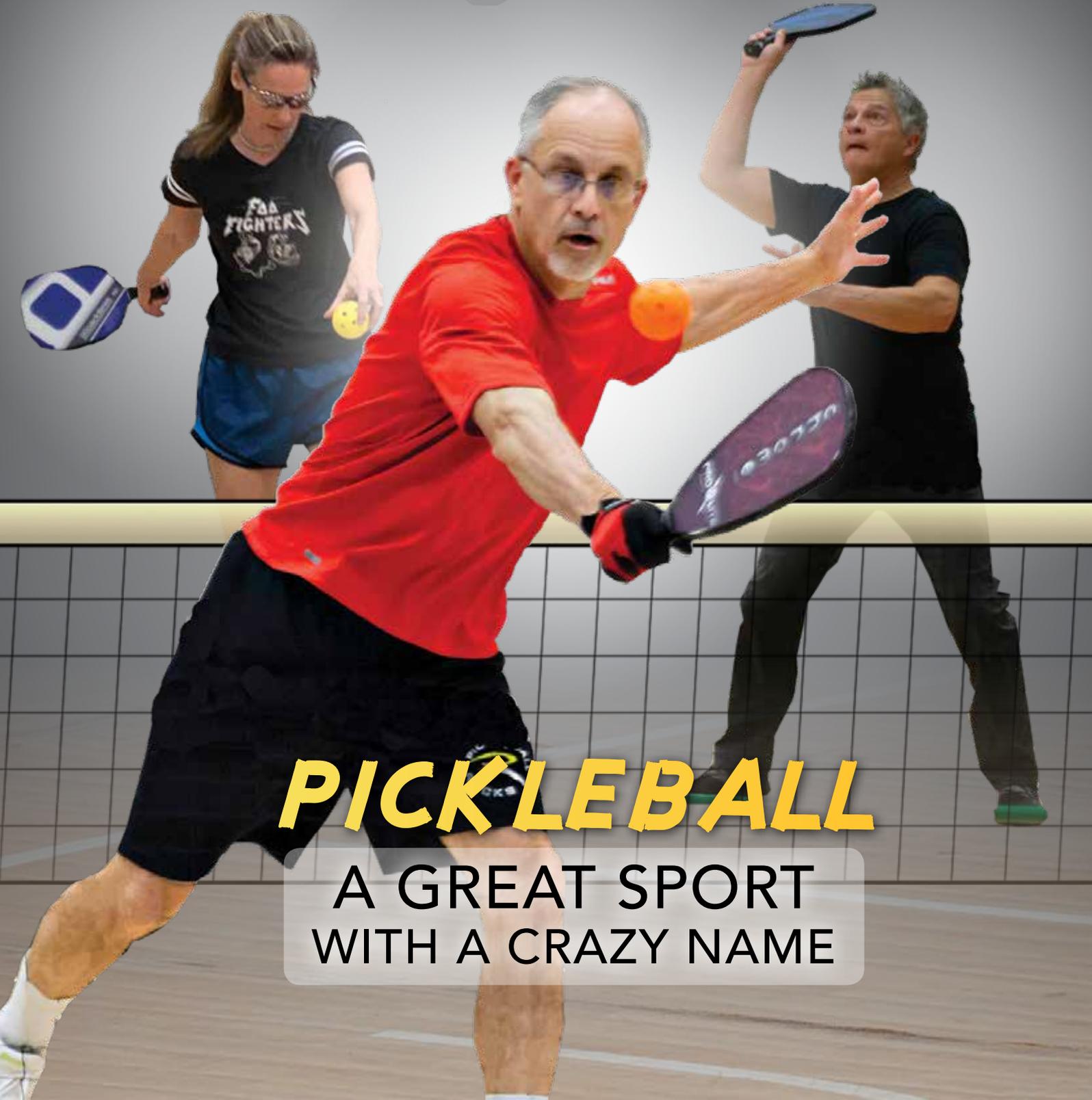


April 2019

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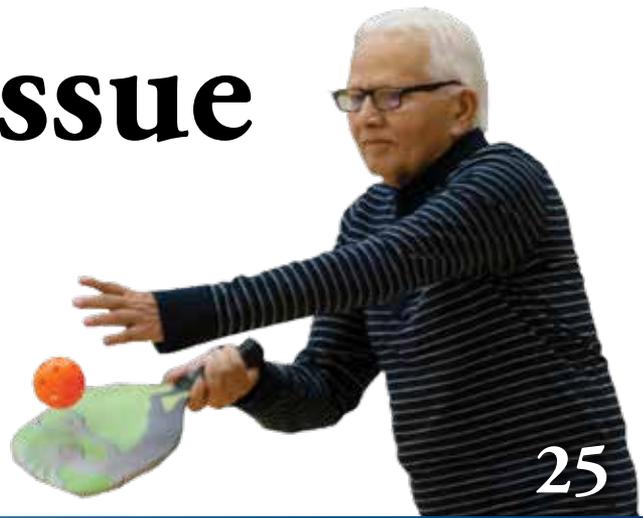
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# Inside this Issue



## Briefs

- 6 Stat! Medical News & Info
- 22 Our Favorite 5
- 28 Shreveport Then & Now
- 36 Odds & Ends

## Advice

- 8 **Laws of the Land**  
The Devil Stole My Job  
*by Lee Aronson*
- 10 **Eat Well Live Well**  
Substituting Ingredients  
for Good Health  
*by Abigail McAlister*
- 12 **From the Bench**  
Do I Have to Honor a Subpoena?  
*by Judge Jeff Cox*
- 14 **Tech Talk**  
The Wild Wild Web  
*by Mark Rinaudo*
- 18 **Counseling Corner**  
Recognizing Depression in Seniors  
*by the American Counseling Association*

## Features

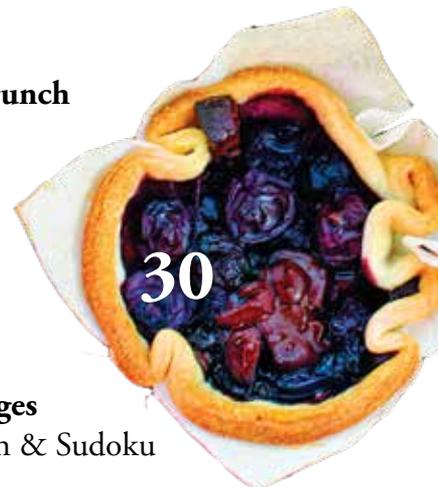
- 25 **Pickleball: A Great Sport with a Crazy Name**  
*by Kathleen Ward*
- 32 **7 Reasons You Don't Sleep Like a Baby**  
*by Suzy Cohen*
- 34 **Recapture Treasured Memories  
from the Silver Screen**  
*by Victor Block*

## Columns

- 16 **Tinseltown Talks**  
Michael Dante: From Actor to Author  
*by Nick Thomas*
- 20 **Page by Page**  
*Daisy Jones & the Six* by Taylor Jenkins Reid  
*reviewed by Jessica Rinaudo*
- 30 **Crowd-Pleasing Easter Brunch**  
*by Family Features*

## In Every Issue

- 38 **Save the Date**
- 40 **Our Famous Puzzle Pages**  
Crossword, Word Search & Sudoku
- 43 **Parting Shots**





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**APRIL 13**

**Why is Health Literacy  
Important?**

*Terry Davis, PhD, with LSU  
Health Sciences Center in  
Shreveport*

**APRIL 20**

**Shreveport and Bossier  
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History**

*Winston Hall, area  
musician and historian*

**APRIL 27**

**Chronic Obstructive  
Pulmonary Disease (COPD)**

*Robert C. Holladay, MD*

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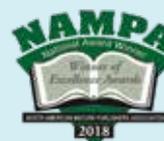
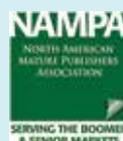
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Left: Kelli Sorrells

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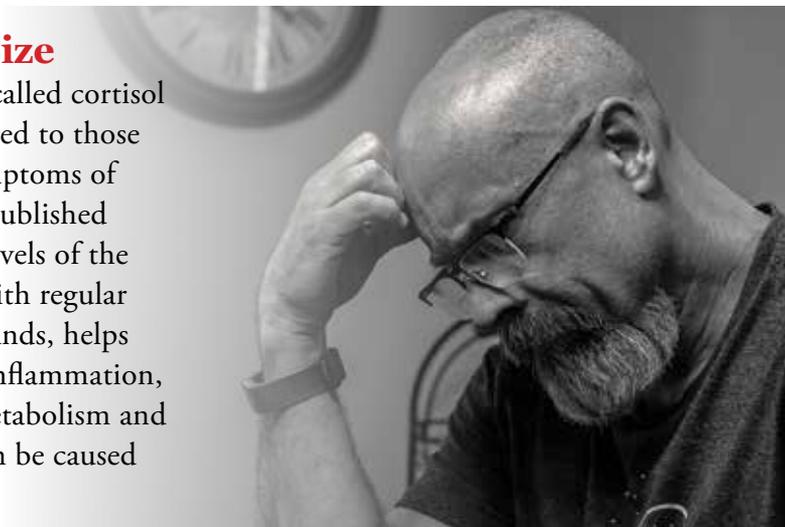
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# Stat!

## Medical News & Info

### **Stress May Affect Memory, Brain Size**

Middle-aged people with high levels of a hormone called cortisol in their blood have impaired memory when compared to those with average levels of the hormone, even before symptoms of memory loss started to show, according to a study published in an online issue of *Neurology*<sup>®</sup>. People with high levels of the hormone also had lower brain volume than those with regular cortisol levels. Cortisol, produced by the adrenal glands, helps the body respond to stress. It can also help reduce inflammation, control blood sugar and blood pressure, regulate metabolism and help with immune response. High cortisol levels can be caused by stress, medical conditions or medications.



### **Excessive Body Fat Around the Middle Linked to Smaller Brain Size**

Carrying extra body fat, especially around the middle, may be linked to brain shrinkage, according to a study published in an online issue of *Neurology*<sup>®</sup>. For the study, researchers determined obesity by measuring body mass index (BMI) and waist-to-hip ratio in study participants and found those with higher ratios of both measures had the lowest brain volume. BMI is a weight-to-height ratio. People with bigger bellies compared to their hips have higher ratios. Men above 0.90 and women above 0.85 are considered to be centrally obese.

### **Americans Do Not Know The Facts Or Their Risk For Heart Disease**

While 7 out of 10 Americans acknowledge heart disease as the number one killer of both men and women, a national survey conducted by MDVIP and Ipsos finds that people still worry more about cancer (62 percent) than they do a heart attack (55 percent). A staggering 62 percent of Americans failed the "Heart Attack IQ" quiz, proving a concerning lack of knowledge about heart disease, the risk factors and prevention.



## New Study Reveals Importance of Cardiac Fitness for Longevity and Health

The *Journal of American College of Cardiology* just published a new study on the link between cardiorespiratory fitness (CRF), longevity and health. In an analysis of 4,137 adults, researchers found that mortality risks decline when CRF levels increase in healthy men and women. "Exercise with purpose," advises expert and author William Smith. "It's more than movement. Challenging your cardiorespiratory system to achieve higher levels of fitness has concrete benefits for both men and women. Interval training, rowing, cycling, swimming, all can help benefit our CRF levels and in turn help us live longer, healthier lives."

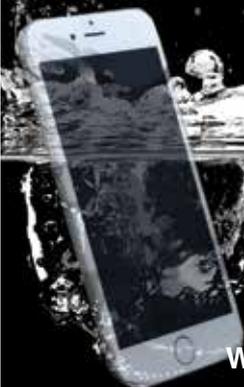


## Diet Drinks Linked to Health Risk

Drinking two or more of any kind of artificially sweetened drinks a day is linked to an increased risk of clot-based strokes, heart attacks and early death in women over 50, according to a new study by the American Heart Association and American Stroke Association. The risks were highest for women with no history of heart disease or diabetes and women who were obese or African-American. The study examined data on 81,714 women ages 50-79 who were tracked for an average of 11.9 years. After controlling for lifestyle factors, the study found that women who consumed two or more artificially sweetened beverages each day were 31% more likely to have a clot-based stroke, 29% more likely to have heart disease and 16% more likely to die from any cause than women who drank diet beverages less than once a week or not at all.



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# The Devil Stole My Job

**F**red\* was sick and tired of his job as a crane operator at Slate Rock Quarry, so he quit and got a new job at a ship building company.



Aronson

His first day at the new job didn't go too well. The ship building company gave Fred a bunch of forms to fill out and one of the things the forms asked for was Fred's social security number, which turned out to be a big problem. You see, Fred had a social security number, but he refused to use it. Not because he was trying to avoid paying taxes and not because he was an illegal alien. It was a religious thing. Fred believed social security numbers were the mark of the beast and if he used the number, he wouldn't be able to get into heaven.

Fred prayed about it and decided that he wasn't going to tell his new employer his social security number, which was something that had never



happened at the ship yard before. Human resources didn't know what to do. By the end of the day, they felt that they only had one option: Fred was fired.

Like I said, not a great first day at the job.

Fred was flabbergasted. This is America! We have freedom of religion! Fred thought it was unfair that he was fired because of his religious beliefs, so he sued the ship building company. He wanted his job back. He also wanted millions of dollars in damages for his "emotional distress, physical stress, loss of sleep and other effects."

The ship builder told the Judge that they have to get the social security numbers of all of their employees. The IRS requires it and so does the Immigration Service.

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... an employer is not liable for religious discrimination when **accommodating...**  
**would require the employer to violate federal or state law.**

The Judge did some research and found that there were lots of cases like Fred's where an employee would refuse to give his employer a social security number for religious purposes. The Judge pointed out that it is illegal for an employer to refuse to hire someone because of a person's religion. But the Judge also explained that courts have consistently agreed that an employer is not liable for religious discrimination when "accommodating an employee's religious beliefs would require the employer to violate federal or state law." The employer would be in violation of federal tax law and federal immigration law if it hired

Fred without getting his social security number, so Fred's case was thrown out.

But the Judge, in a footnote, gave Fred a suggestion that he did not follow up on: If Fred believes that the legal requirement to provide his employer with his social security number violates his freedom of religion, then he should sue the IRS and the Immigration Service "challenging the constitutionality of the relevant laws."

\*the names have been changed  
*Lee Aronson is an attorney in Shreveport, Louisiana, with Gilsoul & Associates, LLC. His practice areas include estate planning and elder law.*

## Scam Alert

Speaking of social security numbers, let me warn you about a recent scam that's been going around. Your phone rings and the caller ID says it's the Social Security Administration.

You answer and are told that this is the Social Security Office calling with bad news: your social security number has been associated with a drug cartel and unless you cooperate fully, you are in big danger! Then the caller starts asking you for personal information such as your date of birth and social security number. That's a scam. It's not really Social Security calling. It's a scam artist trying to steal your identity. Do you really think the Social Security office is going to call you to find out about your social security number? Like they lost it or something? Don't fall for it.



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# Substituting Ingredients for Good Health

**H**ave you ever tried to modify your recipes to make them healthier, but your sugar-free cookies turned out too dry or your fat-free muffins just didn't taste right? Substituting ingredients in recipes is a science, and it often takes some trial and error. It's difficult to have a favorable product when you substitute all fat, sugar, or salt in a food, but there are some smaller changes you can make while keeping your foods tasty.

**Fat** plays an important role in foods, especially when it comes to baking. It provides flavor, richness, texture, tenderness, flakiness, and lightness to baked goods. Baked goods with too little fat are often tough or dry. When substituting fat in a recipe, you can often replace  $\frac{1}{3}$  to  $\frac{1}{2}$  of the fat with unsweetened applesauce, prune puree, yogurt, pumpkin or squash puree, or mashed bananas. For example, if your recipe calls for one cup of oil, you could use  $\frac{1}{2}$  cup applesauce and  $\frac{1}{2}$  cup oil.

If your recipe calls for mayonnaise or sour cream, especially in sandwiches, dips, or salads, try substituting half of the amount with plain non-fat Greek yogurt to reduce fat. If the recipe calls for one cup of mayonnaise, use  $\frac{1}{2}$  cup of mayonnaise and  $\frac{1}{2}$  cup of plain non-fat Greek yogurt. If your recipe calls for heavy cream, try substituting with evaporated skim milk, which can provide a creamy texture without the extra calories.

**Sugar** provides flavor, texture, tenderness, and browning to baked goods. It also acts as a natural preservative and provides food for yeast. A little sugar isn't harmful, but issues arise when we consume too much. For baked goods, you can reduce sugar by  $\frac{1}{4}$  to  $\frac{1}{3}$  of the original amount in a recipe without missing out on the important qualities it brings. You can even use a sweetener blend in place of the amount of sugar a recipe calls for. These blends can be found at your local grocery store. They contain half the amount of regular sugar, with the rest of the sweetness provided by an alternative sweetener, such as sucralose (Splenda) or stevia (Truvia). Keep in mind, when reducing sugar in a recipe, you may need to increase the liquid. Every recipe is different, so it may take a few tries before you feel like you've mastered your modification.

If your cake recipe calls for a sugary frosting, try lightly dusting it with cocoa powder, powdered sugar, or cinnamon.



McAlister

Or, better yet, top your finished product with fresh sliced fruits for a dash of vitamins, minerals, and fiber.

**Salt** plays many culinary roles, including providing flavor and color, acting as a natural preservative, stabilizing volume in certain foods, and controlling fermentation. Though salt is useful, 90% of Americans consume too much sodium, which makes reducing intake a topic of interest to many of us. Instead of adding salt to your dish, try perking up the flavor with garlic, onions, citrus juice, vinegars, and herbs and spices.

If your recipe calls for bread crumbs, instead of using the sodium-laden store-bought varieties, try substituting with whole oats that have been pulsed in a food processor. You can also use crushed whole-grain cereal (make sure it is plain with no added sweetener). An added perk to this substitution is that it also adds a whole grain to your dish!

Not all recipes necessarily need to be modified. Before modifying a recipe, consider the circumstances. Is the recipe already low in fat, sugar, and salt? Do you eat this dish often? If the recipe is high in calories, sugar, fat, or salt, and if you eat it often, this may be an indicator that a healthy modification may be needed. Every recipe is different, so it is always wise to experiment with a modification before preparing it for friends, family, or a social gathering. Remember, the purpose of modifying a recipe is to make a component of a dish healthier. Reducing fat from a bread, sugar from a cookie, or salt from a soup does not turn your new products into a health food, nor does it mean you can eat more. Moderation, balance, and variety are key to a healthy lifestyle.

*Abigail McAlister is a Registered Dietitian and nutrition agent with LSU AgCenter for Caddo and Bossier parishes. Her focus is adult nutrition education and promotion. Contact her at [amcalister@agcenter.lsu.edu](mailto:amcalister@agcenter.lsu.edu).*



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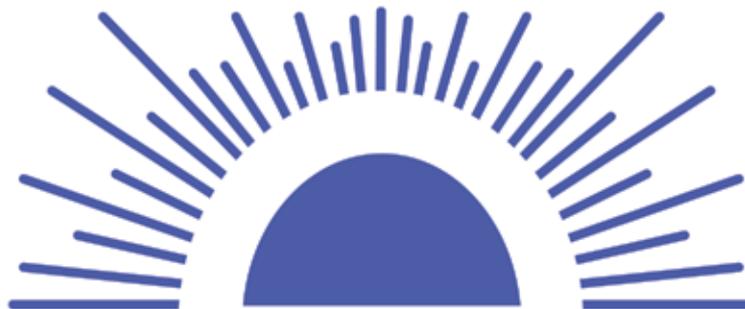
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# Do I Have to Honor a Subpoena?

Subpoenas have been in the news lately, especially in the national news regarding matters that are happening in Washington, D.C. This past week, people have been catching me at different places and asking whether or not they have to honor a subpoena. In most instances, the party who had received the subpoena were professionals and were extremely busy at work. The individuals asked if they had to honor the subpoena. After explaining to each person that I could not give legal advice, I did tell them that not honoring the subpoena could have dire consequences.



Cox

A subpoena is a court order to appear in court on a certain date and a certain time to testify. The subpoena may also require certain documents be brought by the person subpoenaed to testify. A subpoena is a valid court order and is not a request to appear. The subpoena cannot be ignored and must be honored or punishment for not honoring the subpoena may be issued by the court. In addition, if the subpoena is not fully honored by the party subpoenaed, the

court may issue a punishment for not complying fully with the subpoena.

If a person is subpoenaed and does not appear in order to testify or bring documents to the court, the court may issue a Writ of Attachment for the person. This is commonly called a Writ in the courtroom. If a Writ is issued, the Sheriff's office is notified to go pick up the person subpoenaed and bring them to the courtroom. It does not matter where the person is located. They may be at home, in the middle of an important meeting, or about to leave on vacation and boarding a plane. No matter where they are, the Sheriff's office will detain them and bring them to court in order to testify or produce the documents requested. Many times this will cause the person subpoenaed severe embarrassment as they are escorted by the Sheriff's office from where they are located in front of possibly family members, co-workers, and/or the public.

Once in the courtroom, the Judge can hold the person subpoenaed in contempt. The Judge can choose to fine the person for failing to show up in the courtroom and testify. Usually a Judge will tailor any fine to the costs of the Sheriff's office having to search for and find the person subpoenaed to

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testify. In certain instances, the Judge may also order that the person who was subpoenaed be incarcerated for failing to honor the subpoena. The Judge may feel the person who disregarded the subpoena is intentionally trying to avoid the courtroom and may feel that incarceration is the appropriate remedy due to their intentional avoidance of the subpoena. Judges usually try to avoid incarcerating people for this offense but will do so if they feel it is necessary.

What can a person do if they are subpoenaed and have a busy work schedule? The person who is subpoenaed can call the lawyer's office that is subpoenaing them and asked to be placed on call and give an estimated time in which to appear. Most lawyers will attempt to work with witnesses, especially

professionals, in order to limit their time in the courtroom. If the person subpoenaed cannot get the lawyers to agree to place them on call or give an estimated time when they should appear, then the person subpoenaed can appear in court on the allotted day and request the court to be placed on call. Usually the court will try to accommodate a person if they can do so. However, in some instances, the court will not be able to accommodate the person subpoenaed as the case may require the person subpoenaed be available to testify at a moment's notice. In any instance, if you receive a subpoena, please honor the order of the court.

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

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# The Wild Wild Web

I can remember, back in the day, when floppy disks were actually floppy and we had to worry about physically spreading viruses with those floppy disks. Those days are long gone and the viruses have multiplied since then. Viruses have become just one type of malware. Today's malware is multi-faceted and easily distributed via the Internet. Even though we refer to software that helps protect us from all the different threats flowing through the information super highway as "antivirus software," this technology has really evolved and does far more than just protect us from viruses.

Today's security software offers multiple levels of protection to combat the spread of malware. That starts with real time file system scanning. If any malware that's downloaded from the Internet is detected, the antivirus software's first line of defense is to alert the user that a file has been recognized as a potential threat and it should be quarantined or deleted at once. Regularly scheduled scanning of the computer's hard drive is also another way to protect your system from malware that may have snuck into your machine via the internet.

Even though the internet is a main distribution channel for malware, thumb drives are a second favorite of hackers. The scanning of thumb drives before accessing them is never a bad idea.

You may have heard the term "firewall" before – and no we're not talking about the metal in your vehicle between you and your engine. A firewall on your computer is a piece of software that acts as a gatekeeper between you and your network. It decides on what network access to allow in and out of your computer. Most good security suites provide a firewall component that enables you to decide on which traffic to allow in. Firewalls help protect you from attacks on the internet and from attacks by another infected computer



Rinaudo

that may be on your local network.

Another indispensable tool in the arsenal of an antivirus security suite is its integration with your Internet browser. In this case, a plugin or add-on for your browser is installed to help protect you from wandering down that dark dead end internet street and encountering malicious content. A good amount of malware originates in your browser, which is why it's always a good idea to have detection built into the browser. This means that at the first place the malware enters your system, it's detected and you're alerted to its presence. A good security software system will also help prevent you from even visiting malicious websites that it determines are non-legitimate and only exist to spread malware to computers.

I often refer to the Internet as the wild wild web. Today's Internet is vast and only getting bigger and faster. Will we ever tame this monstrous flow of information? That I'm not sure about, but you can help protect yourself with a good security suite product that includes a good file system scanner, firewall and browser integration. Can you be 100% secure against malware? Of course not, but you can take the steps to ensure you're not the lowest lying fruit on the tree.

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



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Column  
Tinseltown Talks  
by Nick Thomas

# Michael Dante: From Actor to Author



Michael Dante, recent photo courtesy of Michael Dante

It's not uncommon for actors to find a second career away from the camera after spending years in front of it. In Michael Dante's case, that new vocation has been writing, beginning with his 2014 award-winning autobiography "From Hollywood to Michael Dante Way" (see [www.michaeldanteway.com](http://www.michaeldanteway.com)).



Thomas

"I received the Ella Dickey Literacy Award for it last April in Marshfield, Missouri, at their Cherry Blossom Festival," said Dante. "My second book, 'Winterhawk's Land,' is the sequel to the film I starred in and played the title role, 'Winterhawk.'"

His latest Novella is called "Six Rode Home" which he says is "about six horse soldiers who come home from the Civil War and it's a great read."

Dante is well acquainted with early American life through his films which included working alongside Audie Murphy in two westerns. "Audie was the greatest American hero of World War II, but never talked about his war experience. He was a very quiet, sensitive, and soft-spoken guy with a great sense of humor who also wrote beautiful poetry and song lyrics."

Dante's first film was the 1956 bio-drama "Somebody up There Likes Me" starring Paul Newman as boxer Rocky Graziano and featured Steve McQueen in his first role. During filming, a truck lost control when its brakes failed and hurtled towards the cast causing Newman to leap out of the way and sending a cameraman flying.

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“Then it headed towards me and Steve – I pulled him out of the way.”

In “Kid Galahad,” another boxing film, Dante sparred with Elvis Presley. He says the two performed all the fight scenes themselves, with Presley landing a blow on Dante, cutting his lip. “He kept apologizing over and over,” he recalled, laughing.

On TV, Dante created a memorable character in the original 1967 “Star Trek” episode “Friday’s Child” where the Enterprise crew visit an alien planet and attempt to negotiate mineral rights with a local tribe. His character, Maab, was dressed head-to-foot in a stiflingly hot costume.

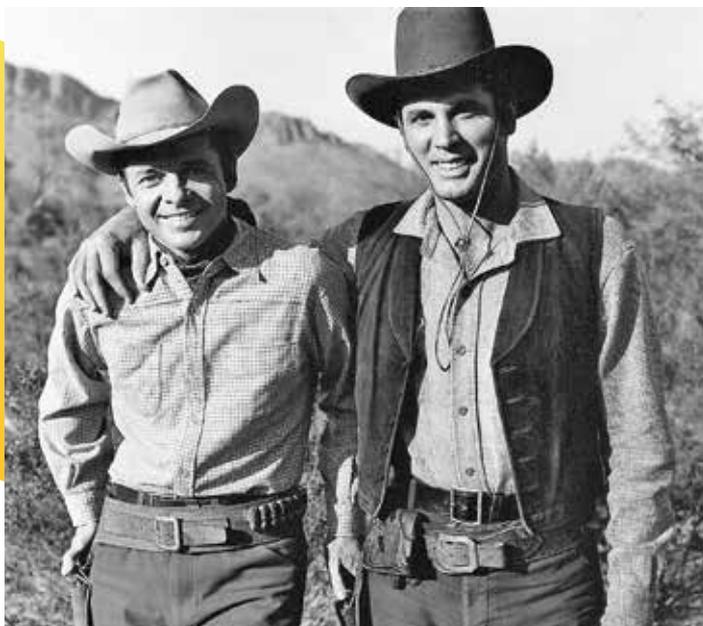
“The exterior shots were filmed at Vazquez Rocks, near Santa Clarita, California, where it was 117 degrees,” recalled Dante. “So much perspiration drained into my boots that I squished when I walked – I lost 7 lbs on the first day of shooting!”

With over 180 TV and film roles to his credit, Dante remains astonished that his 50-year-old “Star Trek” role still draws wide fan attention, recalling an encounter during a trip to the San Diego Zoo with his niece and nephew.

“As we stood by the giant birdcage, I noticed four people staring my way and they yelled ‘Maab!’ One girl even carried a thick portfolio filled with Star Trek photos. I signed some, and asked how she happened to have them with her. ‘You never know when you’ll run into a Star Trek actor’ was her reply.”

A recipient of many acting awards throughout his career including the Golden Boot and Silver Spur Awards for his work in westerns, the actor-turned-author says he’s especially proud of his new career. “Now, I am referred to as Award Winning Author Michael Dante!”

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



Audie Murphy and Michael Dante on the set of Arizona Raiders courtesy of Michael Dante

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# Recognizing Depression In Seniors

Everyone feels sad at times. Numerous things in life can leave us feeling blue. For most of us, this is usually a passing emotion that diminishes with time but for some people this sadness can be severe, long-lasting and life-affecting. That's when feeling blue can cross the line into depression, a mental health issue affecting a large number of our older population.

It's not difficult to understand why feelings of sadness can be more common or frequent for seniors. As we age our lives change in a variety of ways, often not for the better. There may be more health problems, often more severe. An older person's physical abilities have also begun to diminish and many find their memory isn't quite as sharp as it once was.

A common cause for sadness among the elderly is the loss of someone close. Feelings of grief over the loss of a spouse, relative or a close friend are often very strong and most likely more frequent with the passing of time.

While everyday feelings of sadness are not depression, there are some signs that can indicate when common sadness is turning into a more serious mental health issue. The most noticeable is when the sadness and grief someone is experiencing doesn't diminish with the passage of time.

Other signs of the onset of depression are when the joy in a person's life seem to be gone. Laughter is rare, favorite activities are no longer enjoyed, and things that used to bring pleasure, like a pretty sunset or a young grandchild, no longer provide happiness for the person.



Someone suffering from depression may also be tired all the time, loses interest in friends and withdraws socially. Eating and sleeping problems are common, and in some cases increased use of alcohol or drugs.

When someone close to you, or even you yourself, has experienced a painful loss and is beginning to exhibit signs of hopelessness, it's vital to get help quickly. Depression not only has a negative affect on health, but is a common cause of suicide.

A family physician or professional counselor has access to a number of tests that can help pinpoint depression, along with a variety of methods for treating it. Depression is a mental health issue that does not cure itself but it's a very treatable problem. Seek help quickly. •

*Counseling Corner" is provided by the American Counseling Association. Comments and questions to ACAcorner@counseling.org or visit the ACA website at www.counseling.org.*

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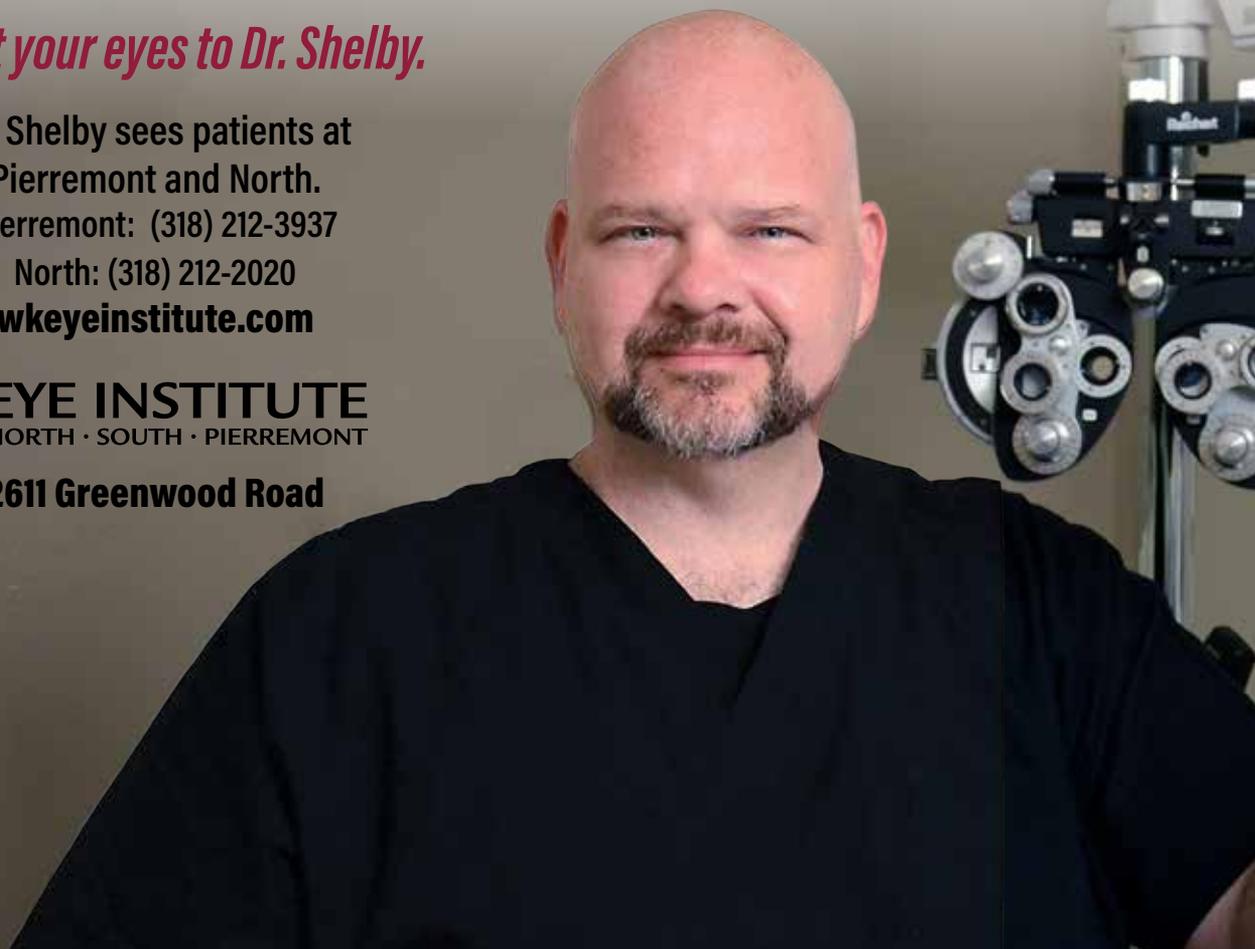
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## Daisy Jones & The Six

by Taylor Jenkins Reid

Sex, drugs and rock n' roll. It could be the tagline for a book about any major rock band, especially in the later 60s and 70s. And while there have been countless memoirs of rock gods and goddesses, *Daisy Jones & the Six* by Taylor Jenkins Reid is a fresh take on the genre.

For one, it's fiction. This is no drug addled memoir, but instead a story told like a documentary, of a band called "The Six" and a doey-eyed young rebel with an artist's soul named Daisy. It's the story of their creation, their evolution, their success and their many personal failures.

What makes this book so interesting, is that it's told from the perspective of more than a dozen people with differing accounts of the same events. When one member leads up to departing the band, for example, Reid gives us the story from his perspective - full of incredulity and irritation. And then, like a documentary movie, she pulls in other characters' voices - all on the same page of the book. There are members of the band who "saw it



Rinaudo

coming," the uber confident and dismissive lead singer, and the band's manager whose trying to lead a group of budding rock stars without having to babysit adults. The result of this writing style is a book that feels entirely real.

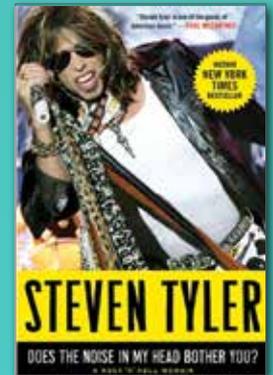
The print version of *Daisy Jones & the Six* is hard to put down, but the audiobook of this story is truly amazing. It's voiced by a full cast, expertly picking up the script and bringing these characters to life. It's also narrated by the likes of Jennifer Beals and Benjamin Bratt. This take on portraying the story makes it feel like a biographer sat down with these characters and recorded their stories.

This new book has been so hyped that there is already a miniseries in the works based on the book set to air on Amazon Video. And while I'm always leery of hype, in this case it is well deserved. I love a book that transports me so thoroughly that I can't put it down, and *Daisy Jones & the Six* does just that.

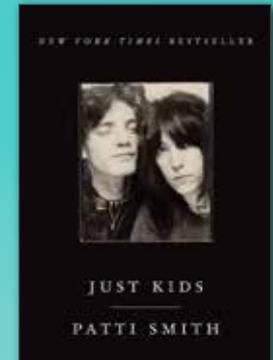
### Grade: A

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

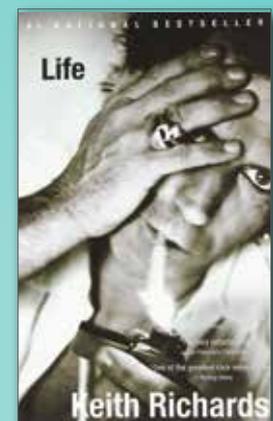
## Books About Rock Stars



The Aerosmith front man pens his memoir in his signature strange and lyrical word flow.



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Rolling Stones guitarist, songwriter and singer tells all in his autobiography.

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## LITTLE KNOWN FACTS ABOUT

# Pickleball

**1** Pickleball was first invented in 1965 by former State Representative Joel Pritchard and 2 of his friends in Washington state. They created the game from remnants of other games as a solution to their children's summertime boredom.

**2** According to Joel Pritchard's wife, Joan, the name came "after I said it reminded me of the **Pickle Boat** in crew where oarsmen were chosen from the leftovers of other boats."

**3** 68% of pickleball players are **above the age of 60.**

**4** Pickleball balls have holes (similar to Wiffle balls) which leads to subpar aerodynamics causing the balls to travel approximately **1/3 the speed of a tennis ball.**

**5** In pickleball, players are referred to as "**Picklers,**" and those who have lost have been "**Pickled.**"

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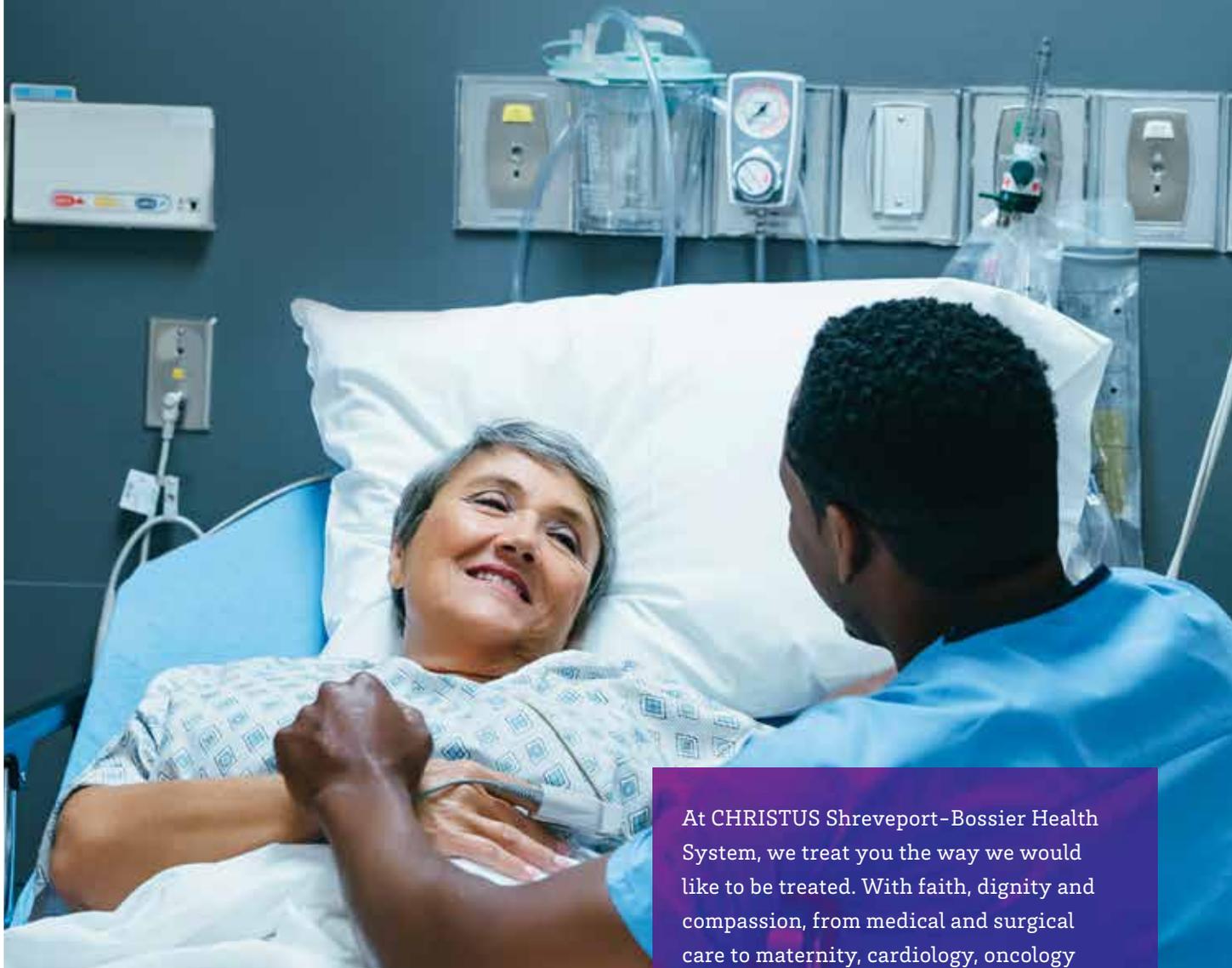


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# PICKLEBALL

## A GREAT SPORT WITH A CRAZY NAME

*How a Children's Game from the  
'60s Became One of Shreveport's  
Fastest Growing Sports*

by Kathleen Ward

In 1965, Joel Pritchard, a young Republican legislator in Washington state and self-described “sports nut,” arrived at his vacation rental on Bainbridge Island with two friends to find his four children bored out of their minds. The three friends decided to invent a game to keep everyone occupied.

The cabin had a badminton court, some ping pong paddles and a wiffle ball, which they modified to make the game accessible to both children and adults by lowering the net, adding weight and changing holes in the ball from oblong to round, squaring the paddle and making rules drawn from other court games. Soon it seemed everyone on Bainbridge Island was playing “tenny pong.” Later, Pritchard wanted to give it a “nutty name” so the game became known as pickleball and the three incorporated to promote the sport. By 1990 it was played in all 50 states.

J. Garcia was one of the first people in Shreveport to take up pickleball 30 years ago and is now a local Ambassador for the USA Pickleball Association (USAPA).

“The flow of pickleball is very similar to tennis, but the rules are different as is the equipment and the scoring. Having a tennis background is a real plus for those learning the game, but it isn't a requirement,” said Garcia, who plays at the YMCA.

Pickleball courts are the same size as double badminton courts, 20 by 44 feet. Most facilities paint the pickleball court lines directly on existing basketball or tennis courts.





“Normally we will play with three nets and that means 12 players at once if we all play doubles. The Y furnishes the nets, balls and paddles so all a person would need to bring is comfortable clothes and tennis shoes,” said Garcia.

Jean Goins started playing at Noel Memorial United Methodist Church 10 years ago to get off hot tennis courts.

“It is a very good workout, but easier to play because it’s a smaller area to cover. There is no fee and Noel also has paddles and balls to use.”

Most people learn about pickleball from a friend or relative.

Garcia, Goins and Suzanne Lewis were introduced to pickleball by Rev. Dave Fortuna.

“My brother was playing and loving it,” said Lewis, who plays at Noel. “Tennis and pickleball are very different, but the strategy and technique are similar. Tennis players who no longer can play tennis find that they can play pickleball. The court is much smaller and doesn’t involve much running.”

Many players go from facility to facility to play several

times each week, sometimes at the YMCA 6:30 to 9 p.m. Mondays and Wednesdays, and 4 to 6 p.m. Sundays (guests pay \$10 after first visit); Calvary Baptist Church 6 to 8 p.m. Mondays and Thursdays; Summer Grove United Methodist Church 6:30 to 8 p.m. Wednesdays; Noel 11:30 a.m. Fridays; CHRISTUS Louisiana Athletic Club Shreveport

6:30 p.m. Tuesdays and Thursdays (guests pay \$15); or East Ridge Country Club (members reserve a court, guests pay \$20 for the day).

Debbie Monsour plays pickleball every chance she gets at the YMCA, East Ridge, Calvary, East Ridge

and Noel. “I was hooked the first time I played. I wish I could set it up in my backyard,” said Monsour.

Last year, Garcia and Monsour won the Bronze Medal in ages 50-54 Pickleball Doubles at the Louisiana State Games, which is set for May 18-19, 2019 in Monroe.

“J. and I both qualified for the Senior Olympics that will take this summer in Albuquerque, New Mexico,” said Monsour. “Love going to tournaments, getting to make new

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Pickleball players  
Jay Garcia, John Davis  
and Kelli Sorrels.



friends and seeing old friends.”

Like most players, Kelly Brewer was introduced to pickleball by an enthusiastic fan, one of her relatives from Texas. She teams with her son Bruce at Summer Grove and Calvary. “It’s a very good workout. Each play is quick yet not overly strenuous. I’ve never known or seen anyone of any age that could not participate fully.”

“I try to go to the gym most weeknights, only skipping to play pickleball,” said Bruce Brewer. “I get as good of a workout on the pickleball court as I do in the gym. It is a great cardio workout and easy on the joints.”

“Games can be hard and fast or slower and more precise. I am only 26 and still have the ability to move all over the court, but I have been beaten countless times by older, more skilled players who can hit the ball exactly where they want to,” said Bruce.

The Brewers are among the regulars that participated in the Crime Stoppers tournament at Centenary College last year. That event was attended by 36 players and raised \$800 for Crime Stoppers, said Eddie Walker, Centenary’s Police Chief, who plays pickleball at Calvary.

“The teams came from Shreveport, Texarkana and Natchitoches,” said Walker, who is planning the next

tournament. “We are tentatively looking at the first weekend in April for our next Pickleball Tournament in the Centenary Gold Dome.”

“I’ve only been playing for about three years and love it,” said Walker. “It’s so addictive and if you’ve played any racket sports you will pick it up really quickly. The ball and paddle are light weight so there’s not a lot of impact on your wrist and elbow. The ball doesn’t bounce like a tennis ball so you have to move a little more which gives you a good workout. We’ve had people come in with no previous athletic experience and before they leave they’re able to play a game. It’s a game anyone at any age can play and enjoy.”

It’s fun to watch and “CBS Sports and ESPN have both carried footage from the two major national tournaments over the last two years,” said Garcia. “You can find plenty of great matches on YouTube as well as [www.PickleballChannel.com](http://www.PickleballChannel.com).”

“I have found that pickleball people are some of the nicest folks around,” said Kelly Brewer. “It’s a good way to meet people and make new friends.” •

# SHREVEPORT *Then & Now*

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Howell House was located at 819 Spring Street at Lake Street in Shreveport. Built in 1850 by John Howell, it started out as a mansion then turned into an apartment building before a fire in the 1950's destroyed it. Rumor has it that it once was used as a hospital and Military Headquarters during the Civil War. The Holiday Inn is located there now. (Vintage portion of photo taken Henry Langston McEachern.)

C.C. Bell's Fish Market and Grocery was located at 201 Lake Street in Shreveport. The Chateau Suite Hotel now sits at this location. (vintage portion of photo taken in 1955 by Jack Barham.)





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# Crowd-Pleasing Easter Brunch



## Spiral Ham with Red Wine and Citrus Glaze

Recipe courtesy of Rebecca Gallop (@adailysomething) on behalf of ALDI

Prep time: 15 minutes

Cook time: 10-12 minutes per pound of ham

### Ham:

- 1 Spiral Cut Brown Sugar Ham (about 4 pounds), reserving liquid

### Glaze:

- ½ cup red blend wine
- ¼ cup orange juice
- ¼ cup 100% pure maple syrup
- ½ cup light brown sugar
- 1 tablespoon chopped fresh rosemary
- 1 dash salt
- 2 tablespoons dijon mustard

To make ham: Heat oven to 325° F. Place ham in roasting pan on rack. Pour reserved liquid over ham and cover tightly with foil. Bake 10-12 minutes per pound.

To make glaze: In small pan, combine wine, orange juice, syrup, brown sugar, rosemary and salt. Heat to boil then lower to rapid simmer until mixture begins to thicken and reduce, about 10 minutes, stirring frequently. Remove from heat and whisk in mustard.

When ham is 10 minutes from being done, remove from oven and increase temperature to 400° F. Remove foil and brush ham thoroughly with glaze.

Place ham back in oven, uncovered, about 10 minutes, or until ham reaches internal temperature of 140° F.

Remove ham from oven and let sit 10 minutes. Slice and serve.

## FAMILY FEATURES

Easter is a time to celebrate with friends and family. You can create a crowd-pleasing brunch with affordable, high-quality ingredients, wine and tablescape decor.

Elevate your holiday brunch beyond an egg casserole with a Spiral Ham with Red Wine and Citrus Glaze as the centerpiece for your table.

Finish the meal with a Mini Blueberry Chocolate Tart for a dessert that's perfect for spring. Combining sweet and fruity notes, this treat can leave your guests craving more.

Find ingredients for these recipes at ALDI, which offers high-quality, fresh and affordable foods to help you put together a vibrant spread. From brunch essentials and beverages to fruits, veggies, snacks and more, you can make Easter pop. Plus, there are chocolates, candy and flowers to add a splash of color to your table or any Easter basket.

Find additional recipes at [ALDI.us](http://ALDI.us).

### Mini Blueberry Chocolate Tart

*Recipe courtesy of Chef Michelle, ALDI Test Kitchen*

Prep time: 10 minutes • Cook time: 17 minutes

Servings: 12

- 1 pie crust
- 1½ tablespoons Stevia no calorie sweetener
- 1 cup fresh blueberries
- 1 dark chocolate bar (2.64 ounces), chopped

Heat oven to 400° F. Cut 1-2 sheets of parchment paper into 5-by-5-inch squares. Line each cup of 12-cup muffin pan with one square of parchment paper.

Roll out pie crust and cut 12 circles, 2 inches each, with cookie cutter. Press each circle into lined muffin cup.

In medium bowl, combine sweetener, blueberries and chocolate. Divide mixture among pie crusts.

Bake 17 minutes until chocolate melts. Allow to cool and serve.



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Dr. Mona Douglas, Optometrist

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# 7 Reasons You Don't Sleep Like a Baby

by Suzy Cohen

**C**hronic sleep deprivation causes you to crave more junk food, skip your exercise routine and deflate your mood. The only real way to cure insomnia is to find out why it's occurring in the first place. Don't just take sleeping pills to knock yourself out, consider the impediments to sleeping like a baby and fix those. Here are 7 reasons you don't sleep like a baby:

Chronic sleep deprivation causes you to crave more junk food, skip your exercise routine and deflate your mood. The only real way to cure insomnia is to find out why it's occurring in the first place. Don't just take sleeping pills to knock yourself out, consider the impediments to sleeping like a baby and fix those. Here are 7 reasons you don't sleep like a baby:

## 1. Timing.

If you're accidentally taking stimulating medication at night instead of the morning, you will not sleep well. A fellow gym-rat told me she takes her Synthroid at 7pm and my neighbor uses his Albuterol (asthma inhaler) at bedtime. Both of these medications are ideally taken in the morning because they will keep you up at night. That said, if you wake up some nights coughing, or with a chest tightness, you could certainly use your inhaler at night, but bronchodilators that are prescribed for general maintenance are best used during daytime hours.

## 2. Medical Condition.

What if you have Hashimoto's or Graves' disease? Both of these conditions cause erratic changes in thyroid hormone which can block sleep. Untreated acid reflux is another common cause for poor, unrefreshing sleep. Parkinson's and Alzheimer's disease cause disruptions in the natural sleep-wake cycle and if you are in the beginning stages, you may not even realize you have these conditions brewing. Type 2 diabetes will disturb your sleep due to the frequent urges to urinate.

## 3. Allergies.

You might think I'm simply referring to hayfever, and while that certainly will keep you up at night, I'm thinking bigger. When I say allergies, I mean everything that could possibly annoy your immune system from the warm milk you drank before bedtime, to the goose down duvet, to the flannel sheets,

and the polyester rug under your bed, to the dust on your fan blades, to dust mites in general... to cat or dog fur and so on. Histamine release will keep you up at night, not to mention the miserable symptoms.

## 4. Temperature.

Personally if it's too hot, I can't sleep. I like the bedroom cold, but Sam likes it warm and cozy, so on cold snowy Colorado nights I leave our window open but I give Sam a microwaveable hot pack.

## 5. Chronic Pain.

Only 36 percent of chronic pain sufferers enjoy regular, good sleep according to the National Sleep Foundation.

## 6. Green Tea.

It makes some people alert due to the minor caffeine content. It doesn't make everyone sleep like you may have thought.

## 7. Drinking Coffee.

Most of you know not to drink coffee at night for obvious reasons (the caffeine), but what you don't know is that coffee is a drug mugger of magnesium. This mineral is a natural chill pill, and it helps your muscles relax. Magnesium is thought to be a calming mineral so coffee drinkers are up against potential mag deficiency, and therefore more prone to migraines, insomnia and sadness. Drinking decaf doesn't matter because decaf coffee still contains chlorogenic acid, which is the compound that mugs the magnesium.

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

# Wow! A Simple to Use Computer Designed Especially for Seniors!

*Easy to read. Easy to see. Easy to use. Just plug it in!*



*"I love this computer! It is easy to read and to use! I get photo updates from my children and grandchildren all the time."*

– Janet F.

Have you ever said to yourself "I'd love to get a computer, if only I could figure out how to use it." Well, you're not alone. Computers were supposed to make our lives simpler, but they've gotten so complicated that they are not worth the trouble. With all of the "pointing and clicking" and "dragging and dropping" you're lucky if you can figure out where you are. Plus, you are constantly worrying about viruses and freeze-ups. If this sounds familiar, we have great news for you. There is finally a computer that's designed for simplicity and ease of use. It's the WOW Computer, and it was designed with you in mind. This computer is easy-to-use, worry-free and literally puts the world

at your fingertips. From the moment you open the box, you'll realize how different the WOW Computer is. The components are all connected; all you do is plug it into an outlet and your high-speed Internet connection. Then you'll see the screen – it's now 22 inches. This is a completely new touch screen system, without the cluttered look of the normal computer screen. The "buttons" on the screen are easy to see and easy to understand. All you do is touch one of them, from the Web, Email, Calendar to Games— you name it... and a new screen opens up. It's so easy to use you won't have to ask your children or grandchildren for help. Until now, the very people who could benefit most from E-mail and the Internet are the ones that have had the hardest time accessing it. Now, thanks to the WOW Computer, countless older Americans are discovering the wonderful world of the Internet every day. Isn't it time

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## RECAPTURE TREASURED MEMORIES FROM THE

# Silver Screen

by Victor Block



**B**ob Burrus is channeling John Travolta. He enters Lenny's Pizza in Brooklyn and orders a slice. After devouring the snack, he emerges onto 86th Street and struts down several blocks as the song "Staying Alive" plays in his head.

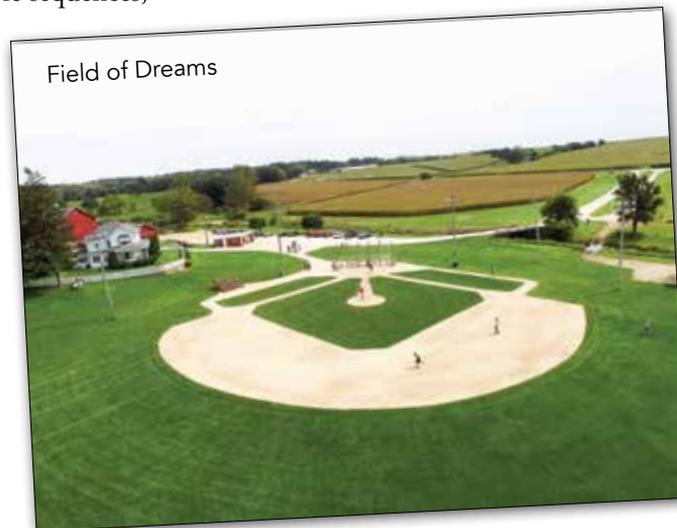
Bob is reliving the opening scene of the 1977 motion picture "Saturday Night Fever." And he's not alone. As he mimics one of his favorite movie sequences, others around the country are fantasizing theirs.

From Maine to Hawaii, locations where movie scenes were filmed attract visitors seeking to hold onto memories of beloved motion pictures. At places ranging from a delicatessen in New York to a beach in Hawaii, from a state reformatory in Ohio to an island off the coast of South Carolina, people recapture treasured moments.

Folks in the know stop by Katz's Delicatessen in New York City and plop down at a table marked by a sign which identifies it as a prop from the movie "When Harry Met Sally." That's where Meg Ryan acted out the famous fake orgasm scene which prompted an elderly woman seated nearby, played by Director Rob Reiner's mother, to tell the waitperson, "I'll have what she's having."

Both residents of Maine and visitors may relive scenes from movies based on books by Stephen King. That master of horror has lived in the state for much of his life and places in Bangor and elsewhere play roles in his novels.

The Thomas Hill Standpipe, a water tower built in Bangor in 1897, shows up in the film "IT" when the bodies of drowning victims are found inside. The Mount Hope Cemetery is the setting for scenes from "Pet Sematary."



King's creepy Victorian-style 160-year-old house also is worth a look-see. It's surrounded by a fence decorated with bats and gargoyles. A good way to take in places associated with the author is to join a tour group led by Stuart Tinker, a recognized expert in all things Stephen King. ([sk-tours.com](http://sk-tours.com), 207/947-7193).

Other film locations in Maine include Sand Beach on Mt. Desert Island, which was the site of a picnic in "The Cider House Rules." The Marshall Point Lighthouse near Point Clyde is where Forrest Gump ended his cross-country run.

Hawaii also has its motion picture claims to fame. In what may be the most legendary beach scene of all time, Burt Lancaster and Deborah Kerr engaged in a passionate kiss on the shore of Halona Cave in "From Here to Eternity."

A very different scene occurs in the original version of "Planet of the Apes" (1968) which starred a craggy looking Charlton Heston. That movie ends on a magnificent strip of sand near Zuma Beach in Malibu.

Most of "The Shawshank Redemption" was shot in and around Mansfield, Ohio. The brooding Ohio State Reformatory played the role of the fictional Shawshank State Prison in New England. Warden Norton's office, the parole board meeting room and the tunnel through which Andy Dufresne escaped are among sites waiting exploration.

A self-guided Shawshank Trail Driving Tour leads devotees to 15 filming sites. For more information log onto [shawshanktrail.com](http://shawshanktrail.com).

Another locale provided the backdrop for one of a number of iconic characters played by Tom Hanks. Most locations portrayed in "Forrest Gump," for which Hanks won an

Academy Award, were grouped around Beaufort, South Carolina.

The fictitious town of Greenbow, Alabama, where Gump lived as a boy, is played by Varnville. The tiny bridge with a "Mississippi Welcomes You" sign which Forrest crosses is east of Beaufort. Even the realistic Vietnam War scenes were filmed on barrier islands off the Beaufort coastline.

Some movie settings are at places where they're depicted in films. The baseball diamond in a corn field in "Field of Dreams" (1989) is at a farm in Dyersville, Iowa, a town of about 4,000 people. Fans of that movie continue to show up to tour the farm house and regulation sized field. For more information log onto [fieldofdreamsmoviesite.com](http://fieldofdreamsmoviesite.com).

Alfred Hitchcock's frightening film "The Birds" (1963), in which flocks of murderous sea gulls and crows attack humans, was filmed around Bodega Bay and the nearby town of Bodega on California's coast. In fact, the inlet is located along a major migration route and is a popular bird-watching site.

Among places associated with the motion picture are the Potter School building (now a private home), from which terrified children ran screaming while being attacked by birds, and the Tides Wharf and Restaurant.

Countless other places throughout the country also have played roles in numerous motion pictures. They wait discovery and delight by fans seeking to keep alive memories of favorite movies.

*Victor Block has traveled throughout the U.S. and to more than 75 other countries around the world, writing about what he sees and does and learns. He loves to explore new destinations and cultures, and his stories about them have won a number of writing awards.*



Photos left to right: Mount Hope from *Pet Sematary*; Katz's Deli from *When Harry Met Sally*; Stephen King's House

# Odds & Ends

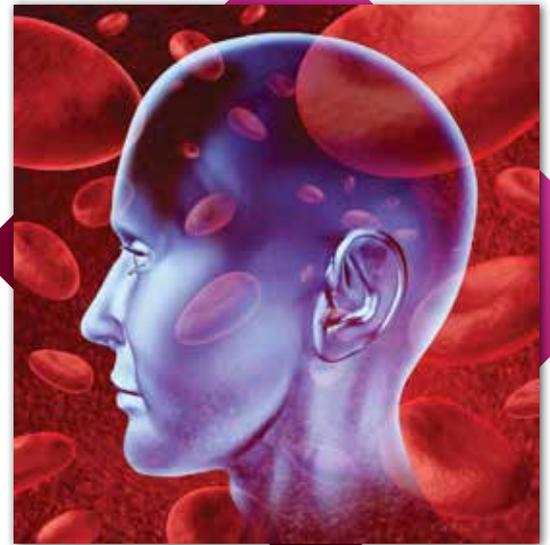


## AARP ANNUAL TRAVEL SURVEY RESULTS RELEASED

According to AARP Travel, Boomers are eager to travel in 2019, planning to take a total of four to five leisure trips, on which they will spend over \$6,600. Forty-seven percent expect to only travel domestically, 48 percent hope to travel both domestically and internationally and 6 percent will travel abroad only. For Boomers, the top motivations for travel are to spend time with family and friends (57 percent), relax and rejuvenate (48 percent) and to get away from normal, everyday life (47 percent). Thirty-two percent of grandparents have taken their grandkids on a skip-generation trip, leaving mom and dad at home.

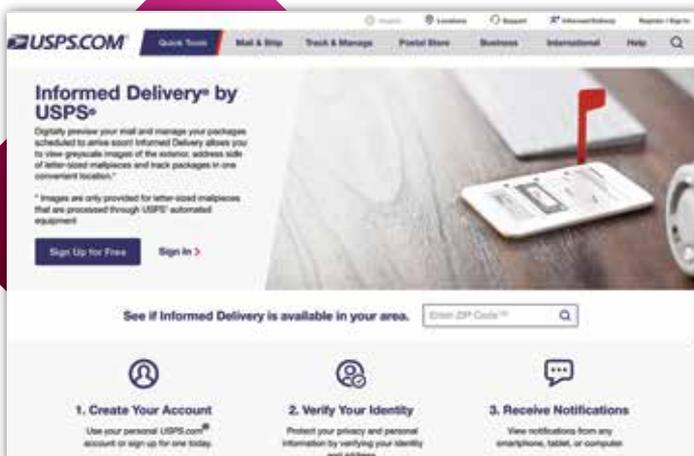
## WILLIS-KNIGHTON OPENS SECOND STROKE UNIT

Willis-Knighton Health System opened a new stroke unit at WK Bossier Health Center in February. The six-bed unit is the second in the system that consolidates stroke patients into an area where a team with specialized training provide care. The health system's first stroke unit opened at WK Pierremont Health Center in 2016 and in 2017 it received The Joint Commission's Gold Seal of Approval for Advanced Certification for Primary Stroke Centers. The certification indicates it is a facility that gives highly reliable care for stroke patients. The protocols developed by the WK Pierremont stroke team have been replicated for all Willis-Knighton emergency departments.



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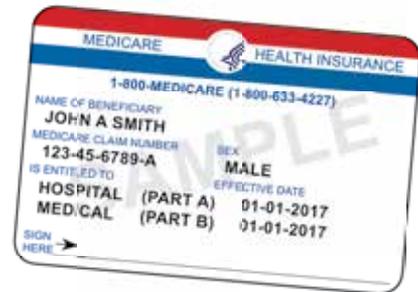
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# SAVE the Date

St. Matthew's Passion • April 14



Jefferson Starship • April 13

discussion starts at 2:10 p.m. A not-to-be-missed experience on Palm Sunday Bach's St. Matthew Passion with Centenary College chorus, soloists and dramatic staging. Tickets are \$55, \$45, \$35, \$20, \$15. For tickets call 227-8863 or visit [www.shreveportsymphony.com](http://www.shreveportsymphony.com).

## CLASS

**• Learn to Play Bridge**  
Wednesdays beginning April 17 from 2:00 p.m. to 4:00 p.m. at the Woman's Department Club, 802 Margaret Place, Shreveport. Using the Audrey Grant Series, Book 1. Taught by Randy Kenyon, Silver Life Master. \$40 for 6 lessons, \$35 for WDC members. Books are \$10. Call 318/865-7486 or e-mail [prjkenyon@aol.com](mailto:prjkenyon@aol.com) to register.

## CONCERT

**• Bach's St. Matthew Passion**  
Shreveport Symphony. Sunday April 14 at 3:00 p.m. at First Baptist, 543 Ockley, Shreveport. Free pre-concert

**• Jefferson Starship**  
Saturday, April 13 at 8 p.m. Strand Theatre, 619 Louisiana Ave, Shreveport. Jefferson Starship rose from the ashes of the legendary Jefferson Airplane, and on its own released eight gold and platinum albums and twenty hit singles. \$52, \$42, \$32. For tickets call 226-8555. [www.thestrandtheatre.com](http://www.thestrandtheatre.com).

## COUNCILS ON AGING

**• Bossier Council on Aging Weekly Dances**  
Every Thursday evening from 7 to 9:30 at 706 Bearkat Drive, Bossier City. \$6/person. Call 318-741-8302 or visit [www.bossiercoa.org](http://www.bossiercoa.org) to learn which band is playing on a particular date or for more info.

**• Caddo Council on Aging**  
Valencia Community Center, 1800 Viking Drive, Shreveport. 9:30 a.m. coffee and cookies; 10:00 a.m. program. **FREE**. Call 676.7900 for more information.

- Fridays, **April 5, 12, 26**. Senior Tech Talk Introduction to Laptops, tablets and smart phones and other tech tips.
- Thursday, **April 4**. 10:00 "Mural at MLK Health Garden," Mandie Ebarb
- Thursday, **April 11**. 10:00 "Healthy Tacos", Abigail McCallister
- Thursday, **April 18**. 10:00

"What Can I Do To Fight Alzheimer's," Dr. Elizabeth Disbrow

- Thursday, **April 25**. 10:00 "Advocacy in Nursing Homes," Demetria Miles

## EVENTS

**• Balance Does Matter**  
Monday, **April 8, 15, & 22**, 9:30 am - 11:30 am at Caddo Council on Aging/Hamilton-South Caddo Library Meeting Room, 2111 W Bert Kouns Industrial Loop, Shreveport. Dr. Paula Click Fenter. Participants will learn techniques to prevent falls and improve their balance, coordination and strength. **FREE**. Call 676.7900 for more information and to save your spot.



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• **Cross Lake Dance Club Dance**

Saturday, **April 6**, 2019, 7:00 to 10:00 p.m., at El Karubah, 6230 South Lakeshore Drive, Shreveport. Music by Blue Rhythm Band playing all kinds of partner dance music – Country, Swing, Latin & Ballroom. \$18.00 per person. Pot luck dinner provided by club members during intermission. Dressy casual.

• **Dressing the Part**

Saturday, **April 13**, 11 AM at Margaritaville in Bossier City. A fashion and costume show featuring men, women and children's fashions. Proceeds benefit the Shreveport Little Theatre. Brunch buffet and cash bar. Live and silent auction. Tickets are adult \$100; children \$37.50; For tickets contact Sara Coleman at (318) 286-0155 or email strongtreemassage@gmail.com or visit www.shreveportlittletheatre.com.

• **Engaging Aging Seminar**

Wednesday **May 1**, **May 8**, **May 15**, and **May 22** at Saint Matthias Church, 3301 St. Matthias Drive, Shreveport. Doors open at 10:30 a.m., seminars begin at 11 am and run until 12:30 p.m. Speakers will discuss the need to have



Dance Club • April 6

certain legal documents, how to have the hard conversations with family members, Medicare Health Plan options, how to create a care plan, and senior living options. **FREE** admission and parking; light refreshments. For info, call (318) 635-5354 or email stmatthiasshreveport@gmail.com.

• **Medicare 101**

Presented by Tiffany White of Caddo Council on Aging. **FREE**. Call 676.7900 for more information

- Monday, **April 15** at 10 a.m. David Raines Library, 2855 Dr. Martin Luther King Drive, Shreveport
- Wednesday, **April 17** at 10:30 a.m. Haynes Avenue Baptist Church, 610 Haynes Ave, Shreveport.

**EXPO**

• **Health and Fitness Expo**

Sponsored by the NWLA District Senior Olympic Games. Bossier Civic Center,

on Monday, **April 8** from 9 am until 12:00.

**MEETINGS**

• **Ark-La-Tex Genealogical Association Meeting**

**Saturday, April 13** from 1 to 3 PM at the Broadmoor Branch Library, 1212 Capt Shreve Dr., Shreveport. Guest speaker is John Agan, educator at BPCC. His topic is "Digitization and DNA vs Family Legends" Also, genealogist Glenda Bernard will present "Introduction to Courthouse Records". **FREE** and open to the public. For information call 746-1851 or visit www.altgenealogy.com.

**THEATRE**

• **Madame Butterfly**

Presented by the Shreveport Opera. Saturday, **April 27** at 7:30 p.m. at the Strand Theatre, 619 Louisiana Ave, Shreveport. Tickets are \$95, \$70, \$35, \$25. Call 227-9503 or visitshreveportopera.org.

• **Monty Python's Spamalot**

**Sunday April 28** at 7:00 p.m. at Strand Theatre, 619 Louisiana Ave, Shreveport. Spamalot is an irreverent parody and musical comedy that tells the tale of King Arthur and the Knights of the Round Table and their quest for the Holy Grail in seriously ridiculous Monty Python style! \$75.00, \$61.00, \$44.00. For tickets call 226-8555 or visit thestrandtheatre.com.

• **The Fantasticks**

**April 18, 19, 20, 26 and 27** at 7:30 pm - **April 21 and 28** at 2:00 pm. At Shreveport Little Theatre, 812 Margaret Place, Shreveport. A musical about neighboring fathers who trick their children into falling in love by pretending to feud. \$22 adults, \$20 seniors and military. For tickets call 318-424-4439 or visit www.shreveportlittletheatre.com.



The Fantasticks • April 18-28



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

Turn to page 46 for solutions.

## Crossword

### Across

- 1 Plaintive cry
- 5 Object
- 10 Shade of green
- 14 Hamburg's river
- 15 Fill with joy
- 16 Kind of testimony
- 17 Java is in it
- 18 Hollowed out
- 19 Done for
- 20 Personal computers
- 22 Swellings
- 24 Like some losers
- 25 Off-road vehicle
- 26 Entices
- 29 Brochure
- 33 Spreads
- 34 Salad oil holder
- 35 Tokyo, once
- 36 The Panthers of the Big East
- 37 In good shape
- 38 Roman deity
- 39 Capt.'s prediction
- 40 House coat
- 41 Madcap comedy
- 42 Dependable
- 44 Artilleryman
- 45 Life stories
- 46 Parachute part
- 47 Consecrate
- 50 Kandy locale
- 54 Garish
- 55 Fess up
- 57 It gets hit on the head
- 58 Church area
- 59 Fairy tale figure
- 60 Effrontery
- 61 Come across as
- 62 Raring to go
- 63 Kind of child

### Down

- 1 Honey drink
- 2 Besides
- 3 Japanese sashes
- 4 Achilles' heel
- 5 Interior designers' specialties
- 6 Skip the big wedding
- 7 Neighbor of Earth
- 8 Beehive State native
- 9 Saved
- 10 11th son of Jacob
- 11 Jack-in-the-pulpit, e.g.
- 12 Comedian Carvey
- 13 Fraternal fellows
- 21 Preschoolers
- 23 Cabinet div.
- 25 Short trip
- 26 Sot
- 27 High society
- 28 Nickel, e.g.
- 29 Wrinkled fruit
- 30 Live's partner
- 31 Draw out
- 32 Copier need
- 34 Solenoids
- 37 Deliberate act of destruction
- 38 Spanish courtship dance
- 40 Ache
- 41 Roll up
- 43 Footnote word
- 44 Enlarged thyroid gland
- 46 It may be organized
- 47 Resigned remark
- 48 Slangy denial
- 49 Yorkshire river
- 50 Urban haze
- 51 Indian bread
- 52 Deprive of life
- 53 Friend in war
- 56 Genetic stuff

## Crossword

1	2	3	4		5	6	7	8	9		10	11	12	13
14					15						16			
17					18						19			
20				21					22	23				
			24					25						
26	27	28					29					30	31	32
33						34						35		
36						37					38			
39					40						41			
42			43						44					
			45						46					
47	48	49						50				51	52	53
54						55	56					57		
58						59						60		
61						62						63		

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## Sudoku

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

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

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## Word Search

### Before & After "War"

- |            |           |
|------------|-----------|
| BRIDE      | KOREAN    |
| CHEST      | LOCK      |
| CIVIL      | LORDS     |
| COLD       | PAINT     |
| CRIME      | PARTY     |
| CRIMEAN    | PATH      |
| CRY        | PERSIAN   |
| DANCE      | PRICE     |
| DEPARTMENT | SECRETARY |
| DRUG       | SHIP      |
| FARE       | SPANISH   |
| GAMES      | TROJAN    |
| GREAT      | TURF      |
| GULF       | VIETNAM   |
| HEAD       | WORLD     |

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• ESTATE PLANNING • SUCCESSIONS**



# Answers from the Experts ?

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

*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 48.

*Why should I have my ducts cleaned?*

Heating and air conditioning ducts commonly accumulate harmful dust and dirt which can lead to various health problems. In fact, allergies, asthma, respiratory infections and irritated eyes are often a direct result of dirty air ducts. By having us clean your home's air duct system, you will be removing the mildew, dust mites, yeast, bacteria, fungus and other pollutants that thrive there, allowing your family to enjoy clean air throughout your home.



**Mike Thomas**  
AC Duct Cleaners  
9803 Hastings Court  
Shreveport, LA 71118  
(318) 218-0770  
See our ad on page 21.

*How long do the positive effects of CK last? Will I ever have to wear reading glasses again?*

Conductive Keratoplasty, or CK, is a wonderful procedure to help reduce your dependence on reading glasses. The positive effects of CK will last a lifetime, but everyone becomes more presbyopic with advancing age. As time goes on, patients will find themselves needing to use reading glasses more often. The good news is, because CK has such a high safety profile, it can be enhanced years later. For more info on CK and its benefits, visit us online at [www.ShelbyEye.com](http://www.ShelbyEye.com) or call us at (318) 212-3937.



**Chris Shelby, MD**  
WK Eye Institute  
7607 Youree Dr.  
Shreveport, LA 71105  
318-212-3937;  
See our ad on page 19.

*I broke a bone last year. Do I have osteoporosis?*

Y In certain high risk groups the risk of a serious fracture can double after a first fracture. Those who experience an osteoporotic hip fracture have a 24% increased risk of dying within one year following the fracture. This is not only a disease of aging white women. Osteoporosis occurs in all racial groups and men have a 1:8 chance of having an osteoporotic fracture. Although there is no specific cure, you can: Get enough Vitamin D and Calcium. Get regular exercise (weight bearing and low impact). Do balance exercises to avoid falls (Tai chi decrease falls in older individuals) and if you have a broken bone talk to your doctor about a bone density test.



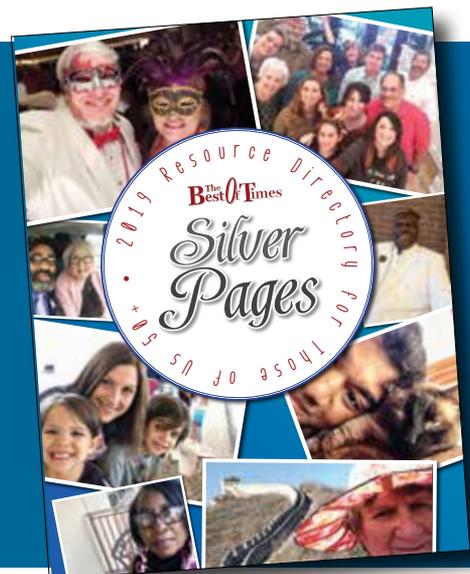
**John J. Ferrell, M.D.**  
Mid South Orthopaedics  
7925 Youree Drive;  
Suite 210  
Shreveport, LA 71105  
(318) 424-3400

## Pick Up Your Copy of

# Silver Pages

the **FREE** Resource Directory for  
Those of Us 50+ from

# The Best of Times



# parting ●● ●●● shots

**AARP**

AARP sponsored a Fraud Watch presentation in Shreveport on February 20th.



Jean Brown and Mike Brown



Matthew Warren and Bobby Savoie

## COMMITTEE

St. Matthias Episcopal Church has formed a committee to plan and prepare for Engaging Aging sessions which will be held in May.



(seated l to r) Mary Beth Beene, Carolyn Maheen, Maurine Locke, Margaret Ayers, (standing) Tamara Crane and Stacy Hand



Gary Calligas, Rev. David Greer, Father Christopher Heying, Bob Griffin

SHREVEPORT SYMPHONY ORCHESTRA  
MICHAEL BUTTERMAN, MUSIC DIRECTOR  
WILLIS-KNIGHTON MASTERWORKS SERIES

## SCI-FI SPECTACULAR

**Saturday, May 4  
7:30 PM**

First Baptist Shreveport  
Kermit Poling, guest conductor

*May the fourth  
be with you!*

Join the SSO for a celebration of music from your sci-fi movie favorites, including *Star Wars*, *Star Trek*, *Back to the Future*, *Close Encounters of the Third Kind*, *Cocoon*, *Planet of the Apes*, *The Twilight Zone*, *Battlestar Gallactica* & more.



[www.shreveportsymphony.com](http://www.shreveportsymphony.com)  
318.227.TUNE (8863)

**WK** WILLIS-KNIGHTON HEALTH SYSTEM



# Highland Place

Rehab & Nursing Center

Home of Transitions Rehab  
Post Acute Rehabilitation  
& Skilled Nursing




## Caring from the Heart

We hope you never will need the services of any rehab and nursing center, but if you do, come by and tour in person.

You will see why so many make Highland Place their choice for rehab and nursing care.

We work hard to get you or your loved one home as quickly as possible.

*In Your Neighborhood* **Call today for more information at (318) 221-1983.**



*Angie Hayes*  
Administrator

*Highland Place Rehab & Nursing Center*

1736 Irving Place,  
Shreveport, LA 71101  
www.highlandplacernc.com

**Main Number:** (318) 221-1983

**Admissions:** (318) 841-8704



Highland Place welcomes all persons in need of our services without regard to race, age, disability, color, national origin, religion, marital status, gender and will make no determination regarding admissions or discharges based upon these factors. We comply with Section 504 of the Civil Rights Act.

## CAREGIVER

AARP Louisiana and *The Best of Times* hosted a Caregiver Expo on March 1st at the Louisiana State Exhibit Museum.



Francine Brown and Glenn Dowden



Steve Landry, Randy Mitchell, and Donna George



Trey Mecom, Brenda Broudreux, and Gary Calligas

## MEALS

Mayor Adrian Perkins delivered a meal to Ms. Susie Smith on March 12 to show his support for seniors in our community as part of National Meals on Wheels month.



Caddo Council on Aging Director Monica Wright and Ms. Smith



Shreveport Mayor Adrian Perkins and Ms. Smith

## DOMINOES

Rufus "Champ" Combs and George Peck won the annual dominoes tournament held at Airport Park and Recreation Center. The event is sponsored by SPAR-Shreveport Public Assembly and Recreation Department.



## GRAMBLING

Grambling State University was recently awarded a \$462,508 Public Service Commission grant for energy efficiency.



GSU Facilities Director Fred Carr, NBA great Willis Reed Jr., Public Service Commissioner Foster Campbell, Yolanda Barnes of the GSU Facilities Office and GSU President Rick Gallot.

## FASHION SHOW

The 2019 Celebration Dinner and Fashion Show was held at Brotherly Love Restaurant in Shreveport.



Emcee and former Mayor Bobby Washington, Gwen Washington & Jamaal Smith



Matt Jones and Latonya Marshall

**Waterview Court**  
Blue Harbor Senior Living

*Waterview Court Senior Living is an Independent Living Community for those 55 and up. Our full service community will take away the stress of day-to-day chores, with our restaurant-style dining, housekeeping, laundry, transportation services and much more. Simplify life and enjoy your Golden Years!*

**For more information call (318) 524-3300**

**Waterview Court Senior Living**  
2222 East Bert Kouns Industrial Loop  
Shreveport, LA 71105  
[www.waterviewcourtseniorliving.com](http://www.waterviewcourtseniorliving.com)

*You are Cordially Invited*

**The Woman's Department Club of Shreveport**  
**100 Year Anniversary - 1919 to 2019**  
Join WDC in its historical and continuing vision focused on education empowering women for community service.

*A Century Of Women Celebration*  
**SATURDAY, May 18, 2019**  
6:00 pm to 7:00 pm Social  
7:00 pm to 8:30 pm Program in Auditorium  
8:30 pm to 9:30 pm Reception  
Appearing Seva May, Gale Odom, Shreveport Bossier Choral Ensemble and Speakers  
Era Cocktail Dress • Heavy Appetizers

**Woman's Department Club**  
802 Margaret Place, Shreveport, LA 71101  
For RESERVATIONS contact (318) 222-4186  
FOR MORE INFORMATION CONTACT: SANDRA HARROLD (318) 230-3116  
email: [wdc\\_wdc@aol.com](mailto:wdc_wdc@aol.com)  
visit: [thewomansdepartmentclub.com](http://thewomansdepartmentclub.com) and Facebook  
All donations benefit operations and restoration at The Woman's Department Club

# LACAZE GALA

The community gathered to honor the late Msgr. Carson LaCaze, a priest well known and beloved in the Shreveport area. The Mardi Gras themed Gala at the Cathedral St. John Berchmans' school on February 16th raised funds to support retired priests.



Ann and Joe Fertitta



Donna Barnard, Helen Fitzgerald and Sandra Alexander



Jean Cush, Carol Gates, Randy Tiller and Dotye Sue Stanford



Fr. Duane Trombetta & Bobbie Sue Shelton



Angela & Cleveland Mire and Marie Rinaudo



Jessica Rinaudo, Lisa Marcalus, Carol Gates



Fr. John Paul Crispin, Randy Mobley, Heather Mobley and Sylvia Mobley



Susan Wright, Janet Brossett and Marie Peterman

## Crossword

MEOW	DEMUR	JADE			
ELBE	ELATE	ORAL			
ASIA	CORED	SUNK			
DESK	TOPS	EDEMAS			
	SORE	JEEP			
TEMPTS	PAMPHLET				
OLEOS	CRUET	EDO			
PITT	SOUND	FAUN			
ETA	PAINT	FARCE			
RELIABLE	GUNNER				
	BIOS	CORD			
ANOINT	SRILANKA				
LOUD	ADMIT	NAIL			
APSE	GNOME	GALL			
SEEM	EAGER	ONLY			

## Sudoku

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

## Word Find

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

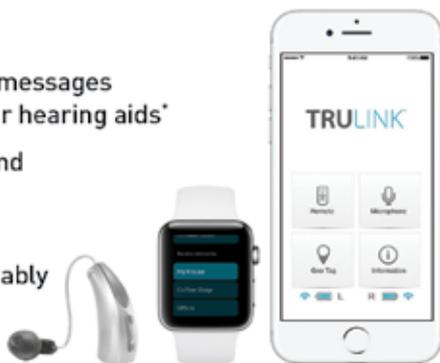
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- Help you better understand conversations and hear comfortably

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1000 Chinaberry Dr., #103 • Bossier City, LA 71111



Sarah Smith, M.A., CCC-A  
Audiologist

The TruLink® Hearing Control app is available for Apple® and select Android™ devices.



\*Only available on Apple devices.

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\*Made for iPod, \*Made for iPhone, and \*Made for iPad mean that an electronic accessory has been designed to connect specifically to iPod, iPhone, or iPad, respectively, and has been certified by the developer to meet Apple performance standards. Apple is not responsible for the operation of this device or its compliance with safety and regulatory standards. Please note that the use of this accessory with iPod, iPhone, iPad or Apple Watch may affect wireless performance. Apple, the Apple logo, iPhone, iPod, iPod touch, Apple Watch and App Store are trademarks of Apple Inc., registered in the U.S. and other countries. Halo iQ and TruLink are compatible with iPhone 7 Plus, iPhone 7, iPhone SE, iPhone 6s Plus, iPhone 6s, iPhone 6 Plus, iPhone 6, iPhone 5s, iPhone 5c, iPhone 5, iPad Pro, iPad Air 2, iPad Air, iPad (4th generation), iPad mini 4, iPad mini 3, iPad mini with Retina display, iPad mini, iPod touch (5th generation), and Apple Watch. Use of Apple Watch requires iPhone 5 or later.

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## ★ YOUR CHOICE

CONFUSED?  
GOD has only ONE way!!  
It is found in The BIBLE!!

**BIBLE  
STUDY  
IS  
IMPORTANT**



To enroll in a free, non-denominational Bible Correspondence Course send your name and mailing address to:

**BIBLE  
CORRESPONDENCE  
COURSE**  
2045 East 70<sup>th</sup> St.  
Shreveport, LA  
71105



2018 | 2019



**LEE GREENWOOD**

Saturday  
September 22, 2018 - 8 pm

**CHINESE WARRIORS OF PEKING**

Saturday  
October 13, 2018 - 8 pm

**JERSEY BOYS**

Sunday  
October 21, 2018 - 7 pm

**A CHARLIE BROWN  
CHRISTMAS**

Thursday  
December 20, 2018 - 7 pm

**PRESERVATION HALL  
JAZZ BAND**

Friday  
January 25, 2019, - 8 pm

**THE OTHER MOZART**

Saturday  
March 9, 2019 - 8 pm

**JEFFERSON STARSHIP**

Saturday  
April 13, 2019 - 8 pm

**SPAMALOT**

Sunday  
April 28, 2019 - 7 pm

THE STRAND THEATRE  
(318) 226-8555 or [thestrandtheatre.com](http://thestrandtheatre.com)

# Regional Hospice

When a higher level of care is needed at *home* we can help you find the  
**missing piece!**

Did you know  
*Regional Hospice* provides?

- Nurse visits scheduled and available as often as needed
- RN available 24 /7 including holidays and weekends
- Full time Physician available 24/7
- Full time Respiratory Therapist on staff
- Aide services for bathing, personal care, and feeding
- Social Worker to assist with resources
- Chaplain to provide spiritual support
- Medical equipment delivered to your home
- Medications provided and delivered to your door

Shreveport  
318.524.1046

Minden  
318.382.9396

Homer  
318.927.9217

Coushatta  
318.932.9465

*Locally Owned and Operated*

*home: patient's home, nursing home, or assisted living*



WE HONOR VETERANS