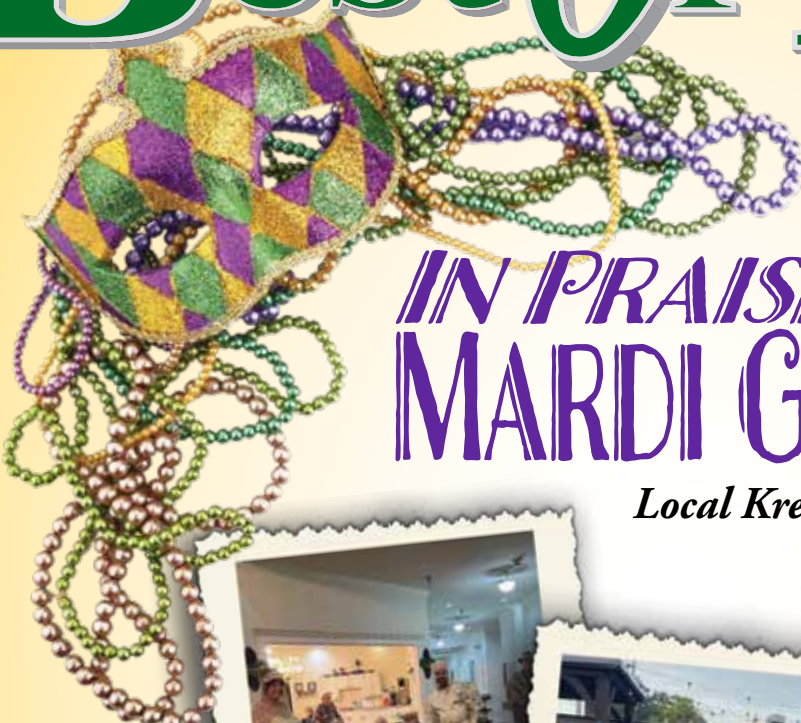


January / February 2024

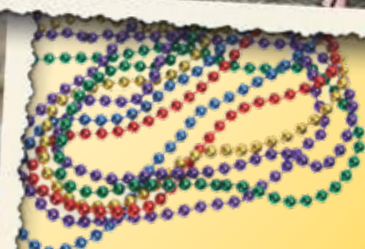
The Best Of Times

"Celebrating Age and Maturity"



IN PRAISE OF MARDI GRAS KREWES

Local Krewes Support Their Communities





Rewrite Your Story. Close the chapter on home and yard maintenance and open your schedule to enjoy services and amenities that enrich your lifestyle.

- ☞ Maintenance inside and outside by team of professionals
- ☞ Housekeeping and linen services
- ☞ Chef-prepared meals to tempt your taste buds
- ☞ 24/7 security and emergency response
- ☞ Programs and activities to keep you engaged and active
- ☞ Savings with no lawn service or home insurance expense

Let this chapter of your life at The Oaks of Louisiana be all about you! If you're 55+, here's how to connect:

Tours and information: 318-212-OAKS (6257)

Email: OaksLeasing@wkhs.com

Private Tours: By appointment at number above.

Drop-ins welcome 9 a.m. to 4 p.m. weekdays

Website: oaksofla.com



Live Here and
Love
It!



INSIDE THIS ISSUE



BRIEFS

- 6 STAT! Medical News & Info
- 8 Our Featured 5
- 37 Snapshot Sleuth

FEATURES

- 11 In Praise of Mardi Gras Krewes
by Kathleen Ward
- 14 Be Ready to Save a Life: Understanding the 2 Steps of Hands-Only CPR
by Family Features
- 28 Experts Predict an Upsurge in Travel
by Victor Block

COLUMNS

- 30 What's Cooking?
Quick, Easy Recipes to Add to Your Dinner Rotation
- 32 Our Famous Puzzle Pages
Word Search, Sudoku and Crossword
- 34 Save the Date
Fun Things to Do in Shreveport - Bossier City

ADVICE

- 16 Laws of the Land
by Lee Aronson
The Case of the Vet Who Wouldn't Touch Animals
- 18 Dear Pharmacist
by Suzy Cohen, R.Ph.
Taste Adventures: When Dysgeusia Takes Center Stage in Health
- 20 From the Bench
by Judge Jeff Cox
The U.S. Constitution and the 22nd Amendment

IN EVERY ISSUE

- 22 Eat Well Live Well
by Abigail McAlister with Laura Gillin
Vitamin B12 Plays a Large Role in Proper Body Functioning
- 24 Old Friends (Endless Love)
by William McDonald
The Last Dance
- 26 Tinseltown Talks
by Nick Thomas
Eddie Muller's Case of the Missing Marshmallow Monkey



Proudly Presented by:

Town & Country
CHRYSLER • DODGE • JEEP • RAM
www.hebertstandc.com

AARP
Louisiana

JANUARY 6 - Preventing Senior Moments
Stan Goldberg, PhD, author and lecturer

JANUARY 13 - Current and Future Plans at Ochsner LSU Health in Shreveport
Corwin Harper, Ochsner LSU Health CEO

JANUARY 20 - Near-Death Experiences
Dr. Peter Boggs, an allergist-immunologist

JANUARY 27 - Caddo Council on Aging Provides Valuable Services
Monica Wright, Executive Director of Caddo Council on Aging

FEBRUARY 3 - Legal Issues Facing Seniors
Kyle Moore, Elder Law Attorney and Vickie Rech, Client Care Coordinator

FEBRUARY 10 - Arthritic Conditions and the Latest Treatments
Robert Goodman, MD with Arthritis and Rheumatology Clinic

FEBRUARY 17 - Pre-planning Your Funeral
Andy Shehee, Director of Rose Neath Funeral Homes

FEBRUARY 24 - Senior Living Options
Lorrie Nunley, Executive Director with Azalea Estates Assisted Living Facility

MARCH 2 - Senior Medicare Patrol Protects Beneficiaries
Brenda Melara, Community Outreach Specialist with AdviseWell

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

Streaming live on the internet at www.710KEEL.com
and on Radio Pup App and KEEL App

Also broadcasting live on 101.7 FM

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

The Best Of Times

January/February 2024

Vol. 33, No. 1

Founded in 1992 as *Senior Scene News*

ISSN Library of Congress

#1551-4366

A bimonthly publication from:

TBT Multimedia, LLC

P.O. Box 19510

Shreveport, LA 71149

(318) 636-5510

www.TheBestOfTimesNews.com

Publisher

Gary L. Calligas

Gary.Calligas@gmail.com

Editor

Tina Miaoulis Calligas

Editor.Calligas@gmail.com

Design

Karen Peters

Layout

Katherine Michelle Branch

Webmaster

Dr. Jason P. Calligas

Writers

Kathleen Ward

Contributors

Lee Aronson, Victor Block,
Suzy Cohen, R.Ph., Judge Jeff Cox,
Family Features,
Abigail McAlister with Laura Gillin,
NWL Archives at LSUS,
William McDonald, Nick Thomas

THE FINE PRINT: All original content published in THE BEST OF TIMES copyright © 2024 by TBT Multimedia, LLC, all rights reserved. Replication, in whole or in part by any means is prohibited without prior written permission from the publisher. Opinions expressed are the sole responsibility of the contributor and do not necessarily reflect those of the publication, TBT Multimedia, its publishers or staff. Always consult properly degreed and licensed professionals when dealing with financial, medical, legal or emotional matters. We cannot accept liability for omissions or errors and cannot be responsible for the claims of advertisers.





Always Best Care
senior services®

IN HOME CARE PROVIDER

Home Care services are specifically developed to support activities of daily living in an individual's home environment.

OUR SERVICES

- ✓ Light Housekeeping
- ✓ Errands & Appointments
- ✓ Medication Reminders
- ✓ Grooming (Bathing & Dressing)
- ✓ Personal Care
- ✓ Nutrition Management
- ✓ Companionship

CALL NOW

 4700 Line Ave
Suite 111
Shreveport, LA 71106

 318-424-5300

 abcshreveport@abc-seniors.com



ALWAYSBESTCARE.COM/SHREVEPORT



Stat!

Medical News & Info



Mediterranean Diet the Best Prevention Against Prostate Cancer

Men who consume colorful fruits and vegetables on a regular basis are less likely to be diagnosed with prostate cancer (PC), according to new research by University of South Australia scientists. A rainbow of foods rich in certain micronutrients helps to prevent prostate cancer (PC) as well as speed up recovery among men who undergo radiation treatment for the disease. The findings, from two studies published in the journal *Cancers*, highlight the importance of a Mediterranean or Asian diet that includes these foods. Researchers compared micronutrient plasma concentrations of prostate cancer patients with a healthy control group, revealing low levels of lutein, lycopene, alpha-carotene, and selenium in PC patients and high levels of iron, sulfur, and calcium in the same group, relative to controls. Foods that are rich in lycopene include tomatoes, melons, papayas, grapes, peaches, watermelons, and cranberries. Selenium-rich foods include white meat, fish, shellfish, eggs, and nuts.



Eyes may be the window to your soul, but the tongue mirrors your health

A 2000-year-old practice by Chinese herbalists – examining the human tongue for signs of disease – is now being embraced by computer scientists using machine learning and artificial intelligence. Engineers from Middle Technical University in Baghdad and the University of South Australia used a USB web camera and computer to capture tongue images from patients with diabetes, renal failure and anemia, comparing with a data base of 9000 tongue images. Using image processing techniques, they correctly diagnosed the diseases in 94% of cases. Diabetes patients typically have a yellow tongue, cancer patients a purple tongue with a thick greasy coating, and acute stroke patients present with a red tongue that is often crooked.

Unsafe skin care trends to avoid

Board-certified dermatologists are spotlighting unsafe skin care trends that they see on social media and elsewhere to help you keep your skin looking its best.

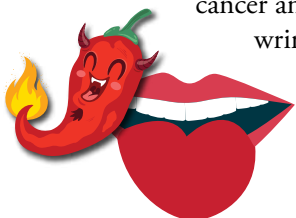
Performing cosmetic treatments at home. Dermatologists warn against people microneedling, injecting fillers, and using lasers to remove unwanted hair due to the risk for infection or bad reactions.

Trying nasal tanning spray. While self-tanner that you apply to your skin is a safe way to look tan, nasal tanning spray is not. For nasal tanning spray to work, you need to first inhale the spray and then spend time in the sun without protecting your skin from the sun. The sun exposure increases your risk of developing skin cancer and signs of premature skin aging like wrinkles and age spots. The active ingredient

in nasal tanning spray also isn't safe. Using hot peppers to make lips fuller. This is potentially very dangerous, because it can cause allergic

contact dermatitis, a form of eczema, or other rashes that can leave dark spots around the mouth or on the lips that are hard to get rid of.

Taking supplements randomly without first consulting a physician. Ingredients in supplements advertised for skin, hair, and nails have been linked to birth defects, an increase in cancer risk, and even side effects such as acne and hair loss.





ARTHRITIS & RHEUMATOLOGY CLINIC
ROBERT E. GOODMAN, MD
Board Certified Rheumatology

740 Jordan Street · Shreveport, LA · 71101
318.424.9240 · arthdoc.com

Our Featured **5**

Favorite Quotes to start the **New Year**



1 Be at war with your vices,
**AT PEACE WITH
YOUR NEIGHBORS**, and
let every new year
**FIND YOU A
BETTER MAN.**
– Benjamin Franklin

Let our New Year's resolution be
this: **WE WILL BE THERE FOR
ONE ANOTHER AS FELLOW
MEMBERS OF HUMANITY**, in
the finest sense of the word.
– Goran Persson

3

2 I hope that in this year to
come, you make mistakes.
Because if you are **MAKING MISTAKES**,
then you are **MAKING NEW
THINGS**, trying new things,
learning, living, pushing yourself,
**CHANGING YOURSELF,
CHANGING YOUR WORLD.**
– Neil Gaiman

Write it on your heart that
EVERY DAY is the **BEST DAY** in
the year. –Ralph Waldo Emerson

4

Your **SUCCESS** and
HAPPINESS lies in you.
Resolve to keep happy, and
your joy and **YOU SHALL
FORM AN INVINCIBLE
HOST AGAINST
DIFFICULTIES.**
– Helen Keller

5



Enroll by December 7



A Medicare Advantage that takes a total approach to health

Get the right coverage, local resources and the care you need to live the life you want.

\$0

Monthly
Premium PPO
Plans with
Dental

Call for an appointment

Christina Gore

(318) 349-9645 (TTY: 711)

8:30 AM - 5:30 PM Mon. - Fri.

A licensed agent will answer your
call. GoreC@aetna.com

Aetna Medicare is a HMO, PPO plan with a Medicare contract. Our DSNPs also have contracts with State Medicaid programs. Enrollment in our plans depends on contract renewal. Plan features and availability may vary by service area. Plan features and availability may vary by service area.

©2023 Aetna Inc.
Y0001_35071_2024_M
2595179-06-01


medicare solutions



Medicare Medicaid

Resource Center

Statewide Insurance Services



AS A LOCAL INDEPENDENT AGENT, I LISTEN TO YOU!!!

As an experienced local independent agent, I work for you! I understand every client is different and a one size fits all approach doesn't work for everyone. I listen to you and help you select a plan that fits your life. **Are You On The Right Plan For Your Healthcare Needs? Statewide Insurance Services is here to help.**

"Not affiliated with the U.S. government or the federal Medicare Program"

Do you have Medicare? Get More Benefits!!

- \$0 Monthly Premium
- \$0 Doctor's Office Visits
- \$0 Hospitalization
- \$0 Generic Prescription Drugs
- \$0 Transportation
- \$0 Routine Eye exam
- \$0 MRI, CT-Scan
- \$0 Dental Plan Premium

And a whole lot more.....



Dr. Richie Bell, Jr.

Licensed Insurance Broker

3825 Gilbert Drive Suite 212
Shreveport, Louisiana 71104

- ☎ 318.861.5912 Office
- 📠 318.861.5929 Fax
- 📱 318.573.2545 Mobile
- ✉ statewidelif@bellsouth.net
- 🌐 www.statewideinsplans.com

"We do not offer every plan available in your area. Currently we represent 9 organizations which offer 47 + products in your area. Please contact Medicare.gov, 1-800-MEDICARE, or your local State Health Insurance Assistance Program (SHIP) to get information on all of your options."



IN PRAISE OF MARDI GRAS KREWES

Local Krewes Support Their Communities Throughout the Year

By Kathleen Ward

THE FIRST MARDI GRAS celebrations

in New Orleans started in the 1730s, slowly building on traditions celebrated in France since the Middle Ages. Shreveport's celebrations started around 1876, but lapsed for decades until the Krewe of Gemini held the first modern parade in 1990.

"Mardi Gras is literally a 'season' and this year it is seven weeks long," said Mardi Gras Captain of Captains Paul Lopez. Each of the area's 16 krewes has a Captain and Lopez works with all of them and attends every krewe's ball and parade. "All 16 have a ball and 12 have parades scattered from Natchitoches to Minden. All get their support from locals and every single one is different, each has a theme, and all events are open to the public."

Shreveport-Bossier City Mardi Gras parades were attended by 225,000 people in 2023, with 41% of the crowds coming from out of town and staying for at least one night. Parades, balls and other Mardi Gras expenses and events bring \$20,000,000 into the economy of Northwest Louisiana each year, but the work of the krewes doesn't stop after Mardi Gras. *The Best of Times* spoke with captains about the valuable volunteer work krewe members do to support their communities all year long.

"We have provided a monthly meal at Hope House for six years and sponsor an entire room at Providence House, providing everything in the room and replenishing it when the residents move out," said Captain Theresa Miller of the *Krewe of Atlas*. "We participate in annual fundraising walks for Out of Darkness (for the American Association for Suicide Prevention), the Walk to End Alzheimer's (Alzheimer's Association) and Heart Walk (the American Heart Association). Several members of our krewe have either lost a family member or been affected with these illnesses."

"Our philanthropy includes all animal advocates," said *Barkus & Meoux* Captain Jessica Frey. "We work with all the animal rescues, shelters and pet pantries. We are currently putting together a directory of all animal advocacy organizations in Northwest Louisiana, describing what they do, what they need and how to contact them. We host rescue forums that bring these groups together. We offer emergency vet funds to the community and host events throughout the year that allow us to raise money to be able to continue our mission. We visit nursing homes, schools and hospitals with our animal royalty."

"We have 30 floats that each participate in some kind of philanthropy work," said *Krewe of Centaur* Captain Ricky Bridges. "We raise money that benefits Operation Santa Claus by auctioning off cakes at our annual cake auction and through toy donations. In 2021 we raised over \$9,000 in one night



*King and Queen of Barkus and Meow
Kenny and Ann Frizzell*



Bill Landrus was crowned King of Mardi Gras at Savannah Grand Assisted Living by Krewe of Centaur Queen Tina Tomasek and King Danny Lowery.



Krewe of Elders (left to right):

- Jesus Eguia, Jane Hudson and Sharon Davis with residents of Brookdale Bossier City Retirement Community
- Dianne Harmon and Marilyn Creswell at The Glen ● Elders Captain Pat Stell at Summerfield Estates
- Ada Duos, Sherrie Vullo, Liz Skyles and Celia Frazier entertain at Brookdale Bossier City Retirement Community

and in 2022 we raised the bar to \$10,600, which we hope to exceed this year. The Shreveport Police and Fire Department come and collect and distribute the toys and use those funds to purchase more toys.”

“The **Krewe of Elders** community outreach program’s focus is on nursing home visits during the Mardi Gras season,” said Captain Pat Snell. “We bring the spirit of Mardi Gras and the sense of community to the residents. In addition to the nursing homes, our Krewe has also visited the Goldman School and Child Development Center, Holy Angels, Riverside Elementary, Northwest Louisiana Veterans Home and the Bossier Council on Aging.” The krewe also contributes funds to the American Legion, knits caps for Tina Oliver’s Winter Hat Drive for cancer patients and supports the Shreveport Regional Arts Council’s Christmas in the Sky and ArtBreak programs.



Two examples Krewe of Gemini’s Mardi Gras Museum Collection

“The **Krewe of Gemini** supports the Food Bank of Northwest Louisiana, Operation Santa Claus, LifeShare Blood Center, WK Center For Pediatrics - South, Ochsner LSU Health Shreveport Pediatrics, Pilgrim Manor Skilled Nursing & Rehabilitation and the Northwest Louisiana Veterans Home,” said Tom



Wyche, Krewe Captain. The Krewe of Gemini’s Mardi Gras Museum in Bossier City is filled with costumes and floats from past parades and is available for scheduled tours for schools and other groups during the Mardi Gras Season.

“The **Krewe of Harambee** hosts the Hopes and Dreams breakfast during the MLK holiday which provides \$6,000 in scholarships to students from single parent homes each year,” said Captain Cynthia Pearson. “We have contributed more than \$27,000 to the Northwest Louisiana Sickle Cell Anemia



Harambee King Michael Robertson with Rosaline Darty, Alexandra Stewart, Alex Walton, Captain Cynthia Pearson, Queen Sabrina Wilson, Richard Hall, and KaDavien Baylor

Foundation for education, research and transportation. Throughout the year, the krewe and Royal Court Ambassadors visit nursing homes and schools. In 2023 we supported Creswell Elementary School by donating school supplies to all teachers in every third, fourth and fifth grade class. These special projects and our regular meetings make our area a better place to live.”

The **Krewe of Highland** contributes instruments to high school bands, started the Highland Jazz and Blues Festival, updated lighting and electrical wiring at a fire station and Columbia Park, and planted more than 300 pear, fig, plum, and apple trees in Highland Park. Working closely with the city, local businesses and Boy Scout Troop 15, the krewe’s ongoing projects have improved public areas,



Krewe of Highland: (left to right)

- Robin Ramsey with documentation for the street repair
- Operation Santa Claus
- Sydni Smith and Robin Ramsey during Operation Santa Claus

parks and medians at 10 locations along their parade route through the neighborhoods of Highland, South Highland and Madison Park.

“The *Krewe of Justinian* supports the Shreveport Bar Foundation in working to supplement the legal needs of our low-income community and those in crisis through the Shreveport Bar Foundation Pro Bono Project, Self-Represented Litigants Program, and the Legal Representation for Victims of Domestic Violence Program,” said Captain Amy Gardner Day. “Over the last thirty years, the krewe has proudly contributed over \$300,000 to the Shreveport Bar Foundation.” The krewe was founded as a committee by the Shreveport Bar Association and holds fundraisers on the Bar’s behalf several times a year.

“The *Krewe of Oceanus* does charitable events every quarter,” said Captain Parker Ward. “We delivered school supplies for children at Forest Hills Elementary School for children who may be without, and we will be giving gifts to Roy’s Kids for local children for Christmas. We are a family friendly krewe that encourages children’s participation.”

“We have spread our support to many schools and



Krewe of Sobek : Virgin Rachal, Brandon Hancock, Shondreka Fitch, Doug Moseley, Tamesha Lane, Darryl Lane, Dottie Bell, Freddie Russell and Stormy Watts

organizations in the community,” said the *Krewe of Sobek* publicity chair Shirley Pierson. We support the Salvation Army Angel Tree and make an awesome effort to donate school supplies in the Fall and purchase bicycles at Christmas. We award three individual scholarships and donate funds to the Alumni Associations of both Grambling and Southern University. We also donate to J. S. Clark, Cherokee Park, Werner Park and Queensboro elementary schools, support the Food Bank, and visit nursing homes throughout the year.”



Dana Joseph, Sobek Captain Rosiland Howard, Anitra Furlow and Barbara White shop for Angel Tree

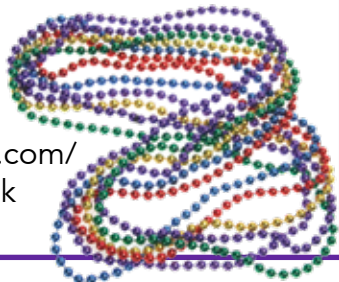
For those of us in Louisiana, Mardi Gras Season starts on ‘12th Night’ (January 6) and ends with the party of the year on Mardi Gras day (Tuesday, February 13th). “Everywhere else it’s just Tuesday!”



For more information, go to "Visit Shreveport-Bossier" at
<https://www.shreveport-bossier.org/mardigras/>.

Watch a Shreveport Mardi Gras parade from 1927 at

<https://www.youtube.com/watch?v=ldRjEBynHUK>



Be Ready to Save a Life

Every year, 350,000 people die from cardiac arrest in the United States. However, hands-on emergency intervention like cardiopulmonary resuscitation – or CPR – from a bystander can make the difference between life and death in sudden cardiac arrest emergencies.

In fact, immediate CPR can double or triple a cardiac arrest victim's chance of survival, according to the American Heart Association. During the first few minutes an individual is suffering from cardiac arrest, chest compressions can help keep blood flow active and push remaining oxygen through the body to keep vital organs alive, which extends the opportunity for a successful resuscitation once trained medical staff arrive.

Because 88% of cardiac arrests – electrical malfunctions in the heart that cause an irregular heartbeat (arrhythmia) and disrupt the flow of blood to the brain, lungs and other organs – occur at home, it is often a friend or family member who witnesses a child, spouse, parent or friend going into cardiac arrest. As survival can depend on how quickly CPR is started, compression-only CPR, or Hands-Only CPR, is recommended for use by people who see a teen or adult suddenly collapse in an out-of-hospital setting such as at home, work or in a park.

“By equipping people with Hands-Only CPR training, we are empowering them to spring into action if a loved one needs help, as the majority of cardiac arrests occur at home,” said Dr. Anezi Uzendu, M.D., interventional cardiologist and American Heart Association volunteer.

As part of the World Restart a Heart Day initiative, the American Heart Association aims to increase awareness about the importance of bystander CPR through its Hands-Only CPR campaign, nationally supported by the Elevance Health Foundation, and offers these two simple steps:

1. Call 911 (or send someone to do that).

Understanding the 2 Steps of Hands-Only CPR



2. Push hard and fast in the center of the chest of the individual experiencing cardiac arrest.

Using the beat of a familiar song with 100-120 beats per minute, such as “Stayin’ Alive” by the Bee Gees, can help you stay on pace with the necessary compressions.

“Being able to efficiently perform Hands-Only CPR in the moment can mean the difference between life and death, and by following these two simple steps we can increase someone’s chance of survival from cardiac arrest,” said Shantanu Agrawal, M.D., board certified emergency medicine doctor and chief health officer at Elevance Health. “As a longstanding supporter of the American Heart Association, we remain focused on working together to improve health inequities in our communities by expanding access to training and increasing the number of people who learn and feel confident performing Hands-Only CPR to save lives.”

To find more information and resources, visit heart.org/CPR.

6 Links in the Adult Out-of-Hospital Chain of Survival

When properly executed, a strong chain of survival – or series of actions – can improve the chances of survival and recovery for victims of sudden cardiac arrest. Hands-Only CPR is a critical step in the American Heart Association’s Chain of Survival, which also includes:

- Activation of Emergency Response: Recognize symptoms of cardiac arrest and call 911.
- High-Quality CPR: Push hard and fast in the center of the victim’s chest until emergency personnel arrive.
- Defibrillation: Use an automated external defibrillator (AED) to restart the victim’s heart and reset it to a healthy rhythm.
- Advanced Resuscitation: Medical professionals provide additional life-saving medical services.
- Post-Cardiac Arrest Care: Transport victim to an appropriate hospital or treatment facility to optimize survival, organ function and neurological recovery.
- Recovery: Survivors receive additional treatment, observation, rehabilitation and psychological support to aid in recovery and help prevent recurrent cardiac arrest.



Cremation with remembrance.

By selecting a permanent memorial after cremation, you give future generations a connection to their past. Even if you opt to keep a loved one's ashes at home or scatter them someplace special, you can still create a beautiful and lasting legacy in a cemetery so that family and friends have a place to reflect and remember.

Cemetery offerings may vary.

HILL CREST MEMORIAL FUNERAL HOME

HILL CREST MEMORIAL PARK
HAUGHTON
318-949-9415

HILL CREST MEMORIAL

BLANCHARD CHAPEL
SHREVEPORT
318-309-4755

CENTURIES MEMORIAL FUNERAL HOME

CENTURIES MEMORIAL PARK
SHREVEPORT
318-686-4334

Every Detail Remembered™ | **Dignity**
MEMORIAL

The Case of the Vet Who Wouldn't Touch Animals

There was a veterinarian in Texas who didn't want to physically examine animals. Let's call him Yosemite Sam (not his real name.) So he started an internet only practice. Does that sound OK to you? Would you be willing to have your pet treated over a video conference? Well, it wasn't OK with Texas. They have a law that says that vets can't treat animals "solely by telephonic or electronic means." (Ironically, Texas has no problem with allowing doctors to treat humans over the internet.)

Yosemite Sam thought that was extremely unfair. He thought that the government shouldn't be able to stop him from giving veterinary advice to pet owners. Whatever happened to free speech? So he sued.

He told the Judge that he offered pet owners an opinion based on his experience and never offered to treat their pets and didn't prescribe any medication for the animals.

He did give the Judge some examples of things he was

doing over the internet or phone.

Someone from Iran called in about his bird. The bird owner claimed that he had "accidentally" broken his bird's leg so he "tied up the bird's leg" and wanted to know if there was "any chance for the bird." Yosemite Sam responded by telling the Iranian that his bird's bones were too soft and recommended that he add Tums to the bird's diet.

Yosemite Sam also told the Judge about someone in England who had contacted him about "a young tit bird" with an injured leg. The vet told the bird owner that she did not need a veterinarian. Instead, she should "contact a male

watch-maker [no one asked why a woman wouldn't do] for tiny tools, an arborist to ascertain the shape of local shrubs and construct tape shackles" for the bird.

Then there was the dog who woke up every night to shake, bark frantically and scratch at the floor before falling back asleep. Yosemite Sam suspected fleas.



AARP
Louisiana

Family Caregiving

Get the Family Caregiving Support You Need, When You Need it.

Your caregiving journey can be challenging in all kinds of ways.

At AARP Family Caregiving, we're here to help you get answers, connect with other family caregivers and find local resources close to home. So you can take care of what matters most.

To learn more, visit aarp.org/caregiving.

 /AARPLouisiana  @AARPLouisiana



After hearing all this, the Judge asked Yosemite Sam if he was really a veterinarian. It turns out that he was. He graduated from a real vet school back in 1966 and had a license to practice veterinary medicine since that time. He went on to explain that he had worked for various animal hospitals for 4 decades and still maintained his license to practice.

The Judge explained that our freedom of speech is not absolute. For example, it's not OK to yell "Covid!" in a crowded theatre. Nor is it OK to provide counterfeit immigration documents to noncitizens and then argue that making fake immigration papers was "free speech." Yes, someone really did try to argue that. He's in jail now.

The Judge went on to say that "states have broad power to establish standards for licensing practitioners and regulating the practice of professions." For example, in Louisiana, you must have a license in order to be a florist. That may seem ridiculous to you, but here's another way to look at it: should people who flunk out of medical school be able to treat your cancer?

Anyway, the Judge told Yosemite Sam that the Texas requirement that veterinarians physically examine an animal before treating it or otherwise practicing veterinary medicine falls squarely within this long-established authority to regulate professions and does not offend the First Amendment.

Here's how the Judge explained it: it is sometimes OK for the government to regulate speech in order to advance an important governmental interest. And in this case, the Texas Veterinary Licensing Board had some important interests: public and animal health and safety, public confidence in veterinary licensure, maintaining a minimum standard of care and preventing the spread of zoonotic diseases.



Yosemite Sam's case was thrown out and he had to shut down his online practice.

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

Find Us Online!

www.TheBestofTimesNews.com



Read Articles

View Past Issues

Listen to Our Radio Show Archives



Residential and Commercial Landscaping and Irrigation

"Celebrating 38 years in business"

- ✿ Free Estimates
- ✿ Licensed and insured
- ✿ We also hardscape (patios, pergolas, fences, and retaining walls)
- ✿ We correct drainage and erosion issues
- ✿ Irrigation service & repair on all brands

Call us today!

9045 East Kings Highway 🌿 Shreveport, LA 71115
318-797-6035



Sip & Learn with SMP

Join Senior Medicare Patrol (SMP) in the fight against Medicare fraud, errors, and abuse. Listen to our podcasts and learn about current scams and fraud trends that affect Medicare beneficiaries today.

Topics include:

- Introduction to SMP & Fraud, Waste and Abuse
- Medicare Open Enrollment Fraud
- Durable Medical Equipment (DME) Fraud
- Genetic Testing Fraud, and more

Now available at
www.stopmedicarefraud.org

Call 877-272-8720 for more information.



Sponsored by AdviseWell, Inc. and funded through a grant from the U.S. Administration for Community Living (Nos. 90MPPG0023, 90MPPG0024 and 90MPPG0049).



Taste Adventures: When Dysgeusia Takes Center Stage in Health

Today I will teach you about a quirky topic that many of us encounter at some point on our health journeys called dysgeusia. It's when your favorite food suddenly doesn't taste quite right. Some foods that are sweet or salty taste bland, or other foods you eat taste metallic, or bitter. It will lead to low appetite and weight loss, but not cachexia.

Even the tasteless things (like mashed potatoes) can be perceived as gross. It's not a taste hallucination, it's a distortion but your mind doesn't know it. You'd swear on your life it was rancid, even though no one else around you tastes what you do!

Imagine sipping on a glass of juice but it tastes like you've dipped your tongue into some

rusty nails. Hmm, that example may not be ideal because if your water tastes metallic you could have iron overload! But you get the point, something neutral is perceived to taste awful!

Dietary supplements should be neutral especially if you're taking a capsule versus a tablet that's coated. But even these taste "bad" to someone with dysgeusia! They may taste metallic, rancid, or bitter to you. Trust me, it's not a conspiracy, have someone else try the capsules to prove it to you! Why does it occur?

There are many reasons and even some medical conditions. During the pandemic, many COVID-19 patients found their taste and smell sensations were completely off, or turned off altogether! The familiar became



We've got your number

\$250



a month for healthy food and OTC products

Get more benefits at no extra cost to you

UnitedHealthcare® Dual Complete includes credits to buy healthy food, OTC products and pay utility bills, plus many other extra benefits you may be missing today. All at no extra cost to you.

With \$250 a month on your UnitedHealthcare UCard®, you can:



Buy healthy foods like fruits and vegetables, meat, seafood, dairy products and water



Choose from thousands of OTC products like toothpaste, first aid necessities, cough drops, bladder control pads and more



Pay utility bills like electricity, gas, water and internet

There's more for you. Call today.

1-844-236-3281, TTY 711

ShopUHC.com



Plans are insured through UnitedHealthcare Insurance Company or one of its affiliated companies, a Medicare Advantage organization with a Medicare contract and a contract with the State Medicaid Program. Enrollment in the plan depends on the plan's contract renewal with Medicare. Benefits, features and/or devices vary by plan/area. Limitations, exclusions and/or network restrictions may apply. Food/OTC/Utilities benefits have expiration timeframes. Call your plan or review your Evidence of Coverage (EOC) for more information. © 2023 United HealthCare Services, Inc. All Rights Reserved. Y0066_230724_051504_M SPRJ82635_BN_H5008-010

bizarre, making post-recovery dining a culinary disgust! Hypothyroidism (where your thyroid pretty much goes on vacation), will also mess with your taste buds making sweet and salty foods taste funky. The problem is temporary in both of those conditions.

Nevertheless, let's get practical with 4 strategies that might help:

1. Stay Informed and Calm: Understand that dysgeusia is a sensory adventure, not a permanent flavor makeover.

2. Have Good Oral Hygiene: Make dental floss your best friend. Go to a dentist for a deep cleaning and check-up because infections and gum disease cause dysgeusia. Brush your teeth and tongue twice a day. Good oral hygiene is important for fresh breath and normal tongue health.

3. Tweak Your Diet: Experiment with different flavors and textures. Certain tastes can counteract the strange ones. Try ginger ale, or club soda because the fizziness is distracting. Foods that don't have to be cooked (like sandwiches)

might be easier to stomach.

4. Stay Hydrated: A dry mouth and dehydration can amp up the taste distortions. Drink plenty of water or electrolytes to keep yourself in balance.

Some medications and medical conditions are known to cause dysgeusia but no one may have told you. Blood pressure pills are high on the list I have a more complete list of the biggest offending medications and conditions in the longer version of this article which is at my website, suzycohen.com. Sign up for my free newsletter and I'll email it to you. Remember, dysgeusia is not usually permanent, but often just a short-term side effect.

This information is not intended to treat, cure, or diagnose your condition. Always consult your physician for all medical matters. Visit www.SuzyCohen.com. ©2023 Suzy Cohen, R.Ph. Distributed by Dear Pharmacist, Inc.



Sam Stroope Hair Replacement Specialist and Hair Stylist



**990 Quail Creek Rd.
(Inside Element Fitness)
Shreveport
318-868-8708**

Move In Specials
Available!

Call today to schedule your
tour

SAVANNAH GRAND

of Bossier City Assisted Living
and Memory Support

Come have
fun with us!



(318) 219-5342
www.slm.net



License# 2203782248



The U.S. Constitution and the 22nd Amendment

One of the major debates at the United States Constitutional Convention was the issue of how the leader of the United States would serve. Would we have a King like other nations or a leader that was elected for a period of time? Some wanted George Washington to be the King and serve for his lifetime. Of course, many did not want another King like in England, especially since they fought the Revolutionary War to shed themselves of that type of system of government.

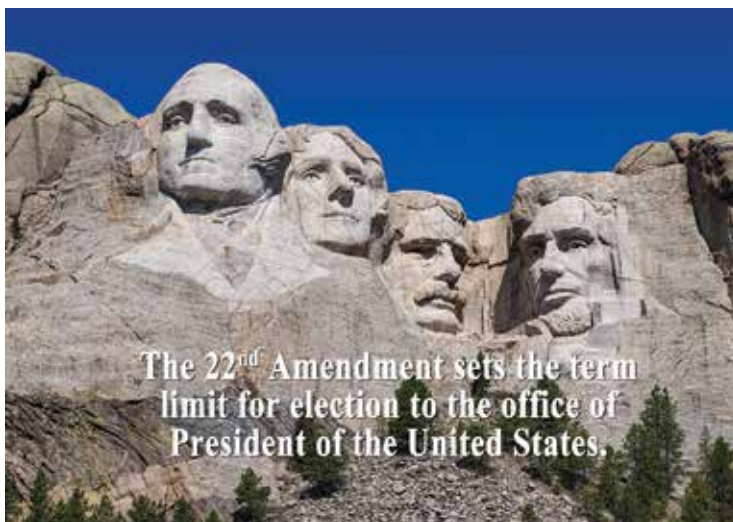
As such, the drafters of the Constitution settled the debate by stating a President would be elected to serve a four-year term. Every four years, another election would be held to either re-elect the then serving President or elect a new President.

The Twenty Second Amendment to the United States Constitution deals

with how many terms a President can be elected to serve as the President. Until the ratification of this amendment in 1951, there had been no mention of term limits for the President in the United States Constitution. President George Washington had only served two terms as President of the United States and other United States Presidents followed this tradition until Franklin Roosevelt, who was elected to

four terms and died in office during his last term. Persons in the United States felt that a President being elected to multiple four-year terms came close to being a King and this was not intended by the drafters of the United States Constitution.

The Twenty-Second Amendment states: *No person shall be elected to the office of the President more than twice, and no*



Weems, Schimpf, Haines & Moore

A Professional Law Corporation

Long-Term Care Planning | Special Needs Planning | Estate Planning
Medicaid/Veterans Benefits | Successions



KYLE A. MOORE
ELDER LAW ATTORNEY



VICKIE T. RECH
CLIENT CARE COORDINATOR
CERTIFIED MEDICAID PLANNER™

9105 Ellerbe Road, Ste. A100, Shreveport, LA 71106 | www.weems-law.com | 318.222.2100

person who has held the office of President, or acted as President, for more than two years of a term to which some other person was elected President shall be elected to the office of President more than once.

This Amendment limits the term of the President to two terms. The second portion of this Amendment affects the Vice-President of the United States. If a President dies in office or becomes incapacitated where they can longer perform their duties, the Vice-President will take over the duties of the President. If the President had more than two years left on their term at the time they were not able to serve, the Vice-President could only be elected to one more four-year term. However, if the President had served two years of their four-year term, the Vice-President could then be elected to two four-year terms in their own right, meaning that they could serve as President for a total time of ten years.

As stated earlier, this Amendment was ratified by the states in 1951. Most people in the United States believe this has been a good Amendment. People believe fresh leaders bring new ideas. Additionally, most people do not want the chance of there being a King or a dynasty by one family. The Twenty-Second Amendment is designed to keep both things from happening in our country.



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

Rinchuso's

PLUMBING & HEATING INC.

Serving Shreveport-Bossier City
Since 1980

REPAIRS

- Remodeling
- New Construction
- Water Heaters
- High Velocity Water Jetting
- Sewer & Drain Service
- Dishwashers & Disposals Installed

**24 HOUR
Emergency Service**
318-671-1820



607 Mount Zion Road
Shreveport, LA 71106
www.rinchusoplumbingandheating.com
Licensed, Bonded, Insured Contractors
LMP-125 ● L.A. MECH
CONTRACTOR #19734



Forest Park Funeral Home and Cemeteries

Forest Park Funeral Home: 318-221-7181
Forest Park Cemetery: 318-861-3544
Forest Park West Cemetery: 318-686-1461



Here For All Your Needs

Special Programs for your Cremation, Cemetery and Funeral Arrangements

Vitamin B12 Plays a Large Role in Proper Body Functioning

Vitamin B12 is an important nutrient that helps with forming red blood cells, making DNA, and regulating nerve function. Many people think vitamin B12 gives you energy or improves athletic performance - unfortunately that's not true! However, this vitamin still plays a large role in many important functions in the body.

Most people get enough vitamin B12 in their diets. However, as we age, it can become difficult to get the amount of B12 our bodies need. This is due to decreased stomach

acid production. Stomach acid is needed to properly break down vitamin B12 for our bodies to absorb it. Taking stomach ulcer medications and antacids can also lead to decreased B12 absorption in the body. Some vitamin C supplements may also interfere with absorption. If you have been advised to supplement both B12 and vitamin C, try taking them two or more hours apart from each other.

For some of us, aging also plays a role in vitamin B12 intake due to oral status. Many food sources that are rich in B12 are meats that may be difficult to chew if you have tooth loss, swallowing problems, or dry mouth.

It's recommended that adults get 2.4 micrograms of B12 each day. This vitamin is found mostly in animal products, like red meat, fish, shellfish, turkey, liver, eggs, dairy products,

and chicken. Pork especially contains a high amount of vitamin B12. Fortified cereals and grains can also contain vitamin B12, but it's often not as easily absorbed as sources that naturally contain vitamin B12. The body does not produce vitamin B12 on its own, so it's important that we get enough in our diets.

If you struggle to get enough B12 in your diet, your healthcare provider may recommend a supplement.

Remember, it's important to speak with your provider before

taking any over-the-counter supplement to make sure it's appropriate for your needs. Some ways to squeeze in more B12 throughout the day may look like eating seafood for dinner twice a week, snacking on yogurt, choosing foods higher in B12 when grocery shopping, drinking milk during meals, or eating eggs during breakfast.

If you don't get enough vitamin B12, you may

be at risk for a nutrient deficiency. Vitamin B12 deficiency symptoms include anemia, gastrointestinal issues, tingling or numbness in the hands or feet, constipation, confusion, neurological changes, difficulties with walking and balance, unintended weight loss, fatigue, and mouth soreness. Vitamin B12 deficiency can be severe if left untreated and can lead to permanent damage of the nerves. If you think you may



MAKE YOUR MONEY BLOOM
PLANT NOW. THANK YOURSELF LATER.

4.05% APY*
12 Month CD

4.35% APY*
24 Month CD



*APY = Annual Percentage Yield. *Minimum opening balance is \$1,000. APY = Annual Percentage Yield. 12 month APR is 3.97% and 24 month APR is 4.26%. A penalty may be imposed for early withdrawal. Other terms and conditions may apply. Rates are subject to change. Federally Insured. Member NCUA.



be deficient in B12, it's a good idea to meet with your healthcare provider. Many of the deficiency symptoms listed above can also be symptoms for other conditions, so it's always good to talk with your provider if you have concerns.

As we age, it becomes more important to be mindful of what we are eating. Making sure we get the vitamins and minerals our bodies need is important for maintaining our overall health. Eating a balanced diet and keeping up with medical appointments are good preventive tools for avoiding nutrient deficiencies.

Abigail McAlister is a Registered Dietician and nutrition agent with LSU AgCenter for Caddo and Bossier Parishes. Her focus is adult nutrition education and promotion. Contact her at AMcAlister@agcenter.lsu.edu. This article was written in collaboration with Laura Gillin, dietetic intern from Louisiana Tech Univ.



WHEELCHAIR RAMPS, LIFTS & MORE

Free evaluation, installed in days
Rentals available



800-649-5215 | WWW.AMRAMP.COM

DR. CHRISTOPHER SHELBY

Always incorporating the newest technology for clearer vision.

- Specializing in cataract surgery techniques with the latest in multifocal and toric lenses
- I-Stent technology for glaucoma
- The implantable miniature telescope for age-related macular degeneration
- Laser treatment of floaters

Dr. Shelby sees patients at
North and Pierremont.
North: (318) 212-2020
Pierremont: (318) 212-3937
wkeyeinstitute.com



EYE INSTITUTE
NORTH • SOUTH • PIERREMONT

The Last Dance

I comb his hair and ask, “Feel like going for a walk?”

He smiles, points at his feet.

I get his shoes. Slip-Ons these days. Easier for both of us to manage.

It is 20 feet from his front steps to the sidewalk that runs up and down the street where he lives. Where we both live now.

It will take us 10 minutes to cover those 20 feet plus another minute to be certain the gate is properly closed. There was a time when my father could swim across a lake in 11 minutes.

It will take us half an hour to walk half a block. He will stop to remove every pebble, every twig, every leaf, everything that does not belong on the sidewalk.

He has taught me to be more patient with him than he ever was with any part of his life.

After our walk I take him to A&W for onion rings and root beer. He will study every onion ring the same way an infant studies its fingers and toes. I will hold the mug of root beer for him while he drinks. He cannot lift it on his own. I once saw him swim across the lake, chop down a 40-foot tree, trim it, drag it to the lake and swim it back to where he would use it to build a dock. I have never known anyone as strong as he was.

He has taught me to be stronger than I thought I could be.

Later, we will watch The Weather Channel for a couple of hours before I bathe him, change him and tuck him in. He lifts the blanket, points to his feet and smiles. He likes to sleep with his socks on. I remember the day he cracked two ribs but refused any help from anyone to get his socks off and on.

He has taught me there is more to perseverance than I imagined.

I go to bed hating Alzheimer's. Hating that I know so much



about it, and nothing about it. Hating that my father and millions like him have no idea why the memories they spent a lifetime so carefully scrapbooking in their minds have been so slowly, methodically erased.

Hating that I have learned how to hate.

In the night I hear him cussing. I find him at the window, shaking his fist at the first snow of the season. When he was himself, he would wake me and say, “It’s snowing. Let’s get

ON YOUR FEET!
THE STORY OF EMILIO & GLORIA ESTEFAN

the Strand

Friday, JANUARY 26, 2024 • 7:30 PM

thestrandtheatre.com
(318) 226-8555

out there and clear the driveway so your mom and sisters don't get snowed in." My mother passed on years ago and my sisters have long since moved into their own homes but I say to him, "Let's get out there and clear the sidewalk."

He smiles. We get dressed and go sweep the snow from the sidewalk. When we are finished he cups my face in his hands, looks into my eyes and nods once.

He has taught me there is more to having a sidewalk with no snow on it than having a sidewalk with no snow on it.

There is more. If you've been there - or are there - you know there's more. It is not easy watching your parent (or anyone) disappear before your eyes but if you listen, if you watch, you will see and hear it - *"I have more to teach you."*

My father was in a wheelchair. There was music playing. He held out his arms. I danced with him. My sister filmed it on her phone. I did not know why my father had a tear in his eye.

A week later, my father died. My sister emailed me a copy of the video of he and I dancing. I had not noticed the song we were dancing to was, "Time to Say Goodbye."

The last thing my father taught me, with a tear in his eye, was to dance to the song being played.

"From "Old Friends (Endless Love) available exclusively at Amazon.com




BEYOND DIGITAL IMAGING

106 E. Kings Hwy. STE 103 Shreveport, LA 71104

318-869-2533

Restore memories



Transfer your old home movies into a  DVD



Scan to preserve the past or make prints for family. The choice is yours.

From Slides, Negatives, Old B&W negatives, Photo Albums

Photo Restorations and Printing



Memorial Videos with quick turn around time.



www.beyonddigitalimaging.com

LOCALLY AND FAMILY OWNED. CUSTOMER DRIVEN.



HEBERT'S
Town & Country

Jeep



DODGE



WE DELIVER! 1155 E BERT KOUNS • SHREVEPORT • (318) 221-9000 • HEBERTSTC.COM

Eddie Muller's Case of the Missing Marshmallow Monkey



If reading bedtime stories to the grandkids is a cherished family tradition, Eddie Muller has an unusual tale to share: a gritty feline sleuth searches for a stolen artifact while encountering a host of seedy underground characters prowling through a shadowy urban setting.

If that sounds like the plot from 1940s film noir cinema, you're no dope. In his first published children's book, "Kitty Feral

and the Case of the Marshmallow Monkey," the Turner Classic Movies host has channeled his film noir expertise onto the pages of a new book for kids aged 4 and up.

Toning down the traditionally dark stylized themes from early crime fiction thrillers was a no-brainer for Muller (www.eddiemuller.com) and Running Press Kids publishers (www.runningpress.com). The result is a cute mystery tale with animal characters that cleverly reference popular classic noir films, including one of the best from 1941.

"The Maltese Falcon' seemed a perfect template," said Muller from his home in the San Francisco Bay Area. "Film noir themes revolve around the most diabolical and dastardly motivations that are not suitable for a children's book. But many are detective stories, so the idea of a simple quest, like a treasure hunt, seemed adaptable for kids."

Just like private detective Sam Spade's search for the precious 'Falcon' statuette, Kitty Feral pursues a stolen artifact (a Marshmallow Monkey) and along the way, interacts with some interesting characters, driving the plot. (Kitty is also on a mission to locate kidnapped crime-fighting partner Mitch the Mutt).

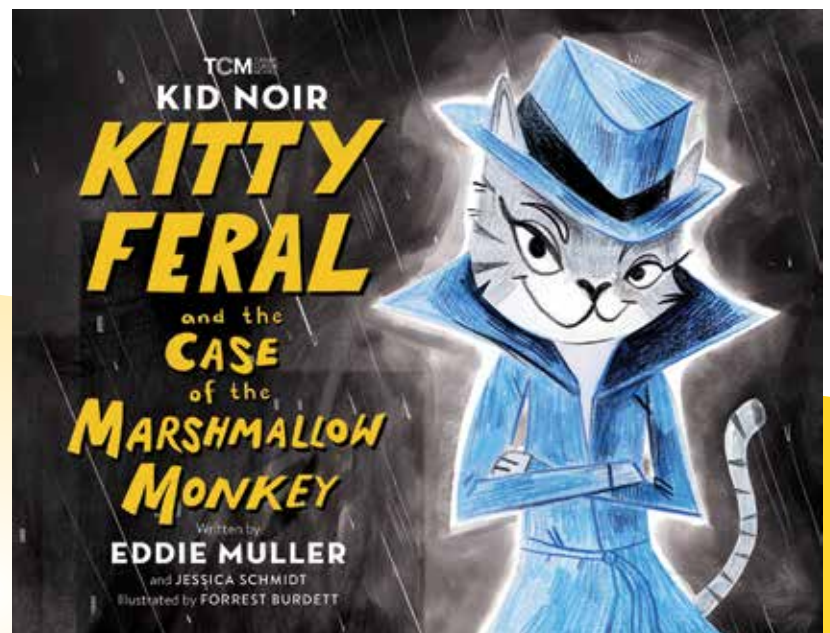
When originally approached by (co-author) Jessica Schmidt with the idea, Muller says he jumped at the opportunity provided the artwork would emulate the style of classic noir film. Drawn by Forrest Burdett in glorious noir-ish black-and-white and distinctively skewed viewer angles, the Oregon-based artist added a splash of vivid blue highlights to Kitty who roams the dark alleys, deserted city rooftops, and eerie waterfront in search of a missing Marshmallow Monkey – a stolen sweet treat.

While obviously aimed at children, adults familiar with classic movies will enjoy the subtle references to noir films. For instance, Kitty begins the search at the Acme Book Shop – similar (but naturally less risqué) to a Humphrey Bogart scene right out of 1946's "The Big Sleep."

A dockside warehouse image captures a scene from "99 River Street," a theater marquee acknowledges producer Val Lewton's "Leopard Man," and there are plenty of obvious references to "On the Waterfront," "Casablanca," "Shakedown," and "The Postman Always Rings Twice."

As for the book's cast of supporting characters, rotund owl boss Casper Nighthawk and sleazy Wilmer the Weasel represent villainous Kasper Gutman (Sydney Greenstreet) and Wilmer Cook (Elisha Cook Jr.) from "The Maltese Falcon." Sinister leather-clad Johnny Gila is distinctly reptilian, a nod to William Talman's title role in 1953's "The Hitch-hiker." "People have said he looked like a Gila monster," notes Muller. And speaking of "Perry Mason" actors, there's even a character representing Raymond Burr's villainous roles (but we'll leave that one for readers to uncover!).

As for Kitty, the character is modeled after actress Ella Raines, especially her sultry role in 1944's "The Phantom



Above: Eddie Muller. (Credit David M. Allen)

Right: Case of the Marshmallow Monkey cover

Lady,” even though Muller doesn’t formally acknowledge Kitty’s gender in the pages.

“Kitty was clearly inspired by Raines – a smart, independent woman intent on solving a crime herself in the film, not the typical femme fatale character,” explained Muller. As a bonus, if reading the story to kids, grandparents can test the youngsters’ powers of observation by asking if they can spot something intentionally omitted from the artist’s images of Kitty!

Of course, most of the book’s film references will be beyond young readers, but Muller thinks adults reading the story to their little ones will enjoy opening up a monochromatic world not usually seen on cellphones, laptops, or while gaming. And, perhaps, some may even come to appreciate the screen imagery in classic films enjoyed by their parents and grandparents.

“Since the book came out, I’ve attended film festivals that lasted several days and people told me they were buying the book for their grandkids,” recalls Muller. “They’ve returned a second day, reporting they read it to them and that the kids loved it. So that’s really gratifying.”



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



Basic and **ADVANCED** Life Support

- Medicare and Medicaid Approved
- Known for Quality and Caring

(318) 222-5358

3516 Mansfield Road, Shreveport, LA 71103

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*

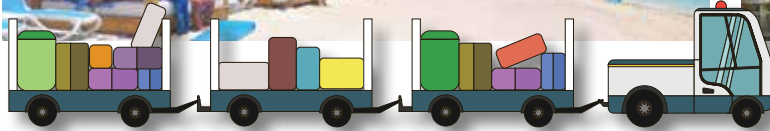
1736 Irving Place,
Shreveport, LA 71101
www.highlandplacercnc.com

Main Number: (318) 221-1983

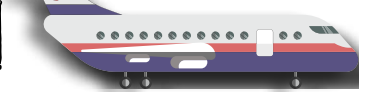
Admissions: (318) 841-8704



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.



Experts Predict an Upsurge in Travel



By Victor Block

If you're thinking of exploring places close to home next year, you'll be in good company. If Europe is your dream destination, you'd better begin planning now,

Travel experts are predicting a continued upsurge in vacation trips during 2024, expansion of popular types of travel and increased focus upon tourism which extends beyond the usual.

The resurgence of domestic vacations that began as the pandemic waned is expected to continue. Folks who learned to love attractions near where they live will spur a continued rise in domestic travel.

This coincides with a jump in "microcations," short trips that don't require much planning or time off. These mini-journeys provide introductions to local destinations that were overlooked in the past.

The U.S. Travel Association reports that domestic leisure travel has been "normalizing" during 2023 and is likely to return to pre-pandemic levels next year.

In addition, international travel will retain its allure. Therefore, it's not too early to begin taking steps to lock in reservations.

Cristiano Cabutti, manager of a Marriott resort in Venice, Italy, says one result of pent-up travel demand is that the property already is receiving reservation requests for next

spring. Dino Triantafyllou of the Italian Journeys tour company suggests that clients book trips at least six months in advance "to get what they want at the right price."

According to the Airports Council International, 2024 is positioned to be a milestone year for global passenger traffic. All regions are expected to reach pre-pandemic levels and the Caribbean Islands are predicted to be among the first regions to achieve that goal.

Even as the volume of travel recovers to previous levels, there likely will be changes in what many people are seeking. According to Hannah Free, travel and tourism analyst at GlobalData, "Consumers are more likely to pursue authentic experiences, demand personalized travel offerings, blend business and leisure travel, and be more conscious of their overall environmental impact."

One trend is an increase in experiential and transformative trips. More people are expected to seek an immersion in the customs and culture of places they visit. Others will look for close interactions with unspoiled nature or opportunities for self-reflection.

An increasing number of people also are paying attention to the effect their travel will have on the environment. Sustainable tourism is becoming a mainstream goal. This

means assurances that a trip will not degrade a destination, and will support the local economy.



Volunteers collecting trash at tourist destination

Those who seek to combine a trip with efforts to improve the lives of others are expected to support an increase in volunteer tourism. Opportunities cover a wide range of activities, from helping to build and repair houses to assisting overworked health care providers, and from teaching English as a second language to school children to picking up trash at tourist sites.

The world-wide pandemic has influenced the way people will travel as it wanes, if not disappears. One result has been heightened awareness about health and wellness. That translates to vacations which offer holistic benefits and enhance physical and mental well-being. This may include yoga and meditation, spas that offer therapeutic treatments and outdoor adventures which promote physical fitness.



Also, as family and friends look forward to reconnecting after being parted by health restrictions, multi-generational and group travel are expected to increase in popularity. These trips provide opportunities for sharing experiences and personal bonding, along with some practical advantages.

For example, going with members of your family or another group can be cost-effective because expenses like accommodations and land transportation are shared. Discounts may be available for tours, excursions and entrance to attractions. An added bonus is the security of being with others in case of an unexpected situation or emergency.

Also predicted to grow during 2024 are "workations." These are trips that combine the appeals of a traditional vacation with the benefit of being able to work remotely from anywhere in the world. As people are less tied to toiling in a traditional office environment, more are expected to take advantage of the ability to work elsewhere, enabling them to stick to their job at the same time that they enjoy learning about different places and the people who inhabit them. A growing number of accommodations is catering to these "digital nomads" by offering comfortable workspace, high-speed Wi-Fi connection and other amenities that blur the distinction between employment and enjoyment.



ROBINSON FILM CENTER

SILVER SCREENING PROGRAMMING



IT'S THAT "GO-GO" GUY AND THAT "BYE-BYE" GAL IN THE FUN CAPITAL OF THE WORLD!

ELVIS PRESLEY ANN-MARGRET

Viva Las Vegas



VIVA LAS VEGAS • JANUARY 16, 10:30AM

Robinson Film Center's Silver Screening series features a matinee and luncheon for senior citizens showcasing a classic film each month. The movie begins at 10:30 a.m. and is followed immediately by a buffet lunch. Explore the best of Hollywood's past at RFC!

PRESENTED BY:



617 TEXAS STREET • SHREVEPORT, LA

TICKETS AVAILABLE AT: ROBINSONFILMCENTER.ORG OR 318.459.4122

AC Duct Cleaners



"Rid your home of DUST and BREATHE HEALTHIER too."

318-218-0770

In appreciation to all Medical Personnel, Military and Seniors we offer a 10% Discount.

All Credit Cards Accepted






Quick, Easy Recipes to Add to Your Dinner Rotation



Poached Egg Tostadas with Avocado-Tomatillo Salsa

Servings: 4 (1 egg and 1/2 cup salsa per serving)

Nonstick cooking spray
4 corn tortillas (6 inches each)
4 cups water
1 tablespoon white vinegar
4 large eggs

Salsa:
1 medium avocado, diced
1 medium Anaheim or poblano pepper,
seeds and ribs discarded, diced
1 medium tomatillo, papery husk discarded,
washed and diced
1/2 medium tomato, diced
1/4 cup diced red onion
1/4 cup chopped fresh cilantro
2 tablespoons fresh lime juice
1 medium garlic clove, minced
1/8 teaspoon salt

Preheat oven to 400 F. Line baking sheet with aluminum foil. Lightly spray foil with nonstick cooking spray.

Arrange tortillas in single layer on foil. Lightly spray tortillas with nonstick cooking spray. Using fork, pierce tortillas to prevent from filling with air. Bake 5-6 minutes on each side, or until golden brown. Transfer to serving plates.

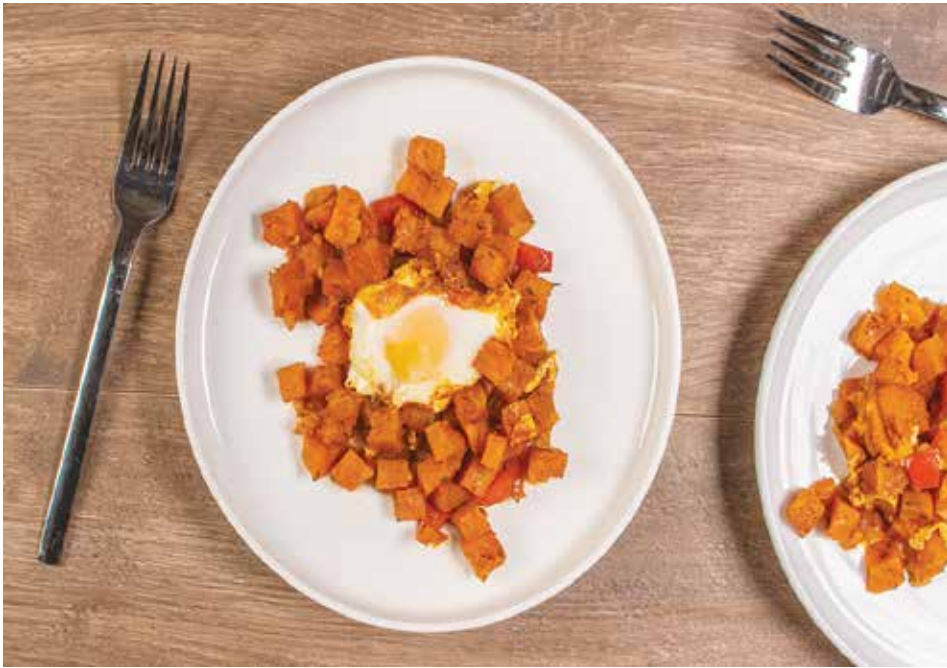
In large skillet over high heat, bring water and vinegar to boil.

Once water is boiling, reduce heat and simmer. Break egg into cup then carefully slip egg into simmering water. Repeat with remaining eggs, avoiding eggs touching in water. Simmer 3-5 minutes, or until egg whites are completely set and yolks are beginning to set but aren't hard. Using slotted spoon, drain eggs. Place each egg on tostada.

To make salsa: In medium bowl, gently stir together avocado, pepper, tomatillo, tomato, red onion, cilantro, lime juice, garlic and salt. Serve with tostadas.

FAMILY FEATURES

Making time for meals together can have a positive impact on the well-being of families. In fact, regular meals at home can help reduce stress and boost self-esteem, according to research published in "Canadian Family Physician." Mealtimes are also a perfect opportunity to connect with your loved ones. Making time for meals together shouldn't require spending all night in the kitchen, however. A simple-to-prepare ingredient like eggs can help you spend less time cooking and more time with family. For example, these heart-healthy recipes are ready in 15 minutes or less. They include a wide variety of vegetables, fruit, whole grains and healthy protein sources, which are recommended by the American Heart Association to help prevent heart disease and stroke. To find more recipes, visit heart.org/eatsmart.



Sweet Potato Hash with Eggs

Servings: 4 (1 cup per serving)

- | | |
|---|-----------------------------------|
| 2 teaspoons canola or corn oil | 2 teaspoons minced garlic |
| ½ medium onion, chopped | 2 teaspoons smoked paprika |
| 4 medium sweet potatoes, peeled and cut into ½-inch cubes | 1 teaspoon ground cumin |
| ½ medium red or green bell pepper, chopped | ½ teaspoon dried thyme, crumbled |
| ⅔ cup fat-free, low-sodium vegetable broth | ½ teaspoon coarsely ground pepper |
| | ⅛ teaspoon salt |
| | 4 large eggs |
| | hot pepper sauce (optional) |

In pressure cooker set on saute, heat oil. Cook onion 3 minutes, or until soft, stirring frequently. Turn off pressure cooker.

Stir in potatoes, bell pepper, broth, garlic, paprika, cumin, thyme, pepper and salt. Secure lid. Cook on high pressure 3 minutes. Quickly release pressure. Turn off pressure cooker.

Remove pressure cooker lid. Crack one egg into small bowl. Using back of spoon, make small well in potatoes. Slip egg into well. Repeat with remaining eggs, making separate well for each egg. Secure lid with pressure vent open. Saute 2 minutes. Let stand on “keep warm” setting 2 minutes, or until eggs are cooked to desired consistency.

Serve hash sprinkled with dash of hot pepper sauce, if desired.

FREE TBoT Newsletter

Join thousands who have already subscribed to *The Best of Times E-Newsletter* to receive access to unpublished articles, news, information, contests and discounts. For your **FREE** subscription, scan the QR Code or visit <http://tiny.cc/TBTnewsletter>.



SHREVEPORT SYMPHONY ORCHESTRA
MICHAEL BUTTERMAN,
MUSIC DIRECTOR

WILLIS-KNIGHTON MASTERWORKS SERIES

CONCERT SPONSOR



BRAHMS & THE BANDONEON

Sat., January 27, 2024
7:30 PM

RiverView Theater
Michael Buttermann, conductor
Richard Scofano,
bandoneon/composer

DEBUSSY

*Prelude to the Afternoon
of a Faun*

RICHARD SCOFANO

La tierra sin mal

BRAHMS

Symphony No. 1

BUY TICKETS NOW!

Tickets start at \$20

shreveportsymphony.com

318.227.TUNE (8863)



WORD SEARCH

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

The Vikings

- | | |
|-------------|----------|
| Baltic | Invade |
| Barbarian | Longboat |
| Brutal | Loot |
| Castle | Medieval |
| Charlemagne | Norsemen |
| Conquest | Pillage |
| Empire | Raids |
| Enemy | Runes |
| England | Ruthless |
| Europe | Sail |
| Feudal | Spear |
| Fierce | Valhalla |
| Helmet | Vikings |
| History | Voyage |
| Iceland | Warrior |

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

SUDOKU

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

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





WILLIS-KNIGHTON
PHYSICIAN NETWORK

SAI SRIDHAR MALIREDDY, MD
HEMATOLOGY/ONCOLOGY
Board Certified, American Board of Internal Medicine

Connect with Dr. Malireddy:

-  **Willis-Knighton Hematology/Oncology**
A Department of Willis-Knighton Medical Center
2600 Kings Highway, Suite 300
Shreveport, LA 71103
-  318-212-8620
-  wkhs.com/cancer

Dr. Malireddy accepts new patients and most insurance plans. WK Physician Network doctors are located near all Willis-Knighton hospitals and at other locations in Northwest Louisiana.

CROSSWORD

Across

- 1 Polish's partner
- 5 Man of steel?
- 10 Emollient
- 14 Alleviate
- 15 Split to unite
- 16 Woodwind
- 17 "Cleopatra" backdrop
- 18 As such
- 19 For fear that
- 20 Equestrian sport
- 22 Fearsome fly
- 24 Possesses
- 25 Kind of jet
- 26 Sports stat
- 29 Gregarious ocean mammal
- 33 Mother-of-pearl
- 34 Beach sights
- 35 Give a thumbs-down to
- 36 Race pace
- 37 Sent packing
- 38 Coarse file
- 39 Did a marathon
- 40 Shoot-'em-up
- 41 Thicket
- 42 Perk up
- 44 A finger or toe
- 45 Supporter
- 46 Inquire

- 47 Contributions
- 50 Comprehended
- 55 Hack
- 56 Winery process
- 58 Fit
- 59 Hopped off
- 60 Barrier
- 61 Glasgow gal
- 62 Optimistic
- 63 "Pomp and Circumstance" composer
- 64 Arduous journey

Down

- 1 Dispatch
- 2 Twosome
- 3 Cruise stopover
- 4 Souvenir shop item
- 5 Meal
- 6 First name in fashion
- 7 Yawner
- 8 Wife of Saturn
- 9 Moved unsteadily
- 10 Ravel classic
- 11 Help at a heist
- 12 Red ink amount
- 13 Ration (out)
- 21 Postpaid encl.
- 23 Gullible sorts

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						64			

- 25 Recluse
- 26 Cavern, in poetry
- 27 Kitchen wrap
- 28 Teatime treat
- 29 Blender button
- 30 Unsuitable
- 31 Milquetoast

- 32 Kick out
- 34 Bubble-headed
- 37 1964 Walter Matthau movie
- 38 Halite
- 40 Eye amorously
- 41 Detective's assignment

- 43 Blue moon, e.g.
- 44 Sticking point?
- 47 Asterisk
- 48 Light ring
- 49 ___ of Evil
- 50 Minor damage
- 51 Machu Picchu

- builder
- 52 Way up the mountain
- 53 Apart from this
- 54 Pigeonhole's place
- 57 Salon goo

AZALEA ESTATES

ASSISTED LIVING AND RETIREMENT COMMUNITY

When it's time to make a decision on Assisted and Retirement living, be sure you make the right choice... Consider Azalea Estates.



516 E. Flournoy Lucas Rd.
Shreveport, LA 71115
Call Lorrie Nunley or Tori Self
318-797-2408
www.azaleaestates.com









SAVE the *Date*



CADDO COUNCIL ON AGING

■ Presentations

CCOA will be offering the following programs on **Thursdays** at Caddo Council on Aging/ Valencia Community Center, 1800 Viking Drive, Shreveport (unless otherwise noted) at **10 a.m.**. For info call 318.676-7900. Admission is **FREE**.

- **January 11** - "Ombudsman Program", Casandra Cesare
- **January 18** - "Medicare 2024", Laphelia Johnson
- **January 25** - "Bingo – Intensive Behavioral Health", Sunni Scott
- **February 1** - "Empowering Women", Debra Reed
- **February 8** - "Myth Busters –

Long Term Care & Medicaid", Tracy Neighbors

- **February 15** - "Differences in Hospice Care", Terry Tisdale
- **February 22** - "Bingo & Senior's Mental Health", Latunia Brown
- **February 29** - "Levels of Home Care", Michelle Johnson

EVENTS

■ Pat Sewell Exhibition

"Fun Visitations," an exhibit of artwork by Pat Sewell, M.D. of Shreveport will be on display from **January 11 through February 28** at the Louisiana State Exhibit Museum. The exhibition of oil paintings, graphic works and found object sculpture will open with an artist's reception in the West Wing Gallery on **Thursday, Jan. 11 from 4:30 - 7:00 p.m.** with light refreshments provided by Friends of LSEM. The exhibit is **FREE** and open to the public. For more info, call LSEM at 632-2020 or visit www.laexhibitmuseum.org.

■ Square Dance

Offered by Southern Swingers Square Dance Club. **Tuesday, January 9. Registration is 6 to 7 p.m.; Dancing 7 to 9:30 p.m.** at Promenade Hall, 5400 Benton Road (Hwy 3), Bossier City. No experience necessary, **FREE** admission. Open to people of all ages. For more information go to Facebook: Southern Swingers Square Dancers or email sssquaredance@gmail.com.

- Weekly square dance classes - Beginning **Tuesday, January 17**. All January classes are **FREE**.

ENTERTAINMENT

■ Shreveport Little Theatre

Shreveport Little Theatre is located at

812 Margaret Place, Shreveport. Tickets are \$30. Call 318.424.4439 or visit www.shreveportlittletheatre.com.



- "Dial M for Murder" on **February 23, 24, March 1 and 2 at 7:30 p.m.; February 25, March 2 and 3 at 2 p.m.** Tony Wendice has married his wife, Margot, for her money and now plans to murder her for the same reason.

■ Shreveport Symphony

Performances are held at Riverview Theatre, 600 Clyde Fant Parkway, Shreveport. For tickets visit www.shreveportsymphony.com or call 318-227-TUNE (8863).

- "Special Event: The Music of Def Leppard". **Saturday January 13 at 7:30 p.m.** Windborne Music and the SSO present the iconic music of Def Leppard. The performance will be highlighted by Broadway sensation Justin Sargent. Tickets are \$30 - \$80.
- "Brahms & the Bandoneon". **Saturday January 27 at 7:30 p.m.** Debussy's evocation of tranquility is followed by a vision of a 'world without evil' from Argentinian composer/ bandoneon soloist Richard Scofano. Brahms' Symphony No. 1 offers its own glimpse of paradise, especially in its transcendent finale. Tickets are \$20 - \$75.

Click ONE button to

Download the latest issue of

IT'S FREE & EASY

Get your copy of the ENTIRE issue at www.TheBestofTimesNews.com

(Tell your friends! Help us hit 1,000,000 downloads!)

■ **The Strand Theatre**

The Strand Theatre is located at 619 Louisiana Avenue, Shreveport. For tickets visit www.thestrandtheatre.com or call 318-226-8555.

- "ON YOUR FEET!" - The inspiring true story about heart, heritage and two people who believed in their talent – and each other – to become an international sensation: Emilio and Gloria Estefan. **Friday January 26 at 7:30 p.m.** Tickets are \$89, \$65, \$47, \$30 (student).

- "The Greatest Love of All: A tribute to Whitney Houston" - **February 2 at 7:30 p.m.** Whitney's musical legacy is brought to life in this critically acclaimed tribute show described as "mind-blowingly spot on". \$55, \$45, \$35, \$30 (student).

MARDI GRAS

■ **Parade Schedule**

- Krewe of Sobek- Saturday, January 13
- Krewe of Harambee MLK Day Parade- Monday, January 15

- Krewe of Centaur - Saturday, February 3
- Krewe of Gemini - Saturday, February 10
- Krewe of Highland - Sunday, February 11.

MEETINGS

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

Saturday, January 13 from 1 to 3 p.m. at the Broadmoor Branch Library, 1212 Capt Shreve Dr., Shreveport. Guest speaker is Jon Soul, Educator, Teacher at Montessori School, and Preservationist. His topic is History of Coates Bluff and the Nature Trail. This event is free and open to the public. For information: Call 746-1851 or visit www.altgenealogy.com.

MOVIES

■ **Silver Screenings**

Silver Screenings feature a matinee and luncheon for senior citizens showcasing a classic film on the 3rd Tuesday of each month at Robinson Film

Center, 617 Texas Street in downtown Shreveport. Movie begins at **10:30 a.m.** and is followed by a buffet lunch. Cost is \$16 for movie and lunch. For persons 60 and older, there is a senior discount of \$5, compliments of AARP Louisiana. For info or tickets, visit www.robinsonfilmcenter.org or call (318) 459-4122.



- "Viva Las Vegas" on **January 16 at 10:30 a.m.** Viva Las Vegas is a 1964 American musical film starring Elvis Presley and Ann-Margret. The film is widely regarded by critics and fans as one of Presley's best films, and it is noted for the on-screen chemistry between Presley and Ann-Margret.

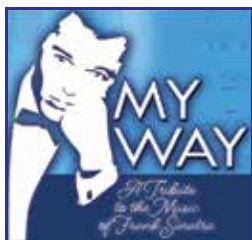
THE SHREVEPORT LITTLE THEATRE

102nd SEASON 2023-2024

102 Years of Great American Theatre!



September 1-10, 2023



Oct. 27 - Nov. 5, 2023



December 8-17, 2023



Feb. 23 - March 3, 2024



April 19 - 28, 2024

ALL FIVE MAINSTAGE SHOWS

For only: \$135 (adults) or \$133 (seniors, students, active military)
a savings of \$12 off individual ticket price



SHREVEPORT LITTLE THEATRE
www.shreveportlittletheatre.com

FOR MORE INFORMATION

Call (318) 424-4439

or online at www.ShowTix4U.com

Or visit our Box Office at 812 Margaret Place
Noon - 4 pm Monday - Friday





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

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

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



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

Are your caregivers considered self-employed and where can services be provided?

No, all of our caregivers are hired and employed by us. No contractors. They are thoroughly screened, trained and insured by Always Best Care. We can provide home care services in homes, apartments, hotel rooms, nursing homes, assisted living facilities, or anywhere you call home. We can even provide someone to provide companionship to your loved one during a hospital stay.



Keith Carter, CEO/Owner
Always Best Care
4700 Line Avenue, Suite 111
Shreveport, LA 71106
(318)424-5300
See our ad on page 5.

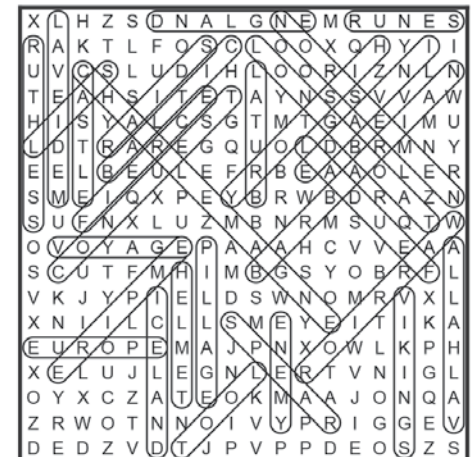
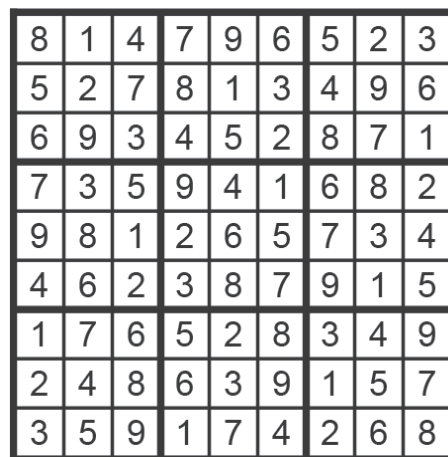
Why did I need reading glasses when I hit 40 years old?

When we read, our natural lens thickens allowing magnification. We call this accommodation. As we age, we slowly lose the ability to accommodate and when we reach our early 40's we can no longer focus within arms reach. This is a normal change of aging and is easily corrected with reading glasses. Some patients will opt for contact lenses to allow one eye to see distance and one eye to see near. This is called monovision and allows people to see all distances without glasses.



Chris Shelby, MD
WK Eye Institute
7607 Youree Dr.
Shreveport, LA 71105
(318) 212-3937
See our ad on page 23.

PUZZLE answers (from pages 32 -33)



Snapshot SLEUTH

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

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

These photos are from the Lawrence Lea collection from the year 1978. The photo on the right appears to be a customer/salesperson interaction in a Christian bookstore (or books and gifts). The photo below shows 2 women and a child on a set for a play, or possibly for a commercial ad.



COME FROM AWAY
TRUE STORY. HIT MUSICAL.

"CELEBRATES THE BEST WE CAN ALL BE. WE NEED IT. ESPECIALLY RIGHT NOW."
—TOM BROKAW, NBC

the Strand

Wednesday, MARCH 13, 2024 • 7:30 PM

thestrandtheatre.com
(318) 226-8555

\$2,940 a year for groceries and more



The Healthy Options allowance can help qualifying members pay for everyday essentials like groceries, rent and utilities. And it's included with our Humana Gold Plus SNP-DE H1951-057 (HMO D-SNP) plan. Here's how it works:

- Each month, a Healthy Options allowance of \$245 is added to your prepaid Visa® Humana Spending Account Card.
- You can swipe your card at thousands of participating locations like Walmart, Dollar General, Publix, and more
- Any unused balance rolls over to the following month.



Call a licensed Humana sales agent
KEN COOLEY
504-812-4761
kcooleyii@humana.com
humana.com/kcooley



Call a licensed Humana sales agent
LIONEL SCOTT
504-218-6288
Lscott44@humana.com
Humana.com/lscott



Call a licensed Humana sales agent
NIYA CORDIER
504-544-1561
ncordier@humana.com
humana.com/ncordier

Humana. A more human way to healthcare™

* Allowance amounts cannot be combined with other benefit allowances, used to purchase Medicare-covered prescriptions or converted to cash. Limitations and restrictions may apply.

† Allowance amounts cannot be combined with other benefit allowances, used to purchase Medicare-covered prescriptions or converted to cash. Limitations and restrictions may apply.

‡ Allowance amounts cannot be combined with other benefit allowances, used to purchase Medicare-covered prescriptions or converted to cash. Limitations and restrictions may apply.

Humana is a Coordinated Care HMO SNP plan with a Medicare contract and a contract with the state Medicaid program. Enrollment in this Humana plan depends on contract renewal. Applicable to Humana Gold Plus SNP-DE H1951-057 (HMO D-SNP). **At Humana, it is important you are treated fairly.** Humana Inc. and its subsidiaries comply with applicable federal civil rights laws and do not discriminate on the basis of race, color, national origin, age, disability, sex, sexual orientation, gender, gender identity, ancestry, ethnicity, marital status, religion or language. **English:** ATTENTION: If you do not speak English, language assistance services, free of charge, are available to you. Call **877-320-1235 (TTY: 711)**. **Español (Spanish):** ATENCIÓN: Si habla español, tiene a su disposición servicios gratuitos de asistencia lingüística. Llame al **877-320-1235 (TTY: 711)**. **繁體中文 (Chinese):** 注意: 如果您使用繁體中文, 您可以免費獲得語言援助服務。請致電 **877-320-1235 (聽障專線: 711)**。

Y0040_GHHL9YHTE_24_AD_M

Now accepting Peoples Health in our Louisiana centers!

Peoples Health members, call now to schedule a tour of the nearest CenterWell Senior Primary CareTM center and meet our doctors and care team.



Doctors who listen and care



Same-day appointments



24/7 access to the care team

“Since being a CenterWell patient, I’ve never felt better.”
– Victor, CenterWell Senior Primary Care patient



Schedule your tour now:
318-618-8197
[AtCenterWell.com](https://www.CenterWell.com)



Tour the CenterWell doctor’s office nearest you and receive a \$10 grocery gift certificate.*

We accept Original Medicare in most centers, as well as many Medicare Advantage plans, including Aetna, Blue Cross Blue Shield of Louisiana, Healthy Blue, Humana, Peoples Health and Wellcare.

*One gift certificate per person. Restrictions and limitations may apply. CenterWell Senior Primary Care does not discriminate on the basis of race, color, national origin, age, disability, or sex.



K I L P A T R I C K ' S

Rose-Neath

Funeral Homes, Crematorium and Cemeteries, Inc.

*A Trusted Name
Since 1932*

rose-neath.com

*Professional
Flower Shop*

Locally
Hand Delivered

