

January 2019

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and*

Dance



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Accounts

Myanmar:
Whose People Shine as
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Pagodas

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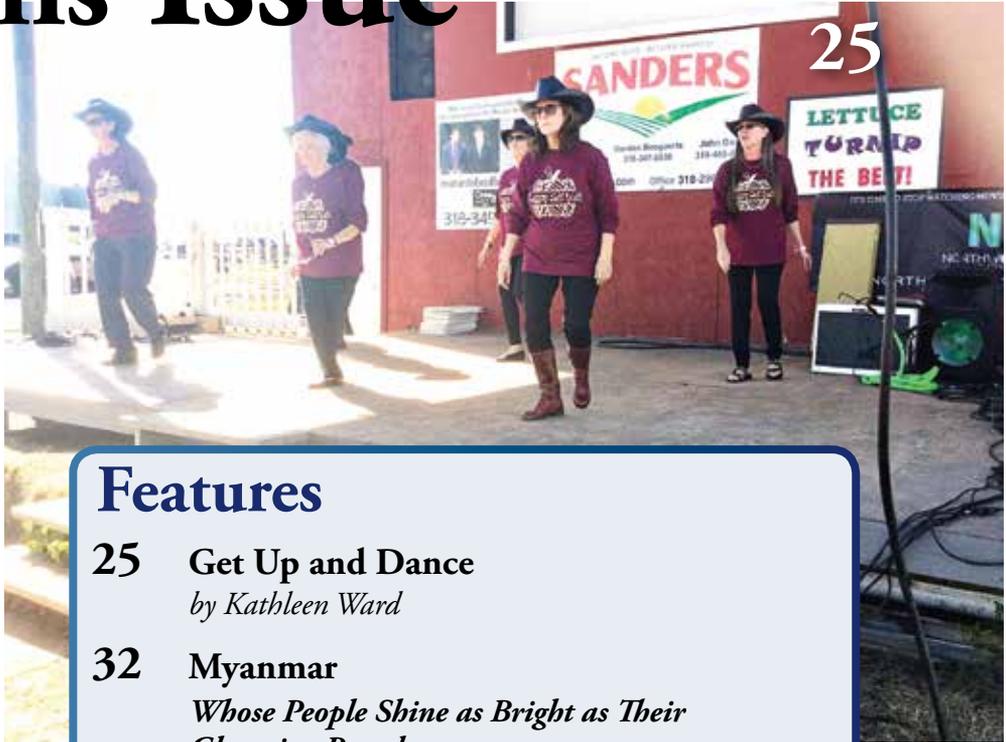
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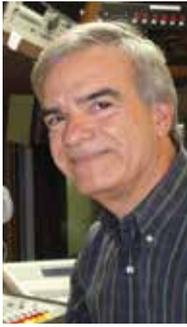
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ON THE AIR
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January 5
AARP Louisiana's Focus for 2019
 Troy Broussard with AARP Louisiana

January 12
Caddo Council on Aging's Services
 Monica Wright, Executive Director of Caddo Council on Aging

January 19
Unlock Your iPhone's True Power
 Liz M. Weiman, Instructor and Technology expert

January 26
How to Prevent a Multigenerational Home Thermostat War
 Andrew Armstrong, Vice-President of Fujitsu General America

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On the Cover

Judy and Reg Cassibry dance at El Karubah Shriners with the Cross Lake Dance Club eight Saturdays a year.

“There are lots of very good reasons for us to dance. Dance provides good exercise, both for the body and mind,” said Reg Cassibry.

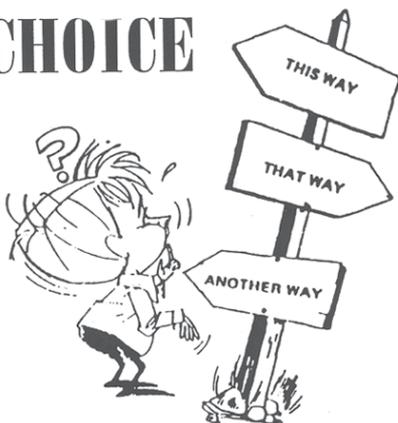
Story on page 25.



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Stat!

Medical News & Info



Massage Helps Ease Arthritis Pain, Improve Mobility Patients with arthritis in their knees experienced significant improvement in pain and mobility after undergoing a weekly, whole-body massage for two months, according to a study led by researchers at Duke Health. The study measured pain, stiffness and functional limitations, including how well patients can climb stairs, stand up from sitting or lying down, bend, walk or get out of a car, among other activities. The finding, appearing online in the *Journal of General Internal Medicine*, suggests that massage could offer a safe and effective complement to the management of knee osteoarthritis, at least in the short term.

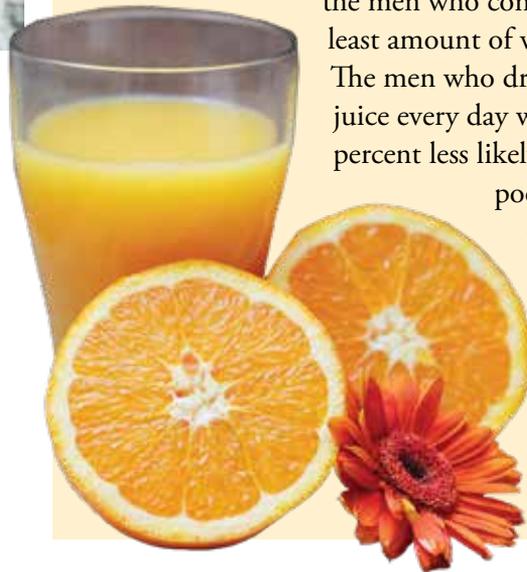
Orange Juice, Leafy Greens and Berries May Be Tied to Decreased Memory Loss in Men

Eating leafy greens, dark orange and red vegetables and berry fruits, and drinking orange juice may be associated with a lower risk of memory loss over time in men, according to a study published in an online issue of *Neurology*[®]. The men who consumed the most vegetables were 34 percent less likely to

develop poor thinking skills than the men who consumed the least amount of vegetables.

The men who drank orange juice every day were 47 percent less likely to develop

poor thinking skills than the men who drank less than one serving per month.



Drawing is Better Than Writing for Memory Retention Researchers from the University of Waterloo found that even if people weren't good at it, drawing, as a method to help retain new information, was better than re-writing notes, visualization exercises or passively looking at images. They found that drawing enhanced memory in older adults more than other known study techniques. The researchers are looking into ways that it can be used to help people with dementia, who experience rapid declines in memory and language function.



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You're Parking Where?



It was 2 A.M. and Fred* was having a heart attack, so his son, Lamont, called 911. The ambulance arrived, but it couldn't find a parking place, so it just stopped in Fred's neighbor's driveway. Now Fred and his neighbor, Grady, had never gotten along, so it didn't take much to set Grady off. And being woken up at 2 A.M. by ambulance sirens was certainly no help.



Aronson

Grady got up, saw the ambulance blocking his driveway, saw the EMT's running into Fred's house and decided he couldn't leave this alone. He put on his robe and slippers and made his way over to Fred's house. Grady barged

in to find Fred lying on the floor and the EMT's doing mouth-to-mouth resuscitation. Grady's reaction? He started yelling, "Y'all need to move that ambulance! It's blocking my driveway and I've got places to go! I know my rights and you need to move now!"

Is Grady right? He certainly isn't morally right, but is he legally right? It's his driveway. He owns the property and it is illegal to block a driveway.

But there is a special Louisiana law for ambulances: in emergencies, an ambulance can park wherever it wants. But how about highways? Can an ambulance just stop in the middle of I-20?

Something like that happened in south Louisiana. There was an accident on I-10 and an ambulance was sent out.

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If it's an emergency and if the ambulance is using "audible or visual signals sufficient to warn motorists," **then the ambulance can stop wherever it wants...**



The ambulance got to the accident and stopped in the left lane of the highway to let the EMTs out. While stopped, the ambulance got rear ended by a driver named Pigpen. Pigpen got hurt pretty badly, so he sued the ambulance for stopping in the middle of the highway.

Pigpen told the Judge that he was driving behind a big pick-up truck. The pick-up truck suddenly swerved and missed the ambulance, but Pigpen said he couldn't stop in time. When the ambulance had stopped, it turned off its siren but left its emergency lights flashing. Pigpen felt that if the ambulance had left the siren on, he would have heard it and would have slowed down and been able to avoid the accident.

The ambulance driver told the Judge a different story. He explained that when he stopped, he looked in his side view mirror and saw headlights "fairly far" behind him and that it

was therefore safe to stop. He admitted that he turned off the siren, but he left the emergency lights flashing.

Here's what the law says: if it's an emergency and if the ambulance is using "audible or visual signals sufficient to warn motorists," then the ambulance can park or stop where ever it wants as long as the ambulance doesn't "recklessly disregard the safety of others."

In Pigpen's case, the ambulance was definitely responding to an emergency. Someone had called 911 and said that there was an overturned vehicle with people inside on the side of I-10. And although the ambulance had turned off its siren, the lights were, according to the Judge, "sufficient to warn motorists." So, the only issue left for the Judge to decide was whether the ambulance driver had "recklessly disregarded the safety of others." And that's not an easy thing to prove. If the ambulance driver had been drunk and drove the ambulance like he was in a videogame, then that would have been "reckless disregard for the safety of others." But the Judge, who got to look at the dash-cam video from a police car that had gotten to the scene before the ambulance, decided that the ambulance driver had been nothing but careful and therefore threw out Pigpen's case.

*all 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.

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Advice
From the Bench
by Judge Jeff Cox

Individual Retirement Accounts



Individual Retirement Accounts, for many, have been a staple of retirement savings for a great number of years. Approximately fifty million households own an individual retirement account of some type. In the last few years, the United States Tax Court rendered a decision that will affect how many rollovers an individual can do without being taxed as a distribution from the fund within a year.



Cox

There are two types of Individual Retirement Accounts allowed by the United States Tax Code. The first type is the traditional Individual Retirement Account. This type of retirement savings account has been around for a number of years. A taxpayer can contribute monies to this type of account and buy stocks or bonds with the money in the account. The money will grow tax free. At age fifty-nine and a half, a person can start taking distributions from the fund. At age seventy and a half, the owner of the IRA must start taking distributions. All distributions from the fund are taxable to the taxpayer at the time of the distribution.

The other type of Individual Retirement Account is the Roth IRA. This type of Individual Retirement Account allows the individual to deposit monies into the Individual Retirement Account. All monies that are deposited into

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... a **taxpayer can make only one "rollover"** of distributions from one IRA to another IRA per year.



this type of IRA are post-tax, meaning the taxpayer has been taxed on the amount being deposited. The Roth IRA monies that are invested grow tax free and are distributed tax free. There is no mandatory requirement to take distributions at age seventy and a half as there are with the traditional IRA.

In the past, many persons have converted their traditional IRA into a Roth IRA. This gave the taxpayer the benefit of tax free distributions when they started taking money out of the Roth IRA. The transfer of the money from the traditional IRA into the Roth IRA did cause a tax event which triggered taxes for the taxpayer transferring the money.

Regarding traditional IRAs, accountants and tax lawyers have traditionally been able to rely on IRS

Publication 590 regarding "rollovers" of monies between traditional IRAs. Publication 590 states that a person can take a distribution from an IRA and roll this distribution into another IRA within 60 days without paying any taxes. For the past twenty or so years, accountants have held and the IRS has not challenged that this applies to all IRAs owned by an individual.

In a United States Tax Court Case, the Internal Revenue Service has successfully argued that a taxpayer can make only one "rollover" of distributions from one IRA to another IRA per year. If the taxpayer "rollovers" distributions from more than one IRA in a year, the taxpayer will be charged with the taxes on that "rollover" and may be charged penalties and interest if they do not claim it on their tax form.

The bottom line is that this case has changed how "rollovers" can be made between IRAs. Before you attempt to make a "rollover" of monies from one IRA to another, you need to consult with a tax professional. Otherwise, you may get a nice tax notice in the mail that you owe additional taxes. In addition, you need to make sure that if you are approaching seventy and one-half years of age that you prepare to take any minimum distributions as required by law and determine how this will affect your taxes.

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

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Slow Cooker Food Safety



cooking process and you are not at home, food in the slow cooker should be thrown out. Though it may look cooked, it could be harboring harmful bacteria due to an interruption in cooking and a resulting temperature drop. If you are home when the power goes out, immediately finish cooking the ingredients in some other fashion, such as a gas stove, an outdoor grill, or at a house with power on.

What to do with Leftovers

Leftovers from your slow cooker should be placed in the refrigerator within two hours of cooking and should be cooled prior to refrigeration. Do not cool your food in the slow cooker. Instead, transfer any leftovers to shallow containers, let cool, and refrigerate within two hours. It is not recommended to reheat leftovers in the slow cooker. Your cooked

leftovers can be reheated in the stove, microwave, or oven. Use a food thermometer to ensure that your foods are heated to the correct temperature, reaching at least 165°F. If desired, you can then return your heated leftovers to a preheated slow cooker. Food should remain hot when served, at a temperature of at least 140°F.

January is national slow cooker month. Slow cookers are a convenient cooking method for hot meals during the cold months. We all have our favorite slow cooker recipes, but do we always follow food safety rules when cooking?

Starting Safe

Always start with a clean slow cooker, kitchen, and preparation tools. Wash your hands before handling food. If you are cooking meat that has been stored in your freezer, always thaw it before adding it to your slow cooker. If you add frozen meat to a crock pot, it will not reach a safe temperature fast enough, which makes your meat prone to growing harmful bacteria. When working with dried beans, it is important to soak and boil them prior to adding them to a slow cooker. This is because toxins are present in dried beans, especially kidney beans. These beans must be boiled in order to destroy the toxins. Boil your beans at least 10 minutes before adding them to a slow cooker.



McAlister

Cooking

Be careful not to overfill your slow cooker. It should be ½ - ⅔ full, which ensures your food cooks evenly and thoroughly. When choosing a temperature, never cook your foods on warm. It is not designed to reach a temperature that cooks the food, as the purpose of this setting is simply to keep cooked food hot. Try to keep the lid on for the entire duration of the cooking time or only remove the lid when absolutely necessary. Each time the lid is removed, the internal temperature of the cooker drops about 10-15 degrees, which slows the cooking process by 30 minutes. If the power goes out during the

Making Sure Your Older Slow Cooker is Still Safe

If you have an older slow cooker and you are unsure if it is still cooking foods at safe temperatures, there is a way to test it for safety. First, fill your slow cooker with water, about ½ - ⅔ full. Next, heat the crock pot on low with the lid on for 8 hours. After the time has passed, check the temperature of the water with an accurate food thermometer. Do this quickly, as the temperature drops 10-15 degrees when the lid is removed. If the temperature of the water is about 185°F, it is cooking foods at a safe temperature. If the temperature is below 185°F, this means your slow cooker is not heating food adequately and needs to be replaced.

Using a slow cooker is a convenient, easy, and safe way to prepare meals. Do not forget to use your food safety skills and these tips when preparing your food and storing your leftovers. For any questions about meat, poultry, or egg products, the USDA Meat and Poultry Hotline can be reached at 1-888-674-6854. Happy cooking!

Abigail McAlister and Elizabeth Martin are Registered Dietitians and nutrition agents with the LSU AgCenter for Caddo and Bossier parishes. Their focuses are nutrition education and promotion. They can be reached at amcalister@agcenter.lsu.edu or emartin@agcenter.lsu.edu.

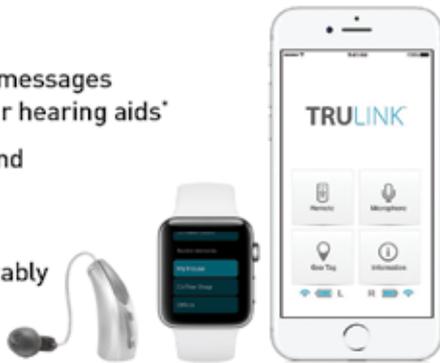
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Laser or Ink Jet Printer?

It was not long ago when personal computers were making their way into everyone's homes. If you wanted to print something you most likely went over to your dot matrix printer and made sure your tractor fed paper was properly loaded and ready to print. After printing you would hit a button to feed the paper out far enough to tear the sheet of paper off from its adjoined long train of paper. Thankfully, we've since moved on from dot matrix printers, to much faster and better quality printers.



Rinaudo

With the advent of personal ink jet printers, we gained the ability to print in color. However, the early personal ink jet printers took a considerable amount of time to print in color – or even in black and white for that matter. Along with the slow printing speed of ink printers, we were also plagued with the nuisance of the ink in the cartridges drying out from long periods of disuse, and replacing the ink wasn't cheap. Many companies started offering cheaper generic brand cartridges, or even services to refill your cartridges.



And then new printing technology was being marketed. The laser printer introduced technology that allowed it to outpace the ink printer's speed many times over. This technology and speed had a price tag attached to it though, and it was much more than what a color ink jet printer could be purchased for at the time. The laser printer uses toner cartridges as its consumable, and after so many toner cartridges the drum unit has to be replaced.

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Today's printer choices are cheaper and more abundant. Most home or home office printers are now advertised as MFP printers. MFP stands for Multi-Function Printer. MFP printers have a scanner built-in that provide scanning and copying functionality, in addition to printing. Some have fax capability as well. MFP printers are available as ink or laser to meet your needs and budget.

Color laser printers are also available and their prices have steadily been moving down. Color laser printers offer a color print that will satisfy your average user and provide the speed of a laser printer. If you're looking for a photo quality print with deep vivid colors, then a color ink printer will be the way you'll want to go. If you don't require color, then the laser printer is the way to go. Laser printers offer more prints per toner cartridge versus ink cartridges. Laser printers also offer a lower cost per print over an ink jet printer.

Ink jet printers are still plagued with drying ink cartridges if not used for long periods of time. Most printer manufacturers recommend printing a test page once a week to help prevent the ink cartridges from drying out. Ink cartridges can dry out in as little as three to four weeks of non-use.

If your printing needs require photo quality color prints, then you will most likely be printing with your ink jet on a regular basis. However if you're looking for printer that will print your document in the cheapest and fastest possible way, then the laser printer is definitely the way to go.



Today's printer choices are cheaper and more abundant.

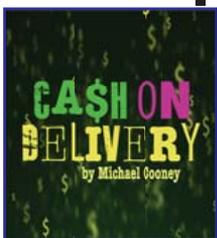
Most home office printers are now advertised as MFP printers.

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 to submit a question for this column.

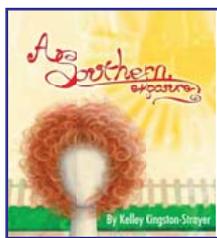
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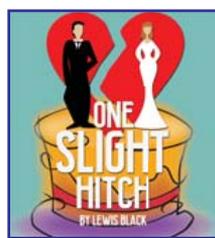
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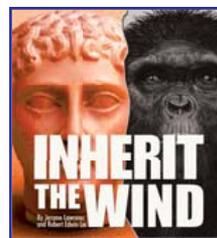
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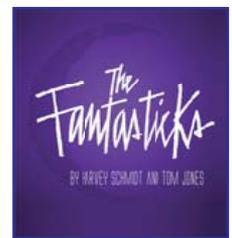
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Living with Rodney Dangerfield

The Christmas season may be over, but last December held special significance for Joan Dangerfield who married comedian Rodney Dangerfield



Thomas

25 years ago on December 26. The pair had dated for 10 years following a chance meeting in

1983 when Rodney strolled past Joan's Santa Monica flower shop.

"Being a die-hard fan, I recognized Rodney immediately," Joan recalled from her West Hollywood home. "I was 16 when I first saw him on 'The Tonight Show' and suddenly there he was, 14 years later, walking towards me, the funniest man in the world.

For me, it was love at first sight, the holy grail of encounters. He was fascinating and had those soulful azure-blue eyes, the color of the sky on a clear day. I couldn't look at him without smiling."

The bug-eyed, tie-fidgeting, comedian who cracked up audiences for decades with his often self-deprecating 'no respect' style of rapid-fire one-liners began dropping by each morning to watch Joan arrange flowers. Despite their clearly different backgrounds – Joan was raised in a Utah Mormon family – the two hit it off immediately.

"I felt like the luckiest person in the world," she said. "To have your own personal comedian constantly surprising you, I couldn't wait to wake up each day."

Joan remembers Dangerfield working hard at his craft, writing his own stand-up material often taking months to perfect a joke. He would dash off to local comedy clubs in the evenings, sometimes two or three a night, to try out a new joke and experiment with its delivery and placement within a routine.

Although Dangerfield experienced an unhappy childhood, Joan says he used humor to tackle depression. "If you can lift everyone's spirits around you, you can feel a bit better too."

Toward the end of their two-decade marriage,



Rodney and Joan Dangerfield
- Photo provided by Aaron Stipkovich at Stipko.com

Dangerfield's physical health declined requiring multiple aneurysm, brain and heart surgeries, and long periods of recovery with Joan by his side throughout.

"He joked that, at his age, all the phone numbers in his little black book were doctors," she said. "It was certainly true and brought out my nurturing side. I did everything I could to comfort him."

Dangerfield died in 2004, aged 82, and Joan has since worked to keep her husband's memory alive. His website (www.rodney.com) has been revamped and the Rodney Dangerfield Institute for the Study of Comedy is now housed at Los Angeles City College and offers classes including stand-up, improvisational comedy, and joke writing.

"Rodney's social media presence is building, and it's fun to see the reaction from his loyal fans as well as new ones," she says. "I am also very excited that Paradigm Talent Agency is currently fielding offers for a biopic or documentary film about Rodney's remarkable life. I am sure that will deepen his impression on the world."

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



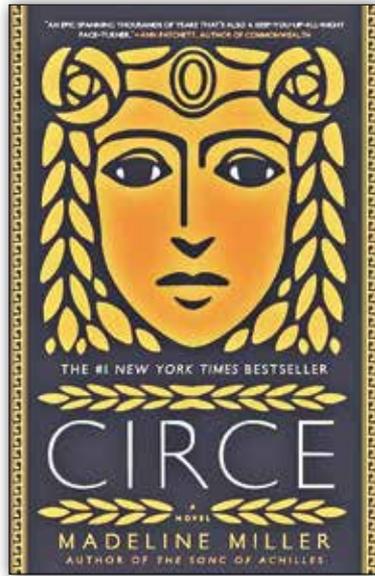
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Circe

by Madeline Miller

There is a reason the tales of Greek mythology have endured: stories of heroes battling monsters and the antics of the gods have touched the imaginations of people for generations. Madeline Miller taps into that ancient storytelling and breathes new life into the tales of legend in her novel, *Circe*.

I remember studying Greek mythology in school and quickly becoming overwhelmed trying to remember who was who and what their purported gifts were, or which hero conquered which monster. In *Circe*, their stories spring from the page. It is easy to loathe a goddess for their thirst for power and also grieve for their reasons behind such ambition. Love is expounded upon in stolen moments, and fear is brought to life in the details of men's sweat and hammering hearts.

Circe, perhaps most famous for her role as a witch who turns men to pigs in the *Odyssey*, is given depth, character and empathy inside the pages of this adaptation. From her early days as the newly born daughter of Helios, god of the sun, and Perse, an oceanic nymph, Miller quickly establishes that Circe is not like the immortal beings. She does not shine with the beauty and majesty of most of nymphs, and



Rinaudo

she bears a squeaky voice that eventually makes her the disdain of her siblings.

In her attempts to find a place of belonging amongst the haughty gods and goddesses, Circe is cast aside and seeks comfort with a mortal man. When she turns him into a god, she does not at first realize that she is different, nor again when she turns the nymph Scylla into a multi-headed monster that ravages sea travellers. It is only then that she confesses to what she has done and is sent into exile on a lonely island, where she begins to truly recognize and hone her gift of witchcraft.

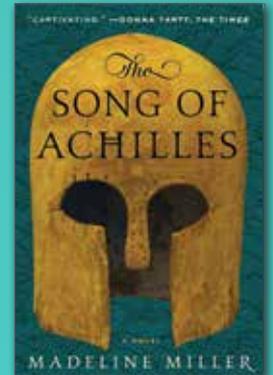
Miller paints Circe as goddess of empathy - a rare trait among the immortals - but one of high passions and retribution. She brims with anger when a shipful of men attempt to commit violence against her and spirals into fury and pain that leads her to turn them all into pigs. Her life story is painted from daughter and sister to lover to mother to crone.

In *Circe*, Greek mythology is revitalized, and it made me want to pull out my battered copy of Homer's *Odyssey* to re-read the tales told there: from Odysseus and Telemachus, to that, of course, of the witch queen Circe.

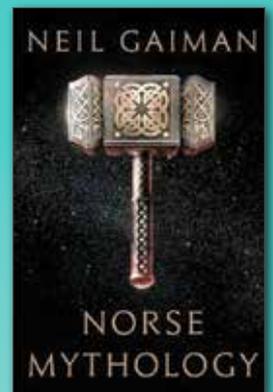
Grade: A

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.

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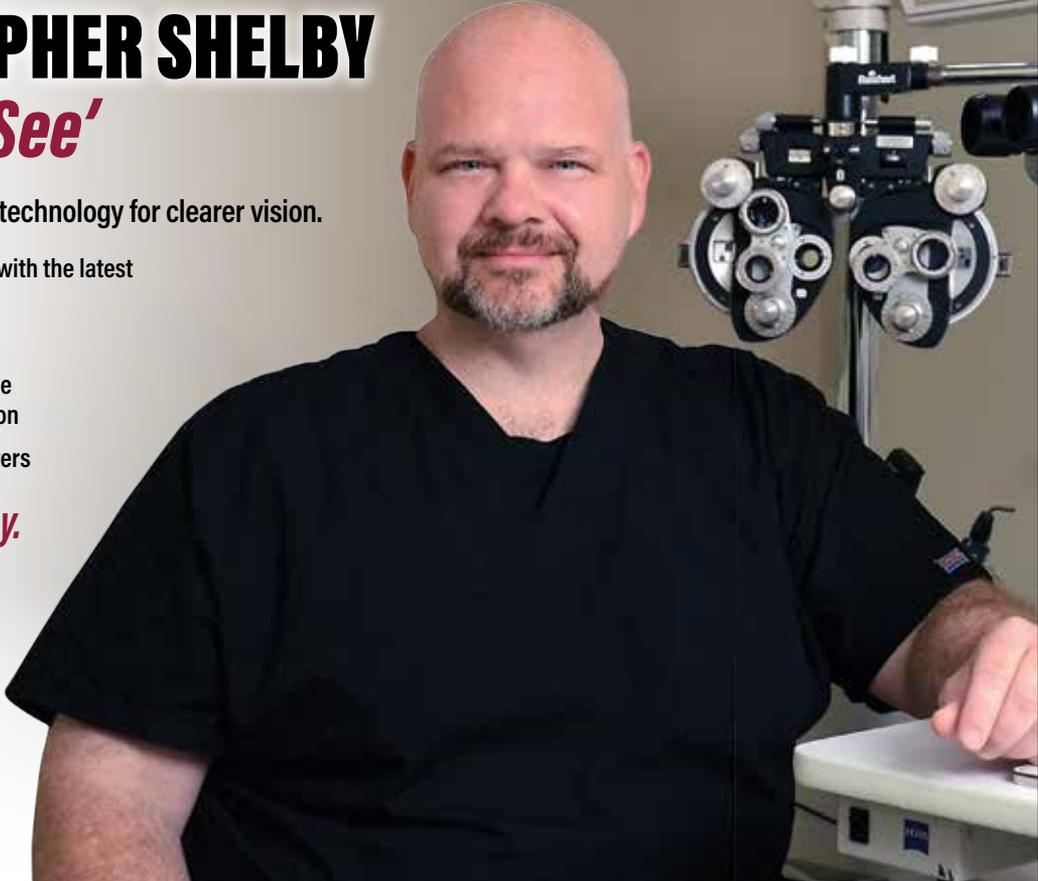
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Overcoming the Barriers to Change

The New Year is a time when many of us think about a new start, about changing something in our lives that hasn't been making us happy or hasn't been contributing to good health. It may be a commitment to stop smoking, to lose weight, to exercise more regularly or even to just spend more enjoyable time with those we love.

Changing behavior can be a good thing, but it's important to remember that change doesn't just happen overnight. There are frequently barriers that can make changing behavior difficult.

In many cases we may not, at first, even recognize that there is a behavior that needs to be overcome. We may even feel a desire to continue that behavior, even a harmful one, by rationalizing the lack of need to change ("Smoking relaxes me.").

When you do identify a less than desirable behavior, consider the pros and cons of making the change. How will your life be better, or worse, if you do or don't make the desired change.

Next identify the barriers that can keep you from taking action. Maybe you aren't motivated enough. Maybe friends and family won't really support your actions and you'll feel isolated or silly. Are there financial limitations that keep you from moving forward? Will a dietary change make your food choices more expensive? Does it seem impossible to find time for that gym or other regular exercise?

Once you identify your barriers to change, then make a plan on how to overcome them. Check if healthier food choices really will raise your food bill. Look at your schedule and see where you could fit in brisk walks or aerobics classes. If it's a



difficult change, maybe smoking cessation, check with your physician, a professional counselor, or local hospital program for resources to help you.

You want to develop a real commitment and passion for changing the behavior you've identified. Make a plan, put it into action, and then work to maintain that plan.

Most importantly, if you relapse to your old behavior, don't give up. Look carefully at why you've stalled or slipped and seek ways to overcome that issue when you try again.

Don't try to change several things all at once. And don't give up if you don't succeed the first time you try! Serious behavioral changes are always difficult, but with good planning they are achievable. •

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Executive Administrator



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by Kathleen Ward

*"Dancing is cheaper
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Lonely? Bored? Need exercise? Enough excuses – you should be dancing!

"There are lots of very good reasons for us to dance. Dance provides good exercise, both for the body and mind," said Reg Cassibry, who dances frequently with his wife Judy.

"Shreveport is loaded with dance venues and offers a chance to learn and enjoy ballroom, country/western, round dancing, Cajun, swing, salsa and bachata and club free style every night," said Judy.

The Cassibrys dance at El Karubah Shriners with the **Cross Lake Dance Club** eight Saturdays a year (restarting February 2). Albert Dumas, President of the Club, said, "Cross Lake Dance Club was formed over 20 years ago to offer its members a venue with live music to dance to a variety of styles: ballroom, Latin, swing, country-western and a smattering of others." The Cassibrys can also frequently be found at **SandysDance Center**.

"Sandy's studio is the place where nearly all of the ballroom dance community learned to dance," said Ms. Cassibry. "The people who attend group and private lessons at Sandy's are very bonded and think of themselves as a dance family."

"SandysDance Center was started over 25 years ago by Sandra Tamplin, who passed away in October at 72. She had been doing this for 40 years any place that would let her teach until she built her own studio 11 years ago," said Robert Downs.

Since 2007, Downs has gone there several times a week to practice swing, country, Latin, ballroom "and just a little Cajun."

"The hardest part is getting on the dance floor that first time. Everyone is intimidated at first," said

Cathy Amy, an instructor at SandysDance. I was definitely not a natural when I first started dancing; very few of us are. I started out totally clueless, but quickly fell in love with dance. I met my current partner (Jim King), both on and off the dance floor, through dancing. When I'm not teaching dance, Jim and I spend many hours practicing at the studio."

Evon Malray-Cain met her husband during group dance lessons at SandysDance.

"East coast swing was the first dance style I learned. From that exposure, I took lessons in country two step, cha cha, rumba, west coast swing, waltz, Cajun, tango, salsa, samba, country three step, hustle, fox trot, bachata, zydeco, triple two step, bolero, quick step, and a little polka," said Malray-Cain.

"When I began dancing in 2006, I was on blood pressure medication and seriously over weight. After two years of dancing I had lost 35 pounds and my blood pressure issue had stabilized to the point I no longer needed medication," said Malray-Cain.

Dr. Linda Nall, a Shreveport radiologist, dances whenever she can. "My favorite dance is probably the foxtrot, one of the smooth dances. Dancing provides an easy, enjoyable way to get moderate to significant exercise, which prolongs life. It is very beneficial in providing exercise for a number of neurologic diseases such as Parkinson's disease. It enhances a feeling of belonging through social interactions, and it can be done as a lifelong activity."

"My students tell me that dancing has improved their mobility, their blood pressure, their memory and they appreciate the opportunity to come together to socialize and make new friends," said Polly Overby, a volunteer who has taught free beginner, intermediate and advanced line dancing and clogging at SPAR's **Southern Hills Recreation Center** for 10 years.

"I am 78 years young and my students range in age from 50 to 89 so we all have a lot of things in common. I teach five classes per week (Mondays beginners at 10:30 a.m. and intermediate at 11:15 a.m.; Wednesdays and Fridays advanced at 10:30 a.m.; and Thursdays clogging at 10:30 a.m.). It would be impossible to determine how many folks I've taught over the years. I start a new beginner class every three months and generally, after the three months, everyone just continues and advances to the next class as



they learn," said Overby.

Ron Delaney is Post Commander of **VFW Post 4588** in Bossier, where a large crowd gathers every Saturday from 7 to 11 p.m. to dance and meet up with friends.

"We average about 120 a night. Most of this crowd is 65 and over. Several are in their 90s and they come here 51 out of 52 weeks of the year," said Delaney. "It's good, clean fun in a smoke-free environment."

Delaney rotates eight to 10 bands that play country and older rock for a crowd that often meets to dance to live music at the Bossier Council on Aging on Bearkat in Bossier at 7 p.m. Thursdays.

"At the **Bossier Council on Aging**, Sylvia Barnwell teaches popular line dances such as the newer cupid shuffle and old standby, the electric slide," said Marilyn Creswell, the BCOA's Activity Director.

Dancers take beginning and intermediate line dancing while listening to "country, both old and new, along with some older rock and roll, and occasionally 50s' malt shop," said Creswell.

"Free line dance lessons are held on Mondays, with beginners at 1 p.m. and advanced at 1:30 p.m. We try and save time at the beginning for those first or second timers," said Creswell. Zumba is offered at 5:30 p.m. Mondays and 9 a.m. Saturdays.

Cay Evans and Ann Shaw dance with the **Solid Rockers** at 6 p.m. Mondays at Springhill Baptist Church Fellowship Hall



The Cross Lake Dance Club was formed over 20 years ago.



The Southern Swingers Square Dance Club hosts more than 50 dancers.

near Ringgold. “The group started as a fitness class (line dancing) for anyone interested. One does not have to be a member of Springhill Church to attend,” said Shaw.

“I started the group in January of 2018 as a way to exercise and have fun,” said Evans. “The class is low impact, medium intensity so it is great for anyone. Some of the dancers come just for exercise. We have about 15 in our group, but the class is open to anyone and everyone and there is no charge for anything. Some in the group also travel locally and perform at nursing homes and other venues as a ministry of our church and share song, dance and friendship.”

Southern Swingers Square Dance Club has been around since 1965 and is still going strong. The club hosts 50 or more dancers ranging in age from 30 to 90 at Promenade Hall in Bossier Tuesday nights from 7-9 p.m.

“We welcome people to come and watch us square dancing any Tuesday evening and for our Saturday dance night,” said Ann Dickerson, club president. “Square Dancing is a lot of fun and it is good for the mind, heart, bones and muscle, plus you can dance to your favorite music, old and new, and make new friends. Many studies on balance have been done on the effects of square dancing for fitness, and the results have been very good.”

All these groups welcome guests and new members and, while some events are free, check with the clubs and venues to see if there is a charge.

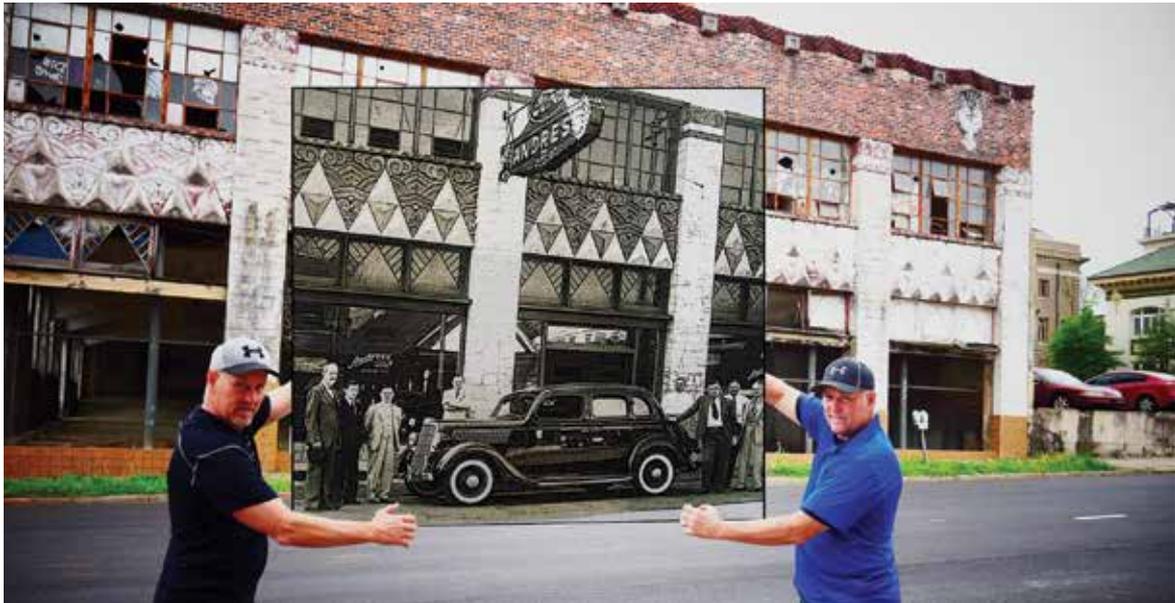
“Beginners, if you don’t come you are missing out on one of the best things in life. You can’t be lonely or depressed and do what we do. Just come in the doors and meet the greatest people ever,” said Downs. •

“My students tell me that **dancing has improved their mobility**, their **blood pressure**, their **memory** and they appreciate the opportunity to come together to socialize and make new friends,” said Polly Overby.



SHREVEPORT *Then & Now*

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Andress Ford Dealership was built by Samuel Wiener and was located at 717 Crockett St. Samuel, along with his brother William, were Shreveport's most famous modern architects, responsible for many public and private commissions from the 1920s through the 1960s. According to Bill Wiener the cool art deco trim colors were shades of yellow while the colored glass was red and blue.

Andress Ford Dealership on Texas Ave was located at Grand Avenue (now Elvis Presley Blvd).
It was later Bill Hanna Ford. The building remained until around 2007.





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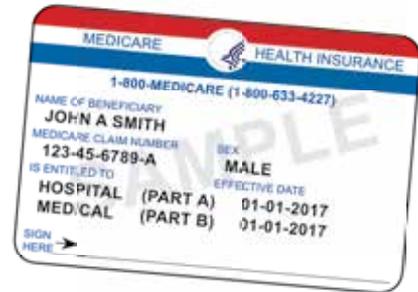
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The Best of Times has partnered with Archives and Special Collections of the LSU Shreveport Library to identify individuals and events in their collections. Please email Tina at editor.calligas@gmail.com or Laura at laura.mclemore@lsus.edu if you have any memory or comments about these images.



1. City Judges being sworn in at Shreveport, January, 1967.

2. YWCA Ballet Class, January 1967.

3. Girl Scouts Art Class, on the second floor of Municipal Auditorium, January 1967. Pelican Council Girl Scouts had offices in the Municipal Auditorium.

(All photos by Don Graham)

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– 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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Myanmar

Whose People *Shine as Bright* as Their Gleaming Pagodas

story and photos by Fyllis Hockman



It was such a serendipitous meeting. While strolling the gilded Shwedagon Pagoda, Myanmar's most sacred Buddhist shrine, we stopped to talk to a monk. A very chatty fellow of 51, he was very eager to show us the photos from his recent trip to Japan -- yup, on his Smartphone. When he actually invited us to lunch at his monastery two days hence, things got even more interesting.

A mystical, magical land filled with pagodas, temples, shrines, stupas and monasteries -- of which we saw more than our share -- plus the other de rigueur sites traversing lakes and mountains, city and country, caves and cooking classes.

But it is the local markets, small villages and contacts with people leading their everyday lives, usually in the form of making something by hand, that so enrich both the trip and the country.

The stories of everyday life are everywhere. And everywhere people are making things by hand, often out of materials which are themselves hand-made. We visited a shoemaker and his family -- ironically one of few places we didn't have

to remove ours, a de rigueur exercise at every pagoda -- who is the only person in Myanmar to make shoes for people with disabilities, by hand of course.

Silver smiths and weavers and lacquer workshops, a parasol factory, a textile workshop, a bronze casting arena, sellers of jade and teak furniture -- and everywhere the labor-intensive levels of individual craftsmanship are awe-inspiring. It's like watching God individually mold the different segments of the moon over a month's time, and then painting each night's lunar orb with different brushes tinged with hues of gold and yellow, red and white with painstaking precision. That's the level of Myanmar artistry.

Our local connections continued at a street-long Jade Market comprised of huge slabs not yet chiseled to the tiniest of stones to a comparably-sized market of marble with statues, not surprisingly mostly of Buddhas, in every stage of development from mammoth to miniscule. Workers carving, scraping, hammering, polishing, painting, washing -- blocks and blocks (referring here to streets as opposed to

slabs) populated by green and white images of various sizes. Onto another workshop in a different medium -- this time wood carving. More hammering-- also whirring, smoothing, tapping, pounding, appliquéing -- and this time Buddha had company; many animals, women in prayer and other decorative items made of teak.

And now time for our aforementioned lunch at the monastery, a veritable feast set out upon the floor. In further conversation, I found out I reminded our monk of his 86-year-old mother -- which occasioned more pictures, of course, this time on his tablet. At my age, this was not a fact I found particularly pleasing. But he seemed so delighted at the idea, that I became so, as well.

Aung Pan Kyaung Tike imparted several Buddhist lessons in casual conversation: you can't bring anything with you to the next life so might as well give away everything you have. And so it is with the monks, who have no material accumulations of their own but survive on the contributions of others in the community. Because of them, his monastery supports a school in a small village that had none and is currently building a monastery there as well. As to a day in the life of? Monks awake at 4 a.m., meditate and recite 108 Buddhist mantras before breakfast, head out into the community with their "begging bowls," and pretty much pray and chant throughout the rest of the day. Lunch is their last meal of the day, which immediately made me even more hungry.

But the given that Myanmar is a beautiful and fascinating country cannot be considered in a vacuum. The current bloodshed in the northern Rakhine Province where Muslim refugees are either being persecuted or are themselves Bangladesh terrorists, depending upon whom you ask, is part of the equation. The many Burmese I spoke to have a very different take from the world media -- though their sources of information are admittedly suspect. In a very over-simplified form, the Rohingya Muslims are Bangladesh terrorists who want to take over Rakhine Province and make it their own state and they shot up multiple police stations and have terrorized the Myanmar populace -- and the military are only acting in self-defense. Probably not. The more important question for tourists, though, is whether to visit or not, especially when safety is not an issue as is the case here. What is always true, when dealing with a government whose policies you reject, it is never the politicians who suffer when tourism decreases -- it is always the people: the tour guides, hotels, restaurants, vendors and shopkeepers. Myanmar has so much beauty and wonder and fascinating culture to offer that it is not only the country that will suffer if tourism declines but so too the many Americans who may choose not to experience this magical, mystical, memorable journey.

For more information, visit mythsandmountains.com. •

Photos top left: People praying at a pagoda and parasols at a parasol factory. Right: The jade market.



Odds & Ends

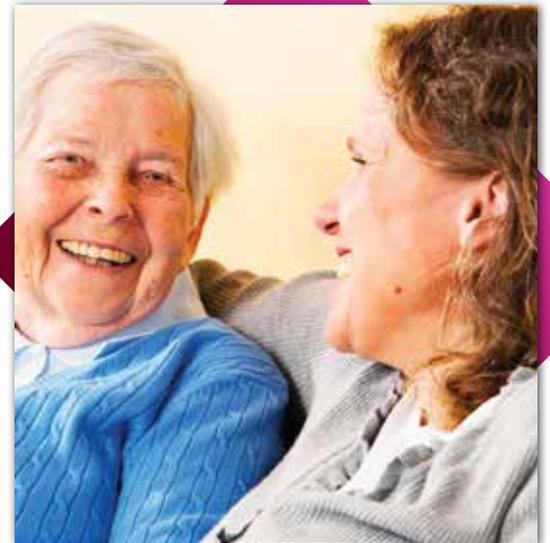


CADDO PARISH COMMISSION HONORS THE BEST OF TIMES

On December 6, 2018 the Caddo Parish Commission introduced a resolution of recognition for *The Best of Times Magazine*. The Commission stated that “*The Best of Times* plays an important part in the weaving of fabric that makes up the Shreveport-Caddo Parish and Northwest Louisiana region.” The Commission recognized the magazine’s recent national awards. They added “The Caddo Parish Commission is always proud to observe and enjoy the accomplishments of those Northwest Louisiana citizens who have gone forth, like Gary and Tina Calligas of *The Best of Times* magazine, to attain success and distinction in the various endeavors they pursue”. The commissioners declared December 6, 2018 as “The Best of Times Magazine Day”.

LOUISIANA HOMECARE OF SHREVEPORT NAMED TO TOP 500 OF THE 2018 HOMECARE ELITE

Louisiana HomeCare of Shreveport announced that it has been named to the top 500 of the 2018 HomeCare Elite, a recognition of the top-performing home health agencies in the United States. HomeCare Elite has annually identified the top 25 percent of agencies and highlighted the top 100 and top 500 agencies overall. Louisiana HomeCare of Shreveport, a local provider of home health services in Shreveport, is part of LHC Group, a national provider of post-acute care services. HomeCare Elite agencies are determined by an analysis of performance measures in quality outcomes, best practices implementation, patient experience (HHCAHPS), quality improvement and consistency, and financial health.



SHREVE MEMORIAL LIBRARY DONATES TO THE FOOD BANK

Shreve Memorial Library delivered 6,672 pounds of food to the Food Bank of Northwest Louisiana. The non-perishable food items were collected as part of the library’s Food for Thought Amnesty Days Program which took place November 12 through December 12. Throughout this time, patrons were able to bring in non-perishable food items to relieve overdue fines.





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GLASS Piano Concerto No. 3
Simone Dinnerstein, piano

Experience the emotional intensity of Mozart's G minor Symphony plus a pair of piano concerti with a special relationship. American composer Philip Glass' new transcendent and hypnotic concerto, written for **Simone Dinnerstein** and co-commissioned by the Shreveport Symphony, was inspired by this Bach concerto.



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LOUISIANA
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DEVELOPMENT

Tomato Soup with Homemade Olive Oil Croutons

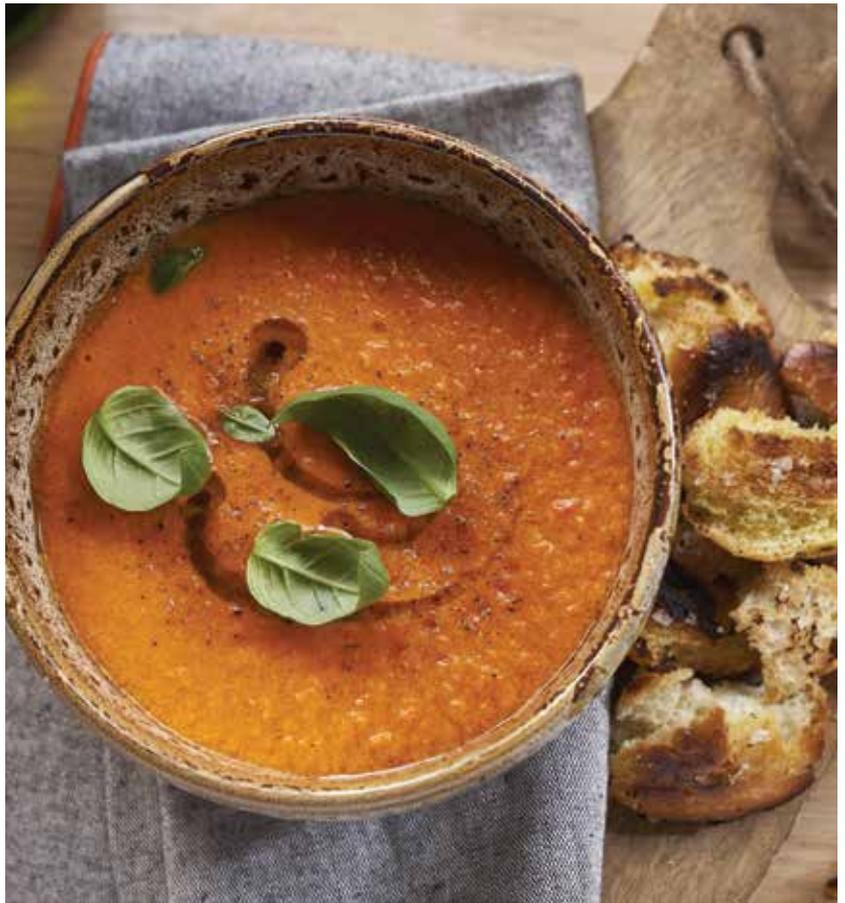
Prep time: 10 minutes

- 4 tomatoes
- 3 grilled red bell peppers in oil
- 1 shallot
- ½ cup extra virgin olive oil, plus additional for brushing on bread
- 3 tablespoons sherry vinegar
- 1 clove garlic
- 10 basil leaves
- salt, to taste
- pepper, to taste
- 4 slices crusty bread

Cut small cross in bottom of tomatoes and submerge in boiling water 30 seconds. Let tomatoes cool in ice water 30 seconds then remove skins.

In blender, blend tomatoes, red bell peppers, shallot, extra-virgin olive oil, vinegar, garlic, basil, salt and pepper, to taste, until mixture is smooth. Add mixture to large pot and heat, stirring frequently.

Cut bread slices, brush with olive oil and grill 2 minutes per side over medium-high heat until visible grill marks have formed.



Simple Yet Stunning

Set the menu for easy entertaining

FAMILY FEATURES

One of the best-kept chef secrets to hosting the most memorable at-home parties is keeping the food simple and adding small details to make it special. After all, a host who isn't hard at work in the kitchen is a host who can spend more time with guests.

One way to make every minute in the kitchen count and provide crowd-pleasing food is by using wholesome, quality core ingredients like olive oil, fresh bread, cheese and artisan chocolate to create flavorful dishes that are easy to prepare, and leave you with more time to enjoy what matters most: moments with the ones you love.

Make every moment count and find more simple recipes at Bertolli.com.



Healthy Beet Hummus

Prep time: 15 minutes

- 3 beets
- salt, to taste
- extra virgin olive oil
- 2 cups canned chickpeas
- 2 tablespoons sesame seed paste or tahini

Heat oven to 375° F.

Peel beets and boil until soft; season with salt and olive oil.

Puree beets with chickpeas and sesame seed paste until a uniform paste forms. Transfer to oven-safe serving dish. Bake 10 minutes and serve.



Bitter Chocolate & Pistachio Cream Dessert

Prep time: 15 minutes

- ½ cup, plus 1 tablespoon, sweetened condensed milk
- ½ cup brown sugar
- 1 ½ tablespoons extra virgin olive oil, plus additional
- 4 ounces dark chocolate
- 1 ¼ cups shelled pistachios

In saucepan, combine condensed milk and sugar; cook over low heat, stirring until mixture takes on toasted color.

Add olive oil and dark chocolate; continue to stir until fully combined.

Line 9-by-5-inch loaf pan with parchment paper and spread mixture into pan. Refrigerate until fully set.

To make pistachio cream: Blend pistachios and olive oil until smooth paste forms.

Remove dessert from pan and cut into slices. Serve with pistachio cream on top.



Mushroom Carpaccio and Creamed Spinach Au Gratin

Prep time: 15 minutes

Mushroom Carpaccio:

- 2 ¼ cups cremini mushrooms
- extra virgin olive oil
- salt, to taste

Creamed Spinach:

- 2 ¼ cups spinach
- ½ cup heavy cream
- salt & pepper
- Parmesan cheese

Mushroom Carpaccio: Heat oven to 400° F.

Clean mushrooms and cut into thin slivers.

Season with olive oil and salt. Set aside.

To make Creamed Spinach: Boil spinach 2 minutes, strain and place it into saucepan, over cream. Cook 5 minutes.

In blender, puree mixture and pour over Mushroom Carpaccio. Grate Parmesan cheese over entire dish; bake 5 minutes.

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SAVE the Date



Jazz Band • Jan. 25

Theatre, 619 Louisiana Ave., Shreveport. No one represents New Orleans jazz better than Preservation Hall Jazz Band. Founded in the 1960s, the band features seven outstanding jazz musicians who carry on the New Orleans jazz tradition. \$55, \$45, \$35, \$25 (student). Call 318-226-8555 or visit www.thestrandtheatre.com.

• **The Music of David Bowie**
Saturday, **January 12**, 7:30 p.m. at the Strand Theatre, 619 Louisiana Ave., Shreveport. Presented by the Shreveport Symphony with vocalist Tony Vincent from "The Voice" and a full rock band. A symphonic odyssey featuring David Bowie's top hits: Space Oddity, Changes, Under Pressure, Heroes,



The Music of David Bowie • January 12

CONCERTS

• Mozart, Bach & Glass

Saturday, **February 2**, 7:30 p.m. at First Baptist, 543 Ockley Dr., Shreveport. Presented by the Shreveport Symphony Orchestra. \$55, \$45, \$35, \$20, \$15. Call 318-227-8863 or visit www.shreveportsymphony.com.

• Preservation Hall Jazz Band

Friday, **January 25**, at 8:00 p.m. at the Strand

Fame & more! Tickets are \$69, \$59, \$49, \$25. Call 318-227-8863 or visit www.shreveportsymphony.com.

• Caddo Council on Aging

Valencia Community Center, 1800 Viking Drive, Shreveport. 9:30 a.m. coffee and cookies; 10 a.m. program. **FREE**. Call 676.7900 for more information
• Thursday, **January 3**, 10:00 a.m. "Chat & Chili", Monica Wright
• Thursday, **January 10**, 10:00 a.m. "Opioids", Monica Taylor, Office of Attorney General
• Thursday, **January 17**,

COUNCILS ON AGING

• Bossier Council on Aging Weekly Dances

Every Thursday evening from 7 to 9:30 p.m. at 706 Bearkat Drive, Bossier City. \$6/person. Call 318-741-8302 or visit www.bossiercoa.org for which band is playing on a particular date or for more information.

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10:00 a.m. "Taking Charge of Your Health Care Decisions", Steve Bordovsky
 • Thursday, **January 24**, 10:00 a.m. "Magic To Help You Geaux Smile", Eric Lang, Lang Orthodontic
 • Thursday, **January 31**, 10:00 a.m. "Shreveport As You Remember It", Ernie Roberson
 • Every Friday, 10:00 a.m. Senior Tech Talk Introduction to Laptops, tablets and smart phones



Mozart, Bach & Glass • Jan. 2

EVENTS

• **The Krewe of Elders Grande Bal**
January 19 at 6:00 p.m. at the American Legion on Cross Lake, 5315 South Lakeshore Drive. \$50 members; \$65 non-members. No tickets will be sold at door, black tie optional, buffet, cash bar, entertainment by Lady Chazz and the Tramps.



Night of Praise • Jan. 11

• **28th Annual Night of Praise**
January 11 at 6:00 p.m. Calvary Baptist Church, 9333 Linwood Avenue, Shreveport. Presented by Price Harris Evangelistic Association. Special guests are Summer Grove Choir, Evangelist Bo Shed, the Allen Family, the Monk Trio, the Needhams, and the Larry Alton Trio. **FREE** and open to the public.

MEETINGS

• **Ark-La-Tex Genealogical Association Meeting**
 Saturday, **January 12**, from 1:00 to 3:00 p.m. at the Broadmoor Branch Library, 1212 Capt Shreve Dr., Shreveport. Guest speaker will be Martha Fitzgerald, author, editor, and publisher on "Shaping Family Letters

into a Book: The Making of *Courtship of Two Doctors*". Also, genealogist Phil Adderley will discuss "Tips for Archival Research." **FREE** and open to the public. For info call 746-1851 or visit www.altgenealogy.com.

• **Creative Art Connection Monthly Meeting**
 630 Barksdale Blvd., Bossier City, in The Annex on **January 14**, 6:00 – 8:00 p.m. World travelled artist and teacher, Jenny Lankford, will present a demonstration of her technique of Double Vision with oil and mix

media. Admission is **FREE**. For more information call 318-965-0798 or 318-861-3324.

SEMINARS

• **Estate Rescue Changes for 2019**
January 10, 10 a.m. to noon at the Broadmoor Branch Library, 1212 Captain Shreve Drive, Shreveport. Presented by SAFE Planning. Learn about protecting assets from nursing home costs and Medicaid, even if someone is already receiving care. **FREE** but you must reserve your seat at safeplanningseminars.net/event1 or call 318-869-3133.



Krewe of Elders Grande Bal • Jan. 19

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Crossword

Across

- 1 Eyeglasses, maybe
- 6 Kind of flute
- 10 Fall mo.
- 14 Mayhem
- 15 Animal shelter
- 16 Frown
- 17 Met offering
- 18 Purity
- 20 Armoire
- 22 Eskimo dog
- 23 Luau souvenir
- 24 Like some champagne
- 26 Summon
- 30 Lazy
- 34 Fancy tie
- 35 Barrel part
- 36 It's next to nothing
- 37 Clarified butter
- 38 Habituate
- 39 Pro or con
- 40 Chess pieces
- 41 Battery terminal
- 42 Vanquished
- 43 Superior skill
- 45 Larder
- 46 Parking place
- 47 Not brilliant
- 48 Having a lot to lose?
- 51 Souvenir
- 56 Superfluous
- 59 Type of nose
- 60 Hamster's home
- 61 Toward shelter, nautically
- 62 "Sesame Street" Muppet
- 63 Took to court
- 64 Oktoberfest serving
- 65 "The Second Coming" poet

Down

- 1 Vegas attraction
- 2 Sobriquet for Haydn
- 3 Continuously
- 4 Parachute part
- 5 Crimson
- 6 It might be airtight
- 7 Rural route
- 8 Bolivian export
- 9 Tijuana gold
- 10 Detective
- 11 Geologic periods
- 12 Hockey disc
- 13 Deuce topper
- 19 Water park slide
- 21 Done, for Donne
- 24 Honk loudly
- 25 Wander
- 26 Molten rock
- 27 Theater employee
- 28 Bloodhound's clue
- 29 Foot part
- 30 Analyze
- 31 Introduce
- 32 Anesthetized
- 33 Distrustful
- 35 Sound of contempt
- 38 Go ___ detail
- 39 Junior
- 41 Skier's mecca
- 42 Underwater bloodsucker
- 44 Gave out
- 45 Mud ___
- 47 Prevent
- 48 Tolkien creatures
- 49 Sweetheart
- 50 Fringe
- 51 Joint with a cap
- 52 Without a doubt
- 53 "Black Beauty" author Sewell
- 54 Put in stitches
- 55 Looks at
- 57 Small amount
- 58 Welsh rabbit ingredient

Crossword

1	2	3	4	5		6	7	8	9		10	11	12	13	
14						15					16				
17						18				19					
20					21					22					
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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					65			

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Sudoku

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

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

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Word Search

Flea Market Finds

- | | |
|-------------|-----------|
| ANTIQUES | FABRICS |
| ART | FURNITURE |
| BICYCLES | GLASSWARE |
| BIRD HOUSES | GUNS |
| BOOKS | HATS |
| BOTTLES | JEWELRY |
| CAMERAS | KNIVES |
| CLOTHES | MUGS |
| COINS | PICTURES |
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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 mother has been recently diagnosed with Alzheimer's disease, does she qualify for hospice care under her Medicare benefits?

Medicare will pay 100% for hospice services for Alzheimer's disease and any diagnosis where patients are determined to have a life expectancy of less than six months. Our hospice would need to obtain a physician's order to evaluate your mother to see if she meets the hospice Medicare guidelines of a 6 month prognosis to qualify for hospice care services.



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How can people partner with healthcare centers to make them a better place to live?

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Vicki Ott
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Shreveport, LA 71101
(318) 221-1983
See our ad on page 21.

I have heard that Glaucoma is a painless disease. How often should I get checked for Glaucoma?

Glaucoma is considered the silent thief of sight. It is painless, progressive, and can cause complete blindness. Every person over the age of 40 should be checked, if they have never had a glaucoma check, and then every 2 - 3 years after that. Glaucoma is more prominent in the elderly, so persons over the age of 65 should be checked yearly, especially if you have a family member with the disease. Glaucoma can be successfully treated with medicine and/or surgery to help prevent the loss of sight.



Chris Shelby, MD
WK Eye Institute
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See our ad on page 19.

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.



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CHRISTMAS IN THE SKY

Christmas in the Sky, the bi-ennial gala benefitting the Shreveport Regional Arts Council, was held at Harrah's Louisiana Downs on December 8. This year's theme was Broadway and featured elaborate sets, costumed characters, fabulous buffets, entertainers and live music.



Mike and Judy McCarthy



Bob and Joanna Robinson



Don Young, SRAC Executive Director Pam Atchison, Diane Young



Sky Design Chair Linda Goldsberry and Bobby Pearlman



Sky co-chair Heidi Kallenberg with a costumed character representing Kinky Boots



Dr. and Mrs. Jihad Michael El-Hayek with Spiderman

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Madama Butterfly
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AARP CHRISTMAS

Members of AARP Chapter 3832 held their Christmas meeting on December 12th at Brotherly Love Seafood in Shreveport.



Emma Palmer, Debris Wilson, Orella Braziler, and Shirley Robinson



Cassandra Williams, Sara Pool, Earnestine Tiner & J.C. Williams



Issac T. Tolliver, Bruce Allen, and Alicia Coles



Dottie Bell, Beverly Riage, Hattie Henderson, Pamela Taylor, Patricia Flanagan, and Ann Haynes (seated)



Dottie Bell, Gwen Burton and Louise Burton with gifts collected for the after school program at Bill Cockrell Center in Shreveport.

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DiamondJacks Casino & Hotel recently hosted a toy drive to benefit the Salvation Army Angel Tree. Both guests and team members participated.



GARDEN PARK

Garden Park Nursing & Rehabilitation Center's handbell choir gave their annual holiday performance at Loyola College Prep in Shreveport. After the performance, students gifted the residents with handmade ornaments.



Row 1: Margaret Sermons, Mary Luker, Dorothy Havard, Lucille Dykes, Nellie Digby, Dolores Lewing and Judy Richardson. Row 2: Mary Thompson, Maxine Slayter, Ruth Rials and Melba Scott



Ms. Lucille Dykes

Information and Referral

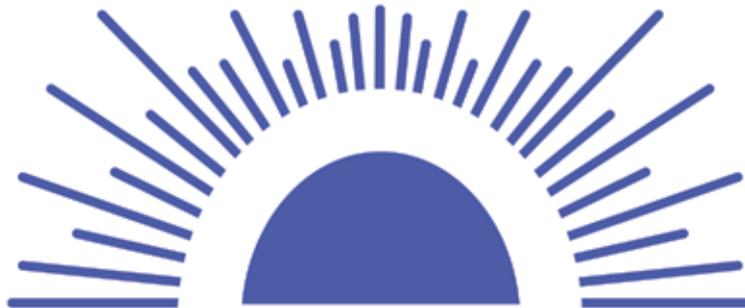
Skills Training

Consumer Center

Loan Closet – Durable Medical Equipment

CPR/First Aid

Employment Services



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Personal Attendant Services

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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

AARP OFFICERS

AARP Shreveport Chapter 3568 held their annual election of officers and Christmas party on December 3.



Bonnier Williams, George Beard, Faye Jackson, Carolyn Franklin, and Mary Bradford display some of the toys that AARP members donated to Operation Santa Claus.

95TH BIRTHDAY

Maurine Locke was feted with a party to celebrate her 95th birthday at the American Legion on Cross Lake.



Maurine with sons John and Ricky



John and Peggy Raish with Elaine and Norm Parker



Maurine (center standing) with sisters Anne Bickham, Mary Martin, and Jane Thompson (seated)



Newly elected AARP chapter board members Vince Scholtes, Bev Bowers, Yvonne Jones, Johnnie Covington, Faye Jackson, Bob Franklin, and CC Nichols



Newly elected AARP chapter officers Vernon Varnell, Marilyn Varnell, Larry Bagley, Carolyn Franklin, and Don Jackson

Puzzle ANSWERS

Crossword

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

Sudoku

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

Word Search

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

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