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The History of Laughter and Science Behind Its Medicinal Effects



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The most lost day in life is the day we don't laugh. ~Charlie Chaplin

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Always laugh when you can, it is cheap medicine. ~Lord Byron

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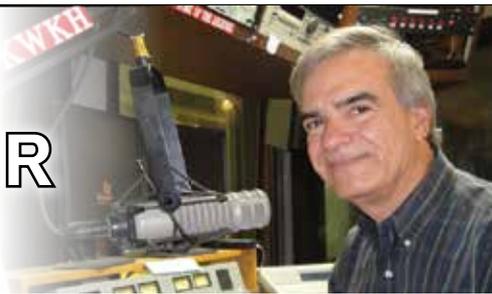
A good laugh is sunshine in the house. ~William Thackeray



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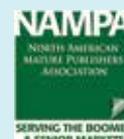
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What Makes Us Laugh?

The History of Laughter and Science Behind Its Medicinal Effects

By Kimberly Blaker



Whether you guffaw, chuckle, chortle, cackle, roar, howl, or giggle, the ability to laugh is shared by all people around the world. Humans even share this ability with apes and other primates! Charles Darwin and many other researchers have recorded observations of laughing in various primate species during play and especially when being tickled. These findings suggest the ability to laugh goes back millions of years to a shared ancestor. Tickling may not be what makes you laugh – but everyone has something that tickles their funny bone. Although the jokes people tell have shifted and developed throughout history, laughter's positive benefits are unaltered.

How do laughter and humor affect our health?

Laughter may really be the best medicine. Scientific research has backed up the positive effects a good laugh can have on your physical, mental, and emotional health. Laughing is so beneficial to health that laughter therapy has even become an alternative approach to treating depression, stress, and other mood disorders. Evidence from numerous studies finds laughter to be an effective

method in cognitive-behavioral therapy because of its effects.

Gelotology is the term used to describe the study of laughter. This field was developed in the late 1960s and examines the physiological and psychological effects of humor. One of the founders was William F. Fry, who would watch comedic movies while drawing blood samples. The results showed that laughter increased the activity of immune system cells.

Norman Cousins was a big proponent of laughter as medicine. At the age of 50, he was struck with a disease with a low recovery rate. But he noticed that he experienced less pain and fewer symptoms when laughing. He prescribed himself regular laughter by watching *Candid Camera*



and Marx Brothers movies and lived another 25 years. He worked with the California University Hospital to more formally study the health effects of laughter.



A physician from India, Madan Kataria, created laughter yoga which combines breathing, movement, and laughter to promote mental and physical health. A study examined the effect of this method on older adult women experiencing depression in comparison to a control group that used exercise therapy. Those who completed laughter yoga reported significantly higher life satisfaction and improvements in their depression compared to the control group. The study found laughter yoga to be as effective as exercise programs.

The Association for Applied and Therapeutic Humor is a non-profit organization started by a group of psychologists who promote the use of humor to support improved health and well-being. They have an extensive research library that shares academic research related to the benefits of humor and laughter.

Counselor and stand up comedian, Richard Granirer, of Stand Up for Mental Health, uses stand up comedy to educate the public about mental health and reduce the stigma around it. He also teaches those with mental health issues or disorders to utilize their struggles to create comedy, which gives them a sense of control and self-worth.

Just a few of the recorded benefits of laughter on mental, physical, and emotional health include:

- Increased endorphin levels
- Increased production of immune cells and antibodies
- Increased endorphin levels
- Decreased levels of stress-causing hormones like cortisol and epinephrine
- Improved memory
- A refreshing mental break that helps replenish mental resources
- Strengthened social bonds
- Increased intake of oxygen, which stimulates organs
- Reduced muscle tension
- Ability to better handle scary or stressful situations

As our understanding of the benefits of laughter has grown, people have started to incorporate laughter for other aspects of health, too.



How has humor changed over time?

Humor as a source of laughter has been around as long as humans have been able to communicate. According to Robert R. Provine, a laughter expert, "The necessary stimulus for laughter is not a joke, but another person." Laughter seems to have evolved as an essential part of social interaction, even if it does not happen face-to-face. The current thought is that humor is based on the recognition to observe or create incongruities in a social setting, and as humans' cognitive abilities and language has developed, so has humor. Play-fighting may be one of the earliest forms of humor due to the mix of playfulness with fighting behavior.

In 2008, a group of British historians hunted down the oldest recorded joke - a fart joke in Sumeria in 1900 B.C. It was inscribed on a tablet and translates to: "Something which has never occurred since time immemorial. . ." "A young woman did not fart in her husband's lap." Although the words used may change, jokes at their core tend to make light of similar ideas - like fart jokes or toilet-related humor.

Top 10 oldest jokes from history, discovered by researchers led by humor expert Dr. Paul McDonald, reinforce the idea that at their heart, jokes have not changed too much over time. Humor has always dealt with "taboos," witty retorts, pointing out ironies, making light of difficulties, or come at someone's expense. The format of jokes may

"Humor has always dealt with 'taboos,' witty retorts, pointing out ironies, making light of difficulties, or come at someone's expense."

change, and the details may shift to reflect the times, but the basic elements remain the same.

Throughout history, humor has developed to reflect the times

as people used laughter to connect. What people find funny varies based on individual and shared experiences. Humor generally reflects current events and stages of life and can be a way to relate to others. Shared humor relies on shared context and understanding of content. So people may not be able to appreciate jokes that have a more specific connection to a particular group. Some types of humor may be more global and relate to the basic human experience. In contrast, others have a more narrow audience that can appreciate them.

Jokes and humorous content have also been shared in a variety of different ways, depending on the technology available. Humor can be shared in any way that people communicate. Jokes have been shared through every medium imaginable - carved on tablets, written in newspapers, sent in letters, graffitied on walls, or told by entertainers like court jesters and stand-up comedians. The rise of technology has also led to alternative ways of sharing humor. In the 1950s, Charley Douglass, a sound engineer for CBS, created laugh tracks to make a shared experience of laughter for people watching at home. Today, humor can be shared far and wide through the internet and social media in the form of memes or videos.

Humor and laughter are universal and vital parts of a happy and healthy life. Keep your spirits up by finding ways to keep laughing. Though each person's sense of humor may be a little different, you just have to seek out what you find funny or enjoyable. Especially when you are feeling down, it is even more important to try to find something to laugh at to lighten your load. Socialize with people who make you laugh for a boost. Sign up for a daily joke or comic strip. Follow your favorite comedian. Keep a running list of books, songs, TV shows, or movies that make you laugh. Or start a 'funny file' for emergencies with cards and pictures that bring a smile to your face. Even if you don't feel like laughing, try forcing a few chuckles - the more ridiculous, the better. You'll likely find yourself genuinely laughing before you know it!

Laughter is contagious. Let's start an epidemic.



Kimberly Blaker is a freelance lifestyle writer. She's also founder and director of KB Creative Digital Services, an internet marketing agency, at kbcreatedigital.com

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Medical News & Info



Mourning a Spouse's Death

The death of a spouse is a major, life-changing event, and can seem impossible to deal with. Everyone grieves differently. If you or someone close to you is mourning the passing of a spouse, the National Institute on Aging offers these tips:

- Take care of yourself by exercising regularly, eating healthy foods, and getting enough sleep. Avoid habits that can hurt your health, like smoking and drinking a lot of alcohol
- Talk with caring friends. Let family and friends know when you want to talk about your spouse. They may welcome the chance to share memories. Accept their offers of help and company when you can.
- Many people who are grieving find comfort in faith. Praying, talking with others of your faith, reading spiritual texts, or listening to uplifting music also may bring comfort.
- Keep up with visits to your healthcare provider, and let them know about any health issues, including if you are having trouble taking care of your everyday activities, like getting dressed or fixing meals.

No Joke! Laughter Can Help Your Heart

If the past six months of quarantines, social distancing and unrelenting Covid-19 news coverage has left you feeling stressed and worried, you're not alone. A recent nationwide survey found that a majority of the respondents are experiencing emotional distress during the pandemic. Stress is a well-known risk factor for heart disease. But the opposite of stress, laughter and lightheartedness may actually help protect your heart. Research suggests that brain chemicals called endorphins, released during laughter, stimulate the inner lining of blood vessels, known as endothelium. This, in turn, releases nitric oxide, a molecule known to relax arteries. At the same time, laughter can help reduce the production of stress hormones, including cortisol and epinephrine, which are known to cause blood vessels to constrict, increasing the risks of high blood pressure as well as stroke and heart attack. Although it can be more challenging to maintain relationships when we're physically apart, sharing a joke or funny memory with friends and family via a phone or video call can be a good antidote to stress. Other ways to encourage laughter: watch a sitcom, read a funny book or tune in to a stand-up comedian.



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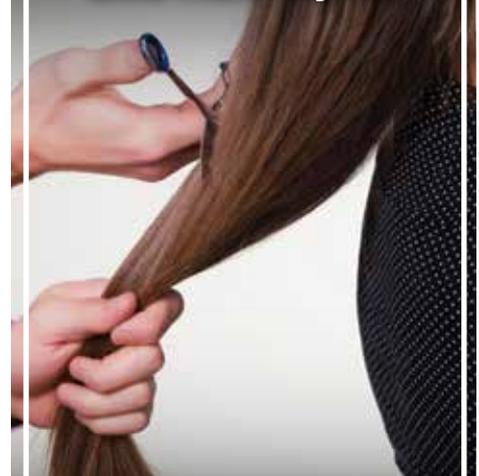


Low Vitamin D in COVID-19 Patients May Predict ICU Admission, Poor Survival

Having low serum vitamin D levels was an independent risk factor for having symptomatic COVID-19 with respiratory distress requiring admission to intensive care — as

opposed to having mild COVID-19 — and for not surviving, in a new study from University of Siena, Italy. Their data gives strong observational support to previous suggestions that reduced vitamin D levels may favor the appearance of severe respiratory dysfunction and increase the mortality risk in patients affected with COVID-19. The analysis suggests determining vitamin D levels (25 hydroxyvitamin D) in people testing positive for SARS-Cov-2 infection might help predict their risk of severe disease. However, further research is needed to explore whether vitamin D supplements could prevent the risk of respiratory failure in patients with SARS-Cov-2 infection. In the meantime, researchers believe that, particularly in the winter season (when the solar ultraviolet-B (UVB) radiation exposure does not allow the skin to synthesize vitamin D in most countries), the use of vitamin D supplementation and correction of vitamin D deficiency might be of major relevance for the reduction of the clinical burden of the ongoing and future outbreaks of SARS-CoV-2 infection.

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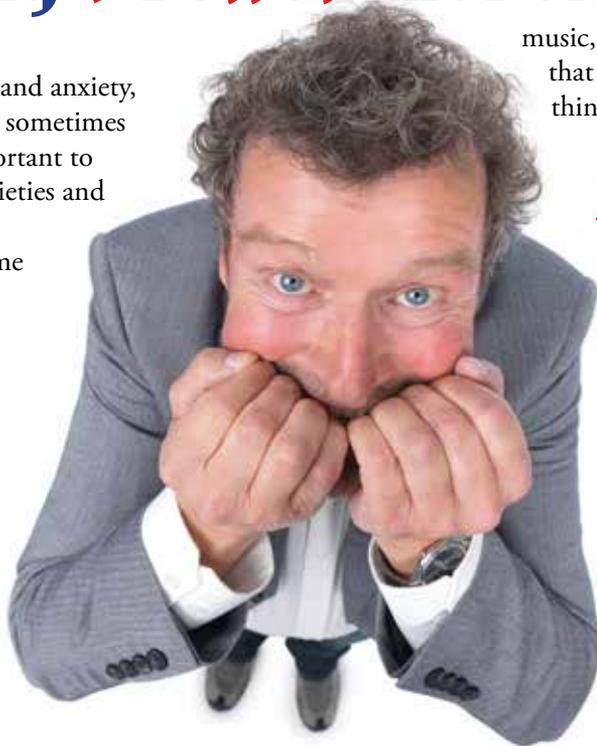
6 Tips on How to Manage Your Daily Stresses and Anxieties

By Stanley Popovich

Everybody deals with stress and anxiety, however, our anxieties can sometimes get the best of us. It's important to know how to cope with your anxieties and fears if they get out of control.

With this in mind, here are some tips that a person can use to help manage their daily stresses and anxieties.

1 Take a break. Sometimes, we get stressed out when everything happens all at once. When this happens, a person should take a deep breath and try to find something to do for a few minutes to get their mind off of the problem. A person could take a walk, listen to some



music, read the newspaper, or do an activity that will give them a fresh perspective on things.

2 Carry a small notebook of positive statements with you. Whenever you come across an affirmation that makes you feel good, write it down in a small notebook and carry it around in your pocket. Whenever you feel anxious, open up your small notebook and read those statements.

3 You can't predict the future. While the consequences of a particular fear may seem real, there are usually other factors that cannot be anticipated and can affect the results of any situation. We may be ninety-nine percent correct in predicting the

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future, but all it takes is for that one percent to make a world of difference.

4 Challenge your negative thinking with positive statements and realistic thinking. When encountering thoughts that make you fearful or depressed, challenge those thoughts by asking yourself questions that will maintain objectivity and common sense. Focus on the reality of your situation and not on your thoughts.

5 Divide your activities into separate steps. When facing a current or upcoming task that overwhelms you with a lot of anxiety, divide the task into a series of smaller steps and then complete each of the smaller tasks one step at a time. Completing these smaller activities will make the stress more manageable and increases your chances of success.

6 Take advantage of the help that is available around you. If possible, talk to a professional who can help you manage your depression and anxieties. They will be able to provide you with additional advice and insights on how to deal with your current problem.

Stan Popovich is the author of the popular managing fear book, "A Layman's Guide To Managing Fear". For more information about Stan's book and to get some free mental health advice, please visit Stan's website at <http://www.managingfear.com>



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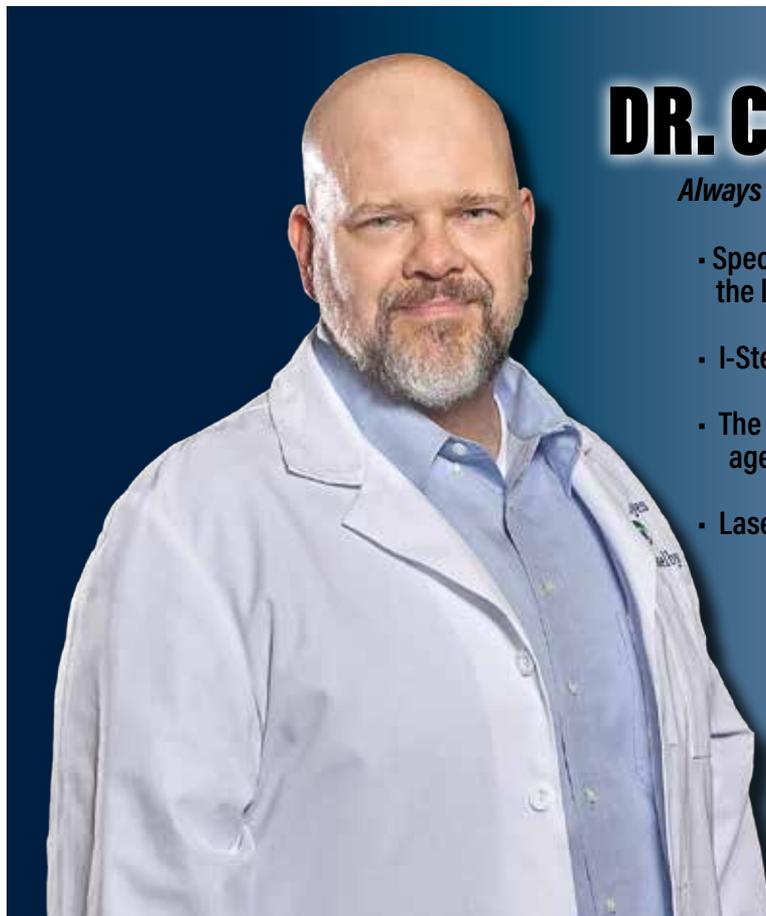
Religion vs The Law

by Lee Aronson

Do you drink in church? Thomas Jefferson (all names have been changed) does. And he's the Reverend! Let me explain. Mr. Jefferson got arrested for cock fighting. His defense? I am the Reverend of Holy Fight Ministries and we believe that cock fighting is an essential part of our religious faith. My arrest violates my right to freedom of religion!

And, no, I am not making this up. The Judge in this real-life Louisiana case took a look at the evidence. Mr. Jefferson had been arrested during a police raid of his Church/cock house. During the raid, the police took plenty of pictures. Pictures of "a cockfighting arena littered with discarded food and alcohol containers; a handwritten betting ledger; rooster corpses and other indicators of a commercial cockfighting operation."

After a quick look at the photos, the Judge said, "the evidence casts doubt upon the type of institution operated by [Mr. Jefferson.] In other words, the evidence suggests that the cockfighting activities were more commercial in nature than a bona fide religious ritual."



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Something similar happened in another state. Tom and Martha, who lived in New York, didn't want their kid to be vaccinated. New York law says a kid did not have to be vaccinated if the parents are "bona fide members of a religious organization." When asked what religion they were members of, the parents first said, "The American Natural Hygiene Society, Inc."

That's a real organization, but it's not a religious organization. Then the parents said they were members of a mail-order church in Florida, but they couldn't remember the name of the church.

Sound like a sincerely held religious belief to you? The Judge didn't think so. His reasoning went something like this: "New York law doesn't require your kid to be vaccinated if it goes against your religion. And your religion can be anything you want. It doesn't even have to be a recognized religion. But I don't believe you when you say you have a serious religious basis for not wanting your kid to be immunized."

Next, let's go to Arkansas in 1965, where a couple really did believe that vaccinations were against their religion. When the school refused to admit the couple's kid because he had not been vaccinated, the parents sued. The Judge said that the State does have the authority to require that school children be vaccinated against smallpox, "and such requirement does not violate the constitutional rights of anyone, on religious grounds or otherwise."

And finally, let's go to Minnesota, where a woman tried to get out of Jury duty because it "conflicted with her religious beliefs in the Biblical scripture, "judge not, that you will not be judged." Think that worked? Nope, she sat on that jury.



Aronson

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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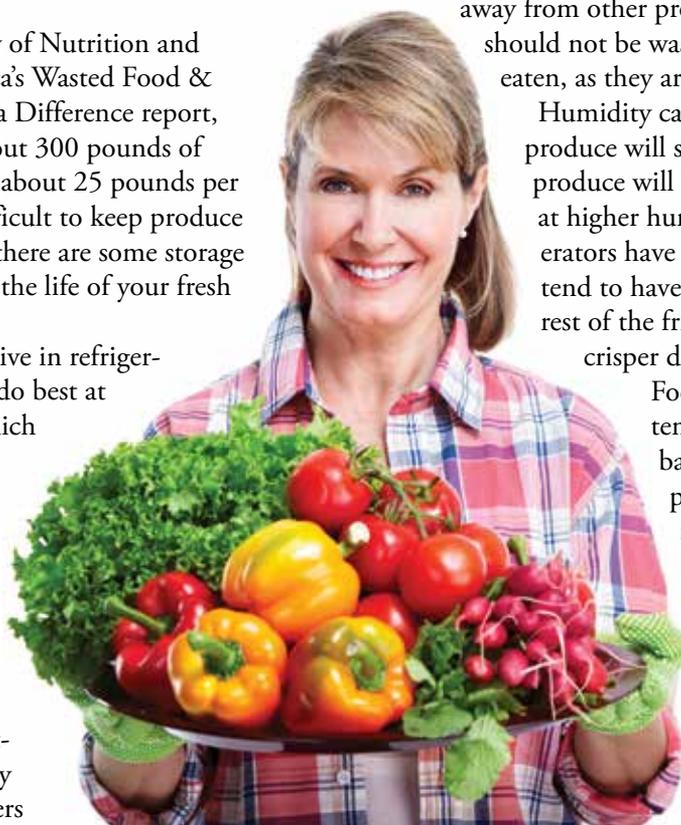
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Great Ways to Help Keep Your Produce Fresh

By Abigail McAlister

According to the Academy of Nutrition and Dietetics State of America's Wasted Food & Opportunities To Make a Difference report, the average American wastes about 300 pounds of food annually, which equates to about 25 pounds per month. Sometimes it can be difficult to keep produce fresh long enough to eat it, but there are some storage techniques that can help extend the life of your fresh fruits and vegetables.

Some fruits and vegetables thrive in refrigerated temperatures, while others do best at room temperature. Knowing which storage methods to use for different items will help increase their shelf life. Produce that should be refrigerated include berries, cherries, grapes, citrus fruit, celery, green beans, leafy greens, mushrooms, corn, carrots, radishes, beets, broccoli, and cauliflower. When refrigerating broccoli and cauliflower, they should be kept in separate drawers



away from other produce. Berries, cherries, and grapes should not be washed until they are ready to be eaten, as they are very delicate.

Humidity can also play a role in how long produce will stay fresh while refrigerated. Most produce will keep longer when they are stored at higher humidity levels, which is why refrigerators have crisper drawers. Crisper drawers tend to have a higher humidity level than the rest of the fridge, so be sure to utilize your crisper drawer for fresh produce.

Foods that should be stored at room temperature include tomatoes, bananas, onions, potatoes, sweet potatoes, and winter squash. Some foods can be refrigerated or stored at room temperature, including apples, cucumbers, eggplant, and peppers. If peppers, eggplant, or cucumbers are refrigerated, be sure to use them within 3 days. Foods that should be left to ripen at room temperature and then refrigerated once ripe



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include avocados, melons, peaches, nectarines, and plums.

A ripening hormone called ethylene gas can also influence how long our produce will stay fresh. Some fresh fruits and veggies are ethylene gas producers, while others are sensitive to ethylene gas. Storing an ethylene gas producer next to an item that is sensitive to it will cause the sensitive food to ripen faster than intended. To ensure your fresh fruits and vegetables don't ripen too quickly due to ethylene gas, try storing "producers" away from those that are sensitive to this gas. Ethylene gas producers include apricots, cantaloupe, apples, figs, kiwi, honeydew, avocados, plums, unripe bananas, tomatoes, peaches, and nectarines. Produce that are sensitive to ethylene gas include carrots, broccoli, cabbage, brussels sprouts, ripe bananas, cauliflower, eggplant, cucumbers, peas, peppers, leafy greens and lettuce, sweet potatoes, watermelon, and squash.

When storing produce, it's also important to store most produce unwashed, as washing them too soon can remove their natural protective coating. Washing may also cause

some produce to break down faster, resulting in mushy fruits and vegetables. Potatoes are especially important to store unwashed, as they store better with a thin layer of soil left on the outside. This layer of soil helps prevent the infestation of bacteria and fungi, and it helps to reduce moisture loss. An exception to the unwashed storage rule would be for lettuce and leafy greens, as they should be washed right away and refrigerated, which helps them stay crisper.

Fruits and vegetables are a great source of vitamins, minerals, and fiber. It is recommended that half of our plates should include fruits and vegetables for every meal. By knowing how to correctly store fresh produce, this can help keep fruits and vegetables on-hand for longer, so they don't end up spoiling before making it to our plates.



McAlister

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

Lord, are you talking to me?

"Ask, and it will be given you. Seek, and you will find. Knock and it will be opened for you. For everyone who asks receives. He who seeks finds. To him who knocks it will be opened." MATT 7: 7-8

World English Bible

Enjoy the peace that comes from sharing your life with Jesus. God loves you and has a wonderful plan for your life.



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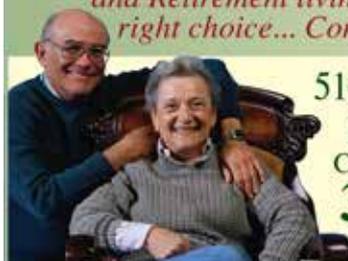
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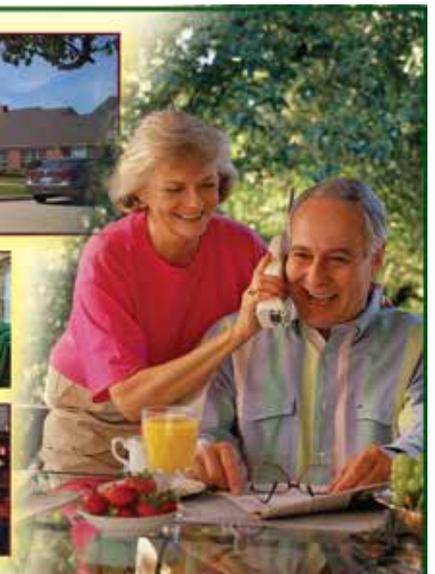
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The Value of Grandparents

By Judge Jeff Cox

I am amazed all the time by families that come through my courtroom. I have the vantage point to see every kind of family. I see families that work through adversity together. I see families that fight each other and have a winner take it all approach. I see families where children are caught in the middle. And each time that I think that I have seen it all, I see something new. But one thing that I love to see is the grandparents in our community. With the Coronavirus, our lives have been dramatically impacted. One area where we have been dramatically impacted is with grandparents and their visitation with their grandchildren. Grandparents add so much to our family's lives.

Grandparents are helpers. They have raised their own children and now have time to focus on their grandkids. In most instances, grandparents want to make things better for their families. Grandparents will usually volunteer to help their families in any way that they can.

Grandparents, in numerous instances in family courts will usually volunteer to help raise their grandchildren. This is particularly helpful in contentious situations or where the parents are having substance abuse problems. In previous articles, I have talked about grandparent visitation rights. Grandparents can usually provide a stabilizing force where

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their grandchildren can find stability as most persons that are grandparents have a stabilized marriage and a stabilized home. In addition, most grandparents have paid for their home and money requirements are less for them than their children. Due to this fact, many grandparents are in a more stable financial position.

In situations where the parents are working, some grandparents volunteer to keep their grandchildren. By doing this, the grandparents allow the parent the opportunity to earn money and save the cost of the daycare. Parents who allow their children to be kept by the grandparents can pay the grandparent if they wish, but caution should be noted that the grandparent may have to claim this amount on their tax return and possibly no tax credit will be given to the parent.

In addition to all the above help that grandparents give to their families, grandparents can provide history and wisdom to the family unit. Grandparents can teach their grandchildren about the family and where the family originated. They can teach their grandchildren values that were passed down to their children. Grandparents can provide a grandchild with a real sense of belonging and a sense of importance within the family unit. And don't forget, grandparents can provide that all important lap or hug when things seem to be going against the grandchild or the grandchild is hurt while playing.

In light of all that we are facing this year, I felt it was important to remember our grandparents and the help they provide. It is never too late to thank them and remember the value and help they bring to our lives and to our community each day. Hopefully soon, we can all visit again normally and share

that ever important family bond.

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



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Highland's Split Hoofprints Curtailed

By Lani Duke; photos courtesy of LSUS Library, Archives and Special Collections

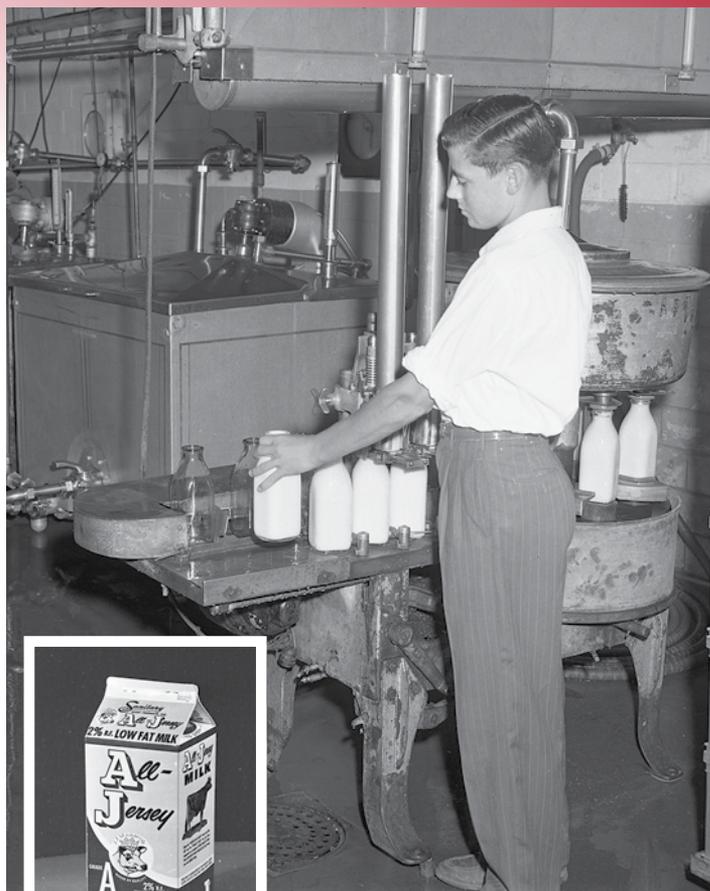
Grazing on pasture, cows appear peaceful and harmless, less so when strolling a housing development under construction. In 1915, fledgling developer A. C. Steere's Steere Home Construction Company filed charges against Theo Neugass for letting his livestock roam "at large" in Virginia Heights. Wandering cattle were damaging "concrete walks, parkways, lawns and others," according to the Oct. 15, 1915, *Shreveport Times*. ["Theodore Neugas" appeared in only the 1930 city directory, living near the southeast corner of Ontario Street and Line.]

The following day, Steere's company filed a second application for injunction against Neugass, claiming "live stock running at large through the Virginia Heights, South Highlands and other residence subdivisions ... ruining the property and destroying improvements" such as concrete walks, parkways, and lawns. Judge Rhydon D. Webb converted a temporary injunction against the dairyman's rambling cattle to a permanent one, awarding the developer \$35 for damages. (*The Times* Feb. 10, 1916) Affirming the "no fence law in Ward Four," the ruling denied Neugass's claim that requiring livestock owners to fence their herds was invalid law. On appeal, Judge D. N. Thompson affirmed the judgment June 15, and a requested rehearing was denied July 15.

Of the 35 dairies supplying milk to Shreveport that *The Caucasian* newspaper noted on May 28, 1907, most were Jerseys, producing rich milk. An ad in the June 22, 1907, *Shreveport Journal* for Wiener-Loeb Grocery, 500 Texas St., listed a one-pound brick of "fancy Jersey butter" ordinarily selling for the premium price of 35 cents, but "Fox River" butter, sold in bulk, cost a nickel less.

Large scale milk processing located in Avondale subdivision, a 66-lot plat owned by A. C. Steere and R. O. Kilgore, accepted by the city in 1914 as both industrial and residential. At the intersection of Dalzell Street and Sanford Avenue, Metzger Dairies built a modern milk processing plant, its two glass-lined processing vats having a 3,000 gallon-per-day capacity. Three large trucks and 12 wagons harvested raw milk from Minden, Gloster, Stonewall, Arcadia, and Mansfield, producing bottled milk, sweet cream, buttermilk and cottage cheese, employing a staff of 30.

The Shreveport facility was the third built by Carl and David Metzger of Texas, their first in Louisiana. A 60-horse-



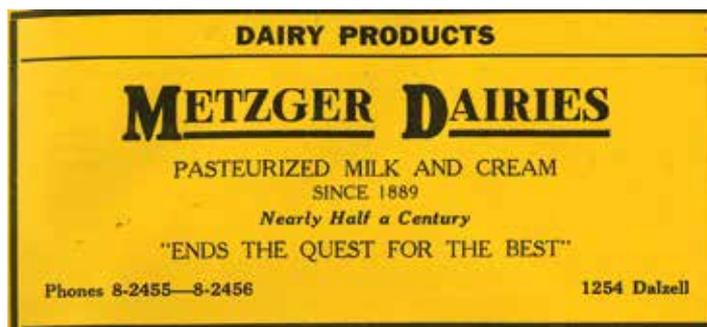
power generator provided the plant's own electricity. The Metzger brothers expected their \$80,000 investment to expand "as trade demands." (*The Times*, Oct. 19, 1928)

In 1935, the plant began making ice cream in "all the desired flavors and combinations" (*Shreveport Journal*, Apr. 10). Dairyland Inc. purchased the plant and business in 1937, planning to continue operations in Shreveport. Caddo area milk producers numbered 90 in the mid 1940s.

The milk industry in Shreveport modernized along with the nation. By 1945, consumers' milk and ice cream were homogenized, available "in leading stores, or delivered at the home," as were all other Dairyland products. (*The Times*, Sept. 30, 1946) Manager George Kinnon said the company employed 150 individuals, 44 of them World War II veterans.

Foremost Dairies, Inc. -- founded by J.C. Penney in 1931, per the company website -- acquired Dairyland in 1945; it initiated a long-range expansion program: larger process-

ing and packaging departments, more trucks and plant upgrades. In 1954, milk ice cream vaults doubled in size, wholesale and retail routes increased, refrigerated trucks replaced hand-iced models, and the original building grew an additional wing under the slogan "better nutri-



tion to the world through fine dairy foods." (*The Times*, Apr. 16, 1962)

By 1986, Foremost Dairies Inc. at 5301 Interstate Avenue remained the last full-time milk processor in Shreveport, and a subsidiary of California-based conglomerate Knudsen Foods Inc. In the 1950s, 600 "dairy operators" formed the North Louisiana milk marketing co-op to establish an "orderly market" for their products. Louisiana lost its control over milk prices; consumers paid what it would cost to buy surplus milk from Wisconsin or Minnesota and transport it to Shreveport, *The Times* columnist Orland Dodson wrote Sept. 24, 1986.

Public concern over possible ill effects from extreme dairy consumption, dairy animals' quality of life, and the notion that cows produce greenhouse gasses seem to all drive milk demand lower. The numbers of dairy farms and milk cows is shrinking, but the National Milk Producers Federation denies the "death of dairy." The U.S. Department of Agriculture claims dairy consumption rose every year since 1970, reaching 646 pounds per person in 2019.

[**Photos:** Top right - Hamel's Dairy, 1947, *Shreveport Times*; bottom - Metzger's Dairy ad in Brueggerhoff's Shreveport (La) City Directory, 1928-1929; Inset - All-Jersey 2% milk from Sanitary Dairy, Shreveport, LA, 1968.]

History du Jour tells stories drawn from northern Louisiana newspapers, some amusing, some dramatic, some tragically human, as a bend in the river, choked with logs and debris, transitioned to a city on its way to an innovative future.

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Great Places to Experience the Glory of Fall Foliage

By Victor Block

While Louisiana may not be famous as a place to view colorful fall foliage, many residents know that the Pelican State has plenty of opportunities to do just that. Among popular favorites are the 21 state parks, La Kisatchie National Forest and the woodlands surrounding lakes in the north.

For folks who may be seeking new ways, and places, to enjoy Mother Nature's annual fall foliage extravaganza, there's a long list of imaginative, and often surprising, choices around the country.

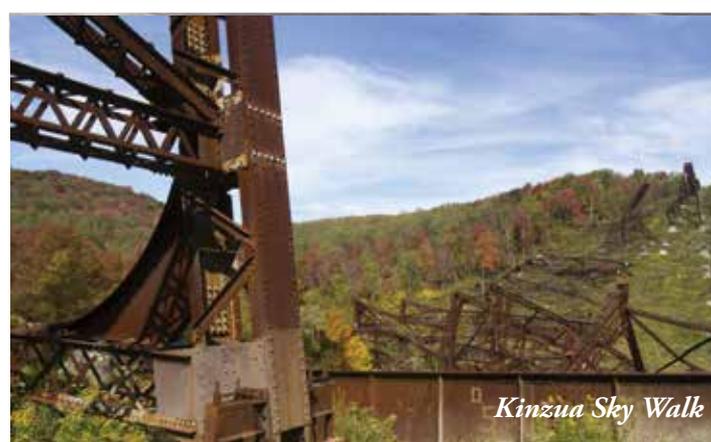
The **Kinzua Sky Walk**, located in a state park of the same name in Pennsylvania, was included on a list of the most beautiful structures of its kind in the world. It extends 624 feet over a deep gorge, and a vertigo-inducing section of glass floor offers panoramic views of the vibrant changing colors of trees. (For more information log onto visitpa.com.)

Taking flight in a hot air balloon is another way to enjoy the spectacular transition of seasons, and there's a number of opportunities to do so. A typical experience is available on flights above Virginia's Shenandoah Valley. Trips usually depart within the first hour after sunrise and the last hour of daylight, adding to the beauty of sweeping views of the Blue Ridge and Appalachian Mountains. (valleyballooning.com)

An even more adventurous way to view fall foliage is to paraglide above it, riding thermals to soar over Colorado's high mountain peaks and deep valleys. After a briefing, installation of a comfortable harness and a few running steps, pilot and passenger – who sits in front to enjoy the best views -- soar off a hillside like a bird taking flight. (aspenparagliding.com)



Great Freedom Adventures Mountain Bike Park



Kinzua Sky Walk

Equally adrenalin-boosting is a ride on the **Runaway Mountain Coaster** at the Mountain Adventure Park in Branson, Missouri, just one of a number of thrilling experiences at that entertainment and amusement Mecca. The track dips, turns and corkscrews through the Ozark woods, and riders may choose to pass by the fall foliage at speeds over 30 miles an hour, or to use the brake to slow the descent. (bransonalpinemountaincoaster.com)

There's also something to be said for enjoying the leaves at a more casual pace, and those



Aspen paragliding

who opt for life in the slower lane also have an array of innovative choices. The forest-surrounded **Mountain Bike Park** is but one recreational alternative available at the Massanutten Resort in Virginia. It offers paths that wind through foliage and challenge veteran riders, as well as a beginner-friendly introduction to downhill biking for neophytes. (massresort.com)

Those who would rather let someone else do the work may enjoy the view from the back of a horse in a state that people don't usually associate with colorful fall foliage. Visitors to the family-owned **Bitterroot Ranch** in Wyoming have a choice of beginner lessons, trail rides, cattle round-ups and other horse-related activities.

In fall, leaves of aspen trees provide a stunning orange and gold backdrop, while early summer brings a carpet of pink bitterroot flowers accentuated by vivid splashes of yellow arrowleaf balsamroot. (bitterrootranch.com)

If you think dog sledding takes place only when the ground is covered by snow, think again. The **Muddy Paw Sled Dog Kennel** operates rides from spring to winter, including when the New Hampshire countryside is at its most spectacular. After meeting and greeting their new furry friends, guests help the musher prepare the dogs for their sojourn, then clamber into a wheeled cart to enjoy the ride. (dogslednh.com)

Even this list of new and different ways to view fall foliage doesn't come close to including all of the possibilities. Among other alternatives are river trips in the Pacific Northwest by the **American Queen Steamboat Company** (aqsc.com), cruises in a paddle wheeler through a remote area of Kentucky (shakervillageky.org) and lake sailings through pristine South Carolina wilderness that's home to a diversity of wildlife and rushing waterfalls (jocasseelaketours.com).

Then there's riding the rails behind a vintage steam locomotive through countryside surrounding Wilmington, Delaware (wvrr.com), a jaunt through vineyard-covered terrain in California (napavalleywinetrolley.com) and holing up in a comfortable tree house perched right in the colorful foliage (glampinghub.com).

Whatever your preference for enjoying fall colors, there may well be opportunities to do it your way.

River boat



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Boosting immune function through a healthy diet has become an important new focus for many people these days. One key dietary recommendation is to eat more fruits and vegetables each day to improve immune function and prevent heart disease and diabetes. When looking to guide your family to healthier snacks and meals or simply trying to mix up your at-home menu, success can be as simple as re-thinking the ingredients you choose to use, including your favorite produce, such as grapes.

Fresh grapes, for example, make for an ideal snack because they are tasty, healthy, hydrating and refreshing, but grapes can also be used to make good-for-you dishes that are also satisfying and delicious. Grapes of all colors – red, green and black – are a natural source of beneficial antioxidants and other polyphenols. Plus, they are naturally fat-free, cholesterol-free and contain virtually no sodium.

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Moroccan Grape and Grilled Chicken Bowls with Grape Vinaigrette

Servings: 4

COUSCOUS:

- 1 cup Israeli couscous
- 2 tablespoons extra-virgin olive oil
- ½ cup carrots, thinly sliced
- ½ cup tomatoes, diced
- ½ cup parsley, leaves only
- 1½ teaspoons ras el hanout (Moroccan spice blend)
- 1 teaspoon salt

CHICKEN:

- 2 chicken breasts (8 ounces each)

- 1 tablespoon harissa paste
- 1 tablespoon extra-virgin olive oil
- 1 teaspoon salt

VINAIGRETTE:

- ¼ cup green California grapes
- 1 lemon, juice only
- 1 preserved lemon, rind only
- ¼ cup extra-virgin olive oil
- 2 tablespoons cilantro, chopped salt, to taste
- ground black pepper, to taste
- 1 cup red grapes, halved
- ½ cup sliced almonds, toasted

To make couscous: Cook couscous in boiling salted water. Drain, rinse with cold water and combine with olive oil. Add carrots, tomatoes, parsley leaves, ras el hanout and salt. Mix well and set aside.

To make chicken: Heat grill to medium-high heat. Rub chicken breasts with harissa paste, olive oil and salt. Grill on both sides until just done. Set aside to cool. Slice into ¼-inch slices.

To make vinaigrette: In blender, puree green grapes, lemon juice, lemon rind, olive oil and cilantro until smooth. Add salt and pepper, to taste.

Toss couscous mixture with vinaigrette and portion into four bowls. Top with sliced chicken, red grapes and almonds.



Spiced Chickpeas and Grapes with Yogurt

Servings: 4

- | | |
|---|---------------------------------------|
| 1 can (15 ounces) chickpeas, rinsed, drained and patted dry | 1 pinch red pepper flakes |
| 1 cup grapes | 1 cup low-fat Greek yogurt |
| 1 tablespoon peanut oil | 1 tablespoon lemon juice |
| 1½ teaspoons mustard seeds | ½ teaspoon finely grated lemon zest |
| 1 teaspoon cumin seeds | ½ garlic clove, grated |
| 1 teaspoon fennel seeds | 2 tablespoons chopped cilantro |
| ¼ teaspoon salt, divided | 2 tablespoons thinly sliced scallions |

In large bowl, mix chickpeas and grapes.

In small skillet, warm oil over medium-high heat until shimmering. Add mustard seeds and cover. Cook until seeds stop popping then add cumin and fennel seeds; cook until fragrant, about 1 minute. Stir in 1/8 teaspoon salt and pepper flakes; pour over chickpeas and grapes. Mix well.

In separate bowl, stir yogurt, lemon juice, lemon zest, garlic and remaining salt. Spread on serving platter and top with chickpea mixture, cilantro and scallions.



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SHREVEPORT Then & Now

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Milam Street View Then and Now

This is a Thurman C. Smith photo of Milam Street looking east where it crosses Edwards Street blended with a view from today. Notice that all of the buildings on the right are now gone as well as the tall building in the left background (Home Federal Savings and Loan).

Home Federal Savings and Loan

This building has been called many things. The Home Federal Savings and Loan Building, City Savings Bank Building and Louisiana Bank and Trust building, to name a few. Unfortunately, it was demolished in the 80s. It was considered a tall building back in it's time but the Regions Tower now towers over the block.





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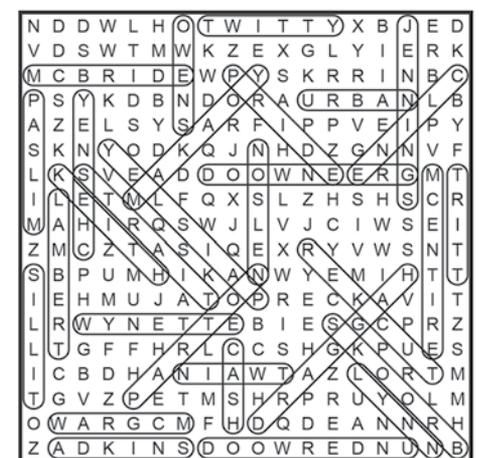
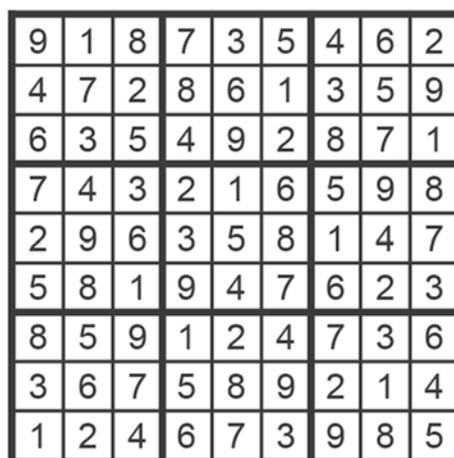
My grandchild complains of shoulder, neck and back pain when in school. Could this be due to his heavy backpack?

Yes. Backpacks are designed to distribute weight to larger muscle groups that can handle the load. Backpacks should have 2 padded wide shoulder straps, a padded back, and a waist strap (for heavier loads). Also backpacks should light and not add to the load. Rolling backpacks are an alternative, although stairs are a problem. Your grandchild should use both shoulder straps, tighten straps so the pack is 2 inches above the waist and closest to the body, not pack more than 20% of the child's body weight in the backpack, and pack only what he needs. Pack heavier items close to the back and unpack unnecessary items in the locker.



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PUZZLE answers (from page 28 & 29)



PUZZLE pages

Turn to page 27 for all puzzle solutions.

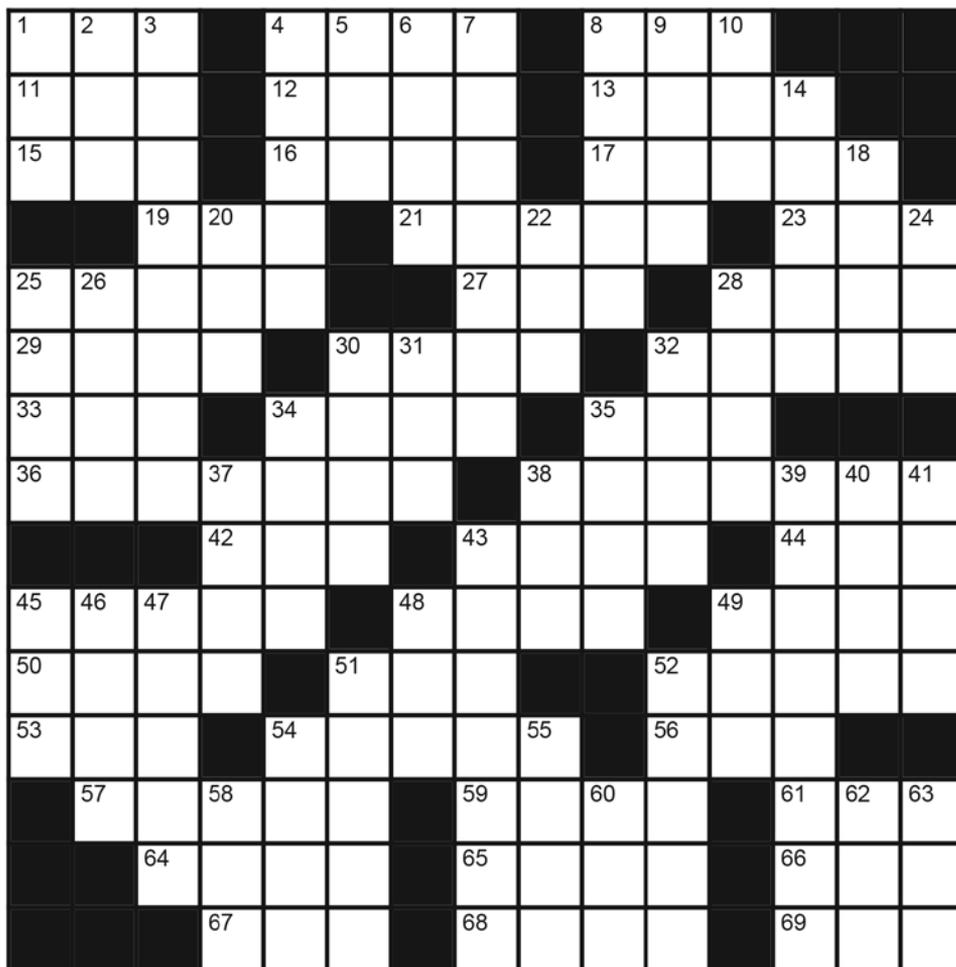
Across

- 1 Symbol of strength
- 4 Low in pitch
- 8 Tank
- 11 "When We Were Kings" subject
- 12 Stratford-___-Avon
- 13 One-spots
- 15 Groupie
- 16 Nothing more than
- 17 Full-length
- 19 Quick swim
- 21 Put off, as a motion
- 23 Word on all U.S. coins
- 25 Harass
- 27 Young fox
- 28 Tibetan monk
- 29 Appearance
- 30 Guitar part
- 32 You can bet on it
- 33 Some dashes
- 34 Whiskey cocktail
- 35 Spy's org.
- 36 Taking a breather
- 38 Fishing place
- 42 Combine
- 43 Let off steam
- 44 ___ Vegas
- 45 Fruit preserver
- 48 Dryer buildup
- 49 Moonshine mix
- 50 Japanese wrestling
- 51 Cotillion girl
- 52 Cheap jewelry
- 53 Bar order
- 54 "The Lord of the Rings" figure
- 56 Cigarette's end
- 57 Loosen
- 59 Deplaned
- 61 Cain raiser
- 64 Remove from a manuscript
- 65 Lymph bump
- 66 Semi
- 67 Vatican
- 68 Terrible time?

- 69 Give in to gravity

Down

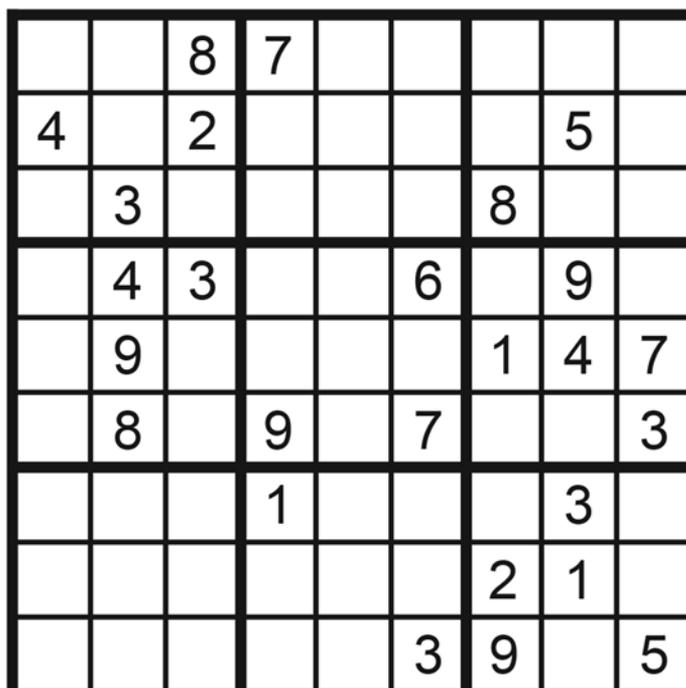
- 1 Bumbler
- 2 ___ king
- 3 Benevolence
- 4 Rough ride?
- 5 King Kong, e.g.
- 6 Pigeonhole
- 7 Court wear
- 8 Safe place
- 9 High school breakout
- 10 Gumshoe
- 14 Sweetener
- 18 Archaeological find
- 20 Euripides play
- 22 Smidgen
- 24 Calendar square
- 25 USA part
- 26 Diamond complement
- 28 Ballet move
- 30 Like some memories
- 31 Toupee, slangily
- 32 Losing proposition?
- 34 Pro or con
- 35 Penny
- 37 Kind of salad
- 38 Family room
- 39 Horror movie villains
- 40 Bridge position
- 41 Tennis great Arthur
- 43 Spirited
- 45 Fed. property manager
- 46 "To Sir With Love" singer
- 47 Change
- 48 Grazing ground
- 49 More, in Madrid
- 51 Geek
- 52 Crowns
- 54 Pickle flavoring
- 55 Go smoothly
- 58 It may be high in the afternoon
- 60 Chapel vow
- 62 By means of
- 63 Halloween prankster's aid



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Sudoku

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



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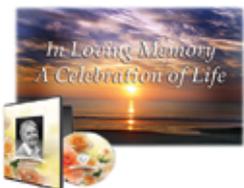


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Odds & Ends

Shreveport Common Selected as a 2020 AARP Community Challenge Grantee

Shreveport Common, Inc. has been selected to receive an AARP Community Challenge grant. 184 grantees were selected from across all 50 states, Washington D.C, Puerto Rico and the U.S. Virgin Islands. The “quick-action” grant will provide installation of 8 permanent tables and seating at the Art Bosque Food Truck Court in The Caddo Common park, located at 869 Texas Ave. in Shreveport Common. The AARP tables will be installed this Fall, marking the beginning of Phase II additions to the community-informed, artist-designed park. City of Shreveport will provide installation of the AARP tables and Shreveport Regional Arts Council is creatively repurposing a box truck to a mobile kiosk for checking out games for use in the park.



Social Security Imposter Scams Continue

The Senate Aging Committee is warning of continuing scams involving criminals posing as Social Security Administration (SSA) employees and attempting to steal seniors' savings and personal information. Most victims receive a robocall purporting to come from the SSA. The automated message warns of a problem with the victims' Social Security number (SSN) or account and urges them to press “1” to be connected with an agent. Victims who press “1” are connected with a scammer, who tells them that their Social Security account is about to be suspended, often because it is allegedly connected to a crime. The fraudster will claim that the situation can only be resolved by providing sensitive personal information or paying a sum of money. Remember the SSA will never:

- Threaten to suspend your SSN or benefits or take other legal action unless you pay a fine or fee;
- Call demanding an immediate payment;
- Promise a benefit increase or other assistance in exchange for payment;
- Demand secrecy in handling a Social Security-related problem.

AARP's Newest Charitable Affiliate Helps Older Adults Achieve Lifelong Dreams

AARP is joining forces with the Colorado-based charity Wish of a Lifetime to help older adults fulfill their lifelong dreams. Since its founding in 2008, Wish of a Lifetime has made over two thousand wishes come true for older residents of all 50 states and D.C. It has now rebranded as “Wish of a Lifetime from AARP,” a change that took effect in August 2020. Wish of a Lifetime from AARP continues to accept wish nominations online at www.wishofalifetime.org. During the coronavirus crisis, Wish of a lifetime has modified its wish-granting program to focus on virtual wishes and wishes that can happen safely within recipients' homes and communities.





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