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Tomb of the Unknown Soldier

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JUNE 4

Senior Health and Wellness EXPO

Live remote broadcast from Louisiana Fair Grounds Agricultural Center; Guest - Monica Wright, Executive Director of Caddo Council on Aging and other guests



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Archived programs at www.TheBestOfTimesNEWS.com and on APPLE Podcasts at The Best of Times Radio Hour

The Best Of Times

May 2022 • Vol. 31, No. 5
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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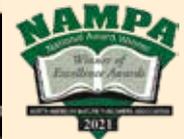
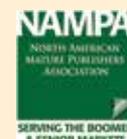
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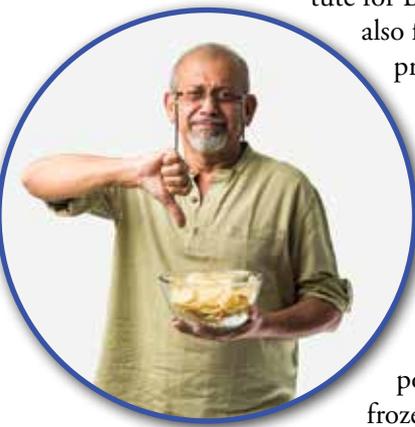
Medical News & Info

Highly Processed Foods Harm Memory in the Aging Brain

Four weeks on a diet of highly processed food led to a strong inflammatory response in the brains of aging rats that was accompanied by behavioral signs of memory loss, a new study has found. Researchers at The Ohio State University Institute for Behavioral Medicine Research

also found that supplementing the processed diet with the omega-3 fatty acid DHA prevented memory problems and reduced the inflammatory effects almost entirely in older rats. The study diet mimicked ready-to-eat human foods that are often packaged for long shelf lives, such as potato chips and other snacks, frozen entrees like pasta dishes and pizzas, and deli meats contain-

ing preservatives. Highly processed diets are also associated with obesity and type 2 diabetes, suggesting older consumers might want to scale back on convenience foods and add foods rich in DHA, such as salmon, to their diets, researchers say – especially considering harm to the aged brain in this study was evident in only four weeks. The research is published in the journal *Brain, Behavior, and Immunity*.



Short-Term Probiotics Regimen May Help Treat Gout, Kidney Disease

New research suggests that an individualized probiotic therapy regimen may improve symptoms of gout, gout-related kidney disease and other signs of metabolic syndrome. Gout is a form of arthritis caused by a buildup of uric acid crystals around the joints. The body produces uric acid as it breaks down purines - a compound found in many foods. Uric acid levels in the blood rise with gout, and hardened accumulations of the crystals (tophi) may also form around affected joints. Studies have linked gout with chronic inflammation and obesity, two conditions that contribute to metabolic syndrome that increase the risk of diabetes, heart disease and stroke. Probiotics are live bacteria and yeasts that replenish “good” bacteria in the digestive tract. Yogurt, fermented foods and certain dietary supplements contain probiotics. Past research suggests that probiotics decrease inflammation in the body and improve poor sugar and uric acid metabolism. The researchers administered the standard minimum recommended dosage for probiotics (100 million colony-forming units). After 10 days of probiotic therapy, the volunteers’ experienced lower blood pressure, weight loss, reduced abdominal fat and waist circumference, decreased lesion size and scar tissue on the kidneys, decreased tophi size, and normal uric acid and creatinine levels in the blood. The study was presented at the American Physiological Society (APS) Aldosterone and ENaC in Health and Disease: The Kidney and Beyond Conference.

Eating Two Servings of Avocados a Week Linked to Lower Risk of Cardiovascular Disease

Eating two or more servings of avocado weekly was associated with a lower risk of cardiovascular disease, and substituting avocado for certain fat-containing foods like butter, cheese or processed meats was associated with a lower risk of cardiovascular disease events, according to new research published in the *Journal of the American Heart Association*. Avocados contain dietary fiber, unsaturated fats especially monounsaturated fat (healthy fats) and other favorable components that have been associated with good cardiovascular health. Clinical trials have previously found avocados have a positive impact on cardiovascular risk factors including high cholesterol. After considering a wide range of cardiovascular risk factors and overall diet, study participants who ate at least two servings of avocado each week had a 16% lower risk of cardiovascular disease and a 21% lower risk of coronary heart disease, compared to those who never or rarely ate avocados.





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One of the most horrendous parts of war is when a soldier is killed.

Even worse, is when the soldier's remains can't be returned to the family to be properly buried. Such is warfare - sacrifice, suffering, and grief are synonymous with war - and, until the advent of DNA testing, it was not unusual for a soldier to never be identified. This was especially true in the four major wars of the twentieth century where the United States participated. World War I (April 1917 through November 1918), World War II (1941 through 1945), the Korean War (June 1950 through July 1953), and the Vietnam War (November 1955 through April 1975) caused almost half a million deaths, and left a staggering amount – almost 85,000 – of missing soldiers. Only a very small number of these soldiers were identified, leaving families across the country without the opportunity to bury their loved one.

After World War I, there were tens of thousands of Americans who had died in Europe, many of them

buried in mass graves, many of them unidentifiable. It caused an almost insurmountable problem for the government, who wanted to honor these brave men and women but were unable to. Eventually, only about 5000 bodies were brought back to the United States, so another solution had to be found. General John J. Pershing stated that he felt the country needed a way to give “the people an opportunity to show their appreciation of the services over there of the young manhood of the nation” and, in 1921, an unknown soldier from the conflict was ceremoniously interred in the Tomb of the Unknown Soldier at Arlington National Cemetery near Washington, D.C.

Since then, three more unidentified soldiers have joined their WWI brother, one each from World War II, Korea, and Vietnam. According to the Tomb of the Unknown Soldier website, it has also “served as a place of mourning and a site for reflection on military service.”

The Vietnam vet was eventually identified and his body returned to his family but the spot remains

vacant and is venerated just as the other three are. On September 17, 1999 - National POW/MIA Recognition Day – it was rededicated to honor all missing U.S. service members from the Vietnam War.

The Tomb originally was left unguarded until 1925 when civilian guards were added. After it was seen that visitors weren't honoring the memorial as befitted its importance. In 1926, the duty to guard the Tomb was assigned to the Army, as the "senior" military branch. On July 2, 1937, the Army began guarding the Tomb 24/7/365. Then, in 1948, the 3rd U.S. Infantry Regiment, known as "The Old Guard," took over the duty of guarding the Tomb of the Unknown Soldier. On May 17th, 2022 the Tomb will have been guarded 24/7 without interruption for 31,000 days.

Hand-picked and rigorously trained, the Honor Guard has come from every state in the Union. Both men and women are selected for their strong military bearing, discipline, stamina, and outstanding soldierly appearance. Along with this, they must each have extraordinary commitment.

When I asked a former Tomb Guard, Benton Thames, who holds Badge #564 out of 694 Tomb Guard Identification Badges, about his service, he quoted Admiral Chester Nimitz's speech to the Pacific Fleet in September 1945. "They fought together as brothers in arms; they died together and now they sleep

side by side. To them we have a solemn obligation – the obligation to insure that their sacrifice will help to make this a better and safer world in which to live." (ADMIRAL C. W. NIMITZ'S MESSAGE TO PACIFIC FLEET, September 2, 1945. From the Papers of Chester W. Nimitz, Box 72, Archives Branch, Naval History and Heritage Command). The Sentinels truly believe in their "solemn obligation" to the Unknowns.

Louisiana-resident Thames told me that, even though some of the focus of his time there was on the guards themselves, the Tomb is always what it's about. He says that, "when you drive through the cemetery gates, there's a special feeling. These men and women not only gave their lives, but their identities to their country."

Herb Smith, who served from March 1968 to April 1969, agrees. "Anyone who qualifies to become a Tomb



← Herb Smith

↓ Herb Smith (Winter 68 - 69)



← Tomb Guard Identification badge (only 697 have been awarded)

Top of page 8 - Benton Thames (left) - Changing of the Guard



"They fought together as brothers in arms; they died together and now they sleep side by side. To them we have a solemn obligation – the obligation to insure that their sacrifice will help to make this a better and safer world in which to live."

Admiral Chester Nimitz

Guard must be highly motivated and disciplined.” After being observed by the Sergeant of the Guard, Smith, who holds Badge #70, was asked to become a Tomb Guard. “I thought that this was one of the highest honors that an Army soldier could do.” Indeed, only 5% who begin training qualify to serve. Most of those who do make it serve an average of fourteen to fifteen months, although some serve much longer. Thames served from 2007 through 2011, leaving his duty as an Assistant Sergeant of the Guard, the senior Staff Sergeant in the Platoon.

Perfection in anything is almost impossible to attain, but for the men and women who guard the Tomb, it is an imperative part of their duty. In fact, Line Six of the Sentinel’s Creed states that, “My standard will remain perfection,” and a Guard’s every action is crafted to attempt that perfection.

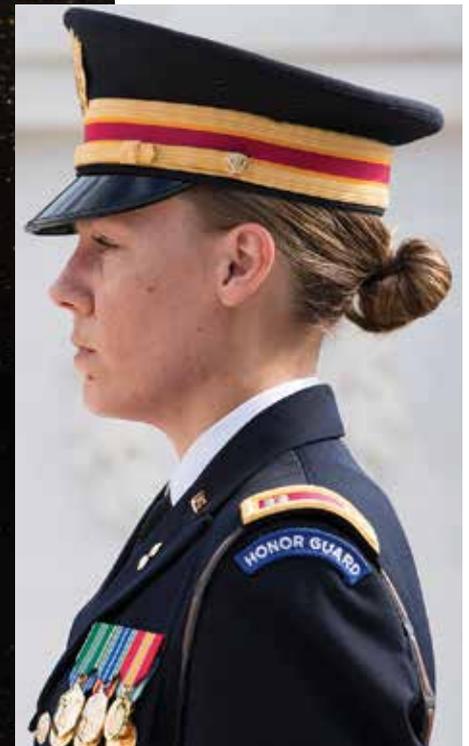
It is an arduous process. Each Sentinel must be able to flawlessly perform seven different types of walks, honors and ceremonies. They must retain, and be tested on, vast amounts of knowledge concerning the Tomb, Arlington National Cemetery, the United States Army and their unit.

But, according to both Smith and Thames, it’s a duty that still resonates in their life. Both speak to local and state organizations when they’re asked and are very willing to discuss their service. Prior to Covid, Thames met the planes of Louisiana veterans who were flown to see the memorials in Washington D.C. as part of the Honor Flight Louisiana organization. Smith’s favorite organization to speak to is the DAR but he is open to all. Their commitment and dedication to both their country and to the Unknowns is palpable and awe-inspiring. When I asked Smith what his experience taught him, he replied: “It taught me discipline. That I can achieve

things that I hadn’t thought that I could. It taught me respect and honor for all of the military.”

It certainly inspired me.

Sarah (Sally) Hamer, B.S., MLA, is a multi-award-winning author who teaches creative fiction at LSU in Shreveport. She is fascinated by how people tick and loves to explore the world around her.



8

Facts about the Tomb Guards

- Each Sentinel must be able to flawlessly perform 7 different types of walks, honors and ceremonies. They must retain vast amounts of knowledge concerning the Tomb, Arlington Cemetery, the U.S Army and their unit.
- 21 symbolizes the highest military honor-the 21-gun salute. A Tomb Guard marches 21 steps down the black mat, turns east for 21 seconds, then north for 21 seconds & repeats, thereby awarding the Unknown Soldier the nation's highest honor.
- Tomb Guards do not wear rank insignia on their coats when guarding the tomb. Since the fallen inside the tomb are unknown, and no one knows what rank they actually were, the guards don't wear visible rank so they don't outrank who they might be guarding.
- The Tomb Guard Badge is the 3rd least awarded badge in the Army, behind the Military Horseman Identification Badge and the Astronaut Badge.
- The guards are posted to keep people from defacing or touching the monument, or even failing to show proper respect. They will take steps to deter any encroachment on the tomb, by any means necessary.
- The Guard is changed every thirty minutes during the summer (April 1 to September 30) and every hour during the winter (October 1 to March 31). During the hours the cemetery is closed, the guard is changed every 2 hours.
- In 1996, SGT Heather Johnson became the first female to earn the Tomb Guard Identification Badge. Since then, there have been a total of 5 female Sentinels awarded the Tomb Guard Identification Badge.
- The weapons used by the Tomb Guard are fully functional and are kept ready for use at all times. The weapon inspection conducted prior to the new Sentinel assuming the post, is a real inspection.

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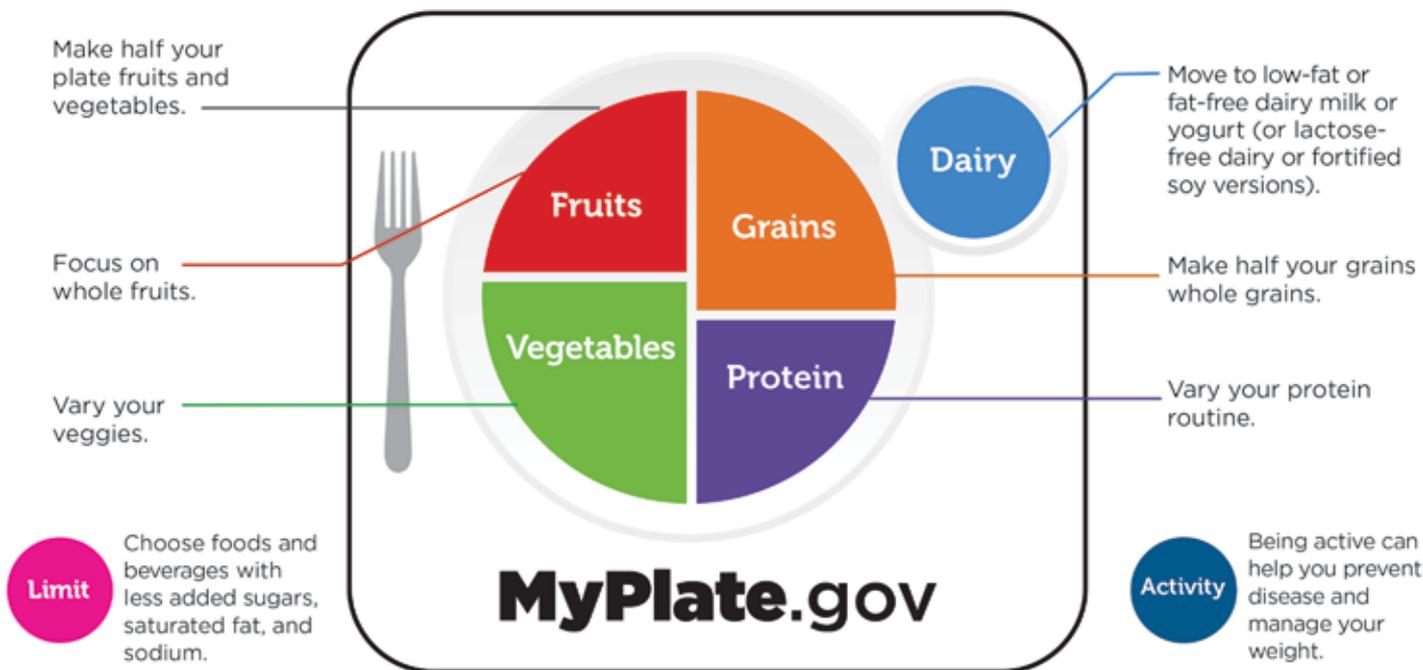
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DGA Dietary Guidelines for Americans

FNS-921

January 2022

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Remember the Food Guide Pyramid? Ever wondered what happened to it? It has been replaced with MyPlate, our latest dietary guidance. Dietary guidelines in the United States actually date back quite a few years – 128, to be exact. They have changed immensely over the years, evolving as we learn more about nutrition and our needs as Americans change.

The USDA wrote its very first food guidelines in 1894, which they published in a *Farmers' Bulletin*. These recommendations focused on diet needs for men, including fats, carbohydrates, proteins, and minerals. It wasn't until 1916, however, that the first food guide was truly established. A nutritionist named Caroline Hunt wrote a guide called "Food for Young Children," which focused on protective foods and gave guidance on food groups. This guide was written for those feeding children ages 3-6 years old. In these early guidelines, there were five food groups: cereals, vegetables and fruits, milk and meat, sugars and sugary acids, and fats and fatty foods. Shortly after, in 1917, "How to Select Foods"

came about, which had the same content basis as "Food for Young Children," but it was written for the general public. In 1921, a guide similar to the ones created a few years prior came about, with the addition of suggested amounts of food to purchase each week for a family of five.

Over the years, dietary guidelines continued to change and adapt according to what Americans needed the most. During the Great Depression, a guide was created that had four different food plans depending on food cost level to help families of all economic levels shop for food. In these earlier years, dietary guidelines focused on getting enough of all needed nutrients. By the 1970s, scientists better understood the connection between fats and sodium with chronic diseases. This decade is when we started to see a shift in the focus of our guidelines from getting enough nutrients to making sure we're not consuming too much of certain foods and components.

Over the years, more food guides were seen, which ultimately led to the creation of the Food Guide Pyramid in 1992. This tool was widely used by the public and profes-

sionals. In 2005, a modified pyramid was released, and then finally, in 2011, MyPlate was introduced. MyPlate is still the current dietary guideline graphic that we use to help guide our diets.

MyPlate shows us how to eat balanced at every meal by demonstrating how we should build our plates with the food groups. This makes understanding healthy eating much simpler. According to MyPlate, at least half of your plate should be fruits and vegetables. Fill your plate with a variety of fruits and vegetables to reap the benefits of all the nutrients they offer! The other half of your plate will include your protein and grain choices. When choosing a protein, try to aim for lean protein choices. When choosing a grain, opt for whole grains instead of refined grains. What about the dairy group? No worries, MyPlate includes that too. The dairy group on MyPlate is actually in a circle next to the plate diagram, which resembles a glass of milk or a cup of yogurt. When choosing a dairy

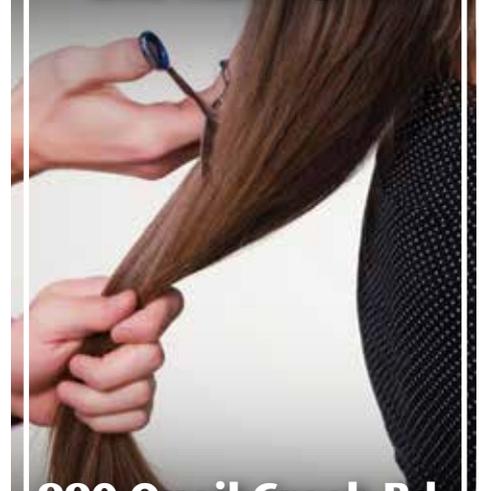
option, try to aim for low-fat or fat-free dairy. And that's it! Aim to build your plate like MyPlate at each meal to eat a healthy, balanced diet.

Over the years, we've seen dietary guidelines change greatly. The beauty of nutrition science is that it is always changing, and we are always learning more about the best ways to fuel our bodies. Our guidelines will continue to change based on new emerging science, what Americans are confronted with, and what we need the most. We've come a long way over the last 128 years, and it will be exciting to see what else we discover in the future. For now, aim to build a healthy, balanced plate!

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



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TSA Precheck Saves Time at the Airport

Ok, admit it! How many of you reading this article like waiting in long lines to get through the TSA Security Checkpoint at the airport? It seems every time you get in line, you get behind the person that has 200 things such as shoes, belts, computer cases, computer, jackets, cellphones, etc. to go into the bins that go into the screening machine. Before you get to the machine, you have waited in a long line and the TSA Agents look like they can't go any slower, even though you know they are doing the best they can with an endless, thankless job. Then you see people whisk up front in another line and get checked in fairly quickly so they can go to the screening machine and on their way to their destination. How did this happen?

After seeing this happen at the airport and reading about how this process was done, my wife and I

decided to take advantage of TSA Pre-Qualified Screening. It is a fairly simple process and can be done within only a few minutes once you are in the TSA office.

Once you decide this is a process that you want to complete, you go to the computer and enter TSA PreCheck or Qualification (<https://www.tsa.gov/precheck>). The website tells you that TSA is doing this program in order to pre-qualify persons to travel in order to quicken their traveling experience. There is an application that you will have to fill out. Once the application is complete, TSA will contact you with an appointment date for you to visit their office. TSA's Office is in my old law firm building located at 331 Milam Street, Suite 200 in Shreveport, Louisiana. The website will tell you the qualifications for the program and what you need to bring with you.





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When I went for my interview, I took my Driver's License and my Passport. Other government documents can be used. You will just have to look at the TSA Website and see what documents are acceptable.

When I sat down, the interviewer asked me a few questions which I had to answer on the computer screen. The interviewer typed the answers in the form and asked me to verify my responses. He then took a scan of my Passport, took my fingerprints, and then processed all the forms. The cost for getting pre-qualified was \$85. It was a fairly quick and simple process and I was out of there within 20 minutes. According to the interviewer, the TSA Number is usually available within 24 to 48 hours but may take up to 60 days to process. Once I have this number, I can place it on my pre-boarding pass for any airline and now I will be able to avoid the long lines waiting for a TSA Agent to check me in.

If you are like me, I like to avoid lines whenever I can. I hope by doing this process, I can get through the airport more quickly and hopefully avoid the stress of always thinking I am going to be late for my airplane. I hope that by writing this article, I have helped you, the reader, find a way to make the airport a less stressful place.



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

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The Importance of Being Earnest

Although he didn't look nearly old enough, Dorian Grey was getting ready to retire. He owned a clothing store, La De Dah Boutique (although that's the real name of the store, all other names have been changed). He felt it was time to sell, so he put a For Sale By Owner sign in front of his shop.

One of his customers wanted to lease the shop, but another was willing to buy it. The potential buyer, Oscar Wilde, gave Dorian a \$5,000 deposit. Dorian took down the For Sale sign and told the customer who wanted to lease the shop that he had decided to sell instead.

About a month later, the deal still hadn't been finalized and Oscar changed his mind. Not only was he no longer willing to buy the store, he also wanted his \$5,000 deposit back. Can he get it?

To answer that question, I would normally tell you that we would have to look at the paperwork that Dorian and Oscar had signed when they made their deal. But in this real-life Louisiana case, nobody had signed anything. In fact, there was no paperwork at all. In a situation like this one, Louisiana law says the buyer is entitled to get his deposit back. But, and this is a big but, the seller can sue the buyer to make him go through with the deal or the seller could sue the buyer for money damages.

In most deals like this one, everything is put in writing. Additionally, most of these deals have paperwork that uses the term "earnest money." If that term shows up in your paperwork, then a whole different set of laws apply. Let's say that Dorian and Oscar had put their deal in writing and

the paperwork said that Oscar's \$5,000 deposit was earnest money. Then Oscar changes his mind and doesn't want to go through with the deal. In that case, Oscar, the buyer, can't get his \$5,000 back. Because they used the term earnest money, the seller can't sue the buyer to make him go through with the deal. Nor can the seller sue the buyer for additional money damages. Dorian gets to keep the \$5,000 and that's it.

What if the situation was a little bit different? The deal was still in writing and the paperwork still said that Oscar's \$5,000 deposit was earnest money. But now it's Dorian, the seller, who changes his mind and refuses to sell his shop to Oscar. When we are dealing with earnest money and the seller backs out, then the buyer is entitled to twice the earnest money deposit. In other words, the seller can get out of the deal, but he will need to pay the buyer \$10,000. And that's it. The buyer can't sue to make the seller go through with the deal, nor can he sue the seller for additional money damages.

Another real-life Louisiana case involved an African country that wanted to buy a war boat for its navy from a Louisiana

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ship builder. The African country made an initial up-front payment of half a million dollars to the ship builder. The paperwork, rather than calling this payment earnest money, said that the half a million-dollar payment was a deposit. The Louisiana ship builder then changed its mind and refused to sell the war boat to the African country. The African country asked for its deposit back and the shipbuilder refused. So, the African country sued.

The Judge said that the African country was not entitled to twice the deposit back because the paperwork did not refer to the money as earnest money. The African country was entitled to get the half a million-dollar deposit back as well as additional money damages. In the end, the Judge ordered the ship builder to pay the African country \$1,499,910.00.

The final case I want to tell you about involved the potential sale of a cheesecake recipe. Someone actually paid a \$100,000 deposit for a cheesecake recipe, but then the seller of the recipe tried to get out of the deal. You read that right: it wasn't the buyer who wanted his \$100,000 back; it was the seller who wanted out of the deal! I wish I could tell you what happened in this case, but the buyer and seller ended up making a confidential settlement agreement.

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



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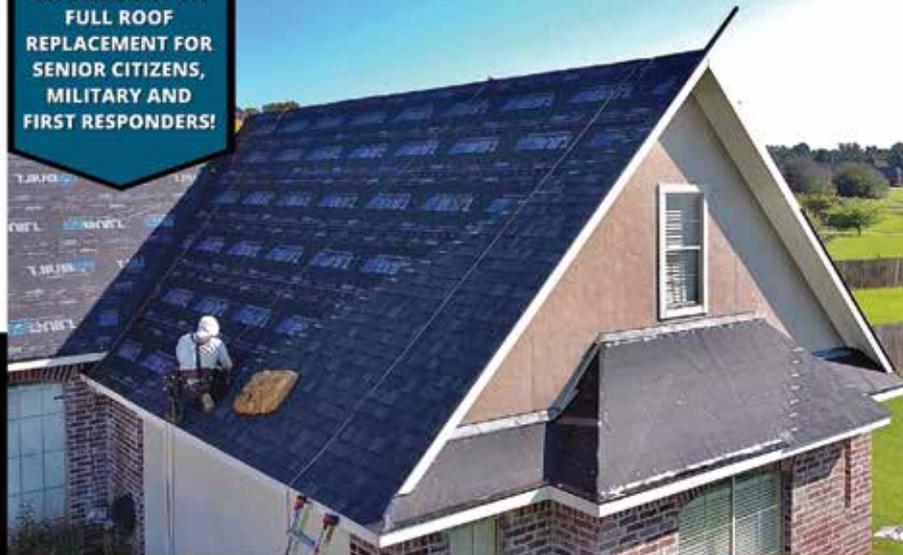
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Here we are, you and I, involved with life; what is it, what am I doing here? Who am I? This may well be the most important question we can ever contemplate.

All of the above are certainly important questions, and in fact, some of what I refer to as "the Big Questions." They are really, basic questions, and especially important as to how we go about engaging this thing called life. Many people think life is something that happens "to us" but suppose that life happens "for us"?

Most all religions attempt to answer these BIG questions; "Who am I? What am I doing here? Where



am I going after this?" How we choose to answer these questions can determine a great deal about how we live this thing called life. I propose that the word LIFE itself can offer some guidance toward, at least beginning, to answer the questions.

I propose that we *choose* to look at LIFE as a **Limitless In Formation Experiment**.

Life is limitless, not so much in what events occur around us and involving us, as to how we process the events within ourselves. There are infinite ways we can process any event that may occur, influenced by our feelings, thoughts, and the beliefs, messages, and stories that are running constantly within us. Many of those are "programmed" into us at an early age, but we get to examine them and even change them as we grow and develop. We are choosers and deciders, but this isn't easy at times.

The real work happens in us, not outside of us, and inside is constantly forming and changing, especially if I remain as a curious observer of life. Life is certainly an experiment because I get to choose how and what I think (cognitions), I am consciously creating life as I move within it, and I get to clean too. Think of cleaning as *forgiveness* of both others and ourselves.

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Review of *The Golden Couple* by Greer Hendricks and Sarah Pekkanen

The *Golden Couple*, authored by power writing duo Greer Hendricks and Sarah Pekkanen, is a recently published thriller that centers around a seemingly perfect power couple in D.C. and their rogue therapist.

Avery has earned a reputation for solving her clients' problems in 10 perfectly curated sessions. Her approach is unconventional - and it's also the reason she lost her license and now works as a "consultant." Her reputation and a recently published article on her past transgressions, however, makes Avery's services highly sought after by those who can afford her high fee.

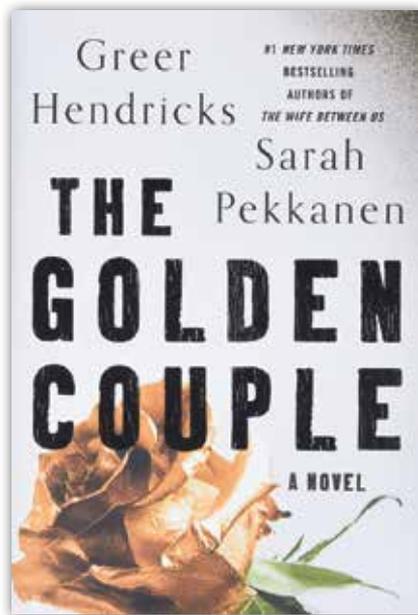
But Avery has another secret: a reason she frequently checks her home security system and locks doors behind her, checks the placement of where she left things and gets into elevators alone.

Marissa seems to have it all. She and her husband, Matthew, are beautiful, live in an upscale neighborhood in the perfect house and have one young son

who attends an elite private school. But when Marissa seeks out Avery's services as a way to heal her marriage after infidelity, it quickly becomes apparent that all is not what it seems.

As the couple begins to work with Avery, utilizing her 10-session strategy, strange things begin to happen around them. Marissa receives unwarranted flowers and strange notes at work. Her young and overly enthusiastic assistant, Polly, starts imitating the way she dresses. Matthew's ex-girlfriend, Natalie, continues to insert herself in their lives in uncomfortable ways. And the pasts of all three come back to haunt them.

Told from both Avery and Marissa's perspectives, *The Golden Couple* kept me guessing - and slightly on edge - the entire book. Hendricks and Pekkanen expertly direct suspicion on nearly every character in the book and line the pages with the perfect mix of important and distracting details. The book's pacing is



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on point, and the development of side characters is well done.

And while I'm not thrilled with two important details in the ending, every little twist was well executed, so my frustration is relatively minor as a whole. The authors also do a great job of keeping the twists hidden and then tying up the plot points.

If you're looking for a fast-paced read that's full of deception and questions about what lies beneath the surface of people - especially those who seem to have it all together - then *The Golden Couple* is the book for you.

Rating: ★★★★★

Jessica Rinaudo is a Shreveport-native who works as a writer and editor in Cincinnati, OH. She has a passion for books and regularly reads, reviews and photographs them on her instagram account, [instagram.com/readbelieveandlove](https://www.instagram.com/readbelieveandlove).



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Shoppers of the Past - "Shreveport Day" shoppers stroll out of the past in the 500 block of Texas Street seemingly unaware of the modern yellow Camaro parked against the curb. (Vintage Photo Courtesy Shreveport Times Negative Collect at the Northwest Louisiana Archives at LSUS)



Crosswalk to the Past - This unidentified policeman monitors traffic while the pedestrians of the past cross Marshall Street in front of the old post office. The post office building is now home to the Shreve Memorial Library. As you can see in the photos, Texas Street used to be a lot wider than it is now. Notice that the street light of today would be out in the street in the 1950s! (Vintage Photo Courtesy Shreveport Times Negative Collection at the Northwest Louisiana Archives at LSUS)

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Snapshot SLEUTH

Do you recognize any of the people or recall anything about the events in these photographs?

The Best of Times has partnered with Northwest Louisiana Archives at LSU to identify individuals and events in their collections. If you can help, please email Tina at editor.calligas@gmail.com or Laura at laura.mclmore@lsus.edu.



These photos are of a Lions Club camp program in July 1973. Both are from the Lawrence Lea collection.



(above) Teenagers with Lions Club Camp.

(right) Four women and three men on stage performing "We're Glad to be Americans" program.

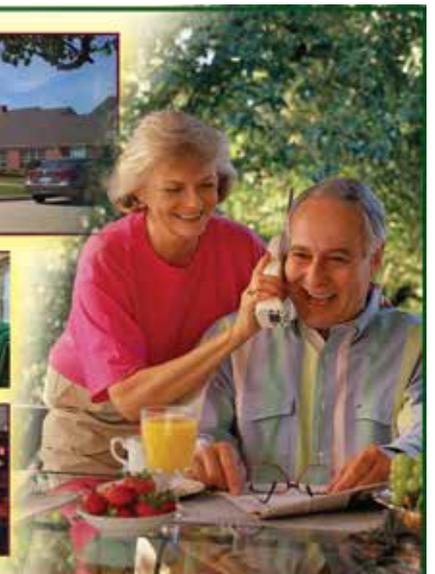
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Provence, France: Proving that Hill Towns Plus a Plethora of Wine and Cheese Equal Paradise

by Fyllis Hockman; photos by Victor Block

Naturally we started our trip off with a glass of wine at lunch. After all, it was too late for breakfast... “Deux verres de vin rouge – um, uh -- pas sec...” Finally I just threw my hands in the air and laughed. I meant well but it seemed unfair to make our poor waiter suffer for my lack of versatility with the language. Our waiter obliged with two glasses of wine and a hearty, “Welcome to Provence!”

Our first morning, we left to explore Pernes-les-Fontaines, a 10-minute walk from our cozy, CDC-treated, 100-year-old, two-story farmhouse we would come to call home for two weeks.

How different from the usual prescribed schedule offered by most tour companies. Such is the beauty of UNTOURS which puts you up in unusual accommodations in multiple cities in more than a dozen European countries – perhaps a castle, a vineyard, or a delightful old house like ours to live like a local. Untours provides a car, inundates you with information, connects you with a local contact to answer questions, and sets you off to see what you want to see when you want to see it. Unencumbered by anyone else’s set schedule or preferences, it’s a much more socially distanced option than a tour bus.

Yes, there is a supermarket near Pernes, but it’s so much more French to stop at the individual butcher, baker, cheese shop, produce store to buy provisions – and so we very smugly did traversing streets spanning multiple centuries in an afternoon’s outing.

Our first Hill Town (which come by their name honestly), of which there are more than a dozen within an hour’s drive of Pernes, was Gordes (circle photo), one of the 100 Most Beautiful Villages in France. As it first comes into view, perched high upon a hill (go figure!) – enveloped by stone

walls overlooking stone buildings overlooking vast vineyards – you do not question that designation.

As much as I imagined anything called a Hill Town to be quaint and picturesque, I was not prepared for the exhilaration I felt upon entering. The awe at the walled surroundings, the sense of being transformed back to the 11th century, views that demand head-shaking wonderment, precarious walkways and narrow side streets whose sides you can touch with outstretched arms.

From Gordes, it’s an easy drive to Roussillon, a town shrouded in varying shades of ochre. Sort of a combination of red, maroon, orange, terra cotta and yellow. Who knew there were so many shades of a color I heretofore couldn’t have given a name to? Dramatic views of ochre cliffs give the town its unique coloration. Oh yes, it also has stone buildings.

The next town was more a nostalgic stop than anything else – that and the dozens of vineyards we passed enroute. Menerbes, the home town of Peter Mayle, author of the renowned *My Year in Provence*, is another of the 100 Most Beautiful Villages



in France. The canopied entrance alone suggests that. And, of course, there is the de rigueur enthralling view.

Menerbes is quieter, more subdued than Gordes with wider streets. While dating back to the 14th century, there is less a visceral sense of the medieval influence. All of which contributed to its own personality and livable charm – and the fact that this is where Mr. Mayle did his shopping. Just when we thought we had seen the most charming village, we came by another. Best to withhold judgment on charm quotients...

When visiting said charming small towns, be sure to park in the lots outside of town. Don't even think about driving in the towns themselves unless you're on a bike. We did – not by choice – and not until we finally found a way out of the one way, very narrow miasma of traffic did our stomachs return to their designated place in our bodies.

Sunday brought us back into town – this time to a ghost village. Everything closes down. So much for our plan for afternoon wine at a café. But as we had learned, whatever the village, it's always a good idea to walk off the main square to see where the people really live. So we found ourselves in a residential area, perusing 13th-century corridors, with the sounds of everyday life emanating from apartment windows. A welcome sense of becoming acquainted with our hometown outside its more touristy main square. And a reminder that there was more life to the ghost town than we initially thought. The next day, when visiting a favorite restaurant, our waiter smilingly led us to "your usual table." Voila, we belonged.

Avignon was a slightly different experience than our beloved Hill Towns. A big walled city from the 14th century. Here the operative word is big. Massive medieval monuments dominate the square – churches, palaces, municipal buildings, amphitheatres – dwarfing those straining their necks to take them all in. Take especial note of the Palais de la Pape because yes, Avignon was the center of the papacy in the early 14th century before it permanently moved back to Rome. The past somehow feels both overwhelming and imminently present.

As my husband's eyes were beginning to glaze over at the thought of another Hill Town, we mixed up our days with a local hike, a visit to a museum, a farmer's market, and a festival of bulls in St. Remy.

All the more reason to appreciate picking up a baguette and cheese from the market, sip yet another glass of wine and dine al fresco at our arbor-covered, garden-enclosed picnic table, contemplating tomorrow's adventures. A perfect way to end the day.

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Bill and Susan Hayes Still Having the Time of Their Lives on 'Days of Our Lives'

Actors Bill Hayes and Susan Seaforth were married in 1974. Or was it 1976? Actually, it was both! The pair tied the knot when their "Days of Our Lives" characters (Doug and Julie) married two years after the couple wed in real life.

Some 50 years and a collective 5,000 episodes later, the Emmy Award-winning stars of the perennial NBC daytime soap opera are still together both on-screen and off. They recently produced a website, *Secrets of Soap Opera Lovers*, explaining how the two have lived, loved, and worked together for five decades (see www.soapoperasecrets.com).

"Our grandson, David Samuel, came up with the idea," explained Bill from the couple's home in Los Angeles. "He had been divorced and wanted to know the secrets for our long and happy marriage."

"So we wrote them down for him and he suggested we share them with others on the Internet," added Susan.

Their secrets, a collection of personal tips for building a successful long-term relationship, include singing and dancing together, saying I love you every day, keeping promises, and supporting your partner's dreams. Another involves kissing, an activity their TV characters frequently embrace. The couple's first kiss – on-screen and in real life – was in a premarital episode airing on July 23, 1970.

"That's our number one secret," noted Bill. "Give your lover a kiss first thing in the morning and the last thing at night."

"We have love scenes on the screen, so naturally we have to rehearse them at home," added Susan as Bill laughed in the background. "We need to practice a lot – we have to perfect them!"

On the website, Bill and Susan explain their secrets in a series of short videos filmed in the couple's living



room, each reinforced by an illustrative clip of their characters from the show.

"We chose scenes from 'Days of Our Lives' that demonstrate the point we make in each video," said Susan.

Bill, who is 96, and Susan, 78, expect their characters to continue displaying on-screen affection through 2022 and beyond.

"The show is produced five days a week and they used to shoot day-for-day, but now they shoot eight episodes in five days," explained Susan. "Bill and I have been working about four to seven times a month which is plenty right now."

In addition to their daytime soap duties, both Bill and Susan have each appeared (separately) in a dozen feature films, as well as numerous TV movies, series, and theatrical productions throughout their careers. Bill even enjoyed a smash hit in the 50s singing "The Ballard of Davy Crockett," outselling versions by Fess Parker and Tennessee Ernie Ford.

"We recorded it on the first take in one day," recalled Bill. "I still get a roy-

alty check each year for about \$3,000. So someone must still be buying it!"

Long-time fans of "Days of Our Lives" are still buying the love that Bill and Susan's characters share on-screen.

"It's not Shakespeare, but the writers continue to make Doug and Julie fresh as the times change and as we age," said Susan. "We haven't even thought about stopping. Old actors don't retire, they just lose their agents!" This iconic daytime TV couple, however, can expect to retain their management for quite some time.

"It's been hard work for many years, but we still love it," she adds. "We're proud to be producing a quality product as the matriarch and patriarch of the show."

Nick Thomas teaches at Auburn University at Montgomery, in Alabama, and has



written features, columns, and interviews for numerous magazines and newspapers. See www.tinseltown-talks.com.

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Picking a Derby Winner – Or Not

Horse racing fans devise their own systems for picking the Kentucky Derby winner. My predictions for the famous May event are based solely on names – I completely ignore form, pedigree, jockey, or trainer, and have the losers to prove it going back a decade.

Take the 2012 field. Since the 138th Derby fell on Cinco de Mayo, that seemed a clear sign to cheer for “El Padrino” which is Spanish for godfather. But he didn’t exactly lead the mob around the 1.25-mile Churchill Downs track.

Coming in a disappointing 13th, he must have been wearing cement horseshoes.

When the Chelyabinsk meteor exploded over Russia in February 2013, this seemed a celestial sign to get behind “Falling Sky” that year. Behind was right. He cratered – 19th place in a field of 19.

Early in 2014, there was a story concerning a preacher who absconded with church

funds. So how could I overlook “Vicar’s In Trouble” when May came around? Alas, the horse didn’t have a prayer, cantering in last place.

The following year, I felt sure cheeky “Upstart” would be true to name and bring the elite favorites down a peg or two. Alas, he never really started up. Lacking horsepower, he strolled in once more – you guessed it – last.

As a film lover, I couldn’t overlook “Oscar Nominated” in

2016. But just like the lack of racial diversity amongst the Hollywood nominees that year, my selection was also snubbed and awarded 17th place.

“Fast and Accurate” seemed an encouraging choice for the 2017 race but was evidently misnamed. After staggering in 17th, again, the gray colt should have been entered as “Slow and Doubtful.”

Being fond of classical music, “Mendelssohn”



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sounded good in 2018. Throughout the race, however, his movement was clearly Adagio rather than Allegro – another dismal last-place finish.

What about “Gray Magician” I wondered in 2019, surely he could do the trick? He did – but it was a disappearing act from the head of the pack, eventually reappearing in last place.

As a resident of the South, I picked “South Bend” in 2020. He went south all right, and I went around the bend watching him amble home at the tail end.

Reminding me of the HMS Medina, a British M-class destroyer from the early 1900s, I felt confident “Medina Spirit” would sink the competition in 2021. But he failed to even launch – a disqualified disappointment.

Which brings me to this year’s pick. At the time of writing, 30 horses were listed as possible contenders for the 2022 event, a list to be eventually whittled down to a field of 20 based on points amassed from races leading up to the Derby. “In Due Time,” high on the list, is my obvious selection and surely a sign my time has finally come this year. Just don’t bet on it.



Nick Thomas teaches at Auburn University at Montgomery, Alabama, and has written features, columns, and interviews for numerous magazines and newspapers. See www.getnickt.org



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FAMILY FEATURES

If you're seeking inspiration to take mealtime from bland and boring to new and vibrant, look no further than these at-home fiesta recipes. These recipes from "The New York Times" bestselling cookbook author and recipe developer Stephanie Banyas offers delightful flavor fusions from around the world. To find more fiesta-worthy recipe ideas, visit freshcravings.com.

Red Pepper Chickpea Soup with Gazpacho Relish and Tortilla Croutons

Servings: 2

- | | |
|--|---|
| ¼ cup diced seeded English cucumbers | salt, to taste |
| ¼ cup finely diced seeded Roma tomato | pepper, to taste |
| 2 tablespoons finely diced red onion | 2 cups canned low-sodium vegetable stock, divided |
| 2 tablespoons finely chopped fresh cilantro leaves | ½ cup restaurant style salsa (mild or medium) |
| 1 lime, juice only, divided | 1 container (10 ounces) Roasted Red Pepper Hummus |
| | tri-color fried tortilla strips |

In small bowl, combine cucumber, tomato, onion and cilantro. Add half the lime juice and season with salt and pepper, to taste. Let sit at room temperature.

In blender or food processor, process 1 cup stock and salsa until smooth.

Pour mixture into medium saucepan. Add remaining stock and hummus, season with salt and pepper, to taste, and bring to boil over high heat. Reduce heat to medium-low and simmer until slightly thickened, about 15 minutes. Remove from heat and stir in remaining lime juice.



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Spicy Shrimp Remoulade in Lettuce Leaves

Yield: 8 leaves

Shrimp:

½ cup Chunky Salsa (mild or medium)

9 cups water, divided
ice water

1 lime, sliced

12 sprigs cilantro

1 teaspoon kosher salt

1 pound fresh shrimp
(31–35), peeled
and deveined

Remoulade Sauce:

¾ cup mayonnaise

1 tablespoon whole-grain
mustard

2 teaspoons fresh lime juice

½ teaspoon chile powder or
smoked paprika

½ teaspoon sugar

¼ teaspoon salt

¼ teaspoon black pepper

½ cup Chunky Salsa (mild
or medium), drained well

¼ cup chopped fresh cilan-
tro leaves

¼ cup green onion, thinly
sliced, plus

additional for garnish

8 butter or Boston lettuce
leaves

cilantro leaves, for garnish

lime wedges, for garnish

chopped black olives, for
garnish (optional)

chopped hard-cooked eggs,
for garnish (optional)

To make shrimp: In food processor or blender, blend salsa with 1 cup water until smooth.

Fill large bowl with ice water; set aside. Transfer salsa mixture to large saucepan and add remaining water, lime slices, cilantro sprigs and salt. Bring to boil over high heat; stir in shrimp, cover, turn off heat and let shrimp poach off heat in liquid 10 minutes.

Drain in colander. Transfer shrimp to ice bath and let sit 5 minutes. Drain again.

To make remoulade sauce: In large bowl, whisk mayonnaise, mustard, lime juice, chile powder, sugar, salt and pepper until combined; fold in salsa.

Put half of remoulade sauce in large bowl. Fold in shrimp and cilantro, adding remoulade as needed to make mixture creamier; taste for seasoning. Cover and refrigerate at least 30 minutes, or up to 6 hours.

Arrange lettuce cups on platter. Spoon equal portions shrimp mixture into lettuce cups. Garnish with cilantro leaves; lime wedges; black olives, if desired; and eggs, if desired.

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Tune in to radio station 710 KEEL on Saturday mornings at 9:05 a.m. for The Best of Times Radio Hour.



Word Search

Locate the words in the grid which are running horizontally, vertically, or diagonally - forward or backward.

The Theater

- | | |
|--------------|---------------|
| Actor | Greasepaint |
| Applaud | Loge |
| Audience | Lyrics |
| Balcony | Makeup |
| Box Office | Mezzanine |
| Broadway | Musical |
| Cast | New York |
| Character | Opening Night |
| Chorus | Ovation |
| Costumes | Perform |
| Critics | Premiere |
| Cues | Program |
| Curtain Call | Scene |
| Director | Stage |
| Drama | Times Square |

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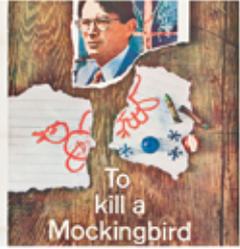

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Crossword

Across

- 1 Eve's man
- 5 City in Arizona
- 9 Emblems of peace
- 14 Constellation animal
- 15 Fail to mention
- 16 Skip
- 17 Mideast money
- 18 Dilapidated
- 20 Mac maker
- 22 "Beowulf" beverage
- 23 Fleur-de-_____
- 24 Most offensive
- 27 Sugar source
- 28 Race unit
- 31 Cut short
- 32 Double-crosser
- 33 Dinghy propeller
- 34 Caribbean and others
- 35 Rodeo ring?
- 38 Column type
- 40 Capital of Kenya
- 41 Winter Olympics event
- 42 Standard
- 43 Convent dweller
- 44 Summer shade
- 45 Tick off
- 46 Farm structure
- 47 Barrel
- 49 Type of sleeve
- 50 A billion years
- 51 Music category
- 52 Vogue
- 57 Standard in a sport car
- 61 ___ vera
- 62 ___ of Langerhans
- 63 Parrot
- 64 Compact mass
- 65 Adolescents
- 66 Hollywood Boulevard sight
- 67 Inquires

Down

- 1 Heavenly glow
- 2 Hardly Mr. Personality
- 3 "Pronto!"
- 4 Washington locale, with "the"
- 5 Witty remark
- 6 Outback runner
- 7 Boils slowly
- 8 Under ideal circumstances
- 9 Legal document
- 10 Getting on in years
- 11 Infractions
- 12 Astronomer Hubble
- 13 Common thing?
- 19 Midback muscle, for short
- 21 Circumvention
- 25 Construction piece
- 26 Advance
- 27 Singer Vikki
- 28 Records
- 29 British peer
- 30 Family relative
- 32 Attire
- 35 Cocoon contents
- 36 Lie next to
- 37 Very small
- 39 Chowder morsel
- 40 Holiday song
- 42 Carelessness
- 45 Hesitates
- 47 Ledger entry
- 48 Awaken
- 49 Decay
- 51 Solidifies
- 53 Music of India
- 54 Extensions
- 55 Secluded spot
- 56 Young socialites
- 58 Scope
- 59 "Gotcha!"
- 60 Windswept spot

1	2	3	4		5	6	7	8		9	10	11	12	13
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50				51						52	53	54	55	56
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65						66						67		

Sudoku

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

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



Answers from the Experts



EXPERTS: If you would like to help your community by answering a question here, call 636-5510
READERS: Send your questions to The Best of Times, Box 19510, Shreveport, LA 71149

What is a "floater" and can they be treated?

A floater is debris in the vitreous fluid behind your lens. Vitreous is a clear fluid that allows light to pass all the way from your lens to your retina. Everyone has a little debris in the vitreous that floats around. When this debris passes through light it casts a shadow onto your retina and you see that as a floater. Some floaters are black dots, some look like strings and others can look like clouds that float across your vision. If we can see the floaters in the vitreous fluid and they are not too close to your retina, we can use a laser to break them up so you don't see them as much.



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Is Osteoarthritis (OA) hereditary?

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



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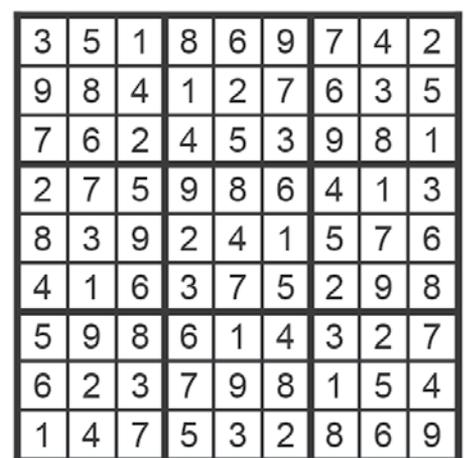
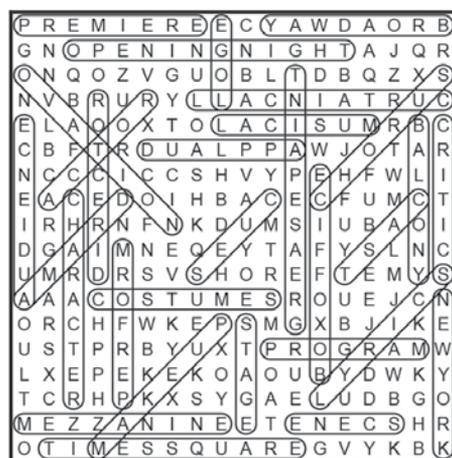
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PUZZLE answers (from pages 36 & 37)



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CONCERTS



• **"From the New World"**
Presented by Shreveport Symphony. **Saturday, May 7 at 7:30 p.m.** at RiverView Theatre, 600 Clyde Fant Pkwy, Shreveport. **PETER BOYER Ellis Island: The Dream of America** in collaboration with the Shreveport Little Theatre **DVOŘÁK** Symphony No. 9, "From the New World". Dvořák's beloved "New World" Symphony is paired with a new multimedia work by GRAMMY®-nominated composer Peter Boyer that includes music, video projections, and dramatic

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COUNCILS ON AGING



• **Health and Wellness Expo**
Saturday, June 4 from 10 am to 3 pm at the State Fair Grounds Agriculture Building located at 3701 Hudson Street in Shreveport. This Expo is proudly sponsored by the Caddo Council on Aging. There will be **FREE** admission, door prizes, **FREE** giveaways, lunch provided to the first 75 attendees, entertainment, educational presentations, blood pressure checks, information about senior services, chair aerobics, and more. Vendors will provide information about their products and services. There will be a COVID-19 Community Vaccine clinic during the EXPO which will provide the Pfizer and Moderna vaccines for ages 5 and older, as well as 1st, 2nd, and Boosters. Appointments are not required. The first 20 individuals age 18 and order

to receive a vaccine will receive a \$50 gift card. For more information, please call (318) 676-7900

• 50th Anniversary Celebration

Caddo Council on Aging 50th Anniversary gala on **Thursday, June 23 at 6 pm** at Sam's Town Casino and Resort in downtown Shreveport, LA. Tickets are \$75 per person or \$700 per table. This awards celebration event will honor men and women who are 60 and older who have demonstrated individual accomplishments, extraordinary tasks, or commitment to philanthropic service by their acts of caring toward the citizens of Caddo Parish. For more information, reservations, and to make nominations, please call (318) 676-7900 or visit www.caddocoa.org.

FESTIVALS

• **13th annual Aseana Spring Festival**
At the Asian Gardens, 800 Texas Avenue in downtown Shreveport on Saturday, **May 14 from 11 a.m. to 5 p.m.** Learn about a variety of Asian cultures through food, art, dance, games, and martial arts. Enjoy authentic cuisine from Vietnamese noodle soups to Philippino-style whole hog barbeque.



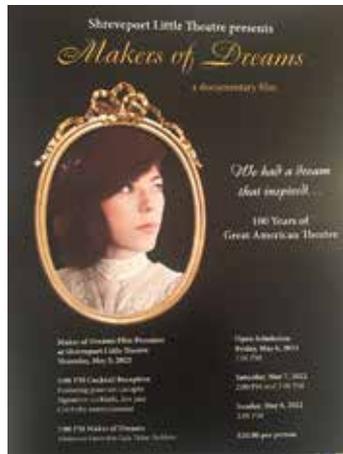
Admission is **FREE**.

• **Mudbug Madness**
At Festival Plaza, 101 Crockett in downtown Shreveport on **May 27-29. 11 AM - 11 PM**. Featuring renowned Cajun, Zydeco, Blues and Jazz artists, mouth-watering Cajun cuisine, crawfish eating contests, and fun for all ages. Admission is \$6; military and kids under 12 get in **FREE**. For more information, visit www.mudbugmadness.com.

FILM

• **Bye Bye Birdie**
Robinson Film Center, 617 Texas Street in downtown Shreveport presents a Silver Screening of "Bye Bye Birdie" on **May 17 at 10:30 a.m.** Silver Screenings feature a matinee and luncheon for senior citizens showcasing a classic film. RFC presents the series on the third Tuesday of each month. The movie begins at 10:30 a.m. and is followed by a buffet lunch. Cost is \$16 for movie and lunch. For persons 60 and older, there is a senior discount of \$5.00 compliments of

AARP Louisiana. For more information, call (318) 459-4122 or please visit www.robinsonfilmcenter.org.



• **"Makers of Dreams: A Documentary Film"**

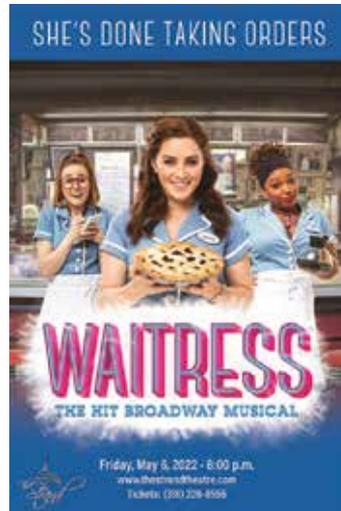
This documentary depicts the fascinating 100 year history of the Shreveport Little Theatre against the background of cultural and historical events and showcases the theatre's prominence as a model for community theater throughout the country. The film will premier on May 5 to Gala ticket holders. Open admission will be at SLT, 812 Margaret Pl, Shreveport on Friday, May 6 at 7 PM; Saturday May 7 at 2 and 7 PM; and Sunday May 8 at 2 PM. Tickets are \$20. For more information or tickets, call the SLT box office at (318) 424-4439.

MARKETS

• **Bossier City Farmers Market**

Every **Saturday through November, 9 AM - 1 PM** in the south parking lot of Pierre Bossier Mall, 2950 E. Texas St., Bossier City. Enjoy fresh local produce and goodies, live music, and kids activities. Pet friendly. **FREE** admission and parking.

• **Bossier Night Market Saturday, May 7th, from 4 - 9 p.m.** at 2950 E Texas St., south side of Pierre Bossier Mall, Bossier City. Cinco De Mayo theme and fireworks! 175+ vendors, 12+ food trucks, **FREE** admission and parking, kids' activities, and giveaways. www.bossiernightmarket.com/



• **"Waitress"**

Friday, May 6 at 8:00 PM at The Strand, 619 Louisiana, Shreveport. Jenna, a waitress and expert pie-maker, dreams of a way out of her small town and rocky marriage. Pouring her heart into her pies, she crafts desserts like "The Key (Lime) to Happiness Pie" and "Betrayed By My Eggs Pie" that mirror her topsy-turvy life. When a baking contest – and a satisfying encounter with someone new – present Jenna with a chance at a fresh start, she must find the courage to seize it. Change is on the menu, as long as Jenna can write her own perfectly personal recipe for happiness! Tickets are \$82, \$65, \$55, \$25 (student). Call 318-2261482 or visit www.thestrandtheatre.com.

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Odds & Ends

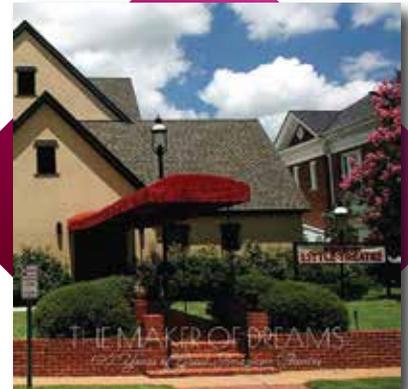


Willis-Knighton Medical Center Makes Newsweek's World's Best Hospitals List

Willis-Knighton (WK) Medical Center has been named one of the best hospitals in the United States by *Newsweek* magazine in its annual "World's Best Hospitals" rankings. There are more than 6,000 hospitals in the United States and Willis-Knighton was among 420 of those hospitals that earned the distinction. The award is presented by *Newsweek* and Statista Inc., a world-leading marketing research and consumer data company. Data sources used for the evaluation include hospital recommendations from peers, patient experience and medical key performance indicators, including patient safety, hygiene measures and quality of treatment. Hospitals in 27 countries were ranked. WK is the only North Louisiana hospital to make the list.

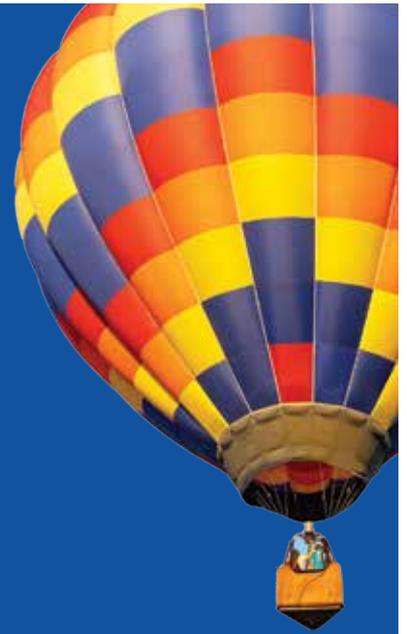
Shreveport Little Theatre Unveils *The Maker of Dreams* Coffee Table Book

According to Dr. Robert Darrow, Shreveport Little Theatre's (SLT) Managing and Artistic Director, "*The Maker of Dreams* is a coffee table book that is packed with over 400 photos of over 200 productions since 1922 to the present. These photos are a representative sampling of plays throughout Shreveport Little Theatre's first hundred years. Images for the book were gathered from individuals, the theatre's archives, and Northwest Louisiana Archives at LSU. The book is of the highest quality and materials. It will be cherished by any lover of Shreveport history or theatre, in general." The books are \$100 cash/check or \$105 credit card and can be purchased by calling the SLT box office at 424-4439.



State Health Insurance Information Program

If you are lost trying to navigate Medicare, consider turning to your State Health Insurance Information Program (SHIIP). The program helps Medicare beneficiaries and their families or caregivers better understand their Medicare coverage options and benefits. Counselors help seniors make informed decisions by providing free and unbiased guidance via telephone or face-to-face interactive sessions. For more information call 800-259-5300 or visit www.lldi.la.gov/consumers/senior-health-shiip or contact the Caddo Council on Aging in Shreveport at 318-676-7900.



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To nominate, sponsor, purchase tickets, or for more information visit
www.caddocoa.org/events/50th or call (318) 676-7900

The deadline to submit nominations is May 31, 2022. All nominees must reside and provide service in Caddo Parish. The top candidates will be required to submit current biographical information, participate in interviews, and attend the in-person awards dinner scheduled for 6:00 p.m., June 23, 2022, at Sam's Town.

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LES BONS TEMPS

Les Bons Temps Dance Club held their annual Spring dinner dance on April 2 at the Petroleum Club in downtown Shreveport. Music was provided by Steve Wells Band.



(seated l to r) Reg Cassibry, Chloe and Bob Thornton (standing) Judy Cassibry, Frances and Billy Washburne



Litt and Harriet Martin



Abby and Joe Averett



Dance instructors Cathy Amy and Jim King

BELLAIRE GRAND OPENING

The Grand Opening, Ribbon Cutting and Inaugural Pickleball Tournament for Bellaire Fitness Pickleball Courts was held on March 19 in Bossier City.



Tonia Zuber and Bossier Mayor Tommy Chandler cut the ribbon



Tournament winners include Robbie Gosslee, Brenda Ray Lewis, David Recchia, and Betsy Snow

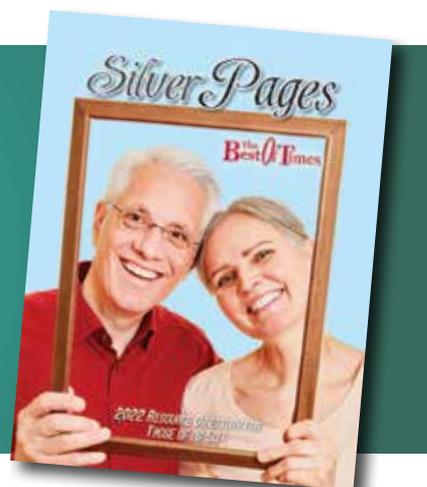


Tonia Zuber, Sheryl Johnson, and Dawn Gardner

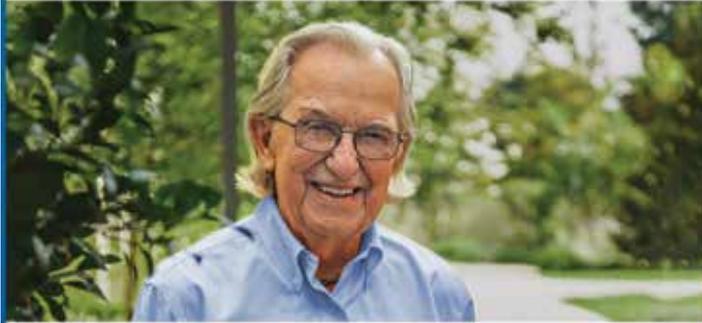
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CHIDLAW ANNIVERSARY

Judd and Judy Chidlow were feted with a 50th anniversary party, hosted by their daughters, on April 15.



Billy and Frances Washburne with Judy and Judd Chidlow

SHREDDING EVENT

AARP's "Fight Fraud - Shred Event" was held on Saturday April 9 at Sheriff's Safety Town in Shreveport.



Robin and Denman Shaffer



Brad Holley and Scout



Diane Ewing



Donna Williams and Rosemary Thompson



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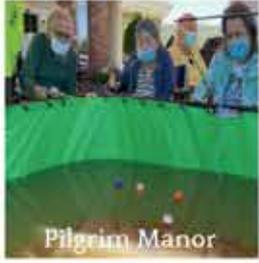
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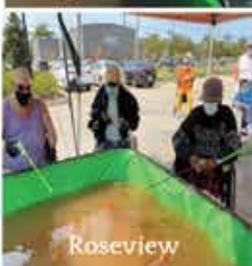
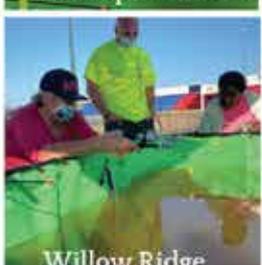
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