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July 8 - Do You Remember...?

Guest: Ernie Roberson, area memorabilia collector

July 15 - Veterans Benefits Update

Guest: Tierra Heard, Overton Brooks VA Medical Center in Shreveport

July 22 - Medicare and Social Security Benefits Update

Guest: Shelley S. Christy, District Manager and Erica Brooks, Technical Expert with SSA

July 29 - Five Steps to a Safer Neighborhood

Guest: Bill Goodin, Deputy Chief of Police

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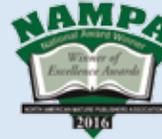
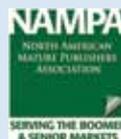
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Publisher

Gary L. Calligas
Gary.Calligas@gmail.com

Editor

Tina Miaoulis Calligas
Editor.Calligas@gmail.com

Account Executive

Mary Driscoll
Ad.TBT.Mary@gmail.com

Design & Layout

Jessica Rinaudo
Karen Peters

Webmaster

Dr. Jason P. Calligas

Writers

Stephen A. Mintz

Contributors:

American Counseling Assn.,
Lee Aronson, Judge Jeff Cox,
Irv Green, Andrea Gross,
Jim Miller, Jessica Rinaudo,
Nick Thomas,
Twin Blends Photography

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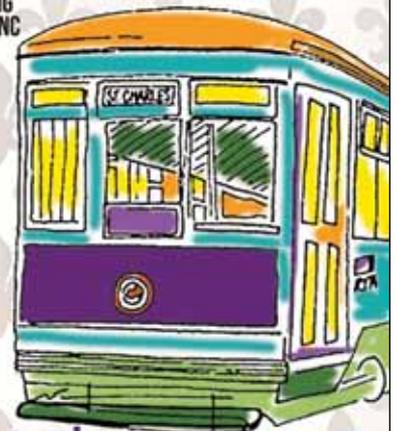
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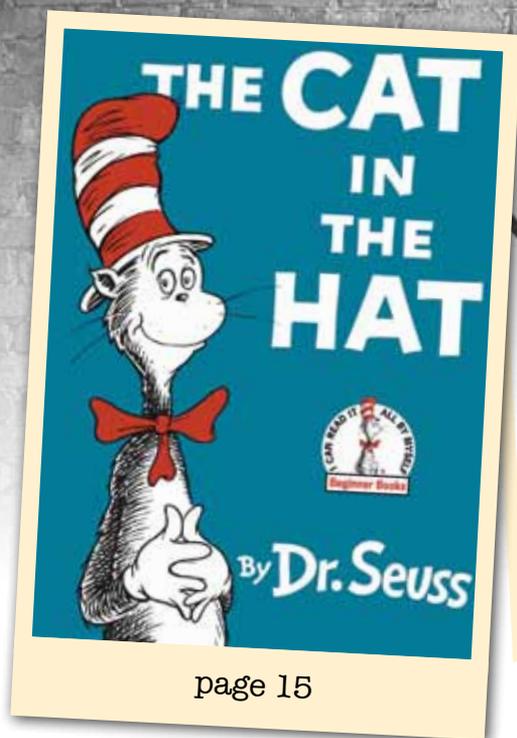
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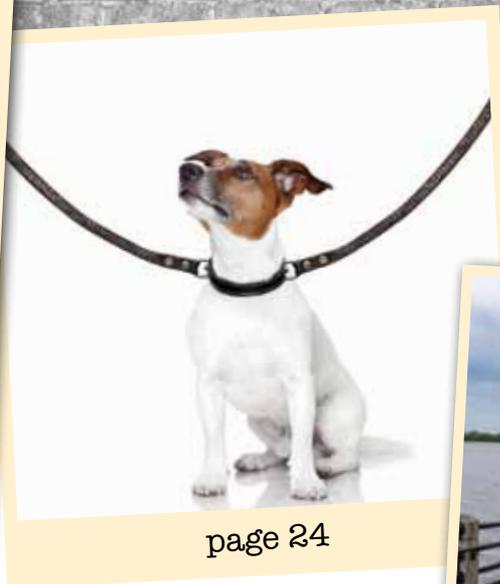
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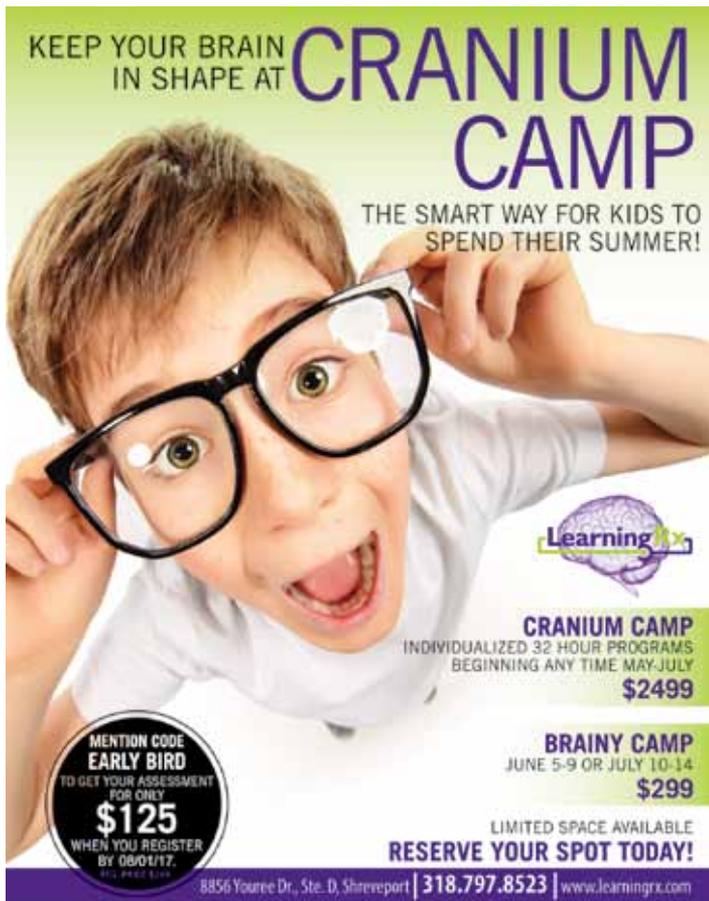
On The Cover

Special thanks to our beautiful cover family, Kathy Booth with grandchildren (from left) Landon, Vera, Luke, Jacob, Sarah, and Norah.
Photo by Jessica Rinaudo



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Stat! Medical News & Info

Mindfulness-Based Meditation Can Positively Impact Stress Levels

The practice of mindfulness has roots in both yoga and meditation. According to Jodie Katz, M.D., Director, Center for Integrative Medicine, The Valley Hospital, the goals of mindfulness are for the individual to learn to be present in the moment and to be able to quiet his or her mind. This can impact an individual's stress level and overall wellbeing.

According to an article in the *Harvard Business Review*, "Neuroscientists have also shown that practicing mindfulness affects brain areas related to perception, body awareness, pain tolerance, emotion regulation, introspection, complex thinking, and sense of self."

Greater Good in Action has the following tips for beginning mindfulness practice:

- Pay close attention to your breathing, especially when you're feeling intense emotions.
- Notice - really notice - what you're sensing in a given moment, the sights, sounds, and smells that ordinarily slip by without reaching your conscious awareness.
- Recognize that your thoughts and emotions are fleeting and do not define you, an insight that can free you from negative thought patterns.
- Tune into your body's physical sensations, from the water hitting your skin in the shower to the way your body rests in your office chair.



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Cinnamon Lowers Blood Sugar

Studies have shown that cinnamon decreases blood sugar levels in people with type 2 diabetes, but scientists don't fully understand the biological mechanisms responsible for this effect. In a new study, researchers from Ohio Northern University found that compounds in cinnamon likely act on Sirtuin-1 (Sirt-1), an enzyme active in insulin signaling.



Social Media May Foster Users' Negative Perceptions About Their Own Happiness

A recent study has found that people with the most connections on social media are also happier. This may cause most social media users to not only regard themselves as less popular than their friends but also less happy. The recently published study is essentially the first to provide scientific evidence for the feeling many people experience when they log into services like Facebook, Twitter or Instagram: that everyone else looks like they're having more fun.

"This analysis contributes to a growing body of evidence that social media may be harmful to users who 'overindulge' in these services since it's nearly impossible to escape negative comparisons to their friends' popularity and happiness," said lead author Johan Bollen, associate professor in the Indiana University School of Informatics and Computing, who advises people to carefully monitor and limit use of these services. "In other words, a majority of users may feel that they're less popular than their friends on average," Bollen said. "They may also have the impression that they're less happy than their friends on average."

Older People Who Feel Close to God Have a Sense of Well-Being

As people grow older, those who are securely attached to God are more likely to have a sense of well-being - and the more frequently they pray, the greater that feeling, according to a Baylor University study. The study, published in the *Journal of Aging and Health*, focuses on three measures of well-being - optimism, self-esteem and contentment with life - and shows that for all of them, there is a relationship between attachment to God and prayer. Blake Kent, a Baylor doctoral candidate in sociology stated, "In a nutshell, the psychological benefits of prayer seem to be dependent on the quality of a person's relationship with God." Researchers noted that respondents who pray regularly to a God they perceive will be there to protect and comfort them may find relief in prayer

and may choose health-promoting behaviors consistent with religious teachings or insights they receive during prayer.



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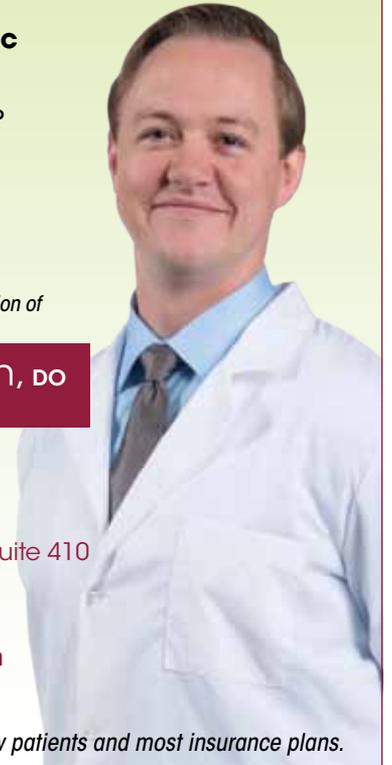
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Our Featured **5** FAVORITE QUOTES FROM **Dr. Seuss**



TODAY WAS **good**. TODAY WAS **fun**.
TOMORROW IS **another one**.

1

YOU'LL **never be bored** WHEN
YOU **try something new**.
THERE'S REALLY **no limit** TO WHAT
you can do!

2

YOU'RE **never too old, too
whacky, too wild**, TO PICK UP A **book**
AND **read to a child**.

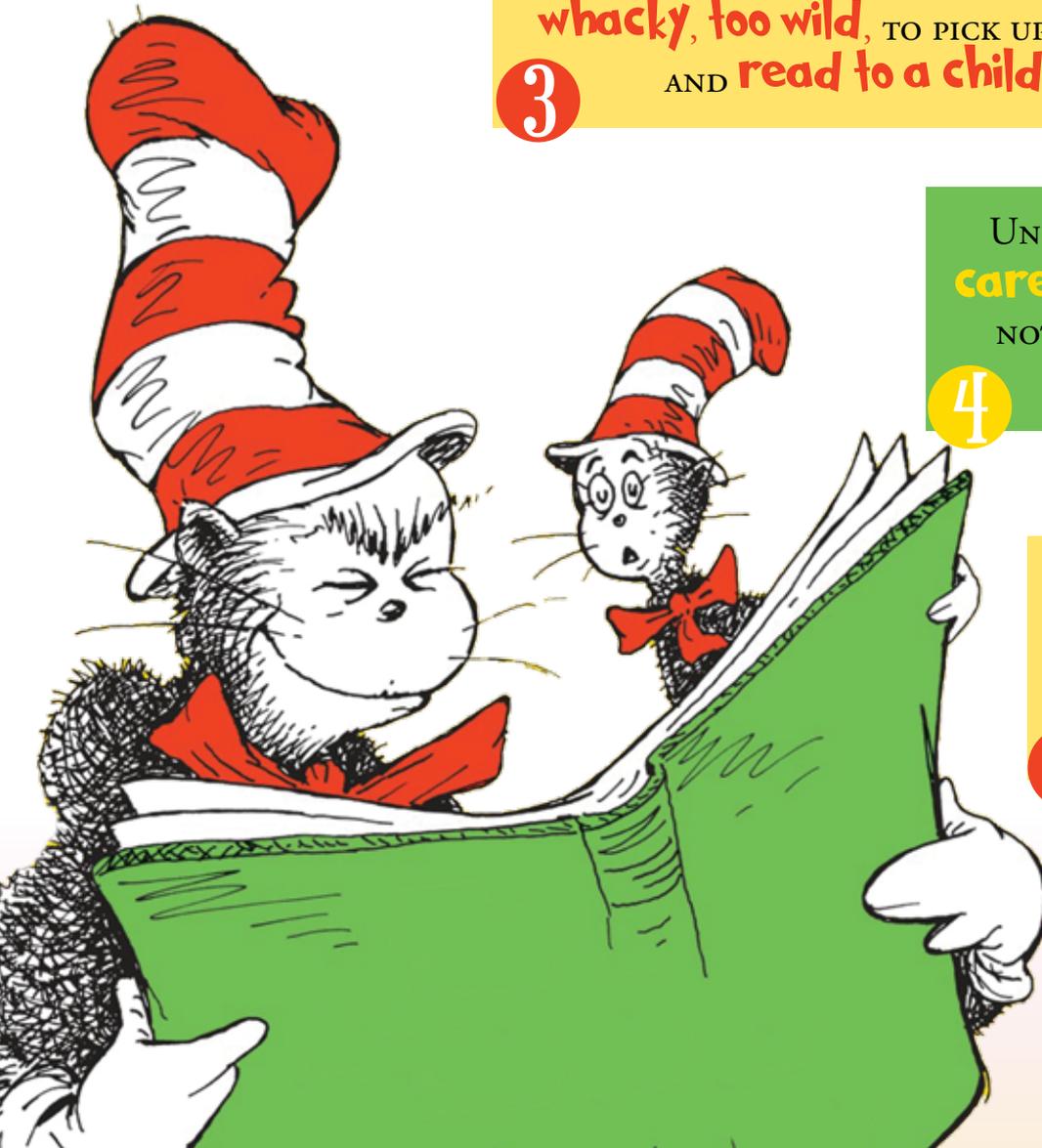
3

UNLESS SOMEONE LIKE YOU
cares a whole awful lot,
NOTHING IS GOING TO GET
BETTER. IT'S NOT.

4

FROM THERE TO HERE,
AND HERE TO THERE,
**funny things are
everywhere**.

5



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2017 Schedule of Events

Tuesday, July 11 through Sunday, July 16, 2017

- 6:30 am US Nationals Competition Flight over Shreveport-Bossier
- Thursday, July 13, 2017
5:00-10:00 pm Balloons over Desoto Festival and US Nationals competition and glow at the C.E. "Rusty" Williams Airport in Mansfield/Grand Cane
- Friday, July 14, 2017
Faith and Family Night presented by **broadmoor baptist**

- 4:00 pm Gates Open for RRBR at LSUS site – Tickets needed for entry
- 4:00 pm Pediatric Dental Partners Kid Zone
- 5:00 pm Tethered Balloon rides by American Escapes Aerosports
Special Shapes by John E. Atkins, Caddo Commissioner
- 5:10 pm – 5:45 pm Cypress Praise Band
- 5:50 pm – 6:20 pm Alive by Sunrise
- 6:30 pm – 7:10 pm Freedom Church Band
- 7:45 pm – 8:45 pm for King & Country
- 8:50 pm Balloon Glow
- 9:15 pm Fireworks Show presented by Pyromania Fireworks
- 9:20 pm for King & Country
- 10:30 pm Gates Close for the Day

Saturday, July 15, 2017

- 6:30 am - 10:00 am US Nationals Target Competition at LSUS festival site **(FREE)**
- 4:00 pm Gates Open for RRBR at LSUS site – Tickets needed for entry
- 4:00 pm Pediatric Dental Partners Kid Zone
- 5:00 pm Tethered Balloon rides by American Escapes Aerosports
Special Shapes by John E. Atkins, Caddo Commissioner
- 5:30 pm – 7:00 pm Ole Whiskey Revival
- 7:30 pm – 8:45 pm Rodney Atkins
- 8:50 pm Balloon Glow
- 9:15 pm Fireworks Show presented by Pyromania Fireworks
- 9:30 pm – 10:30 pm Ole Whiskey Revival
- 11:00 pm Festival Gates Close

Sunday, July 16, 2017 (No admission fee)

- 6:30 am - 10:00 am US Nationals Target Competition at LSUS festival site

All times are approximate and schedule may change without notice. All events are subject to weather delays or cancellations. No refunds or rainchecks for any admission fees for festival.

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Shreveport

Then & Now

These photographs, a blending of vintage and current photos of a particular location, are the result of twin brothers Mike and Mark Mangham's fascination with Shreveport history. Vintage photos are courtesy of LSU Shreveport Library. If you have comments to share about these photos, please email Tina at editor.calligas@gmail.com.

Photos blended and used with permission by Mike and Mark Mangham of Twin Blends Photography. Visit www.facebook.com/twinblendsphotography/.



The Hicks House, which stood at 416 Travis in downtown Shreveport, was an antebellum Greek Revival mansion originally built by the Howell family in the 1890s. It became the residence of Francis Marion Hicks and later of Samuel Bailey Hicks Sr. and his family until its demolition in 1957 or 1958 to make way for Mid South Tower, a venture of the Hicks family.

The Wray-Dickinson Building is located in downtown Shreveport on Market Street at Fannin Street. It was completed in 1915 to house the Wray-Dickinson Motor Car Company, an early Ford dealership. The façade features the terra cotta head of a lion clenching an automobile axle with winged tires. In 1983 it was listed in the National Register of Historic Places.



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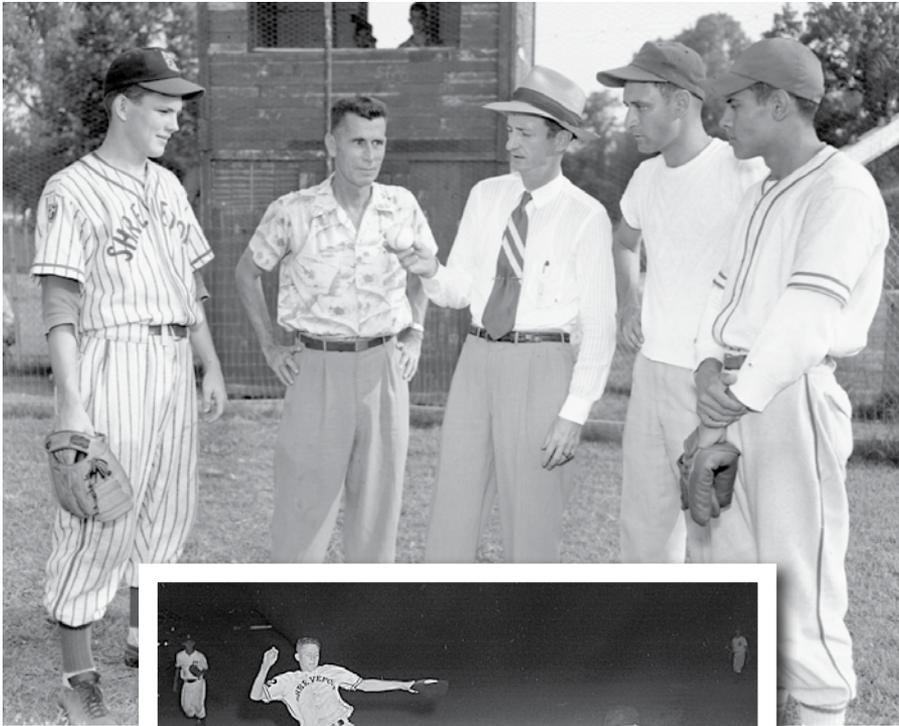
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Snapshot SLEUTH

Do you recognize any of the people in these photographs?

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



All of these photos are from *The Times* collection. There is no information available about the baseball photos. The image below is of a flag raising at Camp Forbing in Shreveport.



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The Ultimate Con Now 60 Years Gone

by Stephen A Mintz
*(photos courtesy of Dr. Seuss Enterprises, seussville.com and
Random House Children's Books)*

CSI guys say there's no such thing as a perfect crime. Break into a house, you will always leave some evidence behind.

This is the story of a perfect crime. A criminal so clever he and his accomplices can clean up the scene within minutes, leaving absolutely no trace when the authorities (or mother) arrive.

The suspect? Tall. Grey. Fuzzy. Wears a very tall top hat, red and white striped. Suspect known to carry an umbrella and not take "no" for an answer.

His accomplices? Twins. Short. Very short. Wild blue hair. Easily identified by their clothing, marked appropriately "Thing 1" and "Thing 2."

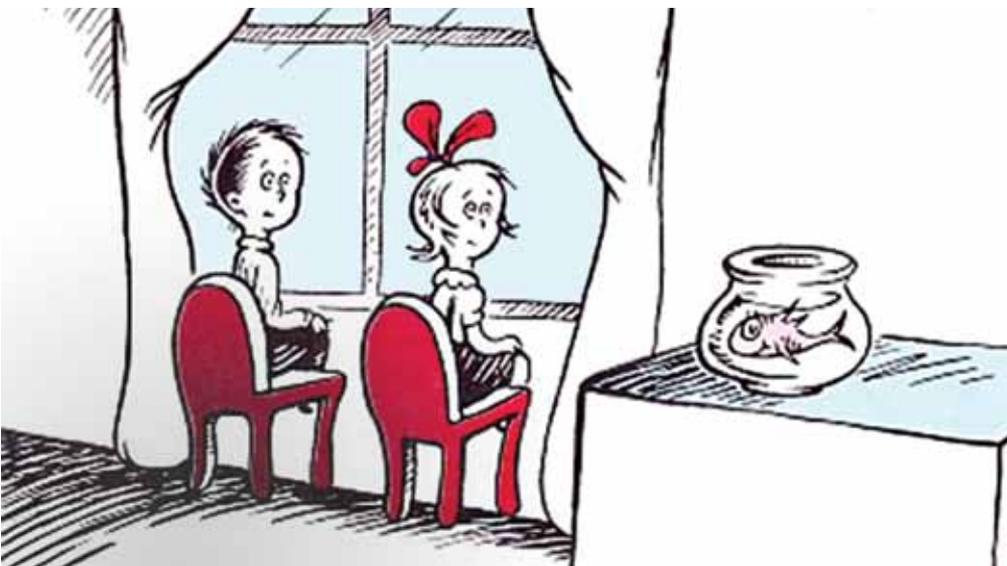
The scene: A wonderful sunny day. The victims cannot be named as they are minor children. The mother, a literary symbol for oppression, leaves the children alone (this is a crime committed on March 12, 1957, 60 years ago). Suddenly and without notice, the seemingly bored children are surprised by the sudden entrance of the suspect.

The suspect goes by the name "Cat," a likely nickname earned due to his more negative catlike traits – his aloof nature, inability to listen, playful proclivities, and yet an unstoppable desire to please...just in his own way. He has since committed other crimes of whimsy and peaceful disturbance.

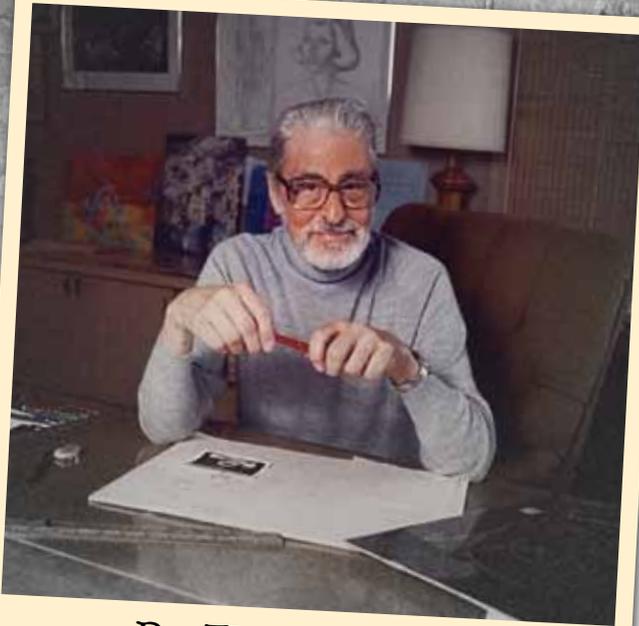
In this case, Cat (wearing no more than a red bowtie and that hat) disobeys consistent requests to vacate the premises, most of them made by another not-to-be-named victim, in this case a wary golden fish in a delicate bowl. The cat begins to torment this conscience of the house in question, placing the fish



Suddenly and without notice, the seemingly bored children are surprised by the sudden entrance of the suspect.



The Suspects



Dr. Theodor Geisel



The Cat



Thing 1 & Thing 2

in great peril (by first balancing the fish bowl on a closed umbrella, while precariously juggling household items).

The victims, a minor boy and girl, are prevented from calling for help via a form of bemusement and horror combined. Eventually, as happens with kidnap cases, the children are taken with Stockholm Syndrome, often shushing the overly loud fish because they are suddenly smitten by all things Cat.

Once the Cat has established his presence in the domicile, a box carrying the two accomplices is opened. Havoc ensues, as the children must have faced a horrifying state of unease, worrying both about the return of the Mother, as well as certain dread over the potential list of criminal charges about to be brought down on their Cat entertainer.

Picture frames fall and shatter. Shelves are upturned. The Cat isn't ransacking the house for treasure, at least not of a monetary kind. This is destruction based on lack of responsibility, as Cat exhibits what Freud postulated to be the Id, uncoordinated and instinctual trends. The unnamed fish responds with a Superego, the critical and moralizing role, while the victim children are bounced between factions of this psychic apparatus. Clearly months of therapy will be provided at no fee to the children of the house.

The ultimate endorphin release comes when Mother is seen coming up the walk. The house is complete chaos. Evidence of upheaval is everywhere. The trauma will spread throughout the neighborhood and certain prison time awaits.

It turns out to be a miscalculation. Cat hurriedly tosses

his accomplices back into a box, and the three exit, leaving the children in an unexplainable quandary. The Mother's footsteps loom large, for surely they will be blamed for this horrific display of immaturity.

The Cat, however, returns. He has a machine, ripped from the combined pages of Asimov and Palahniuk, with crooked arms and wide funnel-like appendages. What should have taken hours, if not days, is done in seconds. As the Mother steps through the front, the Cat leaves through the back. Tipping his cap, as though Cat was a gentleman caller all this time.

The children need counseling, forced in that sudden moment to lie to their mother about the goings on. Even the fish plants a wee smile upon his fishlips, the water in his bowl filled still with currents as his was the last element of cleanliness to be splatted down into place.

Dr. Spock never covered a situation like this. Dr. Freud's methods are best suited to the adult population.

Once all was settled, the fish was able to cull through his vast contacts and do the research necessary. A call was placed to Dr. Theodor Geisel, an expert on tall tales and potentially criminal lies. Geisel, aka Dr. Seuss, aka Theo LaSieg, aka Rosetta Stone, aka Theophrastus Seuss, was a vaunted creator of alibis and functional morality tales, beginning his streak of psychological authorship in 1927.

A prolific con man and shyster, Geisel didn't actually have a doctorate degree, although he attended no less than Oxford University. His plans to earn a living normally were

sidetracked by a gun moll, Helen Palmer. Noting his criminal record (Geisel had sustained a gin drinking bust during prohibition at Dartmouth), Palmer insisted he take the easy way out by selling, of all things, cartoon drawings. Geisel had already been forced to take his mother's maiden name "Seuss," in order to remain unknown (lest his criminal past catch up to him).

Maintaining his cover as an ad man, providing work for General Electric, Judge Magazine, Standard Oil, etc, Geisel and Palmer (now his wife) roamed the countryside during the depression years somehow coming out quite ahead on his cash flow. The Geisels started attaching themselves to the elite members of society, even as he maintained no obvious means of support. Still, he and Palmer were able to cruise the world. When questioned about his ability to spend money during the worst of times, Geisel said he was a simple cartoonist who made it big.

When his friends searched for Geisel's work, they would end up disappointed. Geisel's name was nowhere to be found as he used his Seuss alias to get by. Being the early '30's and into the war years, his friends knew simply to accept Geisel's story and speak little of anything substantial. His business was his business, no matter how small.

A gambling man, Geisel took on a challenge years later. Thinking himself smarter than the rest, Geisel took a bet where this 'cartoonist' could write a children's story using only 50 words in total. He could reuse them at will, but a complete book had to be presented. Geisel won the bet with ease, and from there found a new means of mainstream financial support – after all, his taxes had to add up, didn't they?

So Geisel used the Seuss name (among others) to create outrageous lies in order to psychologically sway the minds of children forever. Was he preparing a manifesto towards dictatorship, winning the hearts and minds of future leaders? One could never tell. Own the children he did – Geisel claimed the reality books of Dick and Jane were ruining his children, as they told the most simplistic stories of Spot and sitting and standing.

So the children were sent to this "Doctor" Seuss for their therapy. Since clinical work is confidential, one can only guess what was discussed. Hypnotherapy was likely used, as the children were forced to count one fish, two fish, the red fish and the blue fish. They were given a sense of grandiose delusions, brainwashed as they were by the thought of quantum mechanics (where an entire world can exist, say, in a single speck of dust. Another world in another speck, and so on).

The children were instructed that adults were buffoons if they were homosapiens. Only animals were superior, along with children. Sneetches were wicked. The Lorax completely moral. It was okay to jump on their father. Often. He promoted criminal enterprise (The Cat second only to the Grinch, a known animal abuser and prolific thief). In order to continue in society, Geisel would add in political and social epiphanies, to further mind control the children. No matter how awful the offense, all must be forgiven is the perpetrator expressed a sense of remorse or redemption.

Was this a set up to Geisel's eventual mission of overtaking the planet? No matter how much chaos he might commit, he could get off scot free if he proclaimed himself a changed man?

The Cat's initial victim whereabouts are unknown at this time. The Cat was spotted once again, a few years later, and supposedly his true identity remains a treasured secret.

This is someone
who delighted in
the chaos of life,
who delighted
in the seeming
insanity of the
world around him.



Here, now, is the full reveal.

Theodor Seuss Geisel is the Cat. No less than the *Saturday Evening Post* broke the story on July 6, 1957, when they ran a side-by-side comparison photo of the two. A co-conspirator of Geisel, editor Michael J. Frith concurs, arguing that “The Cat in the Hat and Ted Geisel were inseparable and the same. I think there’s no question about it. This is someone who delighted in the chaos of life, who delighted in the seeming insanity of the world around him.”

Conclusion: Ted Geisel broke into a house with two children, ransacking and tormenting animal and child alike. After exiting and likely having the children clean up the mess and covering for him, it was the mysterious “psychologist” (or whatever) Dr. Seuss who miraculously showed up to provide therapy and comfort. Able to use his superior skills at the con, Geisel further warped the children’s minds and brought them over to complete obsession with the work of one Dr. Seuss.

I know. I was there.

You might have thought my name “Goldie.” You might have thought I had a very short memory (rumors and myths being what they are). You probably expected me to die after just a few short years. No. I lived in that bowl. I was spun on that umbrella. I saw what those horrid “things” did to the people I love. Finally I can speak out. I can expose them all.

Evidence or no evidence. This is what happened that day. That awful, awful day, I remember it well. It wasn’t quite heaven and it wasn’t quite hell. It happened, it did, as I sat by the fire, the Cat Dr.



Seuss has made us all liars. Sixty years ago or was it seventy two, I haven’t the answers and neither have you. All we know is what we know, and what we know makes it so. And as the good Doctor said, “*The more that you read, the more things you will know. The more that you learn, the more places you’ll go.*”

And to think that I saw it on Mulberry Street....

Goldie

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KYLE A. MOORE

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



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

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

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Food Waste is Money Down the Drain

How many times have you gone to pour milk in your coffee, only to see that the date on the carton was yesterday? Some people will instinctively throw it away, but chances are that's not what the label is intended to convey. It's likely a marker for when the food might taste its best, not if it's safe to eat.

By some estimates, as many as 91 percent of consumers may misinterpret food date labels. It's no surprise as there are dozens of different labels in use, but the misunderstanding and lack of meal planning are contributing to a larger problem. Between 30 and 40 percent of the U.S.'s food supply winds up in the trash or a compost container.

FOOD WASTE IS MONEY DOWN THE DRAIN

The benefits of reducing food waste are numerous. You'll save money, which may be reason enough. You could also be lowering your carbon footprint by keeping spoiled food out of landfills and cutting down on the growing and transportation of food that doesn't get eaten.

Cutting back on this waste could start with understanding what food labels actually mean.

Don't misinterpret food dates as expiration dates. According to the United States Department of Agriculture (USDA), aside on infant formula, food label dates aren't an indication of whether or not the food is safe to eat. For example, "best by" may mean the food will taste, look and feel its best if its eaten by that date. It could still be good for days, weeks or even months (for non-perishables) after that date.

Some states do require expiration dates on milk or meat and food labeling could become less confusing across the country. But for now, you may need to rely on your judgment. The USDA writes that if foods don't show signs of spoilage, such as changing colors or giving off an unpleasant smell, they could still be safe and wholesome.

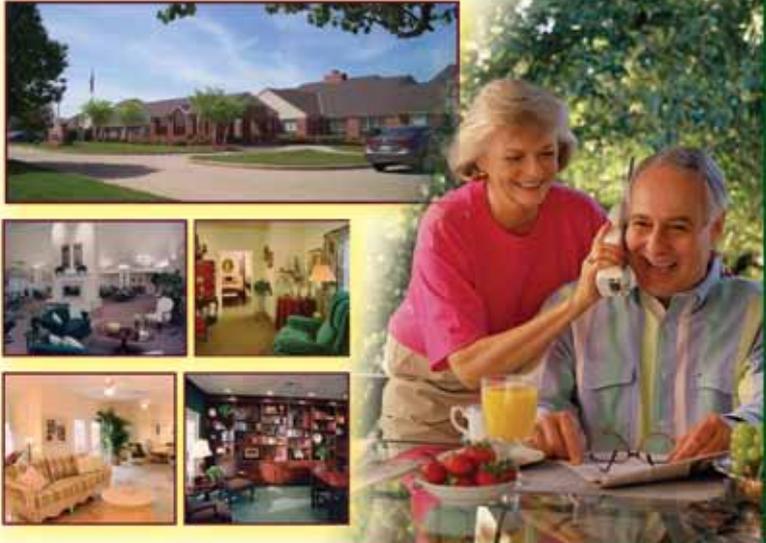


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Quick tips for keeping fruit and vegetables fresh for longer. Regardless of the date, proper food storage can impact a food's longevity.

- Wait to wash food until you're about to cook or eat. Otherwise, the moisture could spur bacterial growth.
- Strategically store items in your refrigerator. Your food will typically last longer if you put the least perishable items on the door, meat near the bottom back (unless there's a meat drawer), veggies in the crisper and dairy or drinks near the top.
- Generally, you want to keep fruits and vegetables away from each other because many fruits produce ethylene gas and exposure to the gas could cause vegetables to spoil more quickly. There are also vegetables that produce the gas and fruits that are sensitive to it.
- If you're storing a fruit or vegetable that gives off and is susceptible to ethylene gas, wrap it in aluminum foil or store it in a paper bag rather than using less-breathable plastic wrap or bags.

You can look for more tips about particular foods online. There are also apps that can automatically connect to your supermarket loyalty programs to track what you buy (or you can upload a picture of your receipt), warn you when something may be going bad and recommend recipes that incorporate those foods.

Find creative uses for foods that are on their way out. Whether you use an app to sync shopping lists and schedule meals or use a paper list, meal planning can help cut down on waste as well. But even with great intentions sometimes things get forgotten, or meals get pushed off until it's almost too late.

You can save vegetables from the trash by roasting them, making soup or turning them into a casserole. Carrots, potatoes and other root veggies (plus zucchinis) can be grated and fried to make fritters. You could bake fruits into breads, throw them into smoothies or freeze them for later. In the end, the goal is to use everything you buy.

Bottom line: Food waste could be draining your wallet, hurting the environment and in some cases, may be completely unnecessary. Learning to correctly interpret food labels and performing a sight and smell test before throwing something away could help. Taking the time to prepare before you shop, having a plan for how you're going to use the food you buy and being okay with a last-minute backup plan can help even more. In the end, taking the extra time to evaluate the true condition of your food can save you money.

Nathaniel Sillin directs Visa's financial education programs. To follow Practical Money Skills on Twitter: www.twitter.com/PracticalMoney.





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Taking Steps To Minimize Memory Loss

Everybody forgets things at times. But as we age most of us may become aware that our memories are not quite as sharp as they once were. We may find it happening more often that we forget where we left our car keys or those darn reading glasses, or even why we just walked into the kitchen.

It's even more frightening these days as we have all become more aware of Alzheimer's disease, an illness currently affecting more than 5.5 million Americans and this nation's sixth leading cause of death.

While memory loss is often one of the first signs associated with Alzheimer's disease, the symptoms, which can vary from person to person, can include difficulty in word-finding, vision and spatial issues and impaired reasoning and judgment. But simply having trouble recalling things at times,

especially as one ages, is not necessarily an indication of this serious illness.

There are many things that can affect our memory function. Getting older is a primary one. Some memory loss is a natural part of the aging process, according to experts. But other factors, many of which we can control, can also contribute to the problem.

A good starting point is to have a health check done. Certain drugs can affect our memory. Cholesterol, our blood pressure and some illnesses may also impact memory.

When those issues are addressed, it's time to take actions to help fight memory loss. Avoiding smoking and heavy alcohol use are important ones. Studies show smokers perform much worse than non-smokers on memory and brain skills tests.

It also helps to eat right. Studies have found that a diet rich in fruits and veg-

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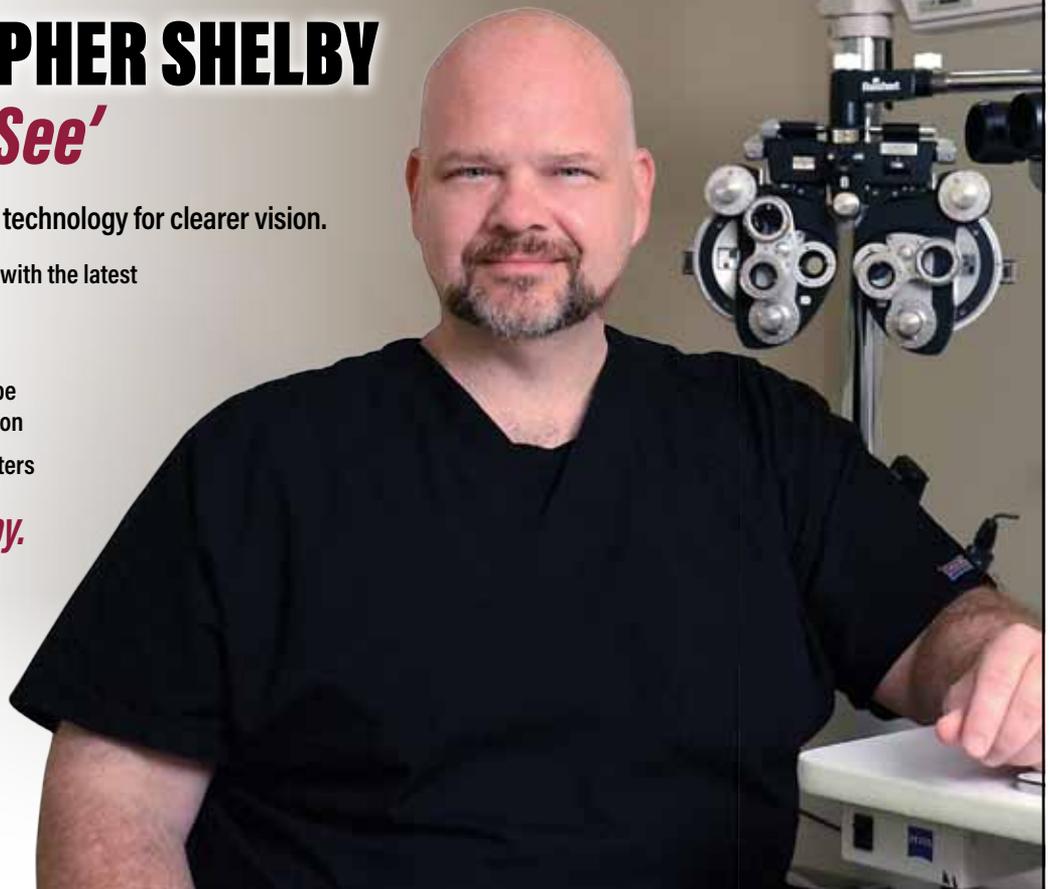
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etables, but low in fat and cholesterol, appear to improve brain health. Similarly, foods rich in omega-3 fatty acids, like tuna and salmon, may help the brain.

Staying physically fit can also play a big role in improving memory. Physical exercise increases blood flow to the brain, improving brain health and function.

Exercising your brain also helps. Reading, writing, doing puzzles, playing games and using online "brain exercise" programs appear to stimulate brain cells and the connections between the cells.

Being proactive can help improve memory function, but if you still find you're forgetting more frequently, repeating yourself in conversations, or being confused by a familiar activity, talk to your doctor and make sure it's not a more serious problem.

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Abby Sparklepants Goes to Court

You're not going to believe this one. I don't blame you, but I am not making this case up. I'm not even going to change any of the names.

There was this couple down in New Orleans (of course.) They weren't married, but they were living together. They decided to get a dog, but rather than going to the pound or pet store or anywhere local, they decided to get a dog from some place in Mississippi. But this place in Mississippi doesn't let just anyone have one of their dogs. Potential "parents" have to fill out an adoption application.

The couple, whose real names are Ms. Knower and Mr. Moore, got their application approved and off to Mississippi they went. When they got there, they knew exactly what to name their new "baby": Abigail Sparklepants. Abby for short.

Now based on what I've told you, do you really think everyone lived happily ever after? Of



course not. Knower and Moore broke up. And got back together. And broke up again, but this time, the break up was for real!

Except for the dog.

Knower and Moore had, and I'm quoting the judge here, "an arrangement in which each person co-possessed Abby. Abby traveled between their respective residences, one week on and one week off, exchanging on Sundays. The parties also retained keys to each other's homes. During this time, and from time to time, they would assist each other with the feeding and walking of Abby if either had a conflict."

And now they lived happily ever after? Nope. Quoting from the judge again, "Mr. Moore asked [Ms. Knower] to feed Abby for one night because he had a prior engagement: she agreed but was later told he

RIDING FAST, JUMPING BIG

From the first time he laid eyes on a motorcycle as a little kid, Bobby Sims knew that he wanted to ride, and ride fast...so it came as no surprise when at the age of 17 he began racing in motocross events. But as fate would have it, after Bobby quit riding competitively, he severely injured his left leg doing a "whip" stunt on a friend's bike, which led to amputation.

Since coming to Snell's for his prosthetic care, the staff has treated Bobby like family. After going through several types of knees that couldn't take the "punishment" of Bobby's active lifestyle, it was determined that the X3 microprocessor knee by Ottobock was his best option.

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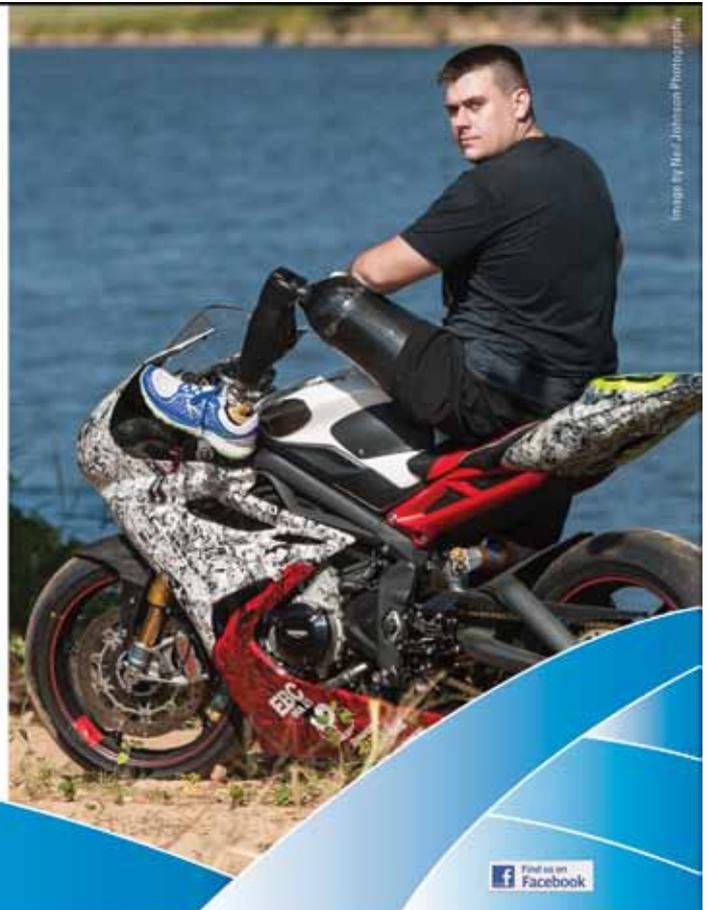


Image by Max Johnson Photography



was on a date.” So she decided to forget about this sharing deal. One Sunday, rather than returning the dog to Mr. Moore, Ms. Knower kept the dog for herself. Forever.

Moore responded by suing and thus began the official court proceeding of Abigail Sparklepants. And what a case it was; both Knower and Moore had a lot to say to the judge. The trial took two whole days! Knower claimed that the dog was hers and hers alone while Moore said that the dog belonged to both of them, and he therefore should be allowed to spend time with the dog.

After all that listening, the judge decided that the dog belonged to both Knower and Moore. The judge decided to “treat Abby just as [she] would a co-owned piano or a co-owned piece of artwork.” The judge went on to say, “Although allowable by law, selling Abby and splitting the proceeds between the parties seems to be a bit drastic. Thus, it is incumbent upon this Court to determine the use and management of the thing, the dog.”

In the end, the judge gave the dog to Mr. Moore. No shared custody for Knower. No visitation for Knower. If Moore wanted to allow Knower to visit with the dog, he could. But he did not have to. If he wanted to share the dog with Knower, he could. But he did not have to.

Care to guess what Ms. Knower did next? She appealed. The appellate court must have been really interested in this case because appeals are usually decided by a panel of three appellate judges. But the Abby Sparklepants case was ruled on by five appellate judges. Those five judges did not agree with each other. Two of them would have sold the dog to the highest bidder and split the proceeds between Knower and Moore. The other three judges agreed that Moore should be solely in charge of the dog. Although Knower still has time to appeal the appellate judges, Moore, for now at least, is in charge of the dog.

Will the Louisiana Supreme Court be next for little Miss Sparklepants?

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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- 02

Feel Younger –The lack of energy we call “aging” is often just a CoQ10 deficit. Your body naturally produces CoQ10 throughout your life, but production drops as you get older. When people start taking CoQ10, they often feel 10 years younger.
- 03

Coq10 Is A Powerful Antioxidant – It cleans up the destructive free radicals that are by-products of the energy production process.
- 04

On A Statin Medication? – If you’re on a statin medication, you **MUST** take CoQ10. Not only do statins stop cholesterol production, but they also hinder your body’s production of CoQ10. That’s why many people end up with muscle aches and weakness while taking statins.
- 05

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How to Hire a Home Helper

Dear Savvy Senior,

I would like to hire a personal assistant/home helper for my mom to assist with some simple household chores like house keeping, errand running, driving her to the doctor, and keeping her company. But mom doesn't require personal/physical caregiving nor does she require any home medical care. Any tips to help us find someone?

~Looking for Mom

Dear Looking,

Getting your mom some help at home to handle some of her household chores can make a big difference keeping her independent longer. Here's what you should know, along with some tips to help you find someone reliable for your mom.

HOME HELPERS

For seniors who could use some help at home – but don't need a caregiving aide for personal care – there are a bevy of personal assistance/home helpers out there that can help make life a little easier.

Most home helpers can assist with any number of things like shopping, running errands, transportation, light house keeping, laundry, meal preparation, arranging services (home maintenance, lawn care, etc.) and other household chores, along with providing companionship and support. And, if your mom gets to the point



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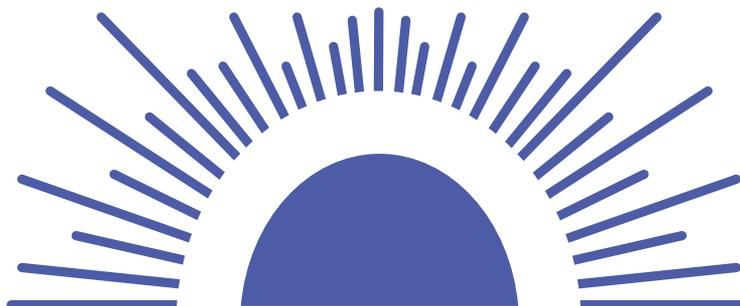
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she needs personal/physical care like bathing or dressing, they can usually help with this too.

Most home helpers are part time workers who work a few hours a day or a few days per week. You also need to know that while Medicare does cover home health care services if a doctor orders it, they do not cover home helper/personal assistant services.

There are two ways in which you can go about hiring someone for your mom; either through a home care agency, or you can hire someone directly on your own.

HOME CARE AGENCY

Hiring a home helper through a non-medical home care, or non-medical companion care agency is the easiest, but most expensive option of the two. Costs run anywhere from \$12 up to \$30 an hour depending on where you live and the qualification of the assistant/aide.

How it works is you pay the company, and they handle everything including assigning appropriately trained and pre-screened staff to care for your mom, and finding a fill-in on days her helper cannot come.

Some of the drawbacks, however, are that you may not have much input into the selection of the aide, and the helpers may change or alternate, which can cause a disruption.

To find a home care agency in your area, Google “non-medical home care” followed by the city and state your mom lives in, or you can use Medicare’s home health agencies search tool Medicare.gov/hhcompare. Most home health agencies offer some form of non-medical home care services too. You can also check your local yellow pages under “home healthcare services.”

HIRING DIRECTLY

Hiring a personal assistant/home helper on your own is the other option, and it’s less expensive. Costs typically range between \$10 and \$20 per hour. Hiring directly also gives you more control over who you hire so you can choose someone who you feel is right for your mom.

But, be aware that if you do hire someone on your own, you become the employer so there’s no agency support to fall back on if a problem occurs or if the assistant doesn’t show up. You’re also responsible for paying payroll taxes and any worker-related injuries that may happen. If you choose this option make sure you check the person’s references thoroughly, and do a criminal background check.

To find someone, ask for referrals through friends or check online job boards like Craigslist.org, or try Care.com, CareLinx.com, CareFamily.com or CareSpotter.com.

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Be Aware When Using Notary Publics and Paralegals

Over the past few years, I have seen court documents prepared by notary publics and paralegals without lawyer supervision. This can cause a myriad of problems for the person who has documents prepared by a person who is not licensed to practice law. In this article, I am going to attempt to address some of the problems caused by this practice.

The domestic arena is where I have seen a number of petitions filed that were prepared by Notary Publics or Paralegals. Numerous days, when I was on the trial bench, I would see at least one to two cases a week where the person came in the court to represent himself or herself in the proceedings. When the person enters the court, they will have filed the petition necessary to seek the divorce and will have filed the appropriate default to be able to proceed forward with the action. When a person wants to represent himself or herself, the court is obligated to allow them to do so as they have the right under the law to act as their own attorney. However, the warning here is that the person who chooses to represent himself or herself will be required to follow all the rules of the court just

like an attorney would be required and the person may not know certain laws that can apply to help or hurt them in their case.

The person who wishes to represent themselves is asked by the court to present their case. When asked to proceed, the person will usually reply by stating they do not know what they are doing or they start to read their petition to the court. Again, the person must present the appropriate evidence to obtain the divorce or the action which is requested from the court. Judges will often ask who prepared the documents for the person and in many instances they will state that the pleadings were prepared by a notary public or a paralegal. Documents prepared by the person seeking certain court actions on his or her own behalf are perfectly acceptable. Documents prepared by a Notary Public or Paralegal outside those documents prescribed by law and not under the supervision of an attorney are not allowed.

If the person states that another person prepared the documents on their behalf, the judge will usually ask the name of the person preparing the document,



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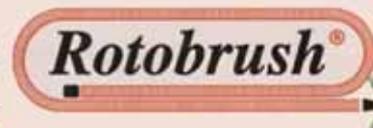
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the amount charged, and an address. This information is then given to the District Attorneys office for appropriate prosecution which will usually involves a letter to the notary public or paralegal telling them to desist from their actions or face prosecution pursuant to Louisiana Revised Statute 37:212.

Louisiana Revised Statute 37:212 states in pertinent part that no natural person, who has not first been duly and regularly licensed and admitted to practice law by the supreme court of this state, shall:

- Practice law
- Hold himself out to the public as being entitled to practice law, or
- Render or furnish legal services or advice.

This statute further provides that any natural person who violates any provision of this section shall be fined not more than one thousand dollars or imprisoned for not more than two years, or both.

Notary publics are allowed to prepare

certain documents. They can prepare wills and powers of attorney for persons who seek their help, although this is usually not advisable. Notaries can notarize and prepare affidavits and titles and certain oaths. However, notaries and paralegals are not allowed to prepare court pleadings as this would be considered the practice of law and the practice of law is governed by the Louisiana Supreme Court to make sure the public is protected. A notary who mishandles a legal matter only has a \$10000 bond available to cover any damages caused by their malpractice whereas a paralegal usually has no bond. These laws have been placed on the books to make sure that the public is protected. Sometimes when a person tries to save money, they cost themselves more money and time in the long run.

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



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THE ABCS OF AMERICA'S
HAPPIEST SEASIDE TOWN:

SOUTHPORT, NORTH CAROLINA

TEXT BY ANDREA GROSS;
PHOTOS BY IRV GREEN

As my husband and I enter Southport, North Carolina, a 30-minute drive from Wilmington, we come upon a world bursting with color, from the soft blue of the water to the vibrant hues of the shops, many of which resonate with bright shades of turquoise, pink and green.

We can't help but smile. No wonder this small coastal village was recently dubbed "America's Happiest Seaside Town" by Coastal Living magazine.

We've been in Southport less than five minutes when a man we've never met invites us into his home to see the view from his back porch. While the view is amazing — a mesmerizing expanse of pier, sand and water — his warm hospitality is equally charming. He laughs when I tell him this. "This is a friendly place," he says with a smile, "and we like to show it off to visitors."

Southport has a lot to show off. Its 3,000 residents live in a village that many would consider a throwback to a halcyon (if mythological) past, a small enclave where a sense of community prevails, the food is fresh and the pace is relaxed. Indeed, it's so relaxed that people often putt around downtown in golf carts rather than cars.

As for the weather, it's delightful year round. Summer's highest monthly average is a bearable 89° in August and winter's lowest is a near balmy 49° in February.

Back in the late eighteenth century when the town was founded, only the weather was idyllic. With its location at the mouth of the Cape Fear River, the Intracoastal Waterway and the Atlantic Ocean, folks expected it to become a major port, but big ships preferred something larger. The port moved north to Wilmington, and the original settlement



Tourists revel in the ocean breezes and casual charm of Southport.

of Smithville (named after a Revolutionary War General) became Southport, which really wasn't much of a port at all. It was simply a small fishing village.

A — ART AND ANTIQUES



"Today we're known as the town with all the antique shops," says journalist Larry Maisel. "But that old furniture

people are selling for a bunch of money and calling antiques was all we had. We didn't think we had antiques. We just had old stuff because we couldn't afford new."

We spend the better part of a day wandering through shops, some of which are filled with "old stuff," others with new stuff made by regional artists, and still others crammed with recycled stuff made by folks who turn weathered windows into classy mirrors and bits of scrap into funky sculptures.

B — BEACH

Southport is technically a waterfront town rather than a beach town,



From Caswell Beach folks can see in the distance Old Baldy, the state's oldest lighthouse.

but Caswell Beach is only a few miles away. There we amble along a stretch of un-crowded sand that offers plenty of room to build sandcastles, fly kites, find seashells, and catch fish. Later we visit two historic lighthouses — Oak Island, the state's newest lighthouse, and Bald Island, its oldest.

C — CITY VIBES

Wilmington may have "stolen" the port from Southport, but now it's a major reason why folks in the smaller town are so happy. As the largest city on the eastern seaboard between Norfolk, Virginia and Charleston, South Carolina, Wilmington provides Southport with a wealth of big city vibes.

We stroll through one of the largest historic districts in the United States, one that encompasses more than 100 blocks of shady streets. During a tour provided by the Historical Society, we see a home outfitted with an eighteenth century version of today's nanny cam — a mirrored box, purportedly developed by Benjamin Franklin, that allowed parents to spy on romantic dalliances that might be taking place on their front porch.

Then it's on to Thalian Hall, a true glory of a building both inside and out. Built in the 1850s, the theater has long served as both a seat of local government and a venue that has made Wilmington a center for the performing arts, one that showcases everything from dance



Southport's commercial district is as charming as it is colorful.

extravaganzas and musical performances to grand theater productions.

Thalian Hall is dark the night we're in town, but we have a choice between attending a show at the Brooklyn Arts Center, which occupies a renovated church built in 1888, or seeing a ballet at the Wilson Center, a technologically advanced venue that opened in 2015.



Diners at the many restaurants in Old Yacht Basin not only get great food; they also get great views.

By the time we decide, both shows are sold out, so we opt to visit another of Wilmington's applause-worthy venues, the mile-long Riverwalk that borders the Cape Fear River.

The wooden walkway is crowded with folks of all ages. Some are moseying, others are jogging, many are licking a huge cone of Kilwins' ice cream and, to

no one's surprise, virtually all are smiling. It seems that whether in Southport or Wilmington, the southernmost stretch of North Carolina gives visitors a lot to be happy about.

For hints on traveling in North Carolina, go to www.traveltizers.com and click onto the section titled Napkin Notes.

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The Music Never Ends for Broadway Actress Susan Watson



Best known for her roles in musical theater, Tony-nominated actress and singer Susan Watson released a collection of 14 Broadway and jazz standards on her CD “The Music Never Ends” last fall.

“Some of these tracks I had sung earlier in my career and others I had always heard and loved, and just wanted to get them recorded,” said Watson from her home in Sherman Oaks,

California (see www.susanwatsonmusic.com).

As an added bonus, says Watson, six of the songwriters on the CD were women well into their 60’s, 70’s, and 80’s.

“America remains a unique bastion of innovation and opportunity,” she said. “I’m 78-years-old and am still having a lovely time in show business and in life.”

Raised in Tulsa, Oklahoma, by a father who played the piano and mother who danced, young Susan performed in high school plays before heading to New York to major in singing and dancing at the Juilliard School. When the opportunity arose to move to London for a production of “West

Side Story,” she grabbed it.

“I snuck away from classes one afternoon for auditions. By the time I got back to my apartment I was offered a part.”

While her role was only the understudy for the leading lady, the experience was invaluable. Director/choreographer Gower Champion offered her the role of Kim MacAfee in the Broadway production of “Bye Bye Birdie” which opened in 1960.

When casting calls were made for the 1963 movie version, Watson traveled to LA for an audition.

“I lost out to Ann-Margaret, but that’s the way it goes,” she said. “I stayed in Hollywood for a while and appeared on TV shows like ‘Dobie Gillis.’”

She also had a chance to work with a larger-than-life Hollywood star.

“I did a sitcom pilot for a show called ‘Maggie Brown’ with Ethel Merman and I was to play her daughter. Ethel was a take charge person, I can tell you, and didn’t need any instruction from the director. She



staged the opening song, 'Mutual Admiration Society,' that we sang together, and knowing I was a dancer suggested I should do a few kicks during the routine. We were both disappointed when the show wasn't picked up."

Watson went on to appear in over half a dozen more Broadway shows, numerous off-Broadway plays, as well as in summer stock and other popular productions across the country.

Back on Broadway in the early 70s, Watson played Nanette in "No, No, Nanette" which featured 1930s film star Ruby Keeler, returning to the stage in her 60s, having retired from acting in the 1940s.

"She was a great hooper, and we revered her," Watson recalled. "She was very famous and sometimes you don't feel comfortable trying to get close to someone like that, but she was always a dear to us."

Watson is especially proud of her recent CD not only because it contains classic songs from legends such as Stephen Sondheim, the Gershwins, Jerome Kern,

and Irvin Berlin, but because it features works by veteran women songwriters including Phyllis Molinary, Gretchen Cryer, Michele Brouman, Amanda McBroom, and Marilyn Bergman.

"These women have had long, successful careers," says Watson. "I hope that in the CD's production and content, it symbolizes that active, empowered, senior women are a resource that America can be proud of."

Photos on page 34: Top - Susan Watson with Dwayne Hickman (right) and Bob Denver in "The Many Loves of Dobie Gillis" episode "Beauty Is Only Kin Deep"; left column - Susan Watson early in career; right column - Susan Watson today (photo credit: Daniel Reichert)

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



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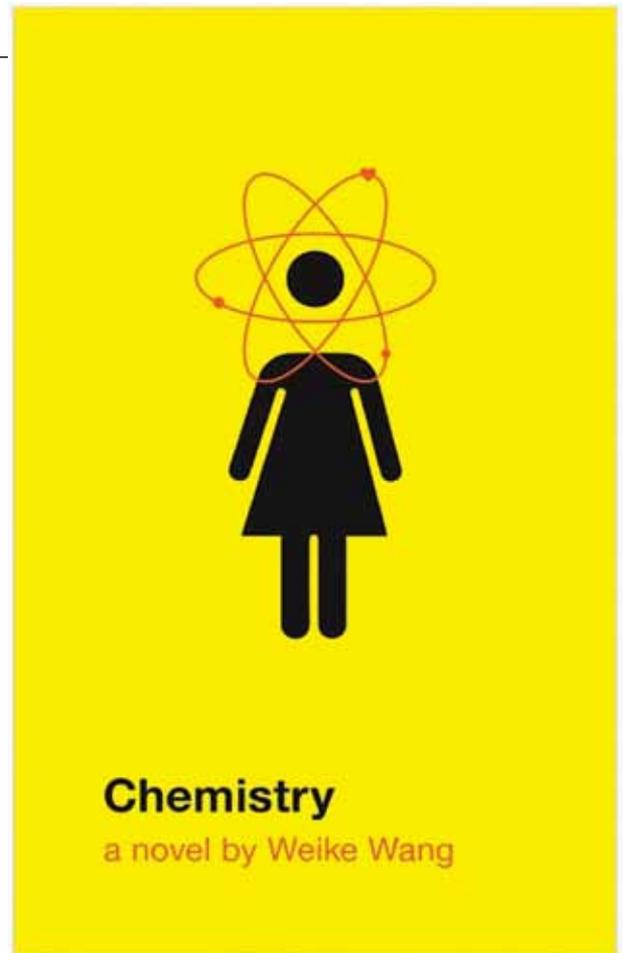
Review of *Chemistry* by Weike Wang

Published by Knopf; May 2017; 224 pages

Chemistry by Weike Wang is the story of a young Americanized Chinese woman who is working to complete her PhD in Chemistry. From the outset she acknowledges that she should be happy – her boyfriend seems perfect, her degree program is everything she thinks she - and her parents - want for her life. But, despite all these things, the pressure to “do the right thing” – to complete the PhD, find the perfect job, get married and start a family, overwhelms her to the point that she has a breakdown and shuts down her life.

The narrator (who is never named) faces an identity crisis as she reflects on who she is and what she is doing. The book jumps between her current life and stories from her past: her Chinese parents’ relentless educational expectations for her; her mother’s struggle with American culture and self-worth; her boyfriend’s chipper and successful outlook and upbringing; her best friend’s marriage breakdown; her math tutoring sessions with “the student”. Her Chinese heritage and language play an integral role in her life, providing the measuring stick for her actions, decisions and relationships.

Despite the dour circumstances the narrator creates for herself, this book is so clever – injecting scientific explanations and anecdotes to

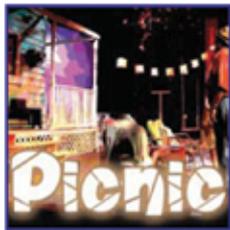


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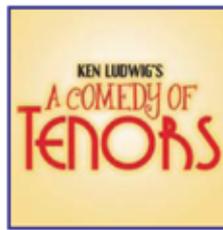
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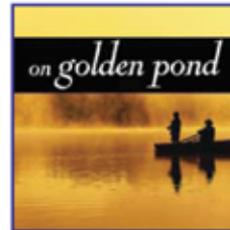
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convey her story. These explanations are so fascinating (comparing the strong shape of a triangle to her life path, or examining how light bends and reflects, for example), that I found myself re-reading them and even laughing. I especially loved when she and “the best friend” wonder if the friend’s baby, who is opposed to baths, would clean herself like a chinchilla in a sandbox, or when she does various tests to determine the intelligence of her dog.

In one particularly difficult moment, she is baffled by her own heartache, analyzing that it is “impossible because the heart cannot feel sore, because cardiac tissue cannot feel tired. To feel these things requires nerves that conduct sensation and the heart does not have such nerves.”

Chemistry is aptly named. Yes, the narrator is a chemistry PhD student, but at a deeper level, the narrator is looking for the perfect blend, the perfect discovery to give her meaning to her life. And the scientific anecdotes, particularly those of Marie Curie and the weird facts about everything from light movement and rocket ships make for a quick, interesting and enjoyable read.

GRADE: A

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



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Serve Up a Sundae Bar

Let guests create their own dishes of deliciousness with a DIY sundae bar. Start with a healthy supply of cups, spoons and towels to mop up inevitable drips then fill the bar with irresistible options like these:

- A sampling of ice creams
- Fresh sliced fruit
- Crushed candies and cookies
- Sauces (chocolate, caramel and something fruity, too)
- Assorted nuts
- Crunchy favorites like crumbled cones or salty pretzels
- Coconut (raw and toasted)
- Whipped cream
- Sprinkles

ADD SIZZLE TO YOUR FOURTH

Great ideas for grilling and more

FAMILY FEATURES

A dazzling fireworks display may be the grand finale for your celebration, but you can make your mouthwatering menu a close second with these ideas to light up your Fourth of July. Give your guests plenty of reason to feel festive all day long. And don't forget to add a little indulgence for all ages with a DIY dessert bar. Find more recipes perfect for the Fourth of July at culinary.net.

Honey Baked Beans

Heat oven to 350 F.

Saute bacon and onion until onion is tender; combine with remaining ingredients in shallow 2-quart, oven-safe baking dish. Cover with lid or aluminum foil and bake 30 minutes. Uncover and bake 45 minutes longer.

Recipe courtesy of the National Honey Board; Servings: 4-6
 4 slices bacon, diced
 ½ cup chopped onion
 4½ cups cooked navy beans (or 3 cans, 15 oz. each)
 ½ cup honey
 ½ cup ketchup
 1 tablespoon prepared mustard
 1 tablespoon Worcestershire sauce





Bold Honey Barbecue Burger

Cheeseburgers are a tried-and-true classic for summer grilling season. Give your burger recipe a bold, sweet kick this Fourth of July with honey barbecue sauce and the finishing touch of delicious, smooth-melting Cheese. Find more summer recipes to transform mealtime into memorable family time visit bordencheese.com.

<i>Servings: 4</i>	3/4 cup barbecue sauce
1 pound ground beef	1 tablespoon honey
1/2 cup chopped green onions	4 slices American Cheese Singles
1/2 teaspoon garlic powder	8 slices thick bacon, cooked until crispy
1/2 teaspoon cayenne pepper	8 frozen onion rings
3 - 4 tablespoons steak seasoning	4 slices tomato
4 hamburger buns	fresh lettuce
1/2 stick melted butter	

Combine ground beef, green onions, garlic powder and cayenne pepper; form into four patties. Sprinkle both sides of each patty with steak seasoning. Cover and chill. (Patties can be made several hours in advance.)

Brush buns with melted butter; set aside. In small bowl, mix barbecue sauce with honey; set aside.

Heat grill to medium-high heat.

Grill burgers to internal temperature of 160 F, about 4-6 minutes per side. Two minutes before burgers are finished, grill buns, butter-side down, until golden brown. Place cheese slices on burgers to melt.

Serve each burger on buttered bun topped with two slices bacon, two onion rings, honey barbecue sauce, lettuce and tomato.



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- Thursday July 6 at 10:00 AM. "Helping Hands Helping Others" by Golden Age Ministries
- Thursday July 13 at 10:00 AM. "Meet The New Executive Director Of The Caddo Council On Aging" by Monica Wright
- Thursday July 20 at 10:00 AM. "Red Alert File Of Life" by Deputy McGraw
- Thursday July 27 at 10:00 AM. "Sportran And Its History" by Doris Vela.
- Fridays July 7, 14, 21, 28 at 10:00 AM. Senior Tech Talk.

EVENTS

Mr and Miss ArkLaTex Senior Pageant and Dance - Thursday, July 20 at the Waterview Court, 2222 E. Bert Kouns Industrial Loop in Shreveport. **FREE** and open to the public. Event begins at 2:30 PM with participant registration. The pageant will take place from 3:00 to 4:30 PM, followed by a dinner and dance from 4:30 PM to 6:00 PM. For more information, please call (318) 524-3300.

Nursing Home and Medicaid Workshop - Presented by SAFE Plan-

ning. August 10 at 10:00 AM at the Broadmoor Library, 1212 Captain Shreve Drive, Shreveport. Learn about protecting assets from nursing home costs and Medicaid. Reserve your seat by calling 318-869-3133 or online at www.safeplanning.net/event. If unable to attend, you may watch the video at www.safeplanningseminars.net



"Train Days in the Gardens" - At the American Rose Center on July 13, 27 & August 10, 24 from 10:00 AM to 12:00 PM. Unlimited rides for children on the replica steam engine for \$5. Children under 5 years old must be accompanied by an adult on the train. Pack a picnic lunch, ride the train, play in the playground, and explore the gardens. The American Rose Center, located at 8877 Jefferson Paige Road in Shreveport, is open Monday through Saturday 9 a.m. to 5 p.m. and Sunday 1 p.m. to 5 p.m. Admission is by donation.

Twilight Talkies - Friday, July 7, 8:00 - 10:00 PM. Featuring "The Sandlot". Front lawn of Norton Art Gallery, 4747 Creswell Ave., Shreveport. Bring your chairs and blankets and enjoy a movie under the stars. Local food trucks will

Get Up & Go!

be on hand with yummy treats to enjoy starting at 7:00 PM. Movie begins at 8:00 PM or sundown. **FREE** and open to the public. For more info call (318) 865-4201.

U.S. National Hot Air Balloon Championship and Red River Balloon Rally

- U.S. National Hot Air Balloon Championship, July 10-16, and the Red River Balloon Rally, July 14-15 on the campus of LSU. The event will feature the U.S. National Hot Air Balloon Championship with 43 of the best balloon pilots in the country competing against each other through-



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open to the public.

Shreveport Farmers Market - Saturdays, June 3 - August 26 (except June 17), 7 AM to 12 PM. Under the pavilions at Festival Plaza in Downtown Shreveport at 101 Crockett St. (where Crockett St. and Commerce St. intersect.) More than 100 booths will offer produce, meat, honey, plants, artisan food products; and agricultural goods produced within 100 miles of Shreveport. The Market Café will be open. For more information, please visit www.shreveportfarmersmarket.com.

Shreveport Summer Market - Every Friday at Mall St. Vincent thru July 7th, 4:00 PM - 7:00 PM, Mall St. Vincent (west parking lot facing I-49), 1133 St. Vincent Ave., Shreveport. Fruits and vegetables, arts and crafts, live music, gifts, food trucks, kids activities. **FREE** admission and parking.

out the week, as well as a festival that will include balloon glows, live music, fireworks, tethered balloon rides, kid zone, vendors and much more. Tickets for the festival are \$10 ages 6 and over if purchased in advance at participating Super 1 Foods and Brookshire's stores from June 20- July 15. Tickets at the gate are \$12 for ages 18 and up, \$10 ages 6-17, \$10 military with ID and free for ages 5 and under. For a complete schedule of Red River Balloon Rally events and to purchase group and single tickets online, visit www.RedRiverBalloonRally.com or Red River Balloon Rally Facebook page.

FARMER'S MARKETS

Bossier City Farmer's Market - South parking lot of Pierre Bossier Mall in Bossier City. 9 AM to 1 PM each Saturday through November 25. **FREE** and

loss related illnesses. 5:30 - 6:30 PM, on the first Thursday of every month at Harrell Library at The Glen (Access via Main Entrance on Flournoy Lucas Road). **FREE**. For information call 798-3500 or email info@theglensystem.org.

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

Weight Loss Support Group - The All Women's chapter of Take Off Pounds Sensibly (TOPS) meets every Monday at 5:30 PM at Fitness Lady, 1800 Old Minden Road. Contact 318-773-5923 for more information.



THEATRE

Thoroughly Modern Millie - July 13, 14, 15, 20, 21, 22, 27, 28, and 29 at 7:30 PM; July 16, 23, and 30 at 2:00 PM at The Shreveport Little Theatre, 812 Margaret Place, Shreveport. *Thoroughly Modern Millie* tells the story of a small-town girl, Millie Dillmount, who comes to New York City to marry for money instead of love - a thoroughly modern aim in 1922, when women were just entering the workforce. Buy tickets online www.shreveportlittletheatre.com or call the BoxOffice (318-424-4439). All tickets \$25.

MEETINGS

Ark-La-Tex Genealogical Association Meeting - Saturday, July 8 from 1 to 3 PM at the Randle T. Moore Center, 3101 Fairfield Ave (corner of Fairfield Ave and Kings Hwy), Shreveport. Program will be "Family Artifact Show 'n Tell". **FREE** and open to the public. For information: Call 746-1851 or email jjohnson747@suddenlink.net.

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may 10, 2018 - 7 pm

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The Best of Times Crossword (answers on page 42)

1	2	3	4	5		6	7	8	9		10	11	12	13
14						15					16			
17						18				19				
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55						56	57				58	59		
60						61					62			
63						64					65			

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Across

- 1 High-hatter
- 6 Sticking point?
- 10 Office fill-in
- 14 Diacritical mark
- 15 Angry display
- 16 Brain wave
- 17 Finished
- 18 Makeup
- 20 Is no longer
- 21 Rascals
- 23 Rhode Island university
- 24 Hit the bottle
- 25 Greek portico
- 27 Hotel pest
- 30 Hard working union member
- 34 Rich tapestry
- 35 Bush
- 36 Big fuss
- 37 Fly like an eagle
- 38 Water conduit
- 39 Kind of bust or kingpin
- 40 Belief system
- 41 Domain
- 42 Time being
- 43 Aquarium denizen
- 45 Inferior
- 46 Bookkeeping entry
- 47 Shoestring
- 48 It's a snap
- 51 Wharf
- 52 Spending limit
- 55 Southwestern Asian river
- 58 Gown fabric
- 60 Plexus
- 61 Mustard family member
- 62 Furious
- 63 Cold war initials
- 64 Impersonator
- 65 ___ a high note

Down

- 1 One-dish meal
- 2 Semitic deity
- 3 Auto pioneer
- 4 Ben Jonson wrote one to himself
- 5 Wearisome
- 6 Brunch serving
- 7 Some stingers
- 8 Add years to one's life
- 9 "Scream" director Craven
- 10 Crowns
- 11 Taro root
- 12 Cat call
- 13 Hock
- 19 Nuclear weapon
- 22 Automobile sticker fig.
- 24 Skier's aid
- 25 Red Cross supply
- 26 Stretched
- 27 Foundation
- 28 Jagged
- 29 Kind of queen
- 30 Oar pin
- 31 Mountain lakes
- 32 Draw forth
- 33 Ham radio talk
- 35 Involuntary twitch
- 38 Desertlike
- 39 Medicinal amount
- 41 Chopper part
- 42 Business wear
- 44 Come-___
- 45 Fond du ___
- 47 Failure
- 48 Lima's land
- 49 Shades
- 50 Chooses
- 51 Expunge
- 52 Dressed
- 53 Choir voice
- 54 Hammer part
- 56 Wanted letters
- 57 Kind of dance
- 59 Coffee maker

Sudoku (Answers on page 42)

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

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

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Happy Words (answers on page 42)

D J P P K E E S R C I T A T S C E
 A Q S Y H E L I M S L V X N X U Y
 L C G T T Q D D W F K Q Q A K O R
 G I I Z P E M W I E J O V I A L R
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| Blissful | Elated | Fun | Humor | Merry |
| Blithe | Enraptured | Gaiety | Jocund | Mirth |
| Cheerful | Euphoric | Glad | Jolly | Riant |
| Content | Felicitous | Glee | Jovial | Smile |
| Delight | Flippancy | Grin | Joyous | Whimsy |

Tracking Trivia!

compiled by Gary Calligas

Test your trivia knowledge.

The answers can be found on page 46.

- Who wrote "The Star Spangled Banner" and when did it become the national anthem?
- Shreveport's first popularly elected mayor served from 1839 - 1840? What was his name and why did he serve for only 1 year?
- Why are women typically cast in the role of Peter Pan?
- Who is the only person in National Basketball Association history to be named Most Valuable Player, Coach of the Year, and Executive of the Year?
- What three horses have left their hoof prints imprinted in cement at Grauman's Chinese Theatre (later renamed Mann's Chinese Theatre)?
- What is the name of the 1950s sitcom pictured below, and what are the names of the 4 main characters?



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

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



Toni Camp
Regional Hospice Care Group
8660 Fern Avenue, St. 145
Shreveport, LA 71105
(318) 524-1046
See our ad on page 27.

My father is taking many prescription medications and is about to be admitted to a nursing home for rehab care from hip surgery. How will he get prescriptions refilled and will Medicare cover them?

The hospital's discharging physician will write orders for medications. Generally, the nursing home's primary pharmacy will dispense the meds and they will be delivered to the center the same day. As to cost, if your father admits under Medicare Part A, the medications are paid for by the nursing center. If he admits as private pay, either your father or his prescription drug plan will be billed for the costs. If he is eligible for Medicaid and has been awarded benefits, the pharmacy will bill Medicaid for reimbursement.



Vicki Ott
Highland Place
1736 Irving Place
Shreveport, LA 71101
(318) 221-1983
See our ad on page 13.

My mother is in her 70s and over the past few months has had extremely dry eyes. We are concerned that she is over-medicating with over-the-counter eye drops. What could suddenly cause dry eyes and should she see an eye doctor before it gets worse?

Dry eye syndrome is very common among the elderly. It generally develops and worsens over time. There are some diseases and medications that cause dry eyes. Over-the-counter medications are fine to use up to 4 times a day. If your mother is having to use tears more than 4 times a day she needs to see an Ophthalmologist. There are treatments to relieve the symptoms and restore ocular health. Call today at (318) 212-3937 to find out more.



Chris Shelby, MD
WK Eye Institute
7607 Youree Dr.
Shreveport, LA 71105
318-212-3937;
See our ad on page 22.

My shoulder hurts. Should I play through the pain?

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



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

(puzzles on pages 40-41)

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

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

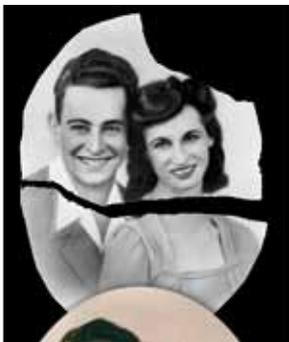
“Rolling Out the Red Carpet for Cancer Survivors” reception, honoring those who have won their fight against cancer, was held at Willis-Knighton Cancer Center on June 4 as part of National Cancer Survivors Day.

Breast cancer survivor Gloria Phillips was among those celebrating.



(from left) Dr. Lane Rosen, Dr. Destin Black, Dr. Robert Nickelson and Dr. Sanford Katz, of the Willis-Knighton Cancer Center

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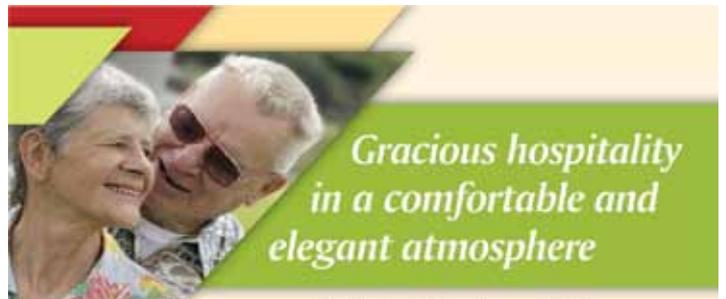
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Tracking Trivia!

ANSWERS

Quiz on page 41.

1 Francis Scott Key penned the lyrics for the national anthem on September 13, 1814 while he was held captive on the British ship HMS Surprise in Baltimore during the War of 1812. He called the poem "Defense of Fort McHenry". He gave his poem to his brother-in-law Judge Nicholson who saw that the words fit a popular melody known as "The Anacreontic Song". The song, with Key's lyrics, was renamed "The Star Spangled Banner". It became the national anthem of the USA on March 3, 1931.

2 The first mayor of Shreveport was John Octavius Sewall. He was killed in February 1840 by John Wilson after serving for just 1 year. Reportedly they fought a duel over a liquor ordinance, but more likely it was due to matrimonial jealousy.

3 Broadway producer Charles Frohman first suggested that a woman play the role because casting a boy would affect the size of the rest of the children in the ensemble. Additionally, English law stated that minors under the age of 14 couldn't work after 9:00 p.m. As a result, a woman was first cast as Pan in 1904. Over the years, many women have joined the long tradition.

4 Larry Bird, Frank Layden, Pat Riley and Red Auerbach have won NBA Coach of the Year and Executive of the Year awards. Additionally, Bird is the only one to also win the NBA Most Valuable Player.

5 The hoof prints of "Tony", the horse of Tom Mix, "Champion", the horse of Gene Autry, and "Trigger", the horse of Roy Rogers, were left in the concrete beside the prints of the stars who rode them in the movies.

6 *The Honeymooners* was an American TV sitcom that aired for 39 episodes from October, 1955 until September, 1956. The show featured Jackie Gleason as Ralph Kramden and his wife Alice who was played by Pert Kelton in the first 7 episodes, then by Audrey Meadows. Their best friends were Ed Norton, played by Art Carney, and his wife Trixie, played by Joyce Randolph.

July

PARTING SHOTS (CONTINUED)



The Shreveport Farmer's Market was in full swing at Festival Plaza on Saturday June 10 with fruits, vegetables, crafts, live music and the popular Market Café. The market continues on

Saturdays through August 26.

Linda Patton, Nicole Morvan, and Rae Ann Patton at their "Kabalen" making Filipino crepes and other food items.



Tom Thoma buying delicious tamales from Brad Martinez of M & M Tamales

A group of Independent Living seniors at The Oaks of Louisiana participated in the week-long Camp Oaks: Destination Good Times.



Tower at The Oaks residents (from left) Lavella Chrisman, Mary Grubb and Ruth Lewis.

Caregiver Conference

2017 was held on May 25 at Virginia College in Bossier City.

Shreveport Police Officer & Emily West



Anna Vaughn & Jeanene Birdsong



Emma Shepherd and Bonita Bandaries



Mary Ann Williams and Clayton Dyess

The 2017 P.R.I.D.E. Awards, celebrating the best employees in Shreveport-Bossier's hospitality and tourism industry, was held at Horseshoe's Riverdome on May 11.



The Excellence of Service Award was presented to Carolyn Dowden (center) for 18 years of service at the Shreveport-Bossier Convention and Tourist Bureau by David Bradley and Stacy Brown.



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(Tear out and post this friendly reminder)

☐ Register for the 2017 S.A.F.E. Planning community workshop and Learn about Protecting Assets from Nursing Home Costs and Medicaid even if someone is already receiving care.

August 10th (Thursday) at 10 am

At the Broadmoor Branch Library – 1212 Capt. Shreve Drive – Shreveport

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Reserve your seats 24/7

By phone: 318-869-3133 Or Online: safepanning.net/event

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Nursing Home Care**

- Avoid losing all your savings and investments!
- Your home is now a bigger target than ever—learn ways to protect it!
- Avoid leaving a spouse financially devastated!
- Does your will leave everything to your spouse? It might be a HUGE MISTAKE!
- How could **changing Medicaid rules and Expanded Medicaid** affect you?
- Do you know how a spouse can receive up to \$2,980 per month of the income of their spouse in a nursing home and have their care paid for even while owning substantial assets?
- Do you understand **Gifting Rules, Look-Back Periods**, how Medicaid treats common **"tax loopholes"** and ignores **pre-nuptial agreements**? Find out!
- Could an Irrevocable Trust become your worst enemy? Learn the pitfalls and traps!
- Do you know why it may be a bad idea to put **kids names on your accounts**?
- Do you know how preserving assets can better assure a patient's quality of care and quality of life?
- Is a loved one already in a nursing home or receiving care? Find out why it may not be too late to save their estate!



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With a good plan, you can qualify for Medicaid and still preserve your wealth to supplement what Medicaid will pay for—and you can even leave something for your children.

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

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

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