. Kristin Hannah's new book, *The Great Alone*, set in homesteading Alaska in the late 1970s, is such a book.



Rinaudo

Hannah tells the story of a family - teenage Lenora, her mother Cora, and POW father Ernt - who move to Alaska to escape the horrors of the world, Ernt's recurring nightmares and inability to hold down a job, and homestead in the cold north. The family quickly discovers though, that Alaska is much more than they bargained for. And as winter approaches, so too does the stormy tide of Ernt's POW-induced nightmares and the terrifying face of PTSD.

Despite the grim inner workings of the Allbright family, when they first arrive on the wild frontiers of Alaska, they are cautiously hopeful. The small community of people there are like a family, and they quickly see that the newly arrived family is in no way prepared for their new homesteading venture. Together, they step in to help them prepare for winter. In the land of the midnight sun, they hunt, fish, cook, dry meat, store up firewood and engage in endless activities to prepare for the inevitable onset of cold, darkness and snow. Large Marge, the local store clerk and former big city attorney, is one of the book's shining characters, so too are the city's long-time royalty (and source of

Ernt's endless ire) the Walker family.

The long sunny days and fresh air seem to bode well for the attitude of the suffering Ernt, but as winter approaches and the days whittle down to a mere few hours of sun a day, the tide of Ernt's anger shifts. As his paranoia of the end of days is ignited by the town drunk, and he imagines flirting between his wife and Mr. Walker, his anger spills over into domestic abuse. Faced with endless snow outside and a lack of food and an angry and abusive man inside, *The Great Alone* turns dark and grim.

This book was both suspenseful and difficult. The pain and darkness the main characters battle is palpable and the danger real. It is rare the book that makes me gasp aloud, and *The Great Alone* made me do so multiple times. But despite all the pain and darkness, Hannah knows how to let redemption slip in at the right times. Lenora finally makes a friend her age at the tiny local school - though he's the son of her father's nemesis. And the way the community of people in Alaska work together to help one another in all circumstances and survive the elements is endearing and fascinating.

The whole history of homesteading in Alaska was foreign to me, and Hannah made it so the landscape itself was a proper, ominous character, lending joy, horror, fear and redemption.

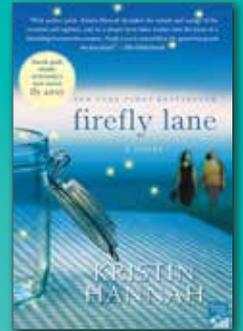
Grade: A

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

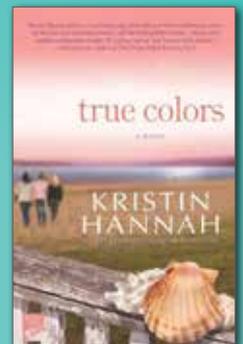
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Day 3 Beijing (Breakfast)

A day at leisure to explore at your own pace. We suggest an optional excursion (USD\$65/person) with lunch to the Forbidden City, the former seat of the emperors throughout the Ming and Qing dynasties. It is a true architectural masterpiece and home to the National Palace Museum. After an included lunch, proceed to the Summer Palace, a former royal retreat and now a lovely park. Then visit a Chinese Herbal Institute to learn about traditional Chinese medicine.

Day 4 Beijing (Breakfast, Lunch)

Today's highlight is an excursion to the majestic Great Wall (Juyongguan), one of the "Seven Wonders of the World"! Recognized by UNESCO, and get a chance to climb a portion of this 3,700-mile marvel. Then tour the iconic "Beijing 2008 Olympic Center"; which includes the famous Bird's Nest and Water Cube which now hosts many spectacular opening ceremonies and events. Although there is no tour inside these buildings, it is a magnificent architectural structure from the outside, providing a perfect photo opportunity. Visit one of the largest Jade Exhibitions in Asia enroute. After lunch, see skilled artisans work at a Cloisonné Factory.

Day 5 Beijing fly to Shanghai, Bus to Suzhou (Breakfast, *Lunch included only with optional tour, *Dinner on airplane)

Today you are free to explore Beijing, or you can sign up to join one of our popular day tour programs. We will take a late evening flight to Shanghai. Upon arrival at Shanghai airport, transfer directly to Suzhou by bus. It is only about a one hour drive.

Day 6 Suzhou / Wuxi (Breakfast, Lunch- Wuxi Style Ribs)

Suzhou is known as the Oriental Venice for its ex-

quisite canals, bridges, pagodas, and beautiful gardens. After breakfast, tour the Lingering Garden and visit the Suzhou Silk Factory to discover the processing of silk. After lunch, Wuxi is apparently best known for 'Hong Shao Pai gu' or braised spare ribs. In late afternoon, continue to Wuxi, visit the Lingshan Grand Buddha.

Day 7 Wuxi-Hangzhou (Breakfast, Lunch, Dongpo Pork)

This morning tour the Brilliance of Lake Lihu located at Famous Lake Taihu, followed by visit a Fresh Water Pearl Farm. Continue to Hangzhou to enjoy a slow cooked Dongpo Pork.



Day 8 Hangzhou-Shanghai (Breakfast, Lunch- Steamed Bun Xiao Long Bao)

Hangzhou, also known as the "Paradise on Earth" After breakfast, visit The West Lake, the most beautiful lake in the country. Featured lunch Steamed Bun Xiaolong Bao- (a type of steamed bun) Then, visit No.1 Tea Plantation and taste the well-known Dragon Well Tea. After lunch, drive to Shanghai. Walking along the famous Bund, lined by the colonial architecture of European design is now the called "Wall Street of the East".

Day 9 Shanghai (Breakfast, Lunch, Farewell Dinner- Shanghai Local Cuisine Ben Bang)

In the morning, tour Shanghai Museum, to see ancient Chinese art, furniture and jade, followed by a visit to an Emerald exhibition center. Then visit the City God Temple Bazaar, which is composed of specialty stores, selling traditional Chinese arts and crafts, medicine and souvenirs. This evening, enjoy Farewell Dinner Shanghai cuisine, also known as Hu cuisine, is a popular style of Chinese food. In a narrow sense, Shanghai cuisine refers only to what is traditionally called Benbang

Day 10 Shanghai- Home (Breakfast)

After breakfast transfer to the airport, departure Shanghai and head back home or extend your trip to other city in China.

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Hayley Mills Puts on Her 'Party Face'

As one of the best-known child actors from the 1960s, Hayley Mills starred in a half-dozen Disney films including box-office hits "Pollyanna" and "The Parent Trap." Now in her early 70's, Mills continues to perform with a preference for theater work.



Thomas

to do it when I read the script."

Featuring an all-female cast, "Party Face" is set during a housewarming party where hilarity and personal conflicts intertwine and ends in April (see www.nycitycenter.org).

While her appearances in film and on television have been rarer in recent years, Mills doesn't rule out a return.

"As an actor, you just don't know what you'll be doing next," she noted. "But now I have 4 grandchildren and we all live within an hour of each other, so I enjoy spending a lot of time with them."



Hayley Mills with father John Mills in the background as a police inspector in *Tiger Bay - The Rank Organisation*

Reunions with her siblings are rarer.

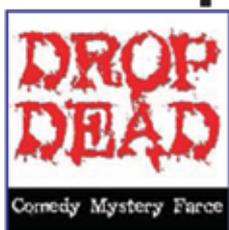
"My brother Jonathan and his wife live in Tasmania and run a fabulous Bed & Breakfast called Harpers on the Beach," said Mills (see www.harpersonthebeach.com). "It's just heaven there, but such a long way so I don't get down often enough."

Older sister Juliet Mills is also an accomplished film, television, and theater actress. "Juliet lives in California and I live in London, but we've toured together on the stage over the years."

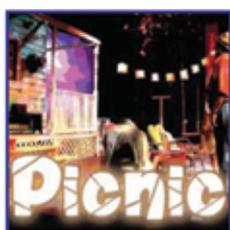
Both sisters began their careers as children, but were they rivals competing for the same roles?

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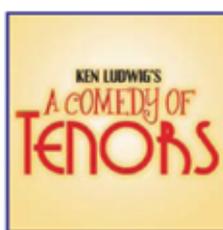
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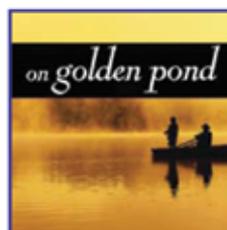
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“No, we never were,” said Mills. “She moved to America as a teenager and theater became a big part of her career whereas I focused on film. So our careers took us on different trajectories.”

Despite the dominant family acting genes – their father was beloved British actor John Mills – Hayley says her father never pushed her into acting. When director J. Lee Thompson visited the family farm in Sussex to talk with Mills about his role in 1959’s “Tiger Bay,” Thompson was impressed by Hayley as she played in the garden.

“I was messing around pretending to do television commercials. At lunch, he suggested using me in the film, so I did a screen test.”

Barely a teen, her career took off after Tiger Bay’s success. Recognizing her talent, Walt Disney signed Hayley to a 5-year contract beginning with “Pollyanna” in 1960.

The following year “The Parent Trap” was released, perhaps her best-known role playing teenage twin sisters. Remade in 1998, Mills says a theater tour prevented her from accepting a cameo and only has praise for Lindsay Lohan’s performance in the remake.

“I’ve never actually met her but thought she was a very good actress. However, it was a rather bizarre experience to watch the film because it felt so similar. I felt like Rip Van Winkle!”

Her next film for Disney was “In Search of the Castaways,” released in 1962, where Mills teamed up with suave French entertainer Maurice Chevalier and the always delightful British character actor Wilfrid Hyde-White.

“I loved them both. Maurice was a genuine charmer with a tremendous warmth and a wonderful twinkle in his eye. Wilfrid Hyde-White was just a darling man. He was a huge horseracing fan and always had a portable TV set in his dressing room to watch the races. It was such a privilege to work with those two.”

Now a true Hollywood icon herself, Mills is still thrilled by the chance to take on rewarding projects, such as the “Party Face” role.

“As you get older such wonderful opportunities don’t come along quite so often. It’s a very uncertain business, but I’m very grateful for the opportunities I’ve had.”

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



Hayley Mills recent photo.

Provided by Hayley Mills.

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Have You Been Losing The "Joy" In Your Life?

According to the dictionary, joy is the emotion brought on by well-being, success or good fortune. When we're feeling joy, we're happy and finding good things in our lives.

While measuring joy might seem hard to do, there's one test you can try. Think about what your initial feelings are when you wake up in the morning. Are they about the joy and excitement the coming day should bring, or are they thoughts of dread and anxiety for all the pressures and responsibilities you'll have to face? If finding joy is difficult for you to do, it's time to take action to put some pleasure back into your life.

A first step should be understanding what joy means for you. It's not the same for everyone. Close your eyes and think about pleasant people, places, things and experiences that have brought you real joy. Joy should

come from significant things, not just fleeting gladness because

there was less traffic today or that you're having your favorite dinner tonight.

Our sense of joy grows from our emotional, physical and mental well-being. There are a number of ways to significantly improve all those.

A starting point is to enjoy your relationships. Look for the things in

your family, friends and even your job that are important to you, make you feel good and bring you joy.

And it's important to look for the positive. Often we focus on the negative, ignoring the numerous little things in our day that make us happy.

It's also helpful to realize that life is too short to see only negative things or people when there is so much around that can bring you satisfaction. Take time to watch a sunset, to appreciate nature, and to spend a few moments each day meditating on the positive things in your life.

You need to also take care of yourself. Eating right, staying active and getting plenty of rest are all ways to find more of the joy in life. While most days might bring something problematic or stressful, when you make time for yourself to focus on the good in your life, it becomes easier to minimize the stress and tension you may be facing.

Finding the joy in your life is not something that simply happens to you. Your goal, on a daily basis, is to actively seek out the things that bring you joy.

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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Understand What Joy Means to You



Enjoy Your Relationships



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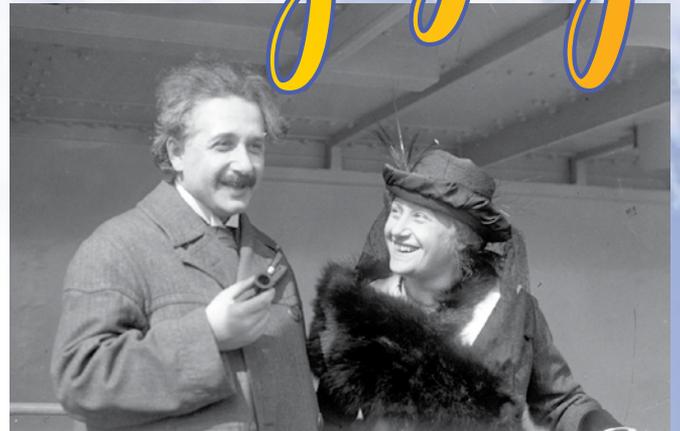


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Our Favorite **5** QUOTES ABOUT Finding Joy



1 “We are shaped by our thoughts; we become what we think. **When the mind is pure, joy follows like a shadow that never leaves.**” – Buddha



2 “Joy in looking and comprehending is **nature’s most beautiful gift.**” – Albert Einstein



3 “We should all do what, in the long run, gives us joy, even if it is only picking grapes or sorting the laundry.” – E. B. White



4 “Happiness lies in the **joy of achievement** and the thrill of creative effort.” – Franklin D. Roosevelt

5 “Joy is prayer; joy is strength; joy is love; joy is a net of love by which you can catch souls.” – Mother Teresa



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The U.S. women's basketball team has taken home eight out of nine Olympic Gold medals since 1984. According to the NCAA, 429,380 high school students and 16,593 college students competed in women's basketball during the 2015-16 season. A few go on to play in one of 12 Women's National Basketball Association teams. Many will give it up, but some women still play competitively for fun, or just wish they did.

Meet "The Hoopaholics," a group of Shreveport women who play to win and have the trophies to prove it.

"We all came together because we enjoy playing basketball," said Mary Parsons, 70, who plays with the basketball team for over-50 women. "We practice once a week at LSU. We go to senior state games in Texas, Louisiana, Arkansas, Mississippi and any other tournament that we can find."

"Senior basketball is three on three, half court, with two 15-minute halves. Teams are divided by five years: 50-54, 55-59, 60-64 and so on," said Parson, who played four years with

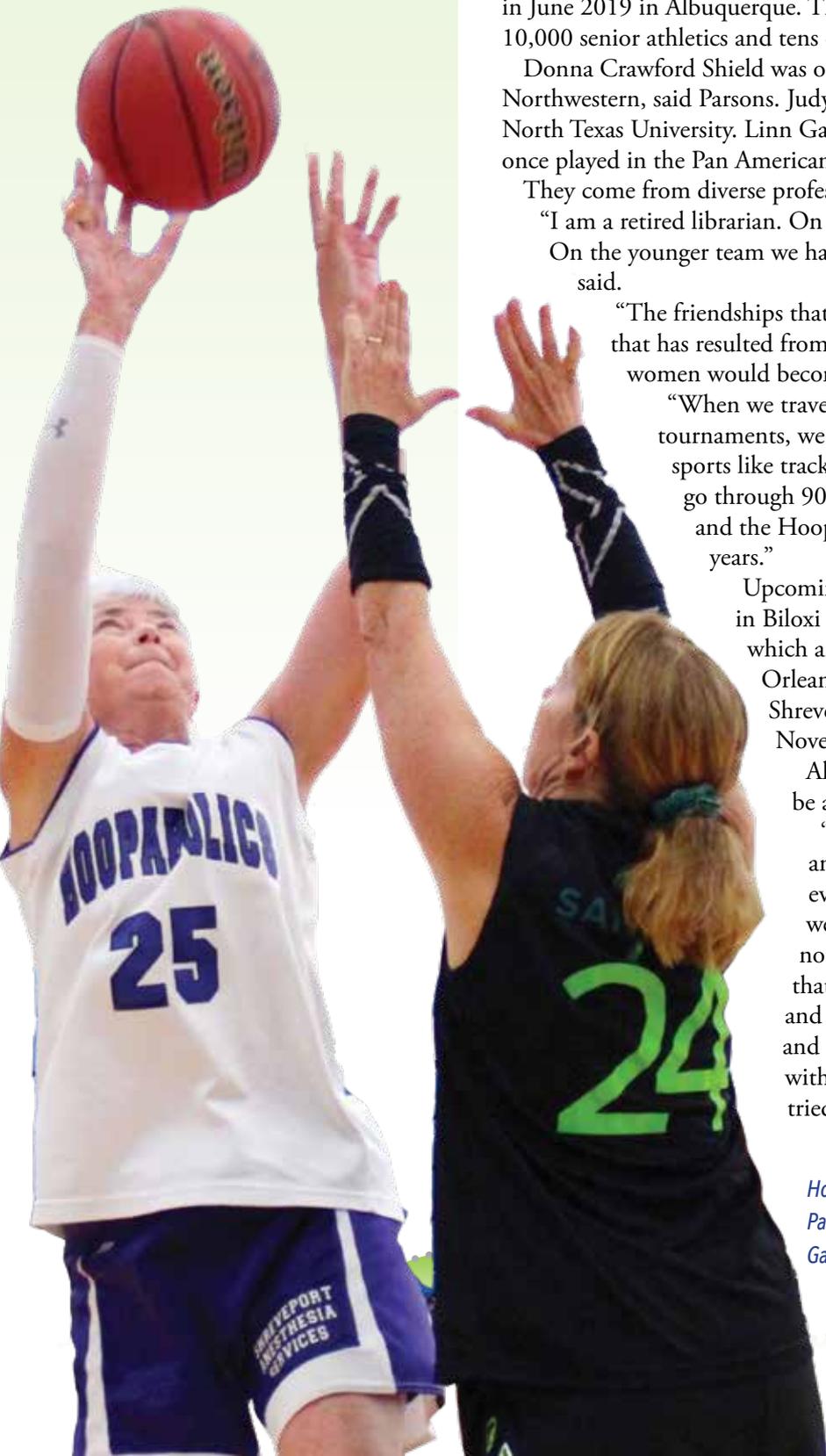
the All-American Red Heads, one of the first professional women's basketball teams.

"I was a professor at LSU and was always playing basketball or pickleball or softball with the kids on campus," said Cay Evans. "I was in my 40s and started wondering if there were other women my age that I could play basketball with. I placed a small notice in The Shreveport Times seeking women over age 40 who wanted to play basketball. That is how we got started."

The Hoopaholics are divided into two teams, labeled by the age of the youngest on the team. The "Hoopaholics 60" team members are Pam Eakin, Holly Kidd, Cay Evans, Mary Nell Hawley and Ruth Martin. "Hoopaholics 65" team members are Mary Parsons, Marjorie Heath, Linn Gamble, Donna Shield and Judy Emberton.

"I love the friends, the exercise and the travel," said Marjorie Heath, 68. "I was a defensive player on my high school team and didn't learn to shoot until playing senior

"The **friendships** that I have **made with my teammates** is the best thing that has resulted from this."



games. I believe the National Senior Games is to best-kept secret in the nation for seniors over fifty."

"At this time we are not recruiting new team members. Both of our teams have a full roster, but we always encourage other women to start new teams and join in the fun," said Parsons. "Since we have been doing this since 2004, we are like a group of sisters. My team, Hoopaholics 65 has been doing real good at National. We have won our age bracket for 2017 and 2015. We were runners-up in 2013 and 2011."

The team beat out teams from across the U.S. to bring the National Senior Games championship home. They hope to attend the next National Senior Games in June 2019 in Albuquerque. The event, held every two years, attracts around 10,000 senior athletics and tens of thousands of spectators.

Donna Crawford Shield was one of the first women to play basketball at Northwestern, said Parsons. Judy Emberton played at Carthage High School and North Texas University. Linn Gamble played for Ouachita Baptist University and once played in the Pan American Games, said Parson.

They come from diverse professional backgrounds and most are retired.

"I am a retired librarian. On our team we also have three other retired teachers.

On the younger team we have two retired teachers and a physician," Heath said.

"The friendships that I have made with my teammates is the best thing that has resulted from this, said Evans. "I was not expecting that these women would become my closest friends, but they have."

"When we travel and play tournaments, especially the national tournaments, we see female athletes over age 100 competing in sports like track and field and swimming. With basketball teams go through 90+," said Evans. These women are so inspirational and the Hoopaholics hope to be competing for many more years."

Upcoming competitions include the "Mississippi Games in Biloxi on April 7. We will go to Louisiana State games, which are in August or September, usually in the New Orleans area," said Parsons. They will also compete in the Shreveport Fall Classic, at 9 a.m. the first Saturday in November at LSUS.

Although no one has been injured, sore muscles can't be avoided.

"After a two-day tournament, we are pretty sore and banged up. When we go out to dinner that last evening, one of our players always reminds us before we stand up to leave the table and the restaurant, to not moan and groan," said Parsons. "The first time that happened we had all gotten so stiff from sitting and eating dinner that when we pushed back our chairs and tried to stand up, we caused quite a commotion with the moaning and groaning and limping as we tried to get moving again." •

Hoopaholic player Mary Parsons in the MN National Game in 2015.



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Her success as outdoorsman and bowhunter depend on a proper foundation and a solid stance from a reliable prosthesis.

Proud husband Robert, a Vietnam veteran, notes, "I have some health issues as a result of the war, and she is actually the one who takes care of me!"

Her sense of humor and personal style—evident in her perfectly pedicured prosthetic foot—are unstoppable, too: Her first prosthetic leg artistically displayed a shark's huge teeth "biting off her leg."

A longtime client of Snell's, Connie praises Russell, her prosthetist, saying, "Without him I wouldn't be where I am today—that's the honest truth. At Snell's, they really get how important my art is to me. I'm picky, and they spend the time it takes to satisfy me."



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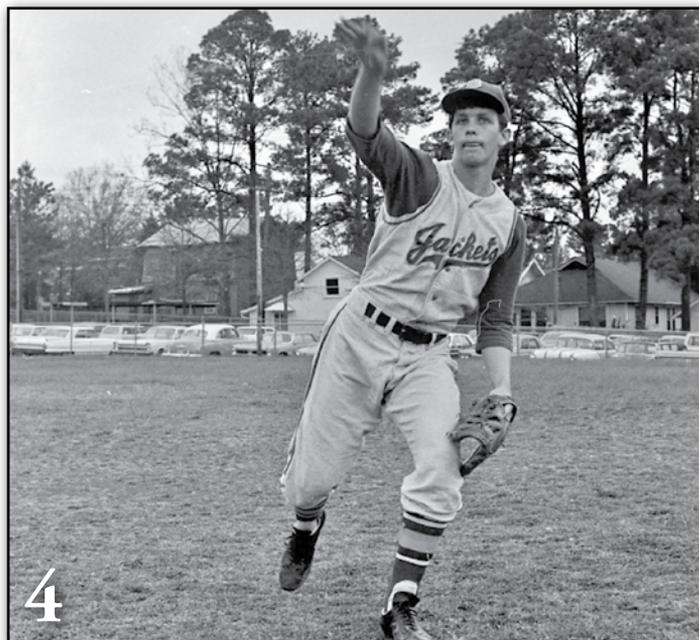
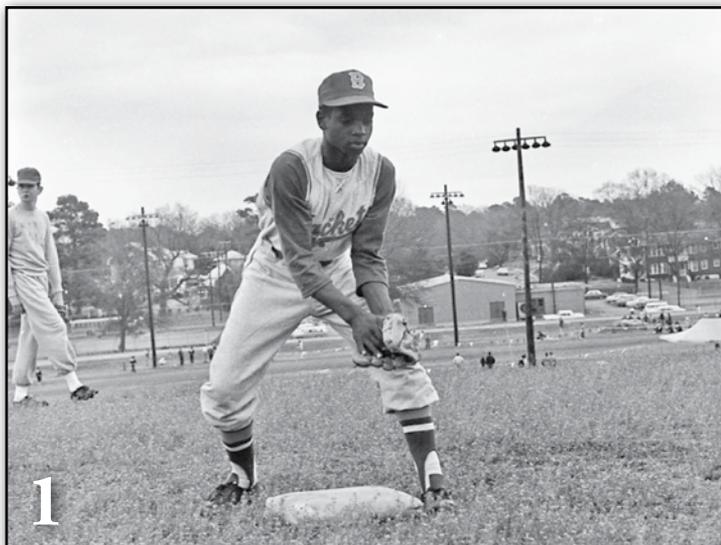
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Snapshot SLEUTH

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.



- 1, 2 & 4.** Byrd baseball players in 1968.
3. Winners of the Medical Essay competition from C. E. Byrd High School, April 2, 1968.
(All photos courtesy of The Shreveport Times.)

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OLYMPIANS PREPARED & READY FOR BATTLE

by Kathleen Ward

The entry form was for contestants “up to 99 years,” but a 102-year-old woman wanted in. Next, “a gentleman from one of the senior residences said he guessed he couldn't participate next year because he would be 100. We assured him the form would be changed and now it says 99+,” said Bette Turner, 83, treasurer of the all-volunteer 16-member Northwest Louisiana Senior Olympics Steering Committee.

The local Senior Olympics plays a big part in the lives of participants and the large band of volunteers who keep it going on a small budget with lots of creativity. “Our volunteers are people within the community who aren't afraid of hard work. It is a labor of love for all of us ... seeing people from year to year,” said Turner.

Turner, who volunteered 289 hours last year, has been active in the Shreveport Senior Olympics 20 years, keeping registration and records running smoothly with timeouts for bean bag baseball.

“Bean bag baseball is so popular because it is based on baseball itself,” said coordinator Ronny Comstock, 70. Bean bags are thrown through labelled holes on a board (“First,” “Second,” “Out,” “Foul,” etc.), with chairs for first, second and third base. “A person throws underhanded from 12 feet, if in assisted living, and 17 feet for all others,” he said.

“We currently have eight senior resident homes playing, but some have two teams entered. It is really a great thing for them and they love it so much that they go to each other's homes and play,” said Turner. “Not only does it give them much needed exercise but, even

more important, the fellowship keeps up their spirits. I know it does mine.”

Sporting events range from strenuous (track, golf, tennis, bowling, archery, 5K walk), to moderate (miniature golf, marksmanship, shuffleboard, darts, table tennis, billiards), and to games that can be done sitting or standing (chess, washer pitch, dominos and bean bag baseball). Participants number from 30 to more than 200 in each contest.

The nonprofit NWLSO serves seven parishes, but participants from other districts and states are welcomed. Events are divided by age, beginning at 50, except for track when athletes as young as 40 can participate. They are separated into five-year age groups (50-54, 55-59, etc.).

A fee of \$15, which includes a T-shirt, allows entry to any number of games except golf and bowling, where nominal facility fees are required. Committee member Bob Taylor has participated in 22 different sports after hearing about the Senior Olympics on the radio in 1995. He is now responsible for chess and the Phase 10 competition. “The relationships with the other seniors

“NONE ARE SO OLD AS THOSE WHO HAVE OUTLIVED ENTHUSIASM.” HENRY DAVID THOREAU

keep me coming back,” said Taylor.

The Opening Ceremonies and a health fair will be held from 9 a.m. to 1 p.m. Tuesday, April 10, 2018, at Bossier Civic Center, 620 Benton Road. Admission and parking are free and attendees can play several popular Senior Olympics games, said Comstock.

Senior Olympics sponsors and supporters include The Council on Aging, the City of Bossier City, SPAR of Shreveport, Landers Dodge, Barksdale Federal Credit Union, The Best of Times magazine and radio show and Nexus Holidays.

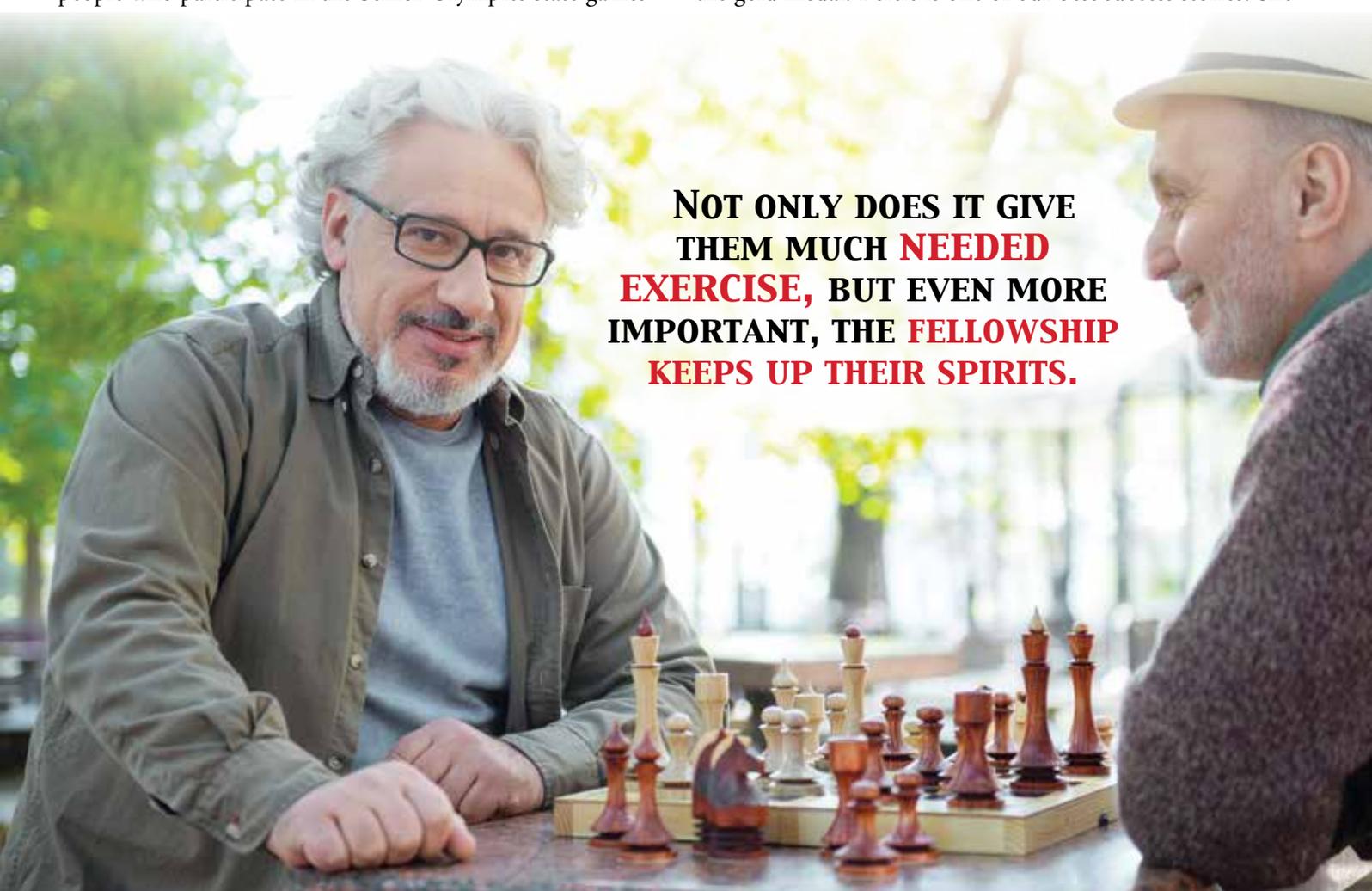
The Closing Celebration and brunch set for 10 a.m. May 29 at VFW Post #4588 will recognize the MVP, best athletes, best volunteers and individual winners will receive their trophies. The winners, volunteers and behind the scenes stories are also featured in Seniorific, the annual yearbook of the NWLSO.

Some local winners may be among one and two thousand people who participate in the Senior Olympics state games

held August through November, said Landry Camardelle Jr., president of the Louisiana State Senior Olympics.

“I knew of the National Senior Olympics movement,” said former YMCA employee Gerry Robichaux, 81, who has been active since the beginning 26 years ago. “When I heard the state association was dividing Louisiana into districts and the Y would administer the seven-parish Northwest District, I jumped at the chance to help get the activities started.” He has witnessed many upsets and adventures at the games.

“Bertie Smith (Griffith) qualified through the district to the state meet in the 100 and 200 meter runs,” said Robichaux. “We always started our races with a whistle. At state they used a starter’s pistol. When Bertie was lined up in the 100-meter event, the starter shot the pistol and it startled her and she turned to see what happened. She never caught up with the other runners. But she was already in the 200 and outran one of the best female athletes to win the gold medal. Bertie is one of our best success stories. She

A photograph of two men sitting at a table outdoors, playing chess. The man on the left is older, with white hair and glasses, wearing a grey jacket over a blue shirt. The man on the right is younger, wearing a hat and a patterned sweater. They are both looking at the chessboard. The background is a bright, sunny outdoor setting with trees.

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THEM MUCH NEEDED
EXERCISE, BUT EVEN MORE
IMPORTANT, THE FELLOWSHIP
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**NWLSO SERVES SEVEN PARISHES,
BUT PARTICIPANTS FROM
OTHER DISTRICTS AND STATES
ARE WELCOMED.**

began running when she was in her late 50s and earned several medals at the national level.”

“A teenage girl whose father was in the Air Force got caught running a stop sign on base and was given a number of community hours of volunteering. Her mother signed her up to volunteer at bean bag baseball,” said Turner. “She was given the job of picking up the bean bags. She griped all the way there and asked, ‘Why did you sign me up to work with old people?’ Her mother told me that on the way home after the last time she said, ‘I didn't know old people had that much fun, sign me up for another one.’”

“People in the age bracket we serve remember the joys of their youth, playing and competing. This is a way to be with and compete with people their age, to remember, and stay forever young” said Robichaux.



BETTE TURNER PLAYS BEAN BAG BASEBALL.

To register and learn more about the Shreveport and national Senior Olympics, go to www.nwlsog.org, and <http://nsga.com>. For information about the health fair, visit www.thebestoftimesnews.com.

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SHREVEPORT *Then & Now*

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American National Bank was located on the southwest corner of Market and Milam Streets in downtown Shreveport. The vintage photo is circa 1910. At that time, every corner of the intersection was occupied by a bank building.



In 1950 El Patio Café, located at 2127 Greenwood Rd. in Shreveport, changed it's name to El Chico Cafe No. 6.

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Enjoying Juneau

An Alaskan Sampler

by Andrea Gross • photos by Irv Green

Even in this age of Google maps, no one seems to know how many waterways criss-cross Alaska. There are more than 12,000 rivers, but the definition of “river” is, shall we say, fluid. It doesn’t include small streams or even, in some cases, large tributaries. It’s no surprise that the Alaska Marine Highway is three times longer than Alaska’s section of the Federal Interstate Highway System.

In short, unless you have a boat or a plane, it’s not easy to travel in Alaska. For example, Juneau, the state capital, is wedged between one river and two mountains, none of which can be crossed by car. While this has a certain attraction — such as penning the state’s politicians on an inconvenient island — it poses challenges for the traveler.

It’s much easier to simply stay in Juneau, where in the space of four or five days you can get an authentic Alaskan experience.

My husband and I begin our visit by taking the six-minute tram ride to the near-top of Mt. Roberts. There, some 1,800 feet below us, is

Looking out the window of a ten-passenger floatplane, we see **five glaciers threaded between hills that are still green with forests.**

the city of Juneau. Mountains are to the right, the river to the left, the buildings and cruise ships in between.

The tram deposits us at Mountain House, a small attraction where there are informative films, a gift shop and a man in Native garb who’s singing and telling stories. “The view is even better further up,” he says. “Hike. Be Alaskan.”



Juneau is the state capital and tied for the title of Alaska’s second largest city.

There are a variety of trails, ranging from a short paved path to a seven-mile killer climb. After about an hour, we find ourselves in a true alpine environment. We don’t see bear, although a sign warns us that we may, but two bald eagle soar overhead. Later I learn that Juneau has more eagles than people.

The next morning, determined to “be Alaskan,” we take the bus to Mendenhall Glacier, which is only 12 miles from downtown. After all, to folks from “the lower 48,” glaciers, of which Alaska has an estimated 100,000, symbolize the “upper 49th.”

Mendenhall is a real glacier — defined as “a large mass of ice that moves slowly down slopes and across land,” — but also a very tourist-friendly one. People who just want to see the glacier need only walk for a few minutes, while masochists like us can hike two miles to the waterfalls or tackle a more challenging 3.4 mile path into Tongass National Forest.

But it’s not until the next day that we begin to grasp the full magnitude and majesty of the Alaskan wilderness. Looking out the window of a ten-passenger floatplane, we see five glaciers threaded between hills that are still

Float planes are a major means of transportation in Juneau.



green with forests. They're a small part of the Juneau Icefield, which is the fifth largest ice field in the Western Hemisphere.

The plane glides to a stop on a river in front of Taku Glacier Lodge. The building dates back to the early 1920's when it was one of the first hunting and fishing camps in the Territory of Alaska. There we see bear and eat grilled salmon that were swimming in the Taku River only a few hours earlier.

For novices like us, salmon fishing would require a day-long guided excursion, so we opt instead to go whale watching. This also requires a fair amount of time, but it offers a higher chance of success. Whales are so omnipresent in Alaskan waters that most guides refund the price of the excursion if they can't find some whales.

Our guide gets to keep his money. As if by magic, he smoothly steers his ship to a spot where there are pods of orcas and several humpbacks. A giant whale obligingly flips his tail, thus earning cheers from all the passengers.

Then, sporting a nice Alaskan suntan, we spend a day in downtown Juneau, where we visit the Alaska State Museum



Mendenhall Glacier can be seen from an easy-to-reach overlook.

(impressive), devour some crab cakes at Tracy's King Crab Shack (delicious) and ogle a baleen basket at a small gallery (expensive).

Off on a side street we spot a striking wood building fronted with a bright red carving. We've stumbled across the Sealaska Heritage Institute, a Native-owned outfit that's a combination museum, educational center, research

institution and gift shop. It's here, surrounded by the work of many of the state's most respected Native artists, that we most strongly feel the drumbeat of the state's indigenous people.

Finally, we go through the swinging doors of the Red Dog Saloon, an old drinking hole that replicates those of Alaska's gold-mining days. There's sawdust on the floor, a moosehead on the wall and a giant halibut hanging from the ceiling. There's also ragtime music, lots of beer, and a long, very long, line of people waiting to make merry in an historic landmark.

Wildlife, wilderness, history, art and now, food and beer. In the space of few days, we've experienced most of Alaska's must-sees — all without leaving Juneau.

For more travel adventures, see www.traveltizers.com

Heat up your next get-together by inviting family and friends over to try a do-it-yourself trend, the hot-pot party. It can be easy to prep and your guests can enjoy cooking and customizing their own meals.

First, prepare a rich, flavored broth and serve steaming-hot in a slow cooker or multi-cooker. Next, offer a selection of meat, seafood and veggies for dunking. Cook for a few minutes then garnish with sauces and various toppings to match individual tastes.

Learn more about this hot-pot trend and all the latest flavor trends in McCormick's 2018 Flavor Forecast at FlavorForecast.com.



Throw a **Hot-Pot** Dinner Party

FAMILY FEATURES



Puebla Hot-Pot Broth with Avocado Crema

Prep time: 45 minutes • Cook time: 45 minutes

Puebla Hot-Pot Broth:

- 3 tablespoons ancho chile pepper
- 2 teaspoons ground cumin
- 2 teaspoons oregano leaves
- 2 teaspoons smoked paprika
- ½ teaspoon sicilian sea salt
- 1 tablespoon olive oil
- 1 cup finely chopped white onion
- 6 cloves garlic, finely chopped

- 2 containers (32 oz. each) chicken stock
- 1 can (28 oz.) crushed tomatoes
- 2 ears fresh corn, shucked and cut into 1-inch rounds
- 2 tablespoons lime juice

Avocado Crema:

- ½ medium avocado, peeled, pitted and coarsely chopped

- 1 cup sour cream
- 1 tablespoon lime juice
- ¼ teaspoon sicilian sea salt
- ¼ teaspoon garlic powder
- 1 pound boneless skinless chicken breast, cut into thin strips
- 1 chayote, peeled and cut into matchsticks
- avocado, chopped (optional)
- fresh cilantro, chopped (optional)
- crunchy tortilla strips (optional)

To make broth: In small bowl, mix chile pepper, ground cumin, oregano, paprika and salt. Set aside. In 6-quart stockpot on medium heat, heat oil. Add onion and garlic; cook and stir until softened. Stir in chicken stock, crushed tomatoes and ½ of seasoning mixture. Bring to boil. Reduce heat to low; simmer 20 minutes, adding corn during last 10 minutes of cooking. Remove corn to plate. Stir lime juice into broth.

To make Avocado Crema: In food processor on high speed, process avocado, sour cream, lime juice, salt and garlic powder until smooth. Transfer to bowl; cover. Refrigerate until ready to serve.

Coat chicken strips with remaining seasoning mixture.

To serve, pour broth into heated 6-quart electric slow cooker or hot pot. Cook chicken and chayote in broth 4-5 minutes, or until cooked through, stirring occasionally.

Ladle broth with cooked chicken and vegetables into individual bowls. Top with Avocado Crema and avocado, fresh cilantro and tortilla strips, if desired.



Asian Hot-Pot Broth with Tangy Chili Sauce

Prep time: 15 minutes • Cook time: 25 minutes

Hot-Pot Broth:

- 2 teaspoons vegetable oil
- 1 large sweet onion, thinly sliced
- 2 containers (32 ounces each) beef stock
- ¼ cup red curry paste
- 2 tablespoons reduced sodium soy sauce
- 1 tablespoon packed light brown sugar
- 1 tablespoon garlic powder
- 1 teaspoon ground ginger
- 2 tablespoons lime juice

Tangy Chili Sauce:

- ½ cup Sweet Red Chili Sauce
- 3 tablespoons lime juice
- 1 pound flank steak, thinly sliced
- Lo Mein Noodles cooked
- assorted mushrooms, sliced (optional)
- baby bok choy, coarsely chopped (optional)
- crunchy Chinese noodles (optional)

To make broth: In 6-quart stockpot over medium-high heat, heat oil. Add onion; cook and stir until tender, about 3 minutes. Stir in beef stock, curry paste, soy sauce, brown sugar, garlic powder and ginger. Bring to boil. Reduce heat to low; cover and simmer 20 minutes. Stir lime juice into broth before serving.

To make Tangy Chili Sauce: In small bowl, mix red chili sauce and lime juice. Cover and refrigerate until ready to serve.

To serve, pour broth into heated 6-quart electric slow cooker or hot pot. Cook steak in broth about 2-3 minutes, or until it reaches desired doneness.

Place lo mein noodles in bowls then ladle broth and steak over top. Stir in Tangy Chili Sauce and top with mushrooms, baby bok choy and Chinese noodles, if desired.

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In many cases, special telescopic glasses can be prescribed to enhance visual performance. She can often help people read, watch TV, see the computer and sometimes drive.

Telescopic glasses cost between \$1900-\$2600. It is a small price to pay for the hours of enjoyment with better vision and more independence.

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Dr. Mona Douglas, Optometrist

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April Get Up and Go

CONCERT

• The All Hands on Deck Show

Saturday, **April 7** at 8pm. The Strand Theatre, 619 Louisiana, Shreveport. An authentic American roadshow and radio broadcast re-creation circa 1942 filled with heart-warming songs, tight harmonies, rousing on-air antics, classic commercials and a sing-a-long excitement. \$45.50 \$35.50 \$25.50. For tickets call 318-226-8555 or www.thestrandtheatre.com.

EVENTS

• 2018 Style Show

Thursday, **April 26**; 11:30am to 1:30pm (doors open at 11am). Hilton Garden Inn, 2015 Old Minden Road, Bossier City. Presented by the Bossier Council on Aging in celebration of Older Americans Month. Attendees will enjoy a delicious luncheon and style show with clothes provided by Dillard's of Bossier City. \$30 per ticket

and open to the public. Contact the Bossier Council on Aging for additional information or tickets at 318-741-8302.

• Art Exhibition

Bossier Arts Council will be featuring the artworks of local artists Christy Martin and Sarah Kennedy in the East Bank Artist Gallery beginning **April 3** and hanging until May 3. The Opening Reception will be held on Friday, **April 13** from 6pm - 8pm at the Bossier Arts Council, 630 Barksdale Blvd., Bossier City. This event is **FREE** and open to the public!

• Byrd Class of 1968 50th Reunion Begins April 27th to April 28th.

Friday events include a golf tournament at Querbes and casual "Meet and Greet" at Pierremont Oaks Tennis Club. On April 28th from



Senior Olympics • April 6 - 30

10 am to 11:30 am, there will be a "Tour of Your Byrd High School" and group photos. On Saturday there will be an optional Byrd Ladies Lunch at Wine Country Bistro, at noon. On Saturday from 7 to 11 pm at East Ridge Country Club, will be "Reunion Gala Night." For registration and additional information, email swalkerjax@aol.com, or www.byrd68.weebly.com or go to the FaceBook page: Byrd High School 50th Reunion- 1968.

• Estate Rescue 2018

Thursday, **April 19**, 6 to 8 pm. Broadmoor Library, 1212 Captain Shreveport Dr., Shreveport. Learn

about protecting assets from nursing home costs and Medicaid, even if someone is already receiving care. **FREE.** Reserve your seat by calling 318-869-3133 or visit safeplanningseminars.net/event1.

• "Everyone with Diabetes Counts"

Bossier Council on Aging will offer a six week program on controlling diabetes. The two (2) hour classes are scheduled for April 12, 19, 26 and May 3, 10, 17 from 9am to 11am at the Bossier Council on Aging, 706 Bearkat Drive, Bossier City. Learn about diabetes and its risks, the role of diet and exercise, importance of

\$65K

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G A M B L I N G P R O B L E M ? C A L L 1 - 8 7 7 - 7 7 0 - 7 8 6 7

regular doctor- foot-and eye exams. **FREE**. For additional information, contact M. Jones, RN at 318-235-3174 or the Bossier Council on Aging at 318-741-8302, or mcrewell@bossiercoa.org.

• Senior Health Fair

Tuesday, **April 10**, 9am to 1pm. Bossier Civic Center, 620 Benton Road, Bossier City. Sponsored by NWLA Senior Olympic Games and *The Best of Times*. **FREE** admission and parking, opening ceremonies of the 2018 NW LA Senior Olympics, **FREE** health screenings and information, **FREE** give-aways items, door prizes, entertainment. For more information email seniordayexpo@gmail.com.

SENIOR CENTER FUN

• Caddo Council on Aging

FREE. 318-676-7900.

- **April 5:** 10am. "Old Shreveport History" by Ernie Roberson. Querbes Community Center, 3500 Beverly Place, Shreveport.
- **April 6, 13, 20, 27:** 10am. Senior Tech Talk Introduction to Laptops, tablets and smart phones. Querbes Community

Center, 3500 Beverly Place, Shreveport.

- **April 10, 17, 24:** 9:30 – 11:30am. "Balance Does Matter", by Dr. Paula Click Fenter. Participants will learn techniques to improve their balance, coordination and strength. Hamilton/South Caddo Library Meeting Room, 2111 W Bert Kouns Industrial Loop, Shreveport.
- **April 12:** 10am. "Ask A Lawyer" by Legal Aid of North Louisiana. Lawyer will provide information on Social Security, Wills, Successions, Evictions, SSI, Medicare, Medicaid, and more. Southern Hills Community Center, 1002 W Bert Kouns, Shreveport.
- **April 19:** 10am. "If You Think There Is Nothing To Do, Then You Don't Know Shreveport-Bossier", Teresa Micheels. Querbes Community Center, 3500 Beverly Place, Shreveport.
- **April 26:** 10am. "Shreveport Green's Mobile Market", Emilie Harmeyer. Querbes Community Center, 3500 Beverly Place, Shreveport.

SENIOR OLYMPICS

- **April 6** at 9am. Beanbag Baseball. VFW Post #4588, 1004 Jeter St., Bossier City.

- **April 10** at 9am. Opening Ceremony and Senior Health Fair. Bossier City Civic Center, 620 Benton Road, Bossier City.
- **April 12** at 9am. Table Games. (Skipbo, Phase 10, Mexican Train Dominoes). Bossier Council on Aging, 706 Bearkat Dr., Bossier City.
- **April 13** at 9am, Dominos. NW La. War Veterans Home, Arthur Ray Teague Parkway, Bossier City.
- **April 19** at 5:30pm. Table Tennis. Bossier Recreation Offices, 3223 Old Shed Road., Bossier City
- **April 21** at 9am. Darts/ Accuracy Throw. Knights of Columbus Bossier, 5400 E. Texas, Bossier City.
- **April 21** at 8:30am. Track and Field. Benton High School, LA Hwy.3, Benton
- **April 23** at 9am. Pool/8 Ball. Randal T. Moore Senior Center, 3101 Fairfield Avenue, Shreveport.
- **April 25** at noon. Chess. Randle T. Moore Senior Center, 3101 Fairfield Avenue, Shreveport.
- **April 26** at 1pm. Marksmanship, 22 rifles and pistols, Shooters USA, 357 Magnum Drive, Bossier City.
- **April 30** at 9am. Washer

Pitch. Bellaire Fitness Center, 4330 Panther Drive, Bossier City.

THEATRE

• Beauty & the Beast

April 20 and 21 at 7:30pm at Riverview Theatre. Presented by the Shreveport Opera and performed with the Shreveport Symphony Orchestra. Step into the enchanted world of Broadway's modern classic, Disney's Beauty and the Beast. Tickets are \$95, \$70, \$35, and \$25 for students. Call 318-227-9503 or www.shreveportopera.org.

• Of Mice and Men

April 19, 20, 21, 27, and 28 at 7:30 pm; **April 22 and 29** at 2:00 pm at The Shreveport Little Theatre, 812 Margaret Place, Shreveport. Adapted from the classic American novel by John Steinbeck. A tremendously moving study of the character of two roving farmhands, one of whom—"with the strength of a gorilla and the mind of an untutored child"—unwittingly murders a woman. \$18 for seniors, students, and active military; \$20 for adults. For tickets call 318-424-4439 or www.shreveportlittletheatre.com.

TOM PETTY TRIBUTE
April 27 *ticketmaster*[®]

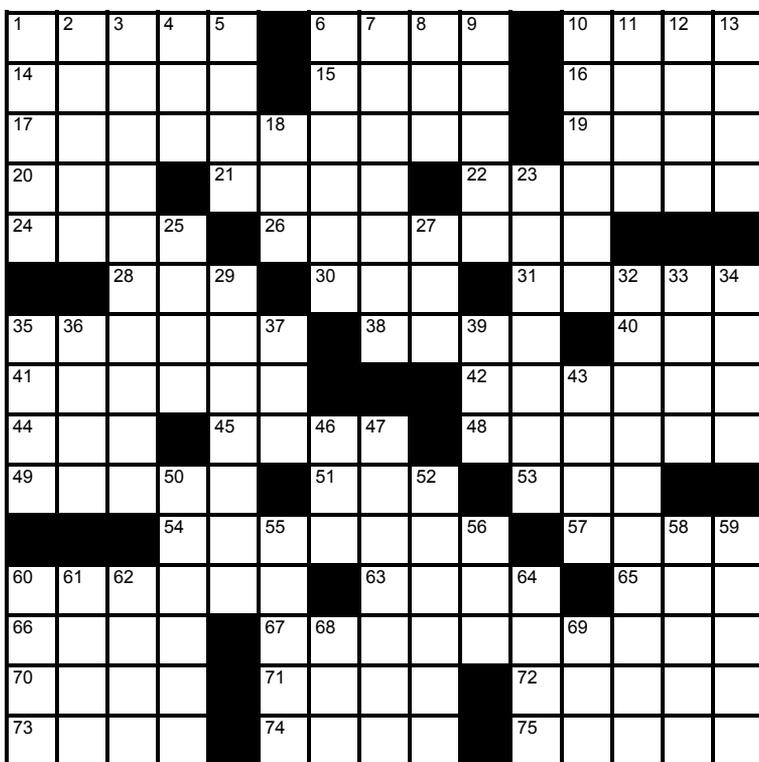
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G A M B L I N G P R O B L E M ? C A L L 1 - 8 7 7 - 7 7 0 - 7 8 6 7

PUZZLE page

Turn to page 44 for solutions.



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ACROSS

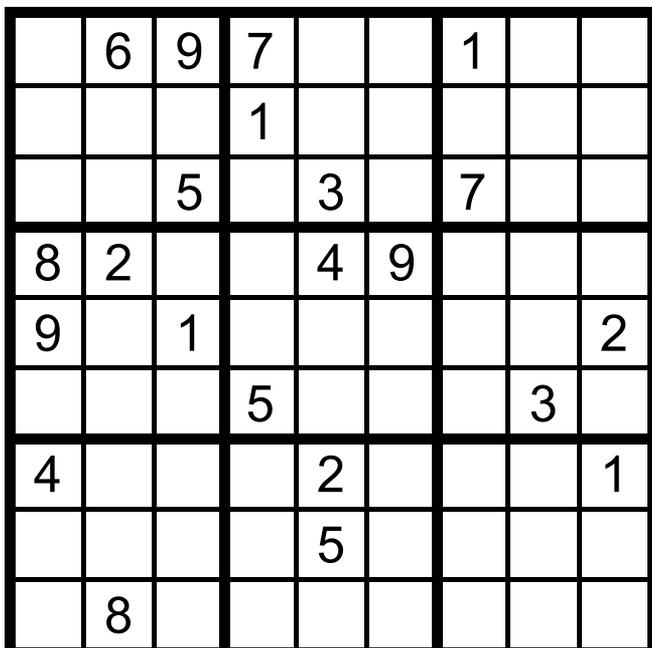
- 1 Chart anew
- 6 Fat unit
- 10 Church nook
- 14 ___ acid
- 15 Home to Columbus
- 16 Mutual fund fee
- 17 Suffering
- 19 "___ of the Flies"
- 20 Priest's robe
- 21 Worked the soil
- 22 Spain and Portugal
- 24 Country dance
- 26 In short
- 28 Kind of boot
- 30 Bottom line
- 31 Grammarian's concern
- 35 Noah's landfall
- 38 Winter hand warmer
- 40 Not of the cloth
- 41 Capital of Cuba
- 42 Burning
- 44 Manage, with "out"
- 45 Parched
- 48 Brought up
- 49 Doc
- 51 "___ Miniver"
- 53 Monk's title
- 54 Work out
- 57 Diagnostic test
- 60 Mouthed off
- 63 Czech or Serb
- 65 Filmmaker Spike
- 66 In ___ of (replacing)
- 67 Final chance
- 70 Inactive
- 71 Conception
- 72 Silent
- 73 Pinochle combo
- 74 Kind of loser
- 75 In tune

DOWN

- 1 Kind of gun
- 2 Author Zola
- 3 Acted badly
- 4 Mandela's org.
- 5 Milne bear

SUDOKU

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



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Have a Drink

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- | | | | | |
|------------|----------|----------|--------|----------|
| Beer | Cider | Grog | Pop | Stout |
| Brandy | Cocoa | Juice | Port | Tea |
| Burgundy | Coffee | Latte | Punch | Tonic |
| Cafe Noir | Cola | Lemonade | Shake | Vermouth |
| Cappuccino | Espresso | Martini | Sherry | Water |
| Champagne | Frappe | Milk | Soda | Wine |

- 6 Flunkies
- 7 Element used in electroplating
- 8 Go public with
- 9 Recurring theme
- 10 Bowling lanes
- 11 Poverty-stricken
- 12 Eastern attire
- 13 Old Icelandic literary work
- 18 Unruly crowd
- 23 Deceived, in poker
- 25 The euro replaced it
- 27 Cousin of an ostrich
- 29 Grand style
- 32 Sleep interrupter
- 33 Cops and robbers, e.g.
- 34 Ogled
- 35 Throat-clearing sound
- 36 Gardener's tool
- 37 Driveway material
- 39 Distant
- 43 Neighbor of Vietnam
- 46 Mischief-maker
- 47 Chest of drawers
- 50 Gave out
- 52 Mideast V.I.P.
- 55 Improvise
- 56 Golfer's goal
- 58 Eagle's nest
- 59 Meshlike
- 60 Svelte
- 61 Campaign worker
- 62 Auction off
- 64 Kind of power
- 68 Big fuss
- 69 ___ Quentin

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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

I am told once I choose hospice I cannot return to the hospital. If I choose hospice care, am I able to return to the hospital?

YES, once you select hospice care, your care and options are actually expanded, not limited. The hospice team is there to help you manage your healthcare decisions. Call Regional Hospice at 318-524-1046 any day of the week to arrange an informational visit.



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

In considering a nursing home for future placement of a family member, I am told that I should review the home's most recent state survey. Where can I obtain one?

Survey results are posted online at www.medicare.gov/NHCompare. You may search the site by city, zip code, or the name of the particular homes. It will give you a comparison of each home to the state and national averages of issues cited. If you do not have Internet access, you may ask the nursing home staff to see the survey since homes are required to display a copy of their most recent survey in a public area.



Vicki Ott
Highland Place
1736 Irving Place
Shreveport, LA 71101
(318) 221-1983
See our ad on page 47.

My father has glaucoma and is blind in one eye. When should I be checked, even though I see fine?

A family history of glaucoma is a very strong risk factor for the disease. Other risk factors include advancing age, African-American race, and nearsightedness. If you have a first or second degree relative with glaucoma, you should be evaluated as soon as possible. Glaucoma is a painless progressive disease which, left untreated, causes irreversible blindness. If you have a family member with glaucoma or have other risk factors, schedule a screening at 212-3937.



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

My shoulder hurts. Should I play through the pain?

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



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

PUZZLE ANSWERS

CROSSWORD

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

WORD SEARCH

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

SUDOKU

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

parting ●● ●●●shots

SCHWORTZ DINNER

Barrie Schwartz, Shroud of Turin documenting photographer from the 1978 Shroud of Turin research project, visited Shreveport for the weekend of March 17. The event's sponsor, the Cathedral of St. John Berchmans, held a fundraising dinner in his honor.



Father Peter Mangum and Barrie Schwartz



Chantal Dickson and Dr. Cheryl White



Lisa and Dan Marcalus



Walter and Tamara Lamb



Marie Rinaudo, Martha Fitzgerald and Susan Lillibridge



Carol Gates, Dotye Sue Stanford and Jane Snyder

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Caddo Council on Aging
4015 Greenwood Road
Shreveport, Louisiana 71109

Meals on Wheels Program
Bossier Council on Aging
706 Bearkat Drive
Bossier City, Louisiana 71111



BEARS FOR A CAUSE

Broadmoor Chapter #233, Order of the Eastern Star, presented Shreveport Police Officers more than 100 stuffed animals on March 8th to be given to children who are abused, neglected, in violent situations, or just need to know someone cares about them.



Back Row: Corporal Chase Crow, Worthy Matron Theresa Stewart, Lieutenant Keith Cobb. Front Row: Worthy Patron Donald Bordelon and Corporal Vy'Andrea.

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Nexium™ \$927.16 <small>Typical US Brand Price for 40mg x 100</small>	VS	Esomeprazole™ \$90.00 <small>Generic Price for 100mg x 100</small>	VS	Advair™ \$1203.13 <small>Typical US Brand Price for 250/40mg x 100</small>	VS	Salmeterol & Fluticasone Propionate™ \$160.00 <small>Generic Price for 250/40mg x 100</small>	
Premarin™ \$458 <small>Typical US Brand Price for 1.25mg x 60</small>	VS	Conj. Estrogen™ \$51.00 <small>Generic Price for 0.425mg x 60</small>	VS	Evista™ \$772.37 <small>Typical US Brand Price for 40mg x 100</small>	VS	Raloxifene™ \$92.00 <small>Generic Price for 40mg x 100</small>	
Ability™ \$2994.49 <small>Typical US Brand Price for 10mg x 110</small>	VS	Aripiprazole™ \$92.00 <small>Generic Price for 10mg x 110</small>	VS	Zetia™ \$994.42 <small>Typical US Brand Price for 40mg x 100</small>	VS	Ezetimibe™ \$87.00 <small>Generic Price for 10mg x 100</small>	
Celebrex™ \$743.17 <small>Typical US Brand Price for 100mg x 100</small>	VS	Celecoxib™ \$79.00 <small>Generic Price for 100mg x 100</small>	VS	Januvia™ \$1151.87 <small>Typical US Brand Price for 100mg x 60</small>	VS	Sitagliptin Phosphate™ \$146.00 <small>Generic Price for 100mg x 60</small>	

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Prescription price comparison shown is valid as of June 28, 2017. All trademarks (TM) rights reserved with the brand name products in this ad belong to their respective owners. *Generic drugs are carefully regulated medications that have the same active ingredients as the original brand name drug, but are generally cheaper in price.

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www.highlandplacernc.com



Vicki Ott
Executive Administrator



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This is No Time to Delay

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FREE Seminars!

February 17 & March 24
2:00 - 4:00 p.m.

Shreve Memorial Library
Broadmoor Branch
1212 Captain Shreve Drive
Shreveport

Call **524-9966** to
reserve your spot.



Joe Gilsoul



Lee Aronson

Gilsoul & Associates, LLC

2950 Fairfield Avenue, Suite 300 • Shreveport, LA • 524-9966

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

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

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