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January 6

**"Lawrence in Arabia – A Recent
Travel Story"**

Guest: Larry LaBorde, avid traveler
and area businessman

January 13

**"Do Assassinations Change
History?"**

Guest: Joseph Hargrove, Jr.

January 20

**"Prevention and Treatment
of Skin Cancer"**

Guest: Dr. Paige Bundrick, facial
surgeon, LSU Health Shreveport

January 27

**"Benjamin Rush – An Exemplary
Patriot"**

Guest: James Crout, MD

February 3

**"Use and Abuse of Alcohol
and Other Drugs"**

Guest: R. Kent Dean, Director of
Clinical Development, Council on
Alcoholism and Drug Abuse of
Northwest Louisiana

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January 2018 • Vol. 27, No. 1
Founded 1992 as *Senior Scene News*
ISSN Library of Congress
#1551-4366

A monthly publication from:
TBT Multimedia, LLC
P.O. Box 19510
Shreveport, LA 71149
(318) 636-5510
www.TheBestOfTimesNews.com

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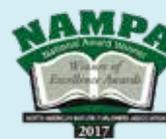
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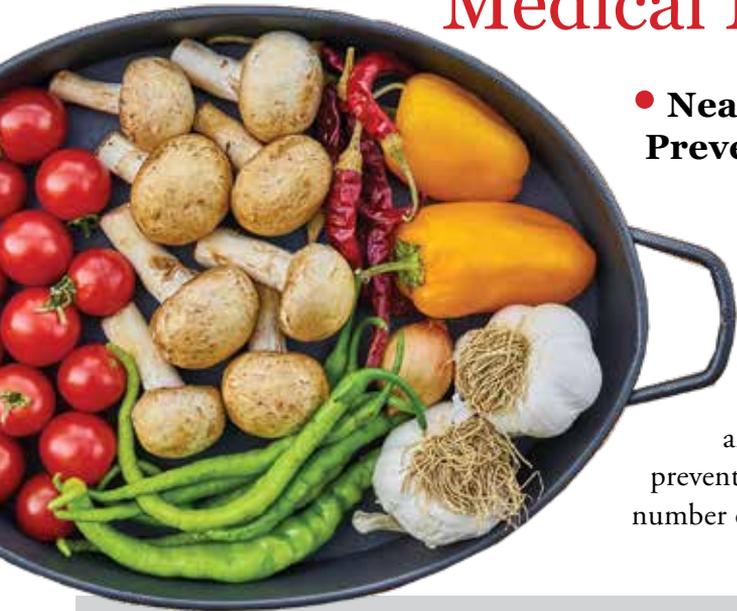
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Medical News & Info



- **Nearly All Americans Take at Least One Preventive Measure to Avoid Cancer**

According to the Mayo Clinic National Health Checkup, 95 percent of respondents take at least one preventive measure to avoid cancer. Approximately three-fourths avoid smoking (75 percent), limit alcohol consumption (74 percent) and maintain a healthy diet (72 percent). Women are significantly more likely than men to do all three. Women are also significantly more likely than men to discuss risk and prevention with their health care provider, sleep the recommended number of hours and receive recommended routine cancer screenings.

- **Dry Eye Sufferers Will Soon Have a Drug-Free Solution** A study of dry eye sufferers who inserted a new handheld neurostimulator device in their nose to make their eyes produce more tears experienced significant relief from their disease. The device gives patients a drug-free alternative to lubricating eye drops. As important, this new route to dry eye relief produces a complete tear, containing all the elements in natural tears. Patients reported that it was easy to use and they suffered no side effects. Tears support clear vision and help prevent corneal abrasions.

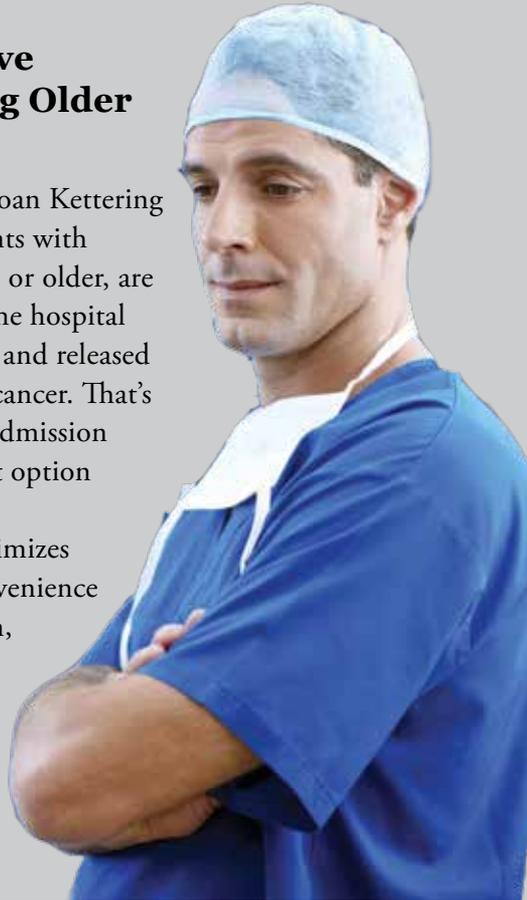


- **Sex Poses Little Risk of Triggering Sudden Cardiac Arrest**

Worried whether your heart health is strong enough for sex? A new study by Cedars-Sinai Heart Institute may lay your fears to rest: The risk that sex would trigger a sudden cardiac arrest is exceedingly small. While sudden cardiac arrest, or SCA, results in more than 300,000 deaths each year in the United States, fewer than 1 percent were linked with sexual activity. In fact, only 1 in 100 men and 1 in 1,000 women experience sudden cardiac arrest during sexual activity, according to data published in the *Journal of the American College of Cardiology*.

• **ERs Should Improve Practices for Treating Older Cancer Patients**

A new study from Memorial Sloan Kettering Cancer Center finds that patients with cancer, especially those aged 75 or older, are more likely to be admitted to the hospital – and less likely to be observed and released home – than patients without cancer. That’s despite the fact that inpatient admission is not always the best treatment option available. Observation status is often preferable because it minimizes patients’ exposure to the inconvenience and risk of a hospital admission, while also reserving hospital resources for those who need it most. *–Journal of the National Comprehensive Cancer Network*



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From the Bench by Judge Jeff Cox

Annuities: The Good and Bad



In recent weeks, I have heard a number of people in our area talk about annuities.

Annuities have benefits that can help an individual but also have some potential drawbacks.

This article will attempt to give an overview on both the good and bad side of annuities.



Cox

Annuities are financial instruments, just like stocks and bonds, which pay a stream of income to the holder of the instrument. The annuitant pays a certain amount of money into the instrument and then the annuity pays the annuitant a stream of income. Part of the stream of income is a return of principal, which represents a repayment of the amount paid into the policy, and part of the stream of income is interest on the money paid into the policy. The annuity will pay interest depending on the prevailing rate at the time the annuity is bought.

Annuities are similar to insurance policies and many insurance companies sell annuities. Annuities differ from insurance policies in that the annuity pays a stream of income while you live whereas an insurance policy pays a benefit when someone dies. The

stream of income is determined by how long the annuity is taken out and the interest paid on the annuity.

Many annuities are sold on the premise that they avoid succession as the annuitant can name a beneficiary to inherit the annuity if they die during the time the money is being paid. Other reasons a person may choose to buy an annuity is to attempt to help a person qualify for Medicaid when they start to enter a nursing home or to help a person have a steady stream of income and be able to budget according to the amount of money they will receive.

Usually, annuities are sold at a percentage of the money being placed into the policy. This percentage can range from 5% to 10% on the front end of monies being placed into the annuity. Some annuities will have long surrender terms meaning that they will pay out the proceeds over a long period of time. Annuities sold with long payout periods will usually have huge surrender costs, meaning that if you try to get out of the annuity before the end of annuity period, you lose a large portion of the money you placed in the annuity. Annuity interest payments are set on the prevailing interest rates at the time the annuity is sold. With current interest rates at historical lows,

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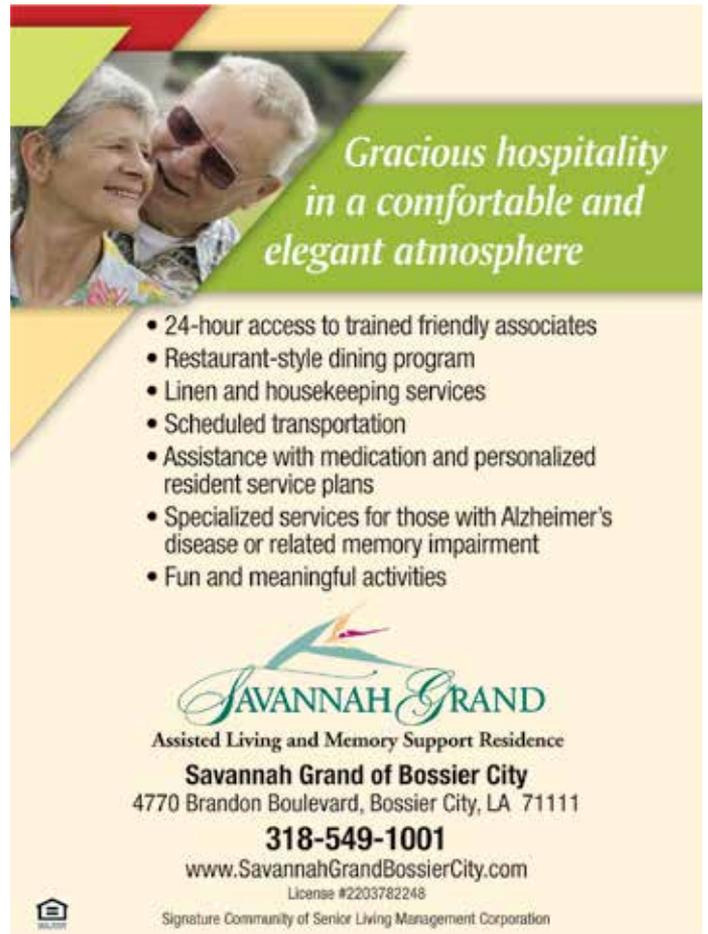
having a long term annuity may cause the annuitant to lose money if the interest rates rise.

Although annuities do not pass through succession as they are paid to the beneficiary, the annuity is still subject to estate taxation, if it applies. The annuity counts as a taxable asset for estate tax purposes. Any payments made from an annuity have to be paid to the nursing home if the annuitant is in a nursing home and the stream of payments will be looked at as a countable asset if the annuitant is receiving payments. In recent years, the government has also looked at counting an annuity as an asset for Medicaid purposes where the annuity was left to a beneficiary after the death of an original annuitant. Interest paid on the annuity is subject to income tax as an annuity is considered an investment.

Finally, depending on the goals of the individual, the stream of income paid by an annuity may not meet their needs and with surrender penalties, may cost the annuitant money to get out of the annuity.

In looking at annuities, one must weigh all the pros and cons. Annuities have their place in certain situations, but they are an investment just like stocks and bonds. All considerations must be taken into account when purchasing an annuity.

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



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A Church Betrayal

When Poor Souls Church* decided to build a fellowship hall, Deacon Frye put out a call to his good friend, Bob the builder.

Bob came out and had a look around and agreed to do the job for \$43,000.

The Church started making payments and Bob started building. Less than two months into the project, having already received about \$39,000 of the contract price, Bob took his tools and disappeared.

Despite its best efforts, the Church couldn't find the guy. So Deacon Frye hired a private investigator. The PI couldn't find Bob either. Not knowing what else to do, the Church called the police. The police investigated and issued a warrant for Bob's arrest.

And nothing happened. For years and years.

Until "Arkansas authorities discovered the warrant" and returned Bob to Louisiana, but not to face the Poor Souls Church charges. You see, Bob had done the exact same thing to a different church in a different part of Louisiana. So Bob faced those charges first: he pled guilty and spent 9 months in



Aronson



We do not have debtors' prison in the United States, even for contractors who betray the trust of a church.

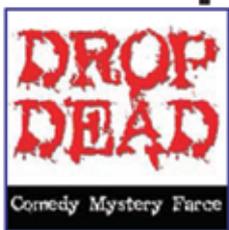
jail. Only after that did the Poor Souls Church case finally go to trial.

Bob wasn't going to plead guilty to that one. Instead, he

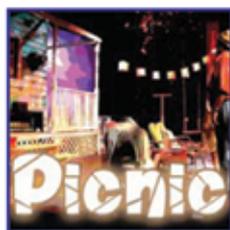
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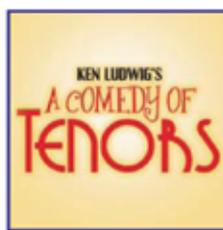
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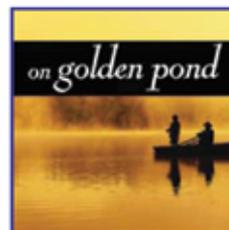
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told the Judge that he had practically completed building the fellowship hall and that the Church actually owed him money for some additional work he had performed. But the jury didn't buy it. Photos of the building site taken shortly after Bob disappeared made Bob's story "unbelievable," "outlandish," and "patently absurd." In other words, the jury found Bob the builder guilty.

Rather than sending him off to jail, the Judge put Bob on probation and ordered him to pay the Church \$20,000 in restitution with monthly payments of \$333 per month for 5 years. Bob appealed, saying, "I can't afford that! All I get is a disability payment. \$333 a month would be somewhere between harsh and impossible for me."

The appellate court told Bob that he had effectively stolen \$20,000 from the church and "it is clear, therefore that the restitution figure is justified." The appellate court went on to say, "It is also clear, however, that [Bob] has only a remote chance of paying back the full restitution during the five years of his probationary period."

If you were the Judge, what would you do if Bob ended up missing a payment? Here's what the appellate court said: "there is a world of difference between a probationer who can't pay, as opposed to one who just won't pay. If [Bob] is truly unable to pay the restitution, he should not be imprisoned for that failure. We do not have debtors' prison in the United States,

even for contractors who betray the trust of a church."

Something similar happened in New Orleans after Hurricane Katrina. A homeowner paid a contractor \$40,000 to repair damage to the homeowner's residence. The contractor didn't do any work, so the homeowner sued. The Judge ordered the contractor to pay the homeowner back. Rather than doing so, the contractor filed for bankruptcy. At which point criminal charges were brought against the contractor. He pled guilty and was sentenced to probation with the condition that he pay the homeowner restitution of \$40,000. The contractor argued that he couldn't be ordered to pay the homeowner back because the bankruptcy Judge had discharged that debt.

Sound right to you? The criminal court Judge said, "I understand [the contractor's] bankruptcy proceedings...And I believe that there is restitution owed in this matter...And I'm going to order that he pay [the homeowner] \$40,000 in restitution." The contractor then tried to appeal the restitution order, but he lost.

** Although all the names in this article have been changed, this is a real-life case that happened in rural Louisiana about 15 years ago.*

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

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Emails: Fake or the Real Deal?

Question: I receive lots of emails on a daily basis and some emails look like they are from legitimate companies, but seem too good to be true. How do I know they're really from that company?

All companies today utilize email as part of their marketing campaign. Sometimes companies send emails out providing notices about policy changes regarding your account with them. Most companies will not send emails requesting information. If you do receive an email requesting information or stating that you need to click a link in the email taking you to their website, then you're probably dealing with a phishing scam email.



Rinaudo

Phishing emails are generated by robots the same way spam is generated and spread throughout the internet. These emails are fishing for information. Most the time they lead you to a website that looks legitimate, but when you enter your login and password it doesn't seem to know who you are. This malicious activity is a way for your account information to be gathered and sold for money, or worse: use your information to login to your real account and progress the phishing game to a whole new level. The end goal is always money.

If you receive an email and you're not sure it's really from the legitimate company there are several things you can check to determine its legitimacy.

1. If you receive an email with a link requesting that you login to your account to review some activity, then move your mouse so that the cursor hovers over the link in the email without clicking on it. Most browsers and email clients will display the real web address of that link towards the bottom of the page. The link in the email hides the actual address until you hover your mouse over it and then it will display the address at the bottom.



The email pictured above is from FedEx and the link's address shows that it's from <https://www.fedex.com>.

This is a good sign that the email is legitimate. Some links in the email could be valid, while others are not. It's always a good idea to investigate links this way before clicking on them to make sure they are taking you somewhere you want to go.

Most of the time they lead you to a website that looks legitimate, **but when you enter your login and password, it doesn't seem to know who you are.**



Move the mouse so that the cursor hovers over the link and look to the bottom left of your screen. This link goes to vhjzww.tk, NOT target.com.

Here's an example of an email claiming to be from Target. If you hover your mouse over the link that they are eager for you to click to get your free \$50 reward card, you'll see you're not going to target.com but to vhjzww.tk which is in Tokyo. This should send a red flag up in your mind and you would be better off deleting this email.

Another telling sign is the email address of the sender of the email. If the address of the sender doesn't end with @target.com or something containing target.com, then it's probably not from Target. This email is from someone in .tk – not from Target. Use the clues to determine if the email is real or a fake.

Mark Rinaudo has been working 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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As Chuck Patterson was motoring across the lake in 2013, he suddenly hit a submerged sandbar that threw him completely out of his boat. Unfortunately, the boat continued traveling up and over him breaking two vertebrae and mangling his left foot in the process. He managed to crawl back to his boat where he found his cell phone and was able to call 911. While waiting for help to arrive, he fashioned a tourniquet out of his belt to keep from bleeding to death.

Fortunately, Chuck eventually made a full recovery and despite having his foot amputated several inches above his ankle, the octogenarian Korean War Veteran has returned to fishing thanks to the prosthesis he now wears.

"It takes a little while to go through the process of getting a prosthesis, so I got to know the staff at Snell's pretty well—they became like family to me," said Chuck. "Those folks are so honest and forthright, you can't help but like them."

You can still find him fishing out on Cross Lake most Thursday and Friday mornings when the weather is good.



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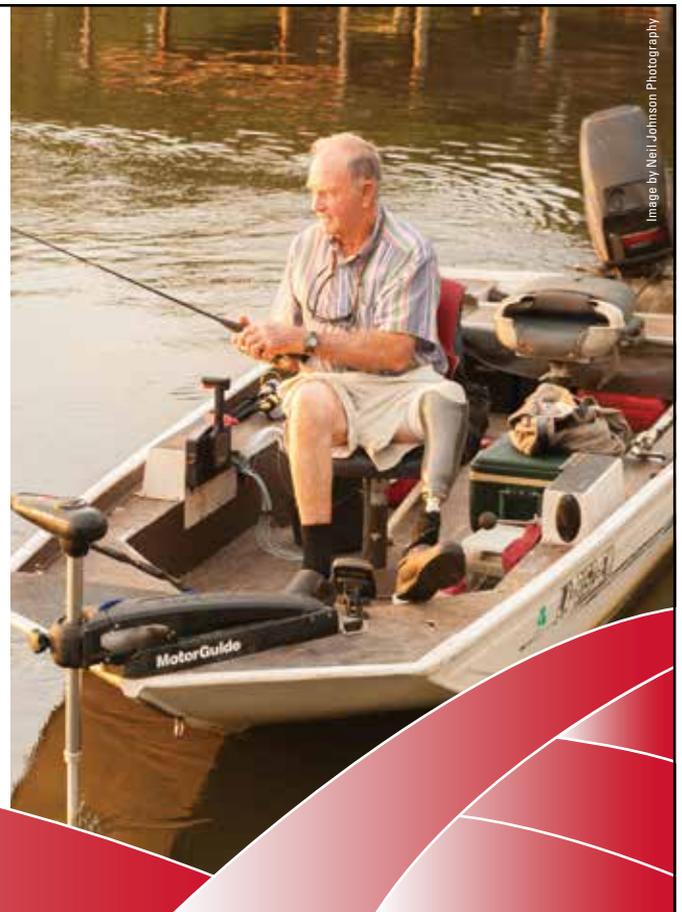


Image by Neil Johnson Photography

New Year, New Lifestyle: The Mediterranean Diet

A new year brings a new chance to improve your health, and many people are starting to change their diets.

Making a resolution to improve your diet is a worthwhile goal, and following a healthful eating pattern with the research to prove it is an added bonus. The Mediterranean diet, ranked #2 in Best Diets for Healthy Eating and #2 in Best Diets Overall by the U.S. News & World Report in 2017, is a worthwhile eating pattern to consider this year.



Scallan

The Mediterranean diet is inspired by the lifestyle of those who lived in the countries bordering the Mediterranean Sea in the 1960s. Included in those countries are Southern Italy, Greece, and Crete. The lifestyles of these residents are emphasized because their rates of heart disease were among the lowest and their life expectancies were among the highest worldwide. More recent studies have found that those who follow the Mediterranean diet tend to have a reduced risk of prostate, colon, and some head and neck cancers.

The Mediterranean diet is unique in that there is no specific meal plan to follow. Instead, there are aspects of your overall diet to focus on, which all contribute to a healthier eating pattern. The Mediterranean diet pattern emphasizes consuming an abundance of plant-based foods, including fruits, vegetables, whole grains, beans, nuts, and seeds, as well as including heart-healthy monounsaturated fats like olive oil instead of saturated fats like butter and animal fats. Fish, low-fat or nonfat dairy, and poultry are consumed daily in moderate amounts. Fish is preferred over poultry because it contains heart-healthy fats. Red meat is consumed in very low amounts, only a few times a month, and no more than four egg yolks should be consumed weekly. A benefit for many is this diet's inclusion of red wine in low to moderate amounts. One 3 ½ ounce glass for women and two 3½ ounce glasses for men can be consumed daily with a meal.

So, how do you start following a Mediterranean-style eating pattern? Small changes over time may be more realistic. Start with replacing your cooking oils and fats with canola or olive oil for an extra dose of heart-healthy fats. Gradually make

What's in the Mediterranean Diet?

This diet is inspired by those living near the Mediterranean Sea in the 1960s.



Plant-Based Foods



Heart Healthy Fats



Whole Grains



Fish



Nuts and Seeds



Red Wine

Start with replacing your cooking oils and fats with canola or olive oil **for an extra dose of heart-healthy fats.**



the switch from refined grains to whole grains, starting with adding oatmeal to your breakfast. Snack on nuts like almonds or walnuts instead of potato chips. Choose at least one dinner out of the week to go meatless and replace your original meat entrée with a bean dish. Also, make it a goal to consume red meat no more than once a week. Most importantly, try to include a fruit or a vegetable in the majority of your meals. Gradually increase your amount of fruits and vegetables over time until half of your plate is fruits and vegetables.

As with any diet, the Mediterranean diet may or may not be right for you. Always check with your healthcare provider before starting any new diet. Also, keep in mind that this diet may require more effort on your part towards the beginning. Since this is an eating pattern and not a structured meal plan, you will need to figure out what you will cook and eat each day. Many people like the Mediterranean diet for this reason, as it allows for more wiggle room and easier implementation in all settings. When starting the Mediterranean diet, you may find that preparing your meals in advance makes things easier and takes some of the guessing away during a busier week. Overall, the Mediterranean diet is more flexible, realistic, healthful, and safe than many other diets. The benefits of the Mediterranean diet far outweigh the time and effort spent planning your meals. The Mediterranean diet follows the USDA's 2015-2020 Dietary Guidelines for Americans and is generally safe for all ages and populations, with the exception of certain health conditions. Ask your doctor if this lifestyle is suitable for you.

Abigail Scallan is a Registered Dietitian and nutrition agent with LSU AgCenter for Caddo and Bossier parishes focus is adult nutrition education and promotion. Contact her at apscallan@agcenter.lsu.edu.

SHREVEPORT *Then & Now*

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The Inn Hotel was located at 615 Milam. The building was demolished in May, 1961. The site is now the home of Ensemble Office Essentials.



Crescent Cash Store No.1 and Silbernagle's were located on the 100 Block of Texas Street. The buildings were demolished in the late 1990's.



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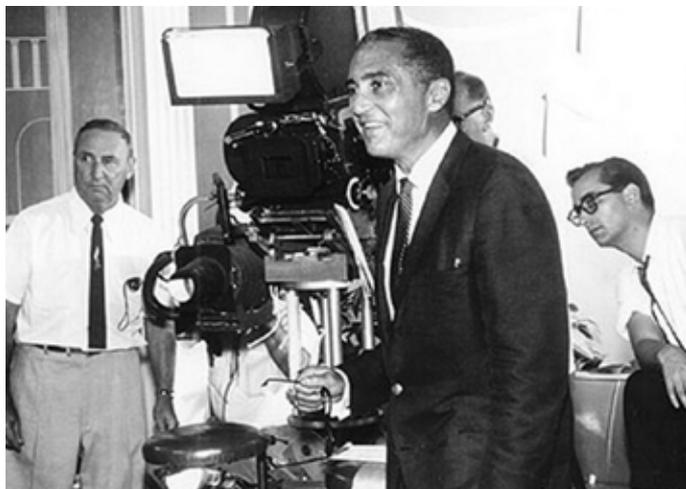


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Jay Sandrich Directed Classic Sitcoms



Jay Sandrich (right) on the set of "Make Room For Daddy" with producer Sheldon Leonard (center)



Jay Sandrich's father, Mark (seated) working on "Holiday Inn" with Fred Astaire and Bing Crosby. (Publicity still Paramount Pictures)

Starting out as an assistant director on "I Love Lucy" in the late 50s probably wasn't a bad introduction to Jay Sandrich's television career behind the camera.

"I wrote a letter to Lucy's company (Desilu) and was invited for an interview," recalled Sandrich from Los Angeles. He was immediately offered the job despite possessing only a film degree from UCLA and a couple of years' experience working on army documentaries.

"It was my first real job in the business," he said. "The only reason I got it was because the man who hired me had been my father's assistant, so I got that job thanks to my father."

But by then, there was no way for Jay to thank his dad. Sandrich senior had died a decade earlier when his son was just 13.

Mark Sandrich had been a respected film director in the 1930s and 40s who worked on five Fred Astaire and Ginger Rogers' films as well as the still favorite seasonal musical "Holiday Inn."

As the rookie second assistant director on "Lucy," young Jay's duties included a lot of paperwork and making sure actors were on time for rehearsals. "Then I got the job of first assistant director the next season. I knew very little, but the previous assistant director, Jack Aldworth – now the associate producer – taught me so much."

Also filming at Desilu Studios was "Make Room for Daddy." Director/producer Sheldon Leonard invited Sandrich to work on the series as assistant director for over 160 episodes.

"That's where I really learned a lot," he said. "Not

necessarily working with actors but with the cameras."

Throughout the 60s, Sandrich worked on other hit series such as "The Dick Van Dyke Show" and "The Andy Griffith Show." When executive producer Leonard Stern began planning "Get Smart," he invited Sandrich to produce the first season.

"But I really didn't enjoy producing - too many worries," admitted Sandrich, who went on to direct a half-dozen episodes.

In the 70s, Sandrich guest directed multiple episodes of numerous popular series. He especially left his directorial mark on "Mary Tyler Moore" and "The Cosby Show" in the 80s/90s, directing over 100 episodes of each and winning 2 Emmys for each series.

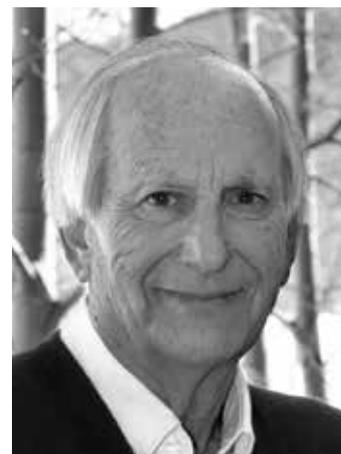
Despite spending a career surrounded by actors, Sandrich says emphatically he had no desire to act himself. "I knew how bad I would have been!"

"I'm 85 now and my wife and I have been spending summers in Aspen and I've directed a few plays," he says. "But television comedy has changed so much that I don't think I'd be good directing it today. I've had a great career being involved with some of the best comedy shows ever produced."

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



Thomas



Jay Sandrich (provided by Sandrich)

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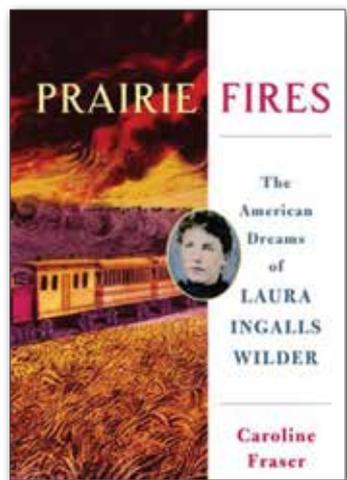
KYLE A. MOORE

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



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

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



Prairie Fires

The American Dreams of Laura Ingalls Wilder

by Caroline Fraser

Prairie Fires: The American Dreams of Laura Ingalls Wilder is a new biography on the author of *Little House on the Prairie*. Written by Caroline Fraser, *Prairie Fires* has been researched exhaustively with no detail omitted.

From the outset, Fraser does an excellent job of setting the scene of the late 1800's, deftly and terrifyingly relaying stories of the Dakota Indians, showing both sympathy to their ousting from their lands, while refusing to shy away from their violent attacks. This was the world Laura was born into. It was one of difficulty and intense bravery of American homesteading spirit.

Prairie Fires shares the tale of Laura's grandmother - a widow of six young children who barely survived alone and destitute; and that of her parents gripped by the need to constantly move to the next great homestead.

The first half of the book is dedicated to telling the true story of Laura Ingalls' childhood, supported by letters, journals, newspapers and events that happened in places and times that corresponded with the constantly migrating Ingalls family. And while there were moments of joy and awe-inspiring views of the wilds, there was also poverty, debt, locusts, illness and fires that nearly ruined them over and over again. But Fraser also shares



Rinaudo

stories of Laura's hardheadedness, both as a child and as an adult, and tells stories of her friendships, courtship, work ethic, and love, keeping the book from being too bleak.

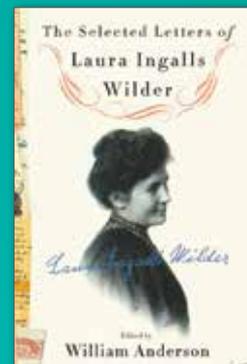
The second half of the book jumps into Wilder's life in her 50's, and spends many pages detailing the life of her eccentric daughter, Rose Ingalls Lane. It takes a hard look at the accusations that Lane was a ghostwriter of the *Little House* books, scrutinizing the strange and volatile relationship between mother and daughter. Fraser does her homework, referencing drafts of the books, letters between mother, daughter and publishers, as well as diary entries - all drawing logical and seemingly accurate conclusions about who wrote what.

Prairie Fires is a deep dive into the not so distant American past, filled with astounding details and wonderful first hand accounts from the time. It's a long read, but one that tells the tale of America paired with a beloved author whose family was a true representation of that time period. It does get a little lengthy as Rose's intense life story unfolds, but her story is a necessary and integral part of Wilder's.

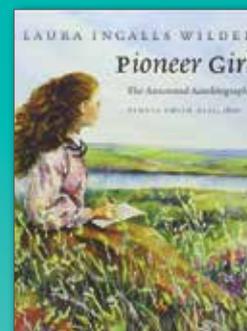
Prairie Fires is an interesting read both for its fascinating look at American history, and for intriguing truth behind the stories in the *Little House* books. **Grade: B+**

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.

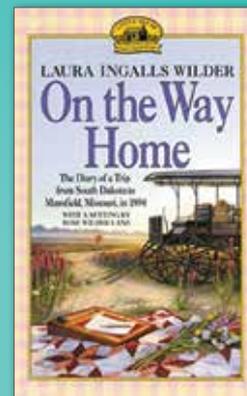
Want to Read More About Laura Ingalls Wilder?



The Selected Letters of Laura Ingalls Wilder



Pioneer Girl: The Annotated Autobiography of Laura Ingalls Wilder



On the Way Home: The Diary of a Trip from South Dakota to Mansfield, Missouri, in 1894

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Listen to Your Next Great Adventure

by Jessica Rinaudo



When you hear the word, “audiobook,” the image of inserting a cassette tape or CD into your walkman may come to mind. Perhaps you may think of some droll voice, blithely reading you the words of a story. You would be wrong.

Audiobooks have surged in popularity. With apps on your phone that allow for instant access to nearly any published work, a book is always at your fingertips. Voiced by professional actors - many of whom are also famous on the screen - most audiobooks are their own form of performance art, told so well that they elevate the story. They quickly become as engaging as your favorite TV show. Another reason they are so popular? They allow the listener to multitask. Long car drive? Household chores? Stuck in a waiting room? Audiobooks are there. They are especially great for those who have vision problems.

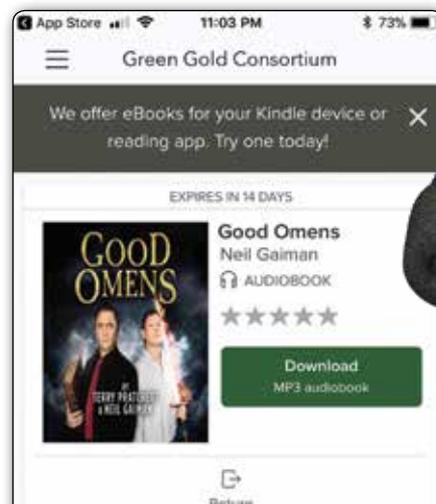
Shreveport native and book enthusiast Elaine Gallion has been listening to audiobooks for more than 10 years. She made the transition from physical cassette tapes to digital listening easily and now prefers that format. “I prefer the digital version - it saves my place for me and it’s so convenient,” said Gallion. “I don’t have to go to the library and get the physical tape. I don’t have to go to the store and buy them. I can search and find exactly what I want. I can search by subject, title or by author and it’s there immediately.”

The Best Of Times

So how to get started?

There are many options out there for audiobook fans - both free and for purchase. There are a few things you will need to have in place to get started:

1. **A device of some sort.** A computer will work, but if you want to go mobile, you’ll need a smartphone or ipad.
2. I recommend **a good pair of headphones or earbuds.** Yes, you can play the books out loud, but chances are you’ll get hooked into a book and those around you may not want to hear it.
3. A **wi-fi connection** to download the books to your mobile device. If you don’t have wireless Internet at home, there are many locations where you can access free internet,



The Overdrive App is for use with your Shreve Memorial Library Card.



such as the library or most coffee shops.

Once you have those items, you're ready to start listening.

Option 1: Free Audiobooks from Shreve Memorial Library

You can download Shreve Memorial Library's copies of audiobooks directly to your mobile device without ever walking into the library! You'll need two things:

1. A library card with its pin number. (Note: If you have your library card, but not the pin number, give your local library a call and they can get that number for you).

2. The Overdrive App and/or the Hoopla app (search for them in the Apple or Google stores. Both are free!)

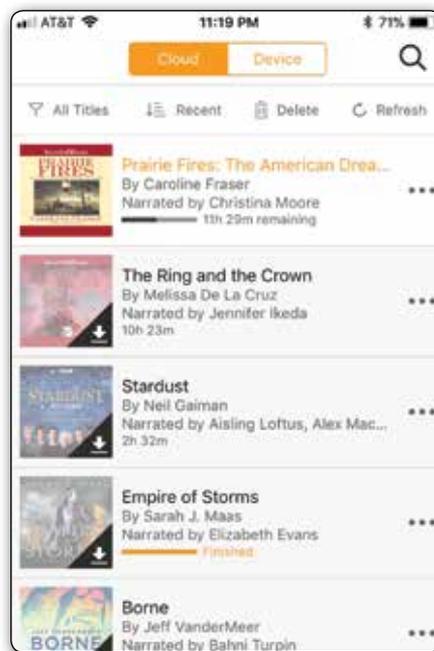
Once you've downloaded the Overdrive and/or Hoopla Apps and have your library card, you can sign into the app, search for your library, type in your library card number and pin number, then start searching for the book you want to listen to! Once you find the audiobook you're looking for, simply click "Borrow" (or in some cases "Hold" to put you on the waiting list for the book). Once you borrow the book, you can go to your account and download the whole audiobook immediately into your app and listen to it there. Audiobooks borrowed from the library will remain on your device for two weeks. After that time, the book will automatically return. You can always return books early. You can also check books back out again if you haven't finished listening. Just remember if someone has the book you've just finished listening to on hold, they will automatically get to check it out next and you'll have to place a hold and wait for your turn to come up again.

Option 2: Purchase Audiobooks

Audible.com has become the end all and be all for purchasing audiobooks, and with good reason. They have nearly every audiobook in their database - some of which can only be listened to through Audible. They have special performances, including some full cast renditions of audiobooks. And, once



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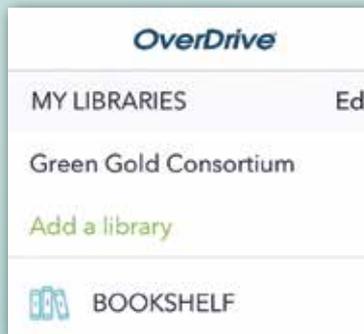
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How to Check Out Audiobooks from Shreve Memorial Library with the Overdrive App



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3. Type in "Shreve Memorial" then click **Search**.



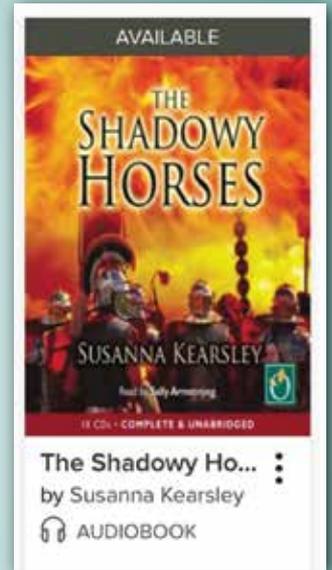
4. Select "Shreve Memorial Library," then select "Green Gold Consortium" under **Library Systems**.

5. You'll be prompted to type in your library card number (found on the back of your library card) and your PIN number. If you do not have your PIN number, call a branch of Shreve Memorial Library and they can help you obtain it.

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8. Once you've checked out the book, use the three bars at the top right to go to **My Account**, then **Loans**.

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10. Click on the three lines at the top left of your screen.

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store allow you to purchase specific audiobooks and send them to others as gifts, as well.

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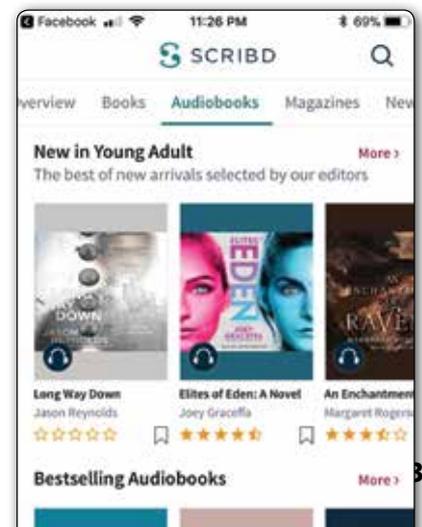
Both Audible and Scribd let listeners try a book or month for free, and Overdrive and Hoopla are always free. You essentially have nothing to lose by giving them a try!

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to work, on my way home, or a long drive. I listen to my books when I'm at home, especially when nobody else is at home and I'm not talking to anyone... and I just love it."

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Day 3 Beijing (Breakfast)

A day at leisure to explore at your own pace. We suggest an optional excursion (USD\$65/person) with lunch to the Forbidden City, the former seat of the emperors throughout the Ming and Qing dynasties. It is a true architectural masterpiece and home to the National Palace Museum. After an included lunch, proceed to the Summer Palace, a former royal retreat and now a lovely park. Then visit a Chinese Herbal Institute to learn about traditional Chinese medicine.

Day 4 Beijing (Breakfast, Lunch)

Today's highlight is an excursion to the majestic Great Wall (Juyongguan), one of the "Seven Wonders of the World"! Recognized by UNESCO, and get a chance to climb a portion of this 3,700-mile marvel. Then tour the iconic "Beijing 2008 Olympic Center", which includes the famous Bird's Nest and Water Cube which now hosts many spectacular opening ceremonies and events. Although there is no tour inside these buildings, it is a magnificent architectural structure from the outside, providing a perfect photo opportunity. Visit one of the largest Jade Exhibitions in Asia enroute. After lunch, see skilled artisans work at a Cloisonné Factory.

Day 5 Beijing fly to Shanghai, Bus to Suzhou (Breakfast, *Lunch included only with optional tour, *Dinner on airplane)

Today you are free to explore Beijing, or you can sign up to join one of our popular day tour programs. We will take a late evening flight to Shanghai. Upon arrival at Shanghai airport, transfer directly to Suzhou by bus. It is only about a one hour drive.

Day 6 Suzhou / Wuxi (Breakfast, Lunch- Wuxi Style Ribs)

Suzhou is known as the Oriental Venice for its ex-

quisite canals, bridges, pagodas, and beautiful gardens. After breakfast, tour the Linger Garden and visit the Suzhou Silk Factory to discover the processing of silk. After lunch, Wuxi is apparently best known for 'Hong Shao Pai gu' or braised spare ribs. In late afternoon, continue to Wuxi, visit the Lingshan Grand Buddha.

Day 7 Wuxi-Hangzhou (Breakfast, Lunch, Dongpo Pork)

This morning tour the Brilliance of Lake Lihu located at Famous Lake Taihu, followed by visit a Fresh Water Pearl Farm. Continue to Hangzhou to enjoy a slow cooked Dongpo Pork.



Day 8 Hangzhou-Shanghai (Breakfast, Lunch- Steamed Bun Xiao Long Bao)

Hangzhou, also known as the "Paradise on Earth" After breakfast, visit The West Lake, the most beautiful lake in the country. Featured lunch Steamed Bun Xiaolong Bao- (a type of steamed bun) Then, visit No.1 Tea Plantation and taste the well-known Dragon Well Tea. After lunch, drive to Shanghai. Walking along the famous Bund, lined by the colonial architecture of European design it is now the called "Wall Street of the East".

Day 9 Shanghai (Breakfast, Lunch, Farewell Dinner- Shanghai Local Cuisine Ben Bang)

In the morning, tour Shanghai Museum, to see ancient Chinese art, furniture and jade, followed by a visit to an Emerald exhibition center. Then visit the City God Temple Bazaar, which is composed of specialty stores, selling traditional Chinese arts and crafts, medicine and souvenirs. This evening, enjoy Farewell Dinner Shanghai cuisine, also known as Hu cuisine, is a popular style of Chinese food. In a narrow sense, Shanghai cuisine refers only to what is traditionally called Benbang

Day 10 Shanghai- Home (Breakfast)

After breakfast transfer to the airport, departure Shanghai and head back home or extend your trip to other city in China.

PRICE INCLUDES

- Los Angeles; Chicago; Seattle International flights and airport transfer service from \$499/person;
- All transportation (Internal flight, coach);
- All deluxe hotel accommodation (based on double occupancy);
- Meals and featuring regional delicacies mentioned in the itinerary;
- All visits and admission fees including entertainment shows mentioned in the itinerary;
- English speaking guide;

PRICE DOES NOT INCLUDE

- Land Only Tour (not including international & internal flight)
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*Due to the limited room availability, for in case that we may use other similar standard hotels for substitution

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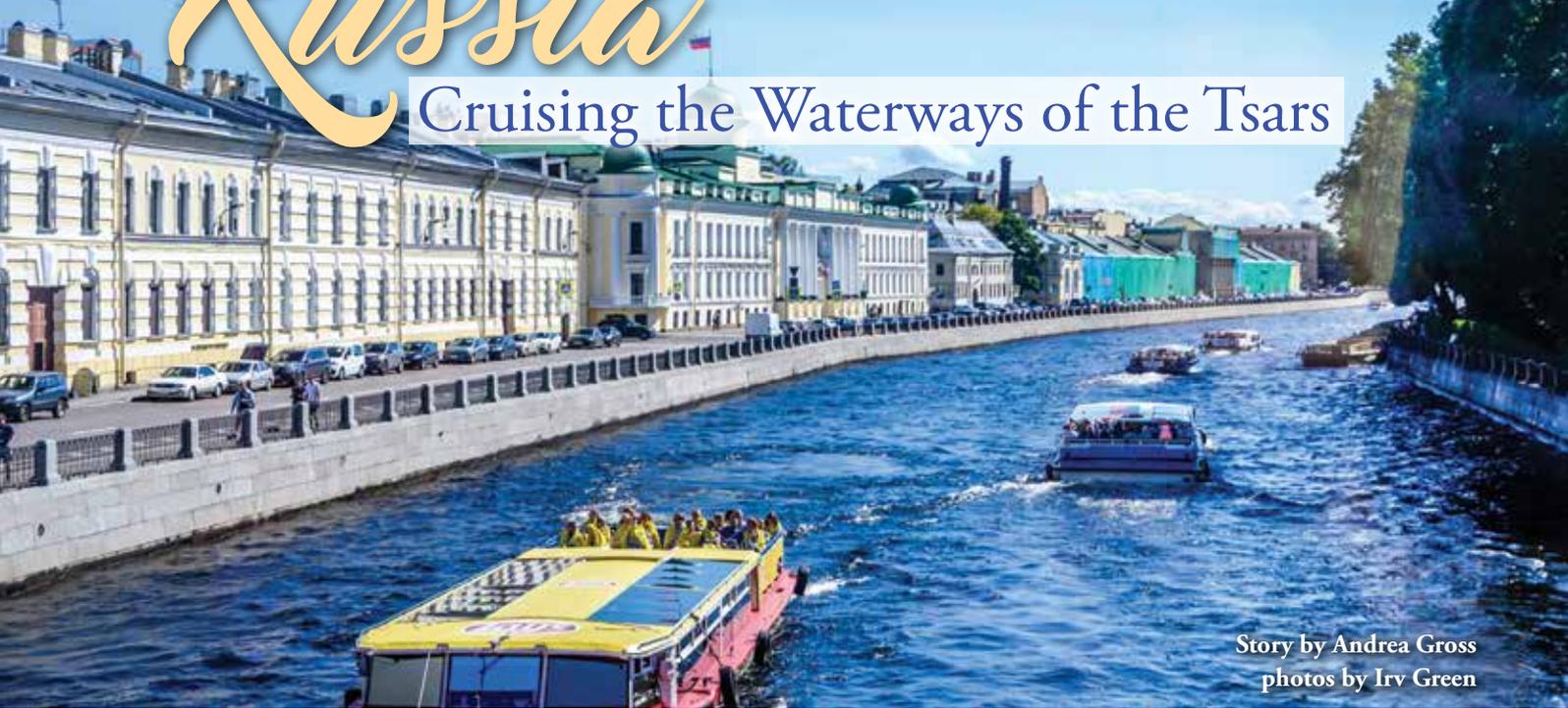
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St. Petersburg is a city of islands connected by nearly 400 bridges and canals.

Russia

Cruising the Waterways of the Tsars



Story by Andrea Gross
photos by Irv Green

“Russia is a riddle, wrapped in a mystery, inside an enigma,” said Winston Churchill in a 1939 radio broadcast. Things haven’t changed much in the intervening years. The world’s largest country is still a land of gilded domes and golden spires as well as grand art, great music and blue waterways.

But it’s also a land that’s been ruled by those who win revolutions as well as by those who win elections, is sometimes officially Communistic and other times casually capitalistic, and whose relationship with the United States has ranged from somewhat cooperative to outright confrontational. An enigma indeed — which is, of course, exactly why my husband and I want to go there.

The first thing we learn is that Russia isn’t a particularly easy place for American tourists. Most find the language unintelligible, the alphabet indecipherable and the regulations innumerable. For example, individual travelers need an “invitation” from an authorized Russian travel agency verifying exactly where they’ll be staying each night during their visit. Spontaneity is not allowed.

Thus we opt for a riverboat

cruise, which will let us travel in comfort and security. We call Viking River Cruises, the oldest and largest company that has Russian cruises specifically designed for English-speaking passengers. They run twelve trips a month, and they’re almost fully booked for the next three months. We grab the last available room.

Our first stop is St. Petersburg, the cultural gem of Russia. It’s here that I see my first onion-domed cathedral, proudly presiding over a watery maze that splinters the city into 100 islands connected by nearly 400 canals and bridges.

We spend three days amongst spectacular palaces, world-renowned museums and magnificent gardens. We thrill to the performance of Swan Lake, which was first presented to the Imperial Ballet in St. Petersburg in 1895, tap our feet in rhythm to the rollicking music of the Cossacks, and are overwhelmed by the art of the Hermitage Museum, which has prehistoric artifacts as well as Greek sculptures and Impressionist paintings. Experts say that if a person were to spend one minute per exhibit it would take him eleven years to see it all.

Finally we visit a *kommunalka*, a communal home owned by several unrelated families. Each family has its own small room for living and dining, but they all share a



common bathroom and small cooking area, which, in this case, consists of two stoves, a mini-refrigerator and a few overloaded shelves.

I don't want to leave St. Petersburg. It has an air of restrained elegance — historically important, regally proud and visually stunning. But it's time for the Viking Akun, our 200-passenger ship, to head south to Moscow.

For the next five days we cruise down the Svir and Volga rivers, stopping at a variety of small and mid-size towns. A Viking guide introduces us to a woman who's making matryoshka dolls, those small sets of figures that decrease in size so that they nest one inside another. Traditionally these dolls were painted in intricate designs; today many have more contemporary, and sometimes controversial, motifs.

One set for example depicts the largest doll as Putin and the smaller ones as former leaders of the Soviet Union from Lenin to Yeltsin. Other sets are in the reverse, with Lenin outsize Putin. We opt for one that features the Disney characters Anna and Elsa. All things considered, it seems a safer choice than the one that portrays Putin and Trump.

We visit a school, lunch with a typical middle-class family, and tour churches filled with outstanding art. Before we leave I decide to be purified in a banya, which involves taking a steam bath and birch broom massage before plunging into the cold river.

Back aboard the ship we sit in the Panorama Bar and enjoy the river views as we listen to presentations on all-

things Russian, from the Volga to the vodka. Finally, sated with knowledge and food, the Viking Akun docks at Moscow.

Like St. Petersburg, Moscow is gilded with domes, but while St. Petersburg is magical, Moscow is muscular. The cars are flashier, the streets more crowded, the malls larger. There's even a toy store that covers more than a block.

We tour the Kremlin, where we hear stories of Romanov tsars and Communist leaders, enjoy the festive ambience of Red Square, and lunch at the enormous GUM Department store, where any thoughts of Russia as a country devoid of luxury goods are quickly dispelled.

But of course Moscow isn't Russia. Nearly 80 percent of Russia's people live west of the Ural Mountains, where traditions may be stronger but life may be harder. "But in Moscow there are more billionaires than babushkas," says our guide.

On the last night of our cruise a group of us reflect on our trip while we enjoy a Russian-inspired meal. "Churchill was right," says one man. "Russia is most definitely an enigma."

For an expanded form of this story, see www.traveltizers.com.

I don't want to leave St. Petersburg. It has an air of restrained elegance — **historically important, regally proud and visually stunning.**

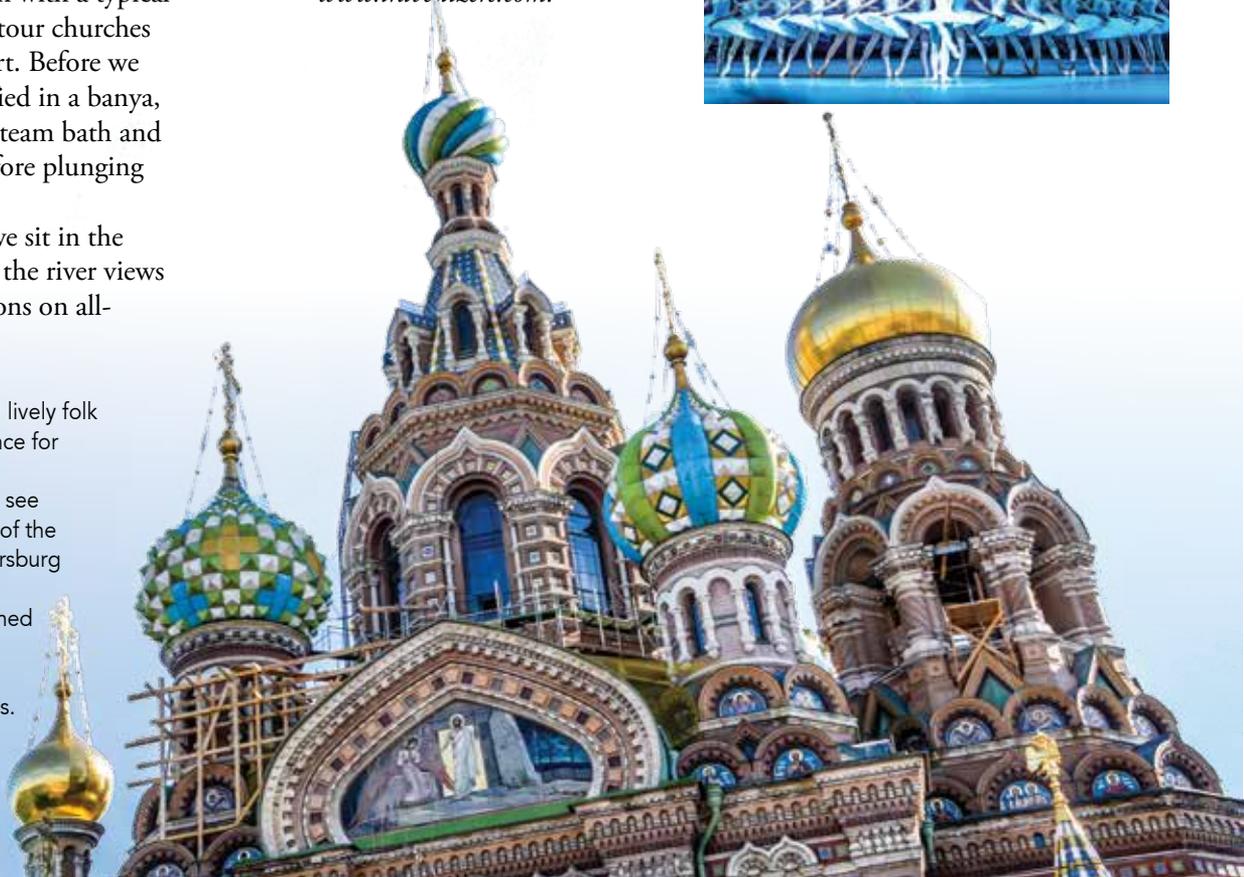


Left: The Cossacks perform lively folk dances in a private performance for Viking passengers.

Right from top: People can see craftspeople at work in some of the small towns between St. Petersburg and Moscow.

Swan Lake was first performed in St. Petersburg in 1895.

St. Petersburg is filled with magnificent domed cathedrals.



Snapshot SLEUTH

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

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 the image.



1. Agudath Achim New officers, 1954. **2.** Schumpert Hospital Nurses Glee Club, 1952. **3.** Party held for 20 year employees of Southwestern Bell Telephone & Telegraph Co. Shreveport, 1954. (All photos by Jack Barham)

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Simple Sheet Pan Suppers

FAMILY FEATURES

At times, spending hours in the kitchen can be a relaxing, enjoyable experience. However, even for avid home cooks, a busy weeknight isn't one of those times. Fortunately, solutions like sheet pan suppers make it easy to create dishes with exceptional flavor that come together quickly and clean up just as fast.

Keeping a variety of vegetables on hand makes it simple to pull together a family meal. Onions, for example, are versatile, flavorful, easy to store, have a long shelf-life and are available year-round. An added benefit when cooking with onions is that you're serving up a good source of fiber.

For more tasty recipes to make supper a cinch, visit onions-usa.org and usaonions.com.

Spicy Sheet Pan Roasted Jambalaya

Recipe courtesy of the National Onion Association and Idaho-Eastern Oregon Onion Committee

Servings: 4-6

- 1 large yellow onion, diced
- ½ large green bell pepper, diced
- ½ large yellow bell pepper, diced
- ½ large red bell pepper, diced
- 3 stalks celery, sliced or diced
- 2 garlic cloves, minced
- 1-2 jalapenos, seeded & diced
- 1 pint cherry tomatoes
- 3 tablespoons olive oil, divided
- ½ teaspoon salt
- ½ teaspoon black pepper
- 1 link (13.5 ounces) Andouille sausage, sliced
- 1 pound large shrimp, peeled and deveined
- 1 tablespoon Cajun seasoning blend
- linguine noodles, cooked according to package directions

- 1-2 lemons, in thin wedges
- 2 green onions, sliced
- fresh chopped parsley

Heat oven to 400 F.

Line 13-by-18-inch sheet pan with parchment paper.

In large bowl, combine onion, bell peppers, celery, garlic, jalapenos, tomatoes, 2 tablespoons olive oil, salt and pepper until evenly combined. Spread out evenly on pan in single layer. Add slices of Andouille sausage. Roast 15-20 minutes, or until vegetables are tender and start to brown.

Toss shrimp with Cajun seasoning and prepare linguine noodles.

When ready, remove baking sheet from oven. Place shrimp on top of vegetable and sausage mixture in single layer. Top with half the lemon wedges. Return to oven and cook about 5-8 minutes, or until shrimp is no longer pink.

Serve over linguine garnished with green onions and parsley with remaining fresh lemon wedges on side.

Easy Drumstick-Quinoa Sheet Pan Supper

Recipe courtesy of the National Onion Association and Idaho-Eastern Oregon Onion Committee

Servings: 4-6

- 8-10 chicken legs
- 1 fennel bulb
- 1 large yellow onion, sliced
- 1 large red onion, sliced
- 2 garlic cloves, sliced
- 3 medium-sized potatoes, cubed
- 1 orange (¼ cup juice and zest)
- ¼ teaspoon thyme, dried
- 2 tablespoons olive oil
- 1 teaspoon sea salt
- ½ teaspoon black pepper
- 2 tablespoons fresh chopped parsley
- orange rind curls
- brown rice, cooked according to package directions
- quinoa, cooked according to package directions

Heat oven to 400 F.

Line 13-by-18-inch sheet pan with parchment paper.

Place chicken legs on pan. Spread fennel, yellow onion, red onion, garlic and potatoes around and in between legs.

In small bowl, whisk together orange juice and zest, thyme and olive oil. Pour mixture over chicken and vegetables. Season with salt and pepper.

Roast 45 minutes, or until chicken is cooked through and vegetables are tender. Cook rice and quinoa.

Garnish chicken with parsley and orange curls. Serve over brown rice and quinoa.



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The Music of the Rolling Stones with Shreveport Symphony Orchestra January 13

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CONCERTS

• **The Music of The Rolling Stones** - January 13 at 7:30 PM at RiverView Theater, 600 Clyde Fant Parkway,

Shreveport. Shreveport Symphony Orchestra and Windborne Music will present the power of The Stones in concert, including nearly all of the band's best hits, such as I Can't Get No (Satisfaction), You Can't Always Get What You Want, Start Me Up, and more. Tickets are \$25 -\$69. Call 318-227-8863 or visit www.shreveportsymphony.com.

• **The Great C Major** - January 27 at 7:30 PM. Presented by Shreveport Symphony Orchestra at

RiverView Theater, 600 Clyde Fant Parkway, Shreveport. The majesty of Schubert's Symphony No. 9 is paired with the highly entertaining and eclectic Cello Concerto by Friedrich Gulda, played by Shreveport native son John-Henry Crawford. Tickets are \$20 -\$60. Call 318-227-8863 or visit www.shreveportsymphony.com.

EVENTS

• **28th Annual Night of Praise** - Friday January 12 beginning at 6:30 pm. Calvary Baptist Church, 9333 Linwood Avenue, Shreveport. FREE admission. This year's event will feature: The Allen Family, The Steel Magnolias, The Voices of Louisiana College, Calep Lewis,

Jack Cowley, and Ammer Gayle Whatley. For more information, please call (318) 347-4370.

• **Bridge Lessons** - Easy Bridge. 4 **FREE** lessons. Book cost - \$10. Mondays beginning January 15th, 6:30 to 8:30pm at Shreveport Bridge Association, 7625 East Kings Highway, Shreveport. Taught by ACBL Certified Instructor Bonita Hays. To register contact Kathy Plante at 318.798.2538 or email: kplante@uno.edu.

• **Krewe of Elders Grande Bal** - Friday, February 2 at 6:00 p.m., at American Legion Post No. 14 located at 5315 South Lakeshore Drive, Shreveport. Entertainment provided

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• **Medicaid Community Workshop** – Thursday January 11 at 10:00 a.m. Presented by SAFE Planning at the Broadmoor Branch Library, 1212 Captain Shreve Drive, Shreveport. Learn about protecting assets from nursing home costs and Medicaid even if someone is already receiving care. If you're unable to attend, you can watch the videos at www.safeplanningseminars.net. Reserve your seat by calling 318-869-3133 or online at safeplanning.net/event.

MEETINGS

• **Ark-La-Tex Genealogical Association Meeting** – Saturday, January 13 from 1:00 to 3:00 PM at the Randle T. Moore Center, 3101 Fairfield Ave (corner of Fairfield Ave and Kings Hwy), Shreveport. Guest speaker Ellen Kyle, Healthcare Operations Consultant and Genealogy Researcher, will present a lecture on 'Epigenetics:

A Study of our Inherited Genes". Also, there will be a panel discussion to answer genealogy research questions. This program is free and open to the public. For information call 746-1851 or email jjohnson747@suddenlink.net.

SUPPORT GROUPS

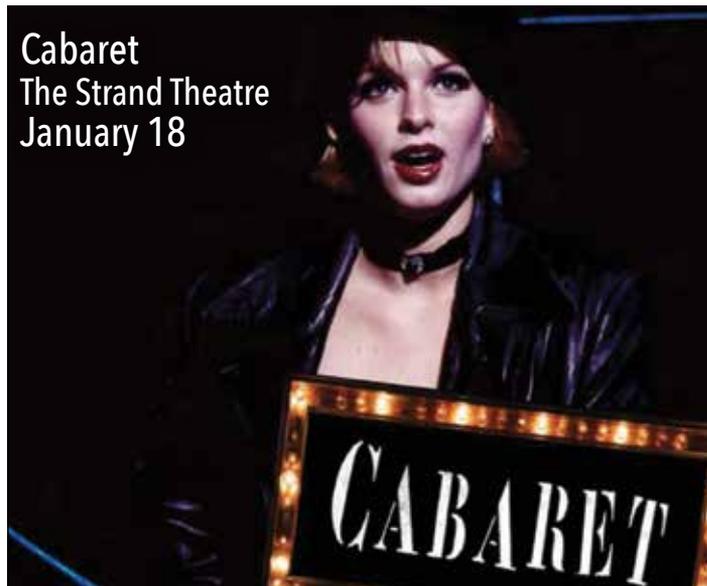
• **Caregivers' Memory Loss Support Group** - Support group for those caring for loved ones suffering from memory loss related illnesses. 5:30 – 6:30 p.m., on the first Thursday of every month at Harrell Library at The Glen (Access via Main Entrance on Flournoy Lucas Road). **FREE**. For information call 798-3500 or email info@theglensystem.org.

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

THEATRE

• **Crowns** - Shreveport Little Theatre, 812 Margaret Place, Shreveport. January 11, 12, and 13 at 7:30

Cabaret The Strand Theatre January 18



p.m.; January 14 at 3:00 pm. A collaboration with Mahogany Ensemble Theatre. A moving and celebratory musical play in which hats become a springboard for an exploration of black history and identity as seen through the eyes of a young black woman who has come down South to stay with her aunt after her brother is killed in Brooklyn. \$15. Tickets can be purchased at shreveportlittletheatre.com or call (318) 424-4439.

• **Cabaret** - Thursday, January 18 at 8:00 p.m. Strand Theatre, 619 Louisiana, Shreveport. Based on Roundabout

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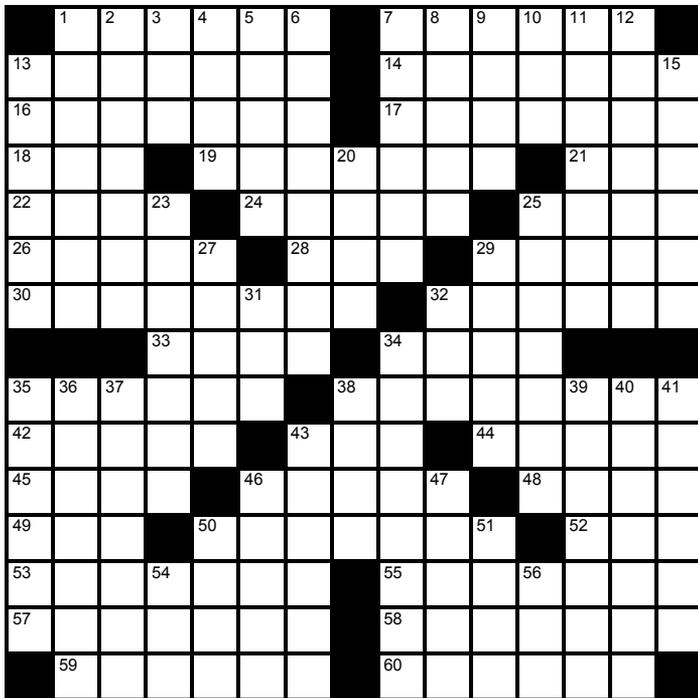
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PUZZLE pages

Turn to page 39 for solutions.



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Across

- 1 Deficient in quantity
- 7 Split
- 13 They're followed
- 14 Flowerpot
- 16 Four-wheel covered carriages
- 17 Associative relation
- 18 Chef's phrase
- 19 Contracting
- 21 Groceries holder
- 22 Sail holder
- 24 Binding
- 25 Ceremony
- 26 Pays to play
- 28 Intense anger
- 29 Criminal
- 30 Unlined
- 32 Mum
- 33 Pub serving
- 34 Sandwich shop
- 35 Plot
- 38 Class
- 42 Task
- 43 Fan setting
- 44 Wee hour
- 45 Artist Bonheur
- 46 Diacritical mark

- 48 Touts' output
- 49 Police blotter abbr.
- 50 Steadies
- 52 Bubble source
- 53 Hanukkah item
- 55 Give forth
- 57 Dawn
- 58 Systematic plan for therapy
- 59 Sabot
- 60 Unemotional

Down

- 1 Shipping route
- 2 Card game
- 3 Elaborate
- 4 Genuine
- 5 Salad oil holder
- 6 Writer of literary works
- 7 Thin strip of wood or metal
- 8 Static ____
- 9 Suspend
- 10 Calligrapher's purchase
- 11 Resistant to change
- 12 Measure of explosive power
- 13 Andean animals
- 15 Trustee
- 20 Knights
- 23 Poster paint
- 25 Ignite anew
- 27 Snail trail
- 29 Steakhouse selection
- 31 Compass reading
- 32 Congeal
- 34 Laggards
- 35 Skeddaddles
- 36 Get ready to cry
- 37 Cry of praise (to God)
- 38 Pepsi or RC
- 39 Japanese art of folding paper
- 40 Regarded as
- 41 Flunkies
- 43 Arctic moss
- 46 Rib
- 47 Irish revolutionary
- Robert
- 50 Londoner, e.g.
- 51 Palm starch
- 54 Food scrap
- 56 Lacking value



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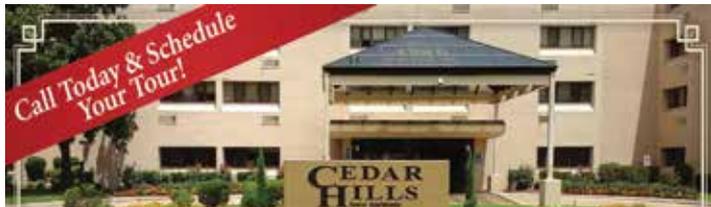
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 C L R S L A B S O Y N F B R A W L
 F U A G H S B W T P U G I L I S M
 X A U B R N S M O R P F P T W H B
 E S Q J B A B A O D U N R G R W F
 L S B O O Q P C H C U G H A M R B
 T A M U X D F P S G T X G A P E S
 T C S S I A A E L P I S O L A S H
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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

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Argument	Combat	Fight	Hassle	Showdown
Assault	Conflict	Fisticuffs	Joust	Spar
Attack	Duel	Fray	Pugilism	Struggle
Battle	Face Off	Free For All	Quarrel	Tangle
Boxing	Fencing	Grapple	Scrap	Tilt
Brawl	Feud	Gunplay	Shootout	Wrestling

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

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

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See our ad on page 39.

My grandchild complains of shoulder, neck and back pain when in school. Could this be due to his heavy backpack?
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John J. Ferrell, M.D.
Mid South Orthopaedics
7925 Youree Drive;
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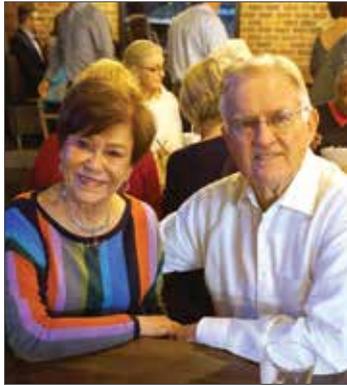
TheBestofTimesNews.com



parting ●● ●●● shots

OPENING OF PIZZAREV

Members of the media and special guests were invited to a special grand opening event on December 2 for the new PizzaRev located at 6301 Line Avenue in Shreveport.



Becca and Dick Drummond



Owners Cassidy King and Mark Florsheim, Jr



Jim and Sharon Mabus



Dru Forshiem (left), Dr. Bob and Chloe Thorton

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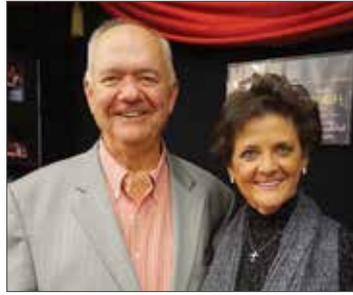
Evans Brothers Plumbing
318-560-7710
evanscde3@att.net

SYMPHONY

Shreveport Symphony Orchestra held their Holiday Concert on December 2nd at Riverview Theatre.



Dr. Carl and Sylvia Goodman



Frank Auer and Gail Tyler



Mary Boogaerts, Ann Spikes, and Hilda Holder

BLAKE

Blake at Bossier City hosted an event at the Golf Club at Stonebridge on November 14th for charter club members, future residents, and guests to learn more about their resort-style senior assisted living facility scheduled to open in mid 2018.



Glenn Barclay, Clara Barclay, Kim Nichols & Rose Nichols



Sarah Gleason, Tim Owens & Melissa Viga



Sean & Diana Carlisle with Senior Transition Services



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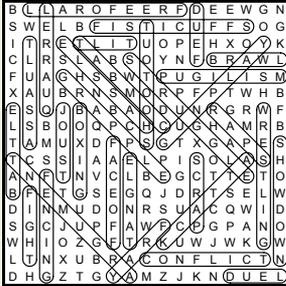


Dr. Mona Douglas, Optometrist

Shreveport . Monroe . Lafayette

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Puzzle Answers

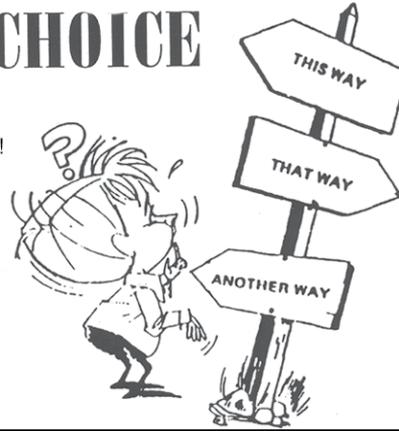


6	9	5	3	4	7	1	2	8
3	8	2	6	1	5	4	7	9
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7	6	3	2	9	1	8	5	4
8	2	4	7	5	6	9	1	3
9	3	6	5	8	2	7	4	1
2	4	8	1	7	3	6	9	5
1	5	7	9	6	4	3	8	2

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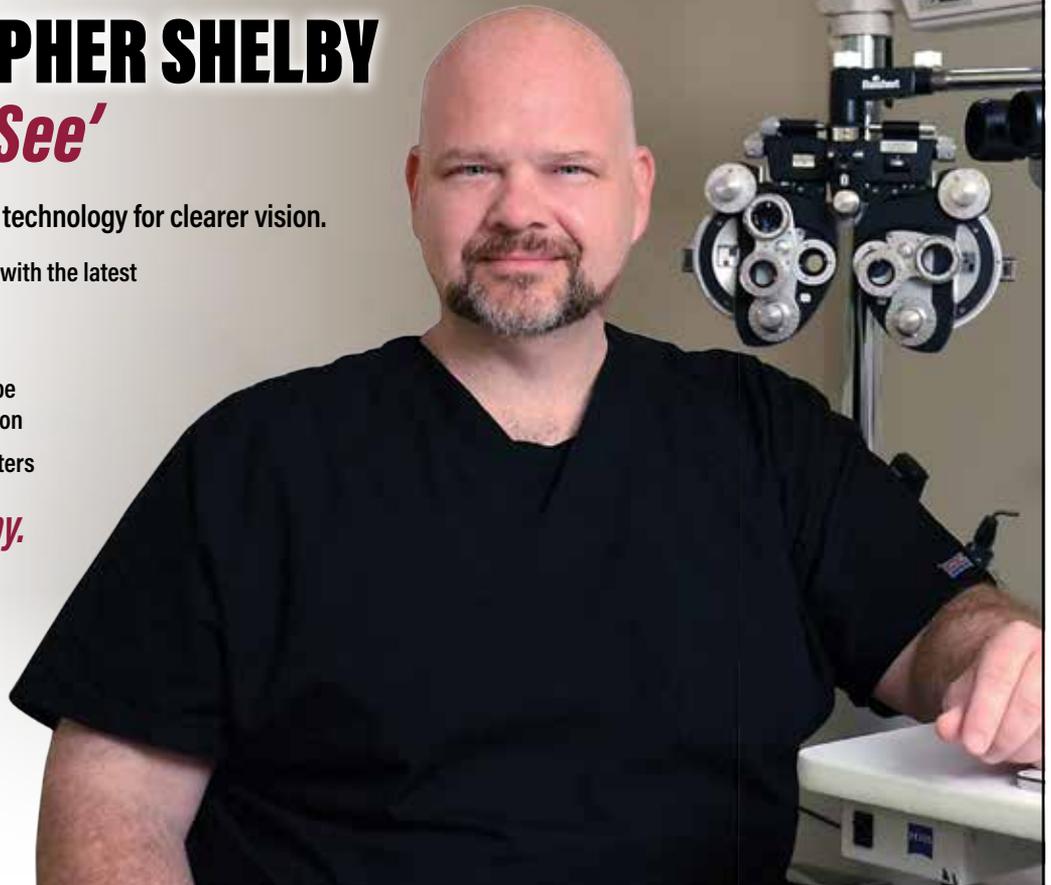
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For more information, please visit our website at www.gilsoul-law.com or email firm@gilsoul-law.com.

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

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