

March 2023

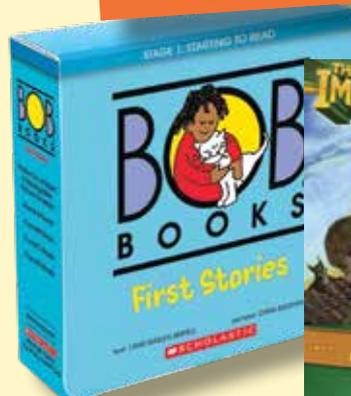
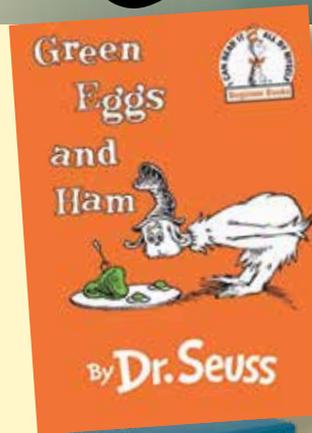
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March Issue

Briefs

6 Stat! Medical News & Info

8 Odds & Ends



Features

10 St. Lucia: Rich in Color, Culture, Crafts and Conviviality

by Fyllis Hockman

20 Help Your Grandkids With Reading

by Marianne Hering & Peggy Wilber

Advice

12 Laws of the Land

Active Duty Military and Non-Military: Steps to Protect Yourself From Identity Theft

by Lee Aronson

14 Strategies for Living

Recognizing Love is a Decision and Choice

by David McMillian, Ph.D.

16 Eat Well, Live Well

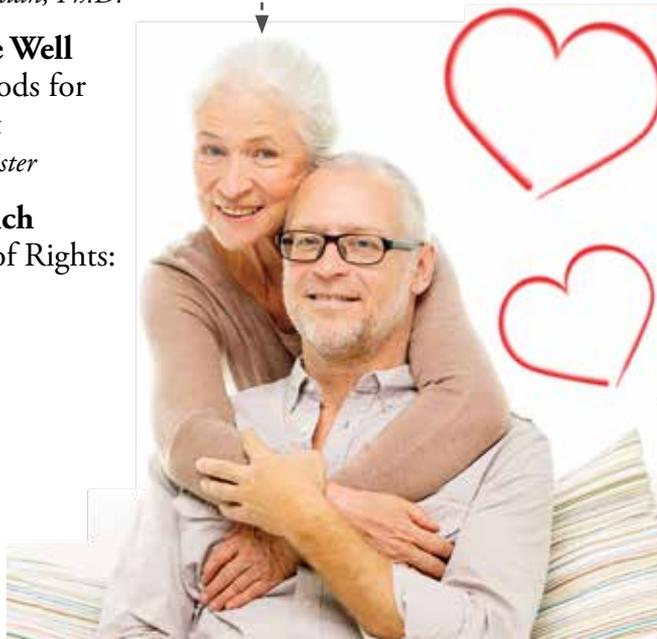
Fermented Foods for a Healthy Gut

by Abigail McAlister

18 From the Bench

The U.S. Bill of Rights: First Three Amendments

by Judge Jeff Cox



Columns

22 Tinseltown Talks

Gary Lewis and the Playboys: Still Bringing Back Music of the 60s

by Nick Thomas

24 Jest a Moment

Ram on the Run

by Nick Thomas

In Every Issue

26 What's Cooking

Prioritize Heart Health with a Balanced Eating Plan

28 Our Famous Puzzle Pages

Crossword, Word Search, and Sudoku

30 Save the Date

Fun Things to Do

32 Parting Shots



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MARCH 4

Legends and Myths of the Texas Revolution
Tom Pressley, MD and historian

MARCH 11

Destined to Fly - The Story of Ron Strauss
Sally Hoedel, author and historian

MARCH 18

Brainhacker - Master Memory, Focus, Emotions and More
Dave Farrow, author and two-time Guinness World Record holder for memory

MARCH 25

The Loyal Son - The War in Ben Franklin's House
Rich Lamb, Attorney and historian

APRIL 1

Arthritic Conditions are Treatable with the Latest Treatments
Robert Goodman, MD with Arthritis and Rheumatology Clinic

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The Best of Times

March 2023 • Vol. 32, No. 3
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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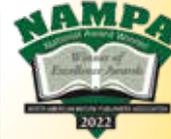
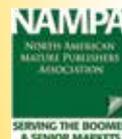
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Medical News & Info

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Do OPTIMISTS Live Longer?

In a study published in the *Journal of the American Geriatrics Society* that included a racially diverse group of 159,255 women, higher levels of optimism were associated with longer lifespans and a greater likelihood of living past 90 years of age. Investigators found that the link between optimism and longevity was evident across racial and ethnic groups, and that lifestyle factors accounted for nearly one-quarter of the optimism-lifespan association.

One Year of Aerobic Exercise Improved Brain Vascular Health in Older Adults



A year of aerobic exercise training reduced impedance (effective resistance to blood flow) in the brain blood vessels of older adults, according to a new study from the University of Texas Southwestern Medical Center and Texas Health Presbyterian Hospital in Dallas. The **findings demonstrate the benefits of aerobic exercise on brain vascular health, which is essential to maintain brain function in old age.** Findings are published in the *Journal of Applied Physiology*.



Most People Think Their Diet Is Healthier Than It Is

How healthy is your diet? It seems like a simple question, but according to a new study, it's one that most Americans struggle to get right. Researchers with the U.S. Department of Agriculture's Agricultural Research Service found that only a small percentage of U.S. adults can accurately assess the healthfulness of their diet, and interestingly, it's mostly those who perceive their diet as poor who are able to accurately assess their diet. Additionally, most adults overrate the quality of their diet, sometimes to a substantial degree.



Eating Fruit More Often Could Keep Depression at Bay?

People who frequently eat fruit are more likely to report greater positive mental wellbeing and are

less likely to report symptoms of depression than those who do not, according to new research from the College of Health and Life Sciences, Aston University. The researchers' findings suggest that how often we eat fruit is more important to our psychological health than the total amount we consume during a typical week. The team also found that people who eat savory snacks such as chips, which are low in nutrients, are more likely to report greater levels of anxiety. (Published in the *British Journal of Nutrition*)





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Odds & Ends

THE AVERAGE LOUISIANAN EXPERIENCES PEAK LIFE SATISFACTION AT AGE 43

Mixbook, a technology platform that powers storytelling with photo books, surveyed respondents aged 65+, discovering that the average Louisianan finds their peak life satisfaction at the age of 43, compared to a national average of age 44. By that time, many have a family, an established career, a stable home, and hopefully, a decent income which they can spend on little luxuries. The survey also found that 3 in 4 respondents stated that they would choose love over wealth if given the choice between the two. 58% of those surveyed say they are happy with the personal relationships they've formed in their lives and are not looking for any more. And, most unexpectedly, 52% stated that the pandemic increased their satisfaction with life! Perhaps a result of us taking stock of what's important, spending more quality time with loved ones and appreciating what we have. When asked what aspect of their lives they were the happiest with, the majority (34%) said their relationships - the wonderful friends they had made throughout their lives.



ELDERCARE LOCATOR

Are you a family caregiver in need of information or assistance? Are you interested in learning more about the programs and services that may be of assistance to you or your loved one? The Eldercare Locator, a public service of the U.S. Administration on Aging, is the first step to finding resources for older adults in any U.S. community. Just one phone call to 1-800-677-1116 or Website (www.eldercare.acl.gov) visit provides an instant connection to resources that enable older persons to live independently in their communities. The service links those who need assistance with state and local area agencies on aging and community-based organizations that serve older adults and their caregivers.



MOST OLDER ADULTS EXPERIENCE AGEISM

Nearly 93% of older adults have experienced some form of ageism in their everyday lives, a new study finds - whether it's seeing ageist messages and images on television or the internet, encountering people who imply that they're less capable just because they're older, or believing stereotypes about aging such as "having health problems is part of getting older". Meanwhile, 65% of the older adults said they regularly see, hear or read jokes about older people, or messages that older adults are unattractive or undesirable. Some 45% of the respondents recounted incidences where the older person felt it was assumed that they were having trouble with using technology, seeing, hearing, understanding, remembering, or doing something independently - or that they don't do anything valuable. The new findings published by a team from the University of Oklahoma, Norman and the University of Michigan come from the National Poll on Healthy Aging.





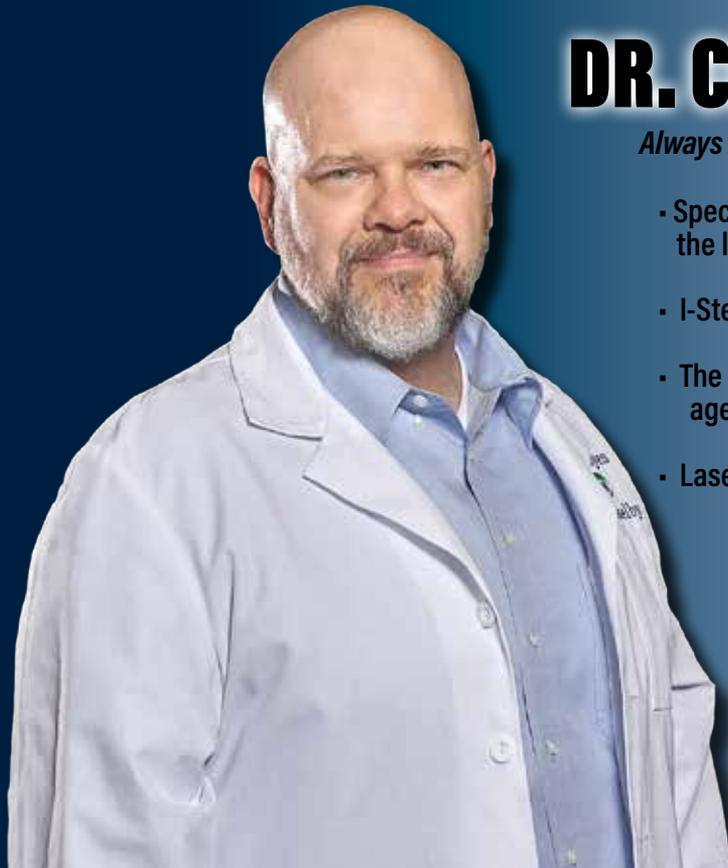
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St. Lucia:

*Rich in Color, Culture,
Crafts and Conviviality*

By Fyllis Hockman



So there I was,

at the Sulphur Springs Mud Bath in St Lucia, being smeared with green mud all over my body. Two layers first to exfoliate. Then sprinkled with black mud, a guide making designs in stripes and handprints as if my arms, face and chest were a canvas. I felt like I was in a pool full of zebras. Okay, zebras with black handprints all over dotting the mud masterpiece. Allegedly, the mineral waters in which we were submerged washed off 10 years along with the mud palette. I'm pretty sure my husband didn't notice any difference....



Thus began our full-day adventure aboard the Carnival Sailing Castries to Soufriere Adventure outing. Next stop, a “refreshing” dip in the Toraille Waterfall -- which is a euphemism for “Oh S**T!!” The only reason to do this is for bragging rights -- and you have to recover from the chill before loudly claiming, “I did it!” But oh yes, that felt good! The snorkeling we did later -- after a lovely buffet and some more rum punch -- had its own appeal. Colorful fish in much warmer waters. Although I did feel a tad guilty that I had just eaten a relative for lunch...

After the various exertions, just sailing back with the warm breeze and weary body, lazily gazing at the lengthy, looming twin peaks of the Pitons -- the iconic symbols of St. Lucia majestically claiming their dominance of the horizon -- I thought, “It doesn't get any better than this.” But this is St. Lucia, so of course it does.

Another island landmark occurs every Saturday -- the Castries Market, full of bustling crowds and local color. Fruits, fish, flowers.

Hats, handbags, hot sauce and housewares. People flooding the rows and rows of stalls inside a huge warehouse-type building and then street after street with volumes of vendors plying their trade. Bedding, bangles and baked goods. T-shirts, trinkets and toys. Loud music from multiple speakers all vying for attention. Clothes, condiments, crafts and candy. In other words, everything you could possibly ever consider buying -- and a wide variety of items you never would. Not to mention the many items -- mostly edibles -- that are not even recognizable.



When we stopped at a stall to buy some hot sauce, the owner offered us a taste of some spiced rum she makes. Of course, she was hoping to sell us a bottle but since after one sip, delicious as it was, I already was having trouble putting one foot in front of the other, we regretfully resisted. No easy task!

Many similar alcoholic options are available at yet another of St. Lucia's must-do activities. Friday night Jump-Up in Gros Islet dishes out generous servings of drinking and dancing, jammin' and jivin' to tourists and local alike. But here I must digress for a little nostalgia. When I was last there in 1995, what had started as a local gathering some 25 years earlier had evolved into a rollicking street party with body-to-body guests enjoying congenial sensuality. Chubby tourists with cameras around their necks – now smart phones in hand – moved as freely as native vendors dispensing barbecue chicken and beer. Although visitors were welcome and made to feel an integral part of the celebration, it remained an authentic island happening that hadn't deteriorated into a commercialized venture staged mainly for tourists -- at least not yet. That was then.

Disappointingly, it was now a crowded mish-mosh of mostly tourists waiting in long lines at barbecue chicken stands. No one moved freely. Yes, it was still hard to walk around without moving to the music -- a familiar plus -- but we were advised to wait until close to 11 when all the tourists return to their all-inclusives and the locals who work at the same resorts leave to come to Jump Up and restore it to the memorable -- and far more authentic -- experience it once was



Still, other things had not changed. Traveling the steep windy roads that slither and slink through the harrowing hills provides a glorious view of the island. Greenery, rich in color, content and texture, is everywhere, blanketing roadsides

and mountainsides. You are engulfed in lushness: small, large, low, high and enormous, with leaves the size of surfboards that would be delightful diversions if looking at them were not itself a life-risking endeavor. Well-kept, multihued huts mix with less-quaint, more run-down dwellings. Women balancing seemingly unmanageable loads on their heads wave as you pass by.

And you haven't even hit your basic tourist attractions yet: a hike through the rainforest, a walk through the Botanical Gardens complete with yet another waterfall, a visit to bubbling springs lying within a dormant volcano. And oh yes, there are beaches. Lots of them.

They're worth the time and the effort it takes to see them all. However, the real beauty of St. Lucia lies within the exquisite countryside, the warm welcome of its people, and the exposure to a way of life not usually seen from the swim-up bar at the hotel pool.

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Active Duty Military and Non-Military: Steps to Protect Yourself from Identity Theft

I don't think it's because of the great pay, but for some reason, active-duty military personnel are common victims of identity theft. Perhaps it's because change of station orders make them move more often than the general public. Or perhaps their steady income from the federal government makes them attractive targets.

But there is good news: members of the military can sign up for credit monitoring, which can help spot identity theft. Here's how it works: if a service member has credit monitoring in place, then he or she will get notified when anyone tries to check his or her credit. And best of all, the credit monitoring is free. It's just hard to sign up. That's because military members have to sign up for three different things in three different places.

The first thing service members need to sign up for is something called Equifax Credit Watch Gold for Active Duty Military. You can sign up

online, and if you do, you also get up to \$25,000 worth of identity theft insurance. All for free for military personnel.

The second thing you need to sign up for is Experian ID-notify Active Military Account. Again, you can sign up online and it's free for military personnel.

The third thing you need to sign up for is TransUnion Active Duty Credit Monitoring. Again, you can sign up online and it's free for military personnel.

The reason why you have to sign up in three different places is because there are 3 big credit reporting agencies in America: Equifax, Experian and TransUnion. They are three separate private companies. And whether you like it or not, each of them have collected a whole bunch of information about you. If you or an identity thief were to try to open up a new credit card in your name,



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the credit card company would first check your credit report. Some credit card companies check with Equifax, some check with Experian and others check with TransUnion. That's why signing up for just one or two of the monitoring services is not good enough. Think of it this way: you decide to get an alarm system put on your house. You wire up the front door and all of the windows, but you don't bother putting an alarm on the back door. Sound like a good idea to you?

You can do an internet search and find all three places to sign up. But all three websites can be confusing because in addition to offering credit monitoring, they also offer something called an active duty alert. The two are very different but the credit monitoring is much better than the active duty alert.

There is an even better way to protect yourself from identity theft than either credit monitoring or an active duty alert. In fact, for those of you who are not on active duty in the military, I don't recommend credit monitoring services at all unless they are somehow offered to you for free.

The better way to protect yourself is to place something

called a security freeze. Security freezes are available to everyone, not just military personnel. If you place a security freeze on your credit reports, you will prevent everyone, including yourself, from opening new credit in your name. That does not mean that you won't be able to use your credit cards anymore. Nor does it mean that your mortgage or car loan will be cancelled. It just means that no NEW accounts can be opened in your name. That's the absolute best way to protect yourself from identity theft. But be warned: although you will be able to apply for new credit in the future, you will first have to unfreeze your accounts. It isn't that hard to do, assuming you haven't lost the secret pass code given to you by each of the credit reporting agencies when you first place your security freeze.

In the past, placing a security freeze wasn't free. And you would get charged an additional fee for unfreezing your credit. But thanks to a new law, freezing and unfreezing your credit is free. But just like military credit reporting requests, you need to sign up for credit freezes in three different places:

go online and search for Equifax credit freeze, Experian credit freeze and TransUnion credit freeze.



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

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Recognizing Love is a Decision and Choice

Consider the possibility that the people who cause most problems in the world are very confused. Despite what our ego tells us about the importance of power, wealth, and material possessions, all those things come and go. We've been told by many important teachers throughout history, but we still don't seem to grasp the real truth. The truth is that love is all that is real and permanent in our "transitory" world.

At our core we are all pure love, but in this crazy world it is "normal" to be muddled about that. Today we desperately need to be able to recognize true love; *re-cognizing* is literally re-thinking who we are and what love is.

In one of my favorite books, *The Road Less Traveled*, Scott Peck offered that "real love is the will to extend one's self for the purpose of nurturing one's own or another's spiritual growth." Love is not a feeling; it is instead a decision and a choice. Peck differentiates real love from "the myth of romantic love," which he says is mainly feeling, physical attraction, and attachment, sometimes even on the verge of obsession. These feelings are, by definition, transitory.

In *The 7 Habits of Highly Effective People* Stephen Covey tells of a

man who approached him after a seminar telling him that his marriage was falling apart because the feeling of love "just isn't there anymore." Covey simply answered back "well then love her," explaining that "love is a verb, not a feeling," a truth also well enshrined in a lot of the great literature.

Peck further warns that love can easily be confused with dependency, claiming that those who seek love because they need to be totally dependent on someone else, or those who give love because they need someone to be totally dependent

on them actually border on having a form of mental illness more than they have love. "Love is the free exercise of choice. Two people can absolutely love each other only when they are quite capable of living without each other but *choose* to live with each other." We have some re-cognizing to do.

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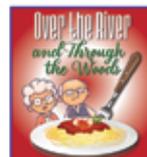
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Fermented Foods for a Healthy Gut

Ever wonder what's the craze about fermented foods these days? Fermented foods are growing in popularity, and for good reason! Not only are there many tasty choices, but they provide a wealth of benefits for your overall health.

Historically speaking, fermentation was used to preserve different foods, because the process itself helped extend shelf life. Before refrigeration was around, fermentation was one of the few ways to keep perishable food safe on shelves. Fermentation breaks down sugars using bacteria and yeasts. Because of this process, fermented foods can be a great source of probiotics due to their content of live bacteria.

Your gut is home to trillions of live bacteria that serve to benefit your overall health, and different lifestyle factors can influence the number and variety of bacteria in your gut. Conditions

like stress, illness, and antibiotic use can wipe out the good bacteria from your gut, while eating foods rich in probiotics can help build and restore the good bacteria in your gut. Foods that provide this probiotic benefit include those that are fermented through natural processes and contain live probiotics, like yogurt with live active cultures, kefir, sauerkraut, kimchi, and pickles that are naturally fermented (look for the words "naturally fermented" on the label).

Naturally fermented foods are not only rich in probiotics, but they also have a range of different probiotics, which can help increase the diversity of your gut bacteria. This gut bacteria is important in helping decrease inflammation, manage weight, alleviate gastrointestinal upset, and boost immunity. Fermented dairy foods (yogurt, kefir, cottage cheese) may even be more tolerable for those with lactose intolerance, because the fermentation process



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helps break down lactose, the sugar found in dairy products.

Fermented foods provide the most benefits when they are not heated. The heating process destroys the probiotics in these foods, so be sure to enjoy plain or add to a dish at the end of cooking. This also means that breads made using fermentation, like sourdough bread, do not have probiotics because the dough has been cooked. Other fermented foods to try include miso, apple cider vinegar, tempeh, and kombucha.

Wondering how to add fermented foods to your menu? Use apple cider vinegar to make salad dressing, drink kefir or add it to your smoothies, eat kimchi alongside fried rice, swap kombucha in place of your soda, and add sauerkraut for a burst of flavor to your entrees. When choosing a yogurt, be sure to find options that say “live and active cultures” on the package. Not all yogurts have probiotics, so it's important to know this if you wish to purchase an option with healthy

bacteria. Probiotic-rich yogurts can be enjoyed by themselves or added to a parfait or smoothie.

Each person has a unique network of gut bacteria in their bodies, which is formally referred to as the gut microbiome. A healthy gut microbiome can play a role in promoting immunity, providing protective benefits against certain chronic diseases, improving stomach upset, and reducing inflammation. Several foods provide probiotics, which help increase the amount and diversity of healthy bacteria in the gut. Fermented foods have been in the spotlight in recent years for these health benefits. Try to include some gut-healthy probiotic foods in your daily routine.

Abigail McAlister is a Registered Dietician and nutrition agent with LSU AgCenter for Caddo and Bossier Parishes. Her focus is adult nutrition education and promotion. Contact her at amcalister@lsu.edu.



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The U.S. Bill of Rights: First Three Amendments

In my past two articles, I have discussed our United States Constitution and some of the discussions and arguments which led to forming the government we have today. After getting past those discussions, the framers of the United States Constitution wanted to make sure certain rights were protected and established for the citizens of the newly formed Constitutional government, especially considering the tyranny they felt they endured under the British government. The framers of the Constitution added the first ten amendments to the Constitution which became known as the Bill of Rights.

The First Amendment was written to establish freedom of religion, press, speech, the right to assemble peaceably, and the right to petition the government. The drafters of the Constitution felt the right to freedom of

religion was a fundamental right as the English government taxed their citizens for the support of the Church of England. The framers believed that persons should be free to worship as they saw fit and not have to pay taxes to support a church where they did not worship. The drafters of the Constitution felt that freedom of religion was one of the bedrock principals that America had been established on when the earliest settlers came to this country and they were determined to protect these rights for future generations.

In addition, the framers of the Constitution felt that the freedom to speak and write about the government was essential to a free society. If the British government disagreed with your speech or what was written in the press, they could imprison the person who was talking against the government and destroy



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the press where the material was written. Many of the Founding Fathers of this country wrote about the necessity for the free and unencumbered right to speak and write about the government they thought might taking away rights of its citizens. Finally, the drafters of the Constitution felt that it was important for citizens to be able to gather peaceably in order to protest certain actions that the government may have taken and to petition the government regarding those actions in hopes of drawing attention to the need for a change in the government's actions. Because the drafters of the Constitution believed the British government abused these rights, the drafters made sure that all of these rights were placed as the First Amendment to the United States Constitution.

The Second Amendment to the United States Constitution is probably the one more people hear as it is frequently debated on the news. The Second Amendment guarantees the right of the people to keep and bear arms. The argument regarding this Amendment by gun opponents is that it does not apply to the people to keep and bear arms but it applies to the militia to keep and bear arms through its citizens. The proponents for keeping guns argue the Amendment talks about the right of the people to keep and bear arms. The first part of this Amendment talks about a well-regulated militia, but ends with the right of the people to keep and bear arms. Many books, articles, and arguments have been made on both sides regarding whether this amendment applies to the people or the government. I am sure that this debate will continue to rage for many years to come with little compromise by either side.

The Third Amendment to the United Constitution stated that there would be no quartering of troops during peace time in citizens' homes. The drafters of the Constitution had to endure troops being housed in their homes by the British when there was no war. The troops were notorious for even evicting citizens from their own homes and eating the food that the family had grown or stored for their own use. Based on these experiences, the drafters of the Constitution wanted to make sure that citizens of the new government did not have to endure these abuses and would know that they were secure in their homes.

Each of these Amendments is important to our daily lives as citizens of the United States. No other country in the world has a Constitution which protects the rights of its citizens as thoroughly as our Constitution. As such, I believe we should be aware of the protections we are afforded and thankful to the men and women who protected these rights in the past as well as those who stand to protect these rights for us today. In next month's article, I will continue the discussion on our Constitution and the Bill of Rights.



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

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Help Your Grandkids With Reading

By Marianne Hering & Peggy Wilber



Oprah Winfrey credits her grandmother with teaching her to read at age 3 and fostering a love for books.

Reading expert Sally Shaywitz, author of “Overcoming Dyslexia,” has found that children who read 20 minutes every day outside of school read 1.8

million words per year. And most of those kids, she said, score above the 90th percentile in reading.

Hold on to that good news; you’re going to need it. Chances are your grandchildren’s schooling was disrupted by the pandemic. Chances are the lost schooling put your grandchildren “30 percent behind expectations” in reading, according to researchers at Stanford.

But chances are also good you can influence your grandchildren and encourage them to read for fun. Here are five tried-and-true tips to help children improve their reading and enjoy it more.

Books That Kids Love

Joke and riddle books

Easier Dr. Seuss books

“National Geographic Readers”:
Animals, levels 1, 2, 3

“Ricky Ricotta’s Mighty Robot” series

“Owl Diaries” series

“Dog Man” series

“Step into Reading” series:
Levels 1, 2, 3

“Choose Your Own Adventure” series

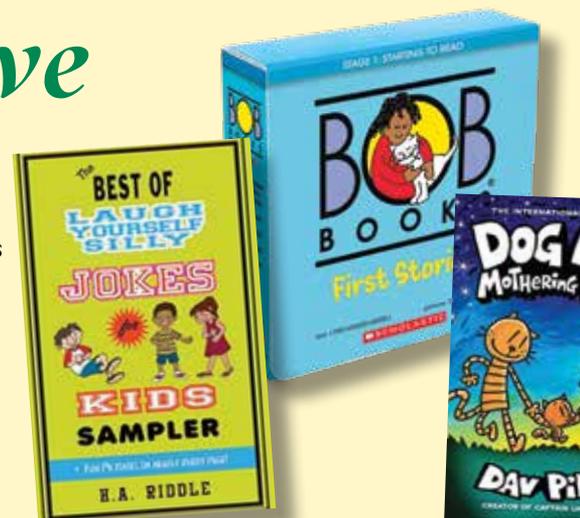
“Can You Survive” series

“Magic Tree House” series

“The Imagination Station” series

“BOB Books,” set 1

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5 Tips For Fostering Reading

TIP 1: A good reading selection is one in which your grandchild can read 19 out of 20 words correctly (or makes only one mistake for every 20 words read or 95 percent). Choosing short passages is key for readers testing below the third-grade level.

TIP 2: If your grandchild makes several mistakes, then she will need your help. Read the short selection to her, then with her, then let her read it by herself.

TIP 3: Ask your grandchild what his favorite books are. Buy him sequels if he likes a specific series. Don't worry if the books are silly or "below his grade level." This purchase will help him develop a love of reading. If he can't identify his favorites, ask his parents, a librarian or a teacher for suggestions.

TIP 4: What topics does your grandchild like to talk about? Is it ballet or LEGOs or snow leopards? Get a book on that topic that you can read together.

TIP 5: Put a sticker or a checkmark on a chart each day your grandchild reads with you, in person or online. Ten checkmarks may be rewarded with a treat, an event or a fun game with you. This not only provides an extrinsic reward but also builds confidence and self-discipline when a child can see her progress.



For Grandparents Of Struggling Readers

Trust that your grandchild is reading the best he can for now. He is probably avoiding reading because his brain feels threatened every time he is told to read something that is actually too hard—because he doesn't read at grade level yet. As a grandparent, you can offer a safe and encouraging environment for your grandchild to learn at his own pace.

One hallmark of a struggling reader is being inconsistent while reading. Your grandchild might have been able to read specific words yesterday—but then need your help to read them today. Don't be discouraged. Struggling readers can take as many as eight tries (or more) to learn a short paragraph.

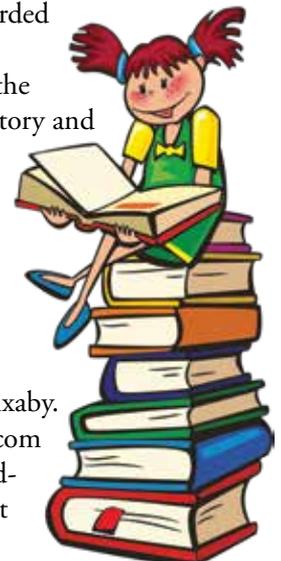
Be positive! Your grandchild already feels frustrated (especially all day in school) about not being able to read as well as other students in her class. She needs your encouragement because reading is a lot of effort right now. Positive words of affirmation and hugs from a grandparent go a long way toward mending a struggling reader's heart.

Create A Grandparent Distance Learning Program

Even if they aren't local, you can still help your grandkids read from a distance. Select a book title and buy two copies or get the book at the library. Ship a second copy to your grandchild or ask the parents to get the same book at their library. Read the book together on the phone or listen to your grandchild while he reads his favorite pages to you on Zoom, Google Meet or another video communications app. Read a couple of your favorite pages to him.

You can also explore books via YouTube. Many popular children's picture books are recorded online. You can video communicate and watch the book together. Then turn off the sound, go back to the beginning of the story and ask your grandchild to read the book with your help. (Unfortunately, if you turn off the sound for YouTube, you also turn off the sound for the video communication.)

Write and illustrate a book for your grandchild and mail it or create a PDF book using free images found online. (Pixabay.com, Unsplash.com and clip art-library.com are good resources.) Then ask your grandchild to write a story for you and email it or mail it.



Gary Lewis & the Playboys: Still Bringing Back Music of the 60s

Don't expect any vocal surprises if you ever attend a concert featuring Gary Lewis & the Playboys. "I'm a real stickler for absolute originality," said Lewis from his home in Rochester, New York. "The fans want to hear the songs just like they remember them from the radio, they don't want to hear new arrangements, so we keep it very original when playing live."

Fans can also expect to enjoy most of Lewis's big hits from the 60s including, "This Diamond Ring," "Everybody Loves a Clown," and "Green Grass." In March, Gary and the boys will be performing in several Florida cities (see www.garylewisandtheplayboys.com for their 2023 touring schedule).

"We had seven Top 10 songs in a row in the space of two years, so I was very blessed to have such amazing success so quickly," noted Lewis.

"This Diamond Ring," the group's first record, reached the number 1 spot in the U.S. in February 1965 and Lewis remembers excitedly watching it climb the charts over six weeks. But the upbeat version released was very different from the original.

"I first heard it in producer Snuffy Garrett's office at Liberty



(left) Gary Lewis, bottom, with the original Playboys in 1965 - Carl Radle, Jim Keltner, Tommy Tripplehorn, John West. (Provided by Gary Lewis)



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Records when he played a demo, a very different slow version," recalled Lewis. "At the time, I just wanted to get a song recorded and said I loved it. But then Leon Russell made a new arrangement – the version that was released – and it became this huge hit."

Lewis credits his mother for supporting his early music passion, offering financial help and advice, unbeknownst to his father.

"Before our first hit, we were doing a lot of auditions as Gary & the Playboys because my mom didn't want me getting work just because I had a famous father," said Lewis. "When Diamond Ring began climbing the charts, she said I should put Lewis in the band's name. I did, but still not everyone realized I had a very famous entertainment father and so we were thrilled to get work based solely on our talent."

His dad, of course, was comedian Jerry Lewis who had no idea his son had a hit record until Gary presented him with a gift. "When I got the first gold record for Diamond Ring, I signed it to him and I went down to Paramount Studios where he was filming and I walked in and said 'Dad, this is for you.' He was very surprised and, I think, quite proud."

Much has been written over the years of the strained relationship between Jerry Lewis and his children.

"I was always able to separate my career from what he and I were," said Lewis. "It bothered me that we never got along too well, but that's just the way it was and I'm over it."

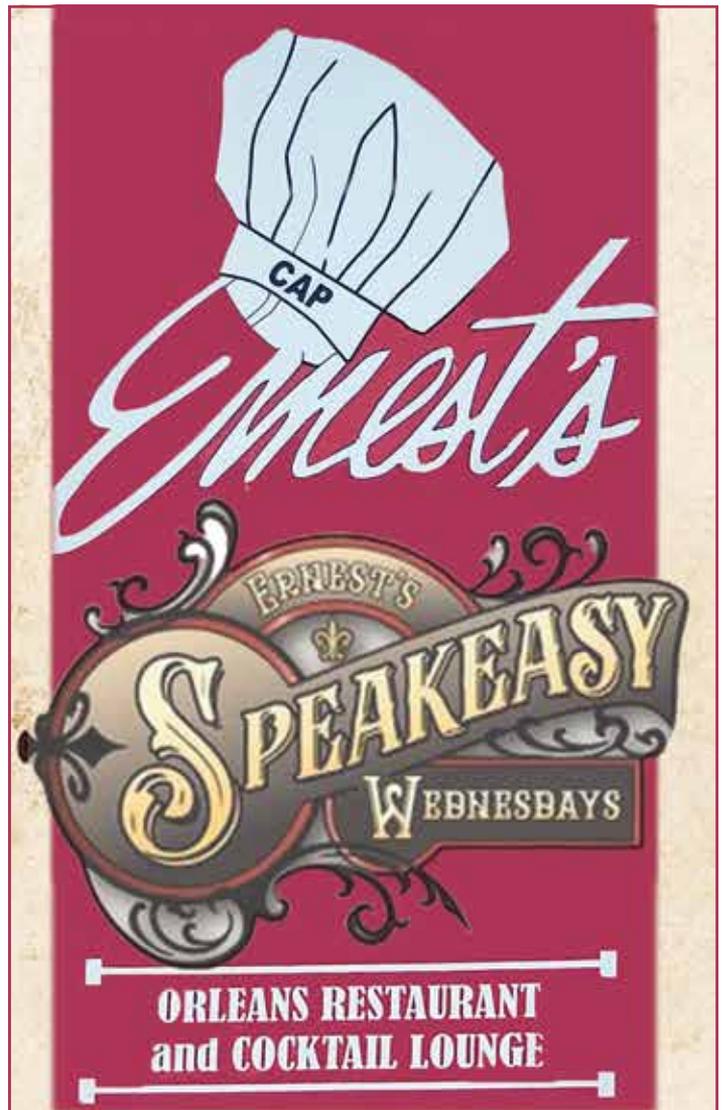
When he performs today, Lewis's songs not only have the same arrangements as the originals, but a similar sound despite being performed by all-new Playboys.

"Over the years there have been many sets of Playboys, but today's group has been with me since 2004 and has that same great original sound," he says. We don't do a huge number of shows a year now, but I still love it and seeing the fans, new and old, who still love our music."

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



(right) Gary Lewis, center, with today's Playboys - Mike Gladstone, Nick Rather, Willy O'Riley, Bobby Bond. (Provided by Gary Lewis)



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Ram on the Run

By a curious coincidence, March not only signifies the beginning of the astrological zodiac sign Aries – the flying ram – but also happens to be the month, back in the 70s, of my own rather memorable 'flying' ram encounter.

As a college student in the late 70s, one of my many odd jobs was driving an ambulance for an animal shelter. Working a couple of evenings a week for the princely sum of \$20 per night, I would nap in the clinic while waiting on calls from the public to collect injured homeless animals and transport them safely back to the clinic where a vet would examine them.

I know, this may seem a bit elaborate for an animal shelter in those days. But remember, this was back when there were still a few medical doctors who made house calls.

One of the most interesting rescues came early one Sunday morning from a woman who had awoken to find a large sheep roaming around her suburban backyard. I arrived to find her and some neighbors gathered, musing over the massive animal lurking behind a row of bushes. When I drove up, I'm sure I heard one wisecracking neighbor mutter: "Hey Mary, lost your little lamb?"

But there was nothing lamb-like about this woolly beast. He was a large

120-lb Merino ram and you didn't have to be Little Bo-Peep to see that this guy had lost his way and was far from content. Each time I approached the animal he bolted passed me causing me to stumble earthwards more than once, much to the amusement of the jeering onlookers. While none offered assistance, they did vocalize encouragement – for the sheep.

After retrieving a length of rope, I stood before my adversary planning the



capture. Having watched far too many Western movies as a child, I felt quite qualified to throw a rope around a fat old sheep!

I soon realized that years as a couch cowboy had, in fact, failed to provide the necessary practical skills to quickly construct, let alone operate, an effective lasso. My attempt yielded a rather limp and pathetic-looking piece of twisted cord that must have amused the mob of chuckling spectators.

After several attempts, I managed to rope just about every object in the backyard – several tree branches, the garbage can, the lawn mower, the most vocal and obnoxious neighbor (okay, I'll admit that one was intentional) – everything, that is, except the darn ram.

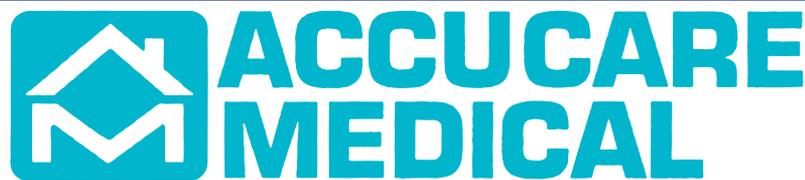
By now, the bystanders were wavering between contempt and hysterics. My face was red from embarrassment and exhaustion, but my patience eventually paid off. As the flying fleecy fellow made yet another dash for freedom, I managed to slip the rope over its head, before tumbling to the ground one last indignant time.

To my surprise, and relief, the animal became quite docile after capture as I led it towards the vehicle where it calmly climbed into the back. From there, it was back to the vet for a checkup.

Attempts to locate the owner failed and I was later told that the Merino, a breed prized for their fine soft wool,

had been transferred to a sheep farm. But in the years that followed, I could never purchase a new sweater without wondering if it had come from the 4-legged woolly foe that had left me slightly bruised and embarrassed after my sheepish March tussle.

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



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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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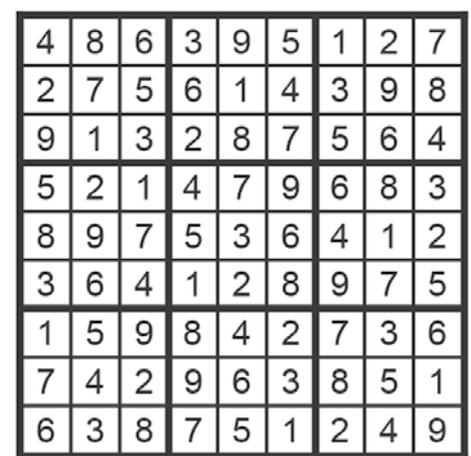
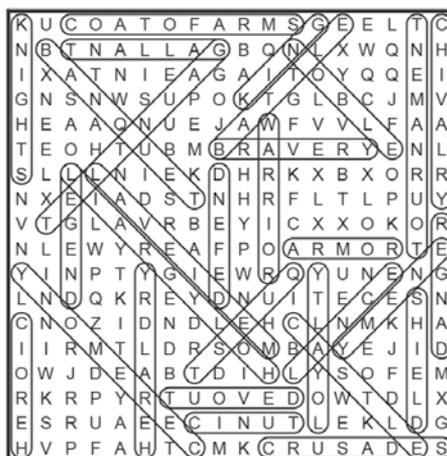
What does it mean when your cataract is "ripe"?

A cataract is simply a cloudiness of your god given lens. When you were first born, your lens was crystal clear like a glass of water. As you age it's like someone slowly pours coke into that clear glass of water, it slowly turns yellowish brown. When the symptoms of the cataract get to the point that it is reducing your quality of life, then the cataract is "ripe". It is at this point that the only way to get you seeing better is to have the cataract removed.



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PUZZLE answers (from pages 28 - 29)





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Greek-Style Flank Steak with Tangy Yogurt Sauce

Recipe courtesy of the National Heart, Lung, and Blood Institute

Prep time: 25 minutes; Cook time: 25 minutes; Servings: 4

Marinade:

- ¼ cup lemon juice
- 1 tablespoon olive oil
- 2 teaspoons fresh oregano, rinsed, dried and chopped
- 1 tablespoon garlic, minced (2-3 cloves)
- 1 beef flank steak (12 ounces)

Yogurt Sauce:

- 1 cup cucumber, peeled, seeded and chopped
- 1 cup nonfat plain yogurt
- 2 tablespoons lemon juice
- 1 tablespoon fresh dill, rinsed, dried and chopped
- 1 tablespoon garlic, minced (2-3 cloves)
- ½ teaspoon salt

To make marinade: In large bowl, combine lemon juice, olive oil, oregano and garlic.

Lay steak in flat container with sides and pour marinade over steak. Marinate at least 20 minutes, or up to 24 hours, turning several times.

To make yogurt sauce: Combine cucumber, yogurt, lemon juice, dill, garlic and salt. Set yogurt sauce aside at least 15 minutes to blend flavors. Sauce can be prepared up to 1 hour in advance and refrigerated.

Preheat broiler to high with rack 3 inches from heat source.

Broil steak about 10 minutes on each side to minimum internal temperature of 145 F. Let cool 5 minutes before carving.

Slice thinly across grain into 12 slices.

Serve three slices with ½ cup yogurt sauce.

Tip: Serve in sandwich with pita bread, lettuce and tomato.

Baked Pork Chops with Apple Cranberry Sauce

Recipe courtesy of the National Heart, Lung, and Blood Institute

Prep time: 10 minutes; Cook time: 30 minutes; Servings: 4

Pork Chops:

- 4 boneless pork chops (about 3 ounces each)
- ¼ teaspoon ground black pepper
- 1 medium orange, rinsed and zested
- ½ tablespoon olive oil

Sauce:

- ¼ cup low-sodium chicken broth
- 1 medium apple, peeled and grated (about 1 cup)
- ½ cinnamon stick
- 1 bay leaf
- ½ cup dried cranberries
- ½ cup 100% orange juice

Preheat oven to 350 F.

To prepare pork chops: Season pork chops with pepper and orange zest.

In large saute pan, heat olive oil over medium heat. Add pork chops and cook until browned on one side, about 2 minutes. Turn and brown 2 minutes. Remove pork chops from pan, place on nonstick baking sheet and bake 10 minutes to minimum internal temperature of 160 F.

To make sauce: Add chicken broth to saute pan and stir to loosen brown bits from pork chops. Set aside.

In small saucepan over medium heat, cook grated apples, cinnamon stick and bay leaf until apples begin to soften.

Add cranberries, orange juice and reserved broth. Bring to boil then lower heat to gentle simmer. Simmer 10 minutes, or until cranberries are plump and apples are tender. Remove cinnamon stick.

Peel orange and cut into eight sections.

Serve one pork chop with ¼ cup sauce and two orange segments.



The Best Of Times



Teriyaki-Glazed Salmon with Stir-Fried Vegetables

Recipe courtesy of the National Heart, Lung, and Blood Institute

Prep time: 20 minutes; Cook time: 15 minutes; Servings: 4

Salmon:

- 2 tablespoons light teriyaki sauce
- ¼ cup mirin or sweet rice wine
- 2 tablespoons rice vinegar
- 2 tablespoons scallions, rinsed and minced
- 1½ tablespoons ginger, minced
- 12 ounces salmon fillets, cut into four portions (3 ounces each)

Preheat oven to 350 F.

To prepare salmon: Mix teriyaki sauce, mirin, rice vinegar, scallions and ginger well. Pour over salmon and marinate 10-15 minutes.

Remove salmon from marinade.

Place salmon on baking sheet. Bake 10-15 minutes, or until fish flakes easily with fork in thickest part and reaches minimum internal temperature of 145 F.

To prepare vegetables: Thaw frozen vegetables in microwave or place bag in bowl of hot water about 10 minutes. In large wok or saute pan, heat oil. Add garlic, ginger and scallions; cook gently, but do not brown, 30-60 seconds.

Add vegetables and continue stir-frying 2-3 minutes, or until heated through. Add soy sauce.

Serve one piece of salmon with 1 cup vegetables.

Vegetables:

- 1 bag (12 ounces) frozen vegetables stir-fry
- ½ tablespoon peanut oil or vegetable oil
- ½ tablespoon garlic, minced (about 1 clove)
- 1 tablespoon ginger, minced
- 1 tablespoon scallions, rinsed and minced
- 1 tablespoon light soy sauce

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| Devout | Shield |
| Enemy | Tournament |
| Gallant | Tunic |
| Gauntlet | Warrior |

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



SUDOKU

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

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

CROSSWORD

Across

- 1 Pilgrimage to Mecca
- 5 Sorts (through)
- 10 Scraped (out)
- 14 Gumbo pods
- 15 Permit
- 16 South American capital
- 17 Demeanor
- 18 Water chute
- 19 Blue-pencil
- 20 Motors
- 22 Popular card game
- 24 It paves the way
- 25 Red ____
- 26 "Let's go!"
- 28 Cereal grain
- 29 Excessively sentimental
- 33 Wing-shaped
- 34 "____ questions?"
- 35 Read carefully
- 36 Prince, to a king
- 37 Read for errors
- 39 Slump
- 40 Media talking head
- 42 "____ to worry"
- 43 Shipping hazard
- 44 Spot
- 45 Presidents' Day mo.

- 46 Lather
- 47 Commence
- 49 Affirmative
- 50 Capital of Kenya
- 53 Bragged
- 57 Pakistani language
- 58 Shut down
- 60 Raconteur's offering
- 61 Kind of breath
- 62 Marble material
- 63 Not written
- 64 Right on the map
- 65 Olympic award
- 66 Corn bread

Down

- 1 "Where the heart is"
- 2 Blood-related
- 3 Remnant
- 4 Custodian
- 5 More secure
- 6 Pandora's boxful
- 7 Swine ____
- 8 Tabby's mate
- 9 Promise
- 10 One of the Roosevelts
- 11 Youngsters
- 12 Give off, as light
- 13 Facts and figures

1	2	3	4		5	6	7	8	9		10	11	12	13
14					15						16			
17					18						19			
20				21				22		23				
			24				25							
	26	27				28				29		30	31	32
33					34				35					
36				37				38				39		
40			41				42				43			
44						45				46				
			47		48				49					
50	51	52						53				54	55	56
57					58		59				60			
61					62						63			
64					65						66			

- 21 One of the Bobbsey twins
- 23 Beat (out)
- 25 Rifle attachment
- 26 Influence
- 27 Heavenly gift
- 28 Lennon's Yoko
- 30 United

- 31 Some Romanovs
- 32 Safecracker
- 33 Nile snakes
- 34 It's often left hanging
- 35 Domesticated animal
- 37 Kind of bean

- 38 Watch chain
- 41 Interfere
- 43 1956 Marilyn Monroe film
- 45 Periphery
- 46 Body of water
- 48 Perpendicular to the keel
- 49 Alpine song

- 50 In the raw
- 51 Atlas stat
- 52 March time
- 53 Kind of blocker
- 54 Tropical root
- 55 Flair
- 56 Remove from a manuscript
- 59 "Dear old" guy

AZALEA ESTATES

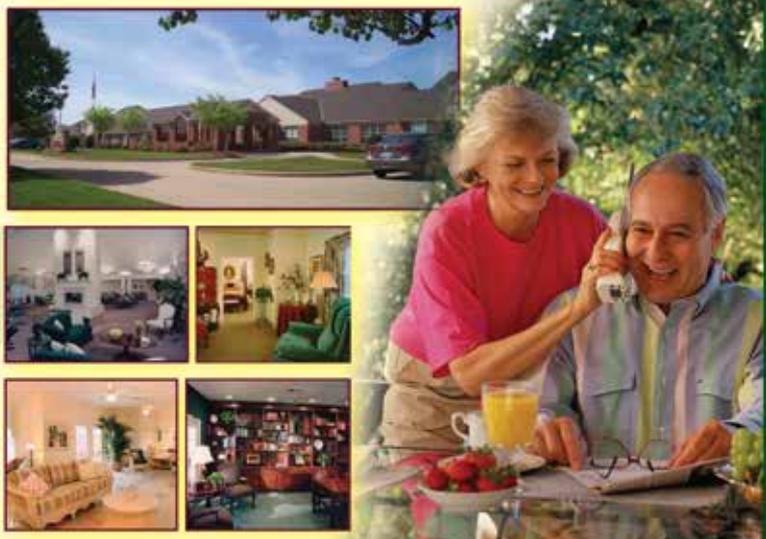
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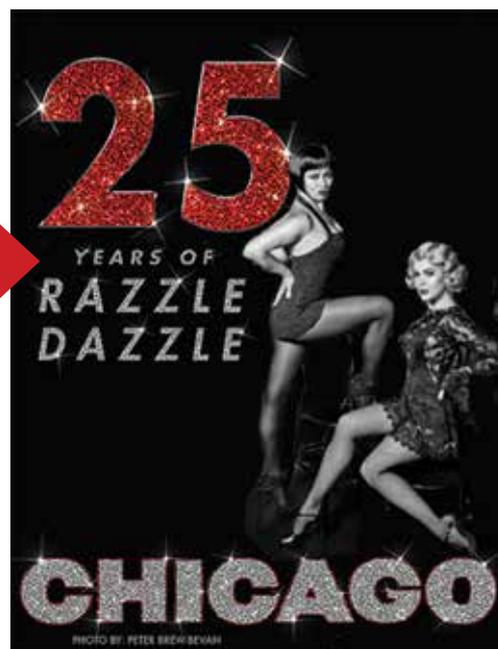


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SAVE the Date



Chicago the Musical • March 19 • The Strand

CADDO COUNCIL ON AGING

■ Presentations

CCOA will be offering the following programs in March. For additional information call 318.676-7900. **FREE.**

- **March 2 at 10 a.m.** - "Wills and Successions", Acadiana Legal Service Corporation at Valencia Community Center, 1800 Viking Drive, Shreveport.
- **March 7, 14, 18, 9:30 - 11:30.** - "Balance Does Matter", Paula Click Fenter. Participants will learn techniques to prevent falls and improve their balance, coordination and strength. 908 Rutherford Street, Shreveport
- **March 9 at 10 a.m.** - "Playing with Flowers", Ann Shideler. Valencia

Community Center, 1800 Viking Drive, Shreveport,.

- **March 13 at 10 a.m.** - "Medicare Bingo". Mamie Hicks Community Center, 200 Mayfair Drive, Shreveport.
- **March 21 at 10 a.m.** - "Medicare Bingo". Hattie Perry Community Center, 4300 Ledbetter, Shreveport.
- **March 21, 9:30 - 11:30 a.m.** - "Tips for a Healthier You", Paula Fenter, DHSc, PT & Shirlee Owens, M.S., R.D., L.D.N. Garden Room of St. Marks Church, 908 Rutherford Street, Shreveport.
- **March 23 at 10 a.m.** - "Top FAQ's Regarding Medicare", Laphelia Johnson. Valencia Community Center, 1800 Viking Drive, Shreveport.
- **March 30 at 10 a.m.** - "Bingo on Throw Back Thursday". Valencia Community Center, 1800 Viking Drive, Shreveport.
- **March 31, 10 - 11 a.m.** Virtual presentation: Medicare 101. Call Caddo Council on Aging @ 318.676-7900 to register & for zoom link.

Club, 1000 Stewart Drive, Shreveport. A fundraiser by Caddo Council on Aging for Meals on Wheels. Table for 8 - \$500; Individual tickets \$50. Each ticket includes brunch, 1 bingo card, and door prize ticket. For tickets visit caddocoa.org/ and click on event.

■ "Celebrate & Pollinate"

March 22 from noon until 5 and March 23 from 10:00 a.m. until 7:30 p.m. at artspace, 708 Texas Street, in Shreveport. Shreveport Garden study Club, in partnership with the Shreveport Regional Arts Council, is hosting this nationally recognized flower show featuring competitive exhibits in floral design, botanical arts, and horticulture. **FREE** and open to the public.

CONCERTS

■ **A Celebration of Nat King Cole**
Presented by the Shreveport Symphony. **Saturday, March 25 at 7:30 p.m.** at Shreveport Riverview Theatre, 600 Clyde Fant Parkway in downtown Shreveport. Celebrate the life and work of superstar Nat King Cole, brought to life by the amazing Caesar. Tickets are \$25 - \$69. Call 318-227-TUNE (8863) or visit www.shreveportsymphony.com.

■ CORK XVII: A Red River Revel Wine Event

April 1 from 2 - 5 PM at the upper pavilion of Festival Plaza in downtown Shreveport. The annual fundraising event showcases over 90 wines, delectable bites from local restaurateurs and live music. Tickets to are \$100. To purchase tickets online, visit <https://redriverrevel.ticketspice.com/cork-17>.

EVENTS

■ **Brunch and Bingo**
April 1 at 11 a.m. East Ridge Country

■ Shred Event

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Sheriff's Office on **Saturday, April 15 from 9 a.m. to 12 p.m.** at Sheriff's Safety Town located at 8910 Jewella Avenue in Shreveport. Attendees can bring unwanted documents containing sensitive information and have them destroyed on-site by a professional shredding company. Each car is limited to three bags/boxes. Suggested items include old tax documents, canceled or unused checks, credit cards, medical bills, investment account statements, and other items containing sensitive information. **FREE** and open to the public; however, pre-registration is required. To register visit aarp.cventevents.com/ShreveportFreeShredding

MEETING

■ **Ark-La-Tex Genealogical Association Meeting**
Saturday, March 11 from 1 to 3 PM at the Broadmoor Branch Library, 1212 Capt Shreve Dr., Shreveport. Guest speaker is Sarah (Sally) Hamer, Writer and Instructor. Her presentation will be "Remembering Miss Willie Grace Johnson - Shreveport Suffragist". This program is **FREE** and open to the public. For information call 746-1851 or visit www.altgenealogy.com.

MOVIES

■ **"All the King's Men"**
March 21 at 10:30 a.m. Robinson Film Center, 617 Texas Street in downtown Shreveport presents a Silver Screening of "All the King's Men". All the King's Men is a 1949 American drama that stars Broderick Crawford, John Ireland, Mercedes McCambridge, and Joanne Dru. The plot focuses on the rise and fall of the ambitious and ruthless politician Willie Stark (Crawford) who resembles Louisiana governor Huey Long. Silver Screenings feature a matinee and luncheon for senior citizens showcasing a classic film. RFC presents the series on the third Tuesday of each month. The movie begins at 10:30 a.m. and is followed by a buffet lunch. Cost is \$16 for movie and lunch. For persons 60 and

older, there is a senior discount of \$5, compliments of AARP Louisiana. For info or tickets, visit www.robinsonfilm-center.org or call call (318) 459-4122.

SEMINAR/WORKSHOP

■ **First Wednesday Alzheimer's/Dementia Caregiver Workshops**
 Monthly educational mini workshops for caregivers of those with Alzheimer's and dementia. Presented by The Bridge Alzheimer's & Dementia Resource Center at 851 Olive St., Shreveport on **1st Wednesdays at 11 a.m.** Supervised activities for your loved one with dementia are available during these workshops. For more information visit www.alzbridge.org or call 318-656-4800. **FREE.**

• **Wed. April 5** - Jeff Overdyke, MD, Retired from Geriatric Psychiatry, "House Calls with Dr. Jeff Overdyke: What Can Your Doctor Help You with In Your Alzheimer's Journey"

THEATRE

■ **"Chicago the Musical"**
March 19 at 8 p.m. Strand Theatre, 619 Louisiana, Shreveport. After 25 years, Chicago is still the one musical with everything that makes Broadway shimmy-shake: a universal tale of fame, fortune, and all that jazz, with one show stopping song after another and the most astonishing dancing you've ever seen. Tickets are \$82, \$65, \$49, \$30 (student). Call 318-226-8555 or visit www.thestrandtheatre.com

■ **"Over the River and Through the Woods"**
February 23, 24, 25, March 3, 4, at 7:30 p.m. and February 26 and March 5 at 2 p.m. at the Shreveport Little Theatre, 812 Margaret Place, Shreveport. When Nick announces he is moving to Seattle, his four Italian-American grandparents quickly concoct a series of hilarious schemes to keep Nick from moving.. Tickets are \$25; seniors, students and active military \$23. For tickets call 318-424-4439 or visit www.shreveportlittletheatre.com.

GRAND STRAND
Season 38
 2022
 2023
 The Strand

2022

Melissa Errico - Sondheim
 Sublime: The Music of Stephen Sondheim
 FRIDAY, SEPT. 30, 2022 – 8:00 P.M.

Anastasia the Musical
 FRIDAY, NOV. 18, 2022 – 7:00 P.M.

A Christmas Carol
 THURSDAY, DEC. 1, 2022 – 7:00 P.M.

My Fair Lady
 THURSDAY, DEC. 8, 2022 – 8:00 P.M.

2023

The Texas Tenors Celebrate Broadway and America
 SATURDAY, FEB. 4, 2023 – 8:00 P.M.

Chicago the Musical
 SUNDAY, MARCH 19, 2023 – 8:00 P.M.

Music City Hit-Makers
 SUNDAY, APRIL 23, 2023 – 8:00 P.M.

The Black Jacket Symphony Presents The Dark Side of the Moon
 SATURDAY, MAY 13, 2023 – 8:00 P.M.

THE STRAND THEATRE
 (318) 226-8555 or thestrandtheatre.com

Parting Shots



Mike & Pam Brown with Pat & Bill Stell

The Krewe of Elders Grand Bal XXV was held on January 27 at Shreveport's American Legion Post 14.



King Gary Hudson & Queen Jane Hudson



Duchess of Longevity Marilyn Creswell with Duchess and Duke of Wisdom Sharon Davis and Jesus Eguia



Captain Wanda Cunningham and co captain Pat Stell



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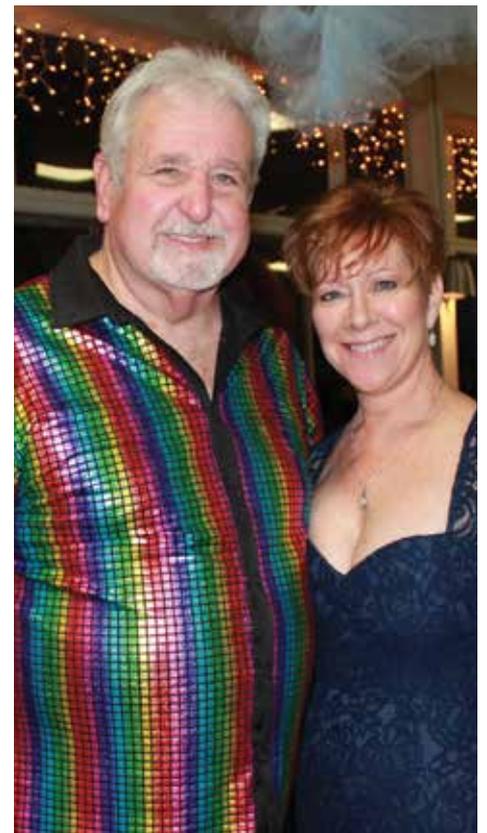
The Krewe of Elders - (continued)



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Rick & LaWanda Turner



Shelly & Christa Horton



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WREATHS ACROSS AMERICA

The Shreveport Garden Study Club held a wreath laying ceremony at the graves of veterans from 5 wars on December 17 at Greenwood Cemetery.



Dr. Russell Minor, Marcus Simon, CE Byrd ROTC cadet AaLIYAH Dove, Retired colonel David Lee



Lt. Col. Joseph McKenna, Raymond Alley, Lee Jeter Sr, Jimmy Campbell



Lt. Col. Joseph McKenna, Susan Cage, Dr Russel Minor and Matthew Lucas from Rep. Mike Johnson's office

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All sponsors will receive recognition on the event's printed material, CCOA Facebook, and website.

Please call Monica Wright at (318) 676-7900 for more information or visit www.caddocoa.org/brunchandbingo.

The Krewe of Centaur hosted Grand Bal XXXI "A Million Dreams: A Big Top Spectacular" on January 28 at Shreveport Convention Center.



Centaur Queen XI Sophie Duke with her daughter Queen XXXI Tina Tomasek



King Danny Lowery, Captain Byron Trust, and Queen Tina Tomasek



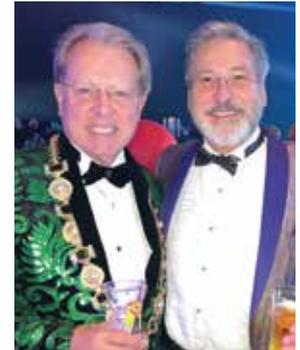
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Cheryl and George Sirven



Wilda Smith, Michelle Breeding, Tracie Booras



Randy James and Michael Acurio

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ALL THE KINGS MEN
 MARCH 21, 10:30AM

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AARP Louisiana

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