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Don't send money to anyone you haven't met
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September 7 - Traveling to Greece
Winston and Donna Hall, World Travelers

September 14 - Cerebrovascular Disease Treatments
Ashish Sonig, MD, Medical Director of Willis Knight Neurovascular Institute

September 21 - Near-Death Experiences
Dr. Peter Boggs, an Allergist-Immunologist

September 28 - Louisiana Homesteader Conference
Dr. Ronald Strahan, Regional Director of LSU Ag Center

October 5 - Seven Proven Sleep Strategies for Better Health and Happiness
Dr. Bijoy E. John, Board Certified Physician and a Sleep Specialist

October 12 - Stay Strong and Live Long
Greg Rickert, PT, DPT with Willis Knighton Health

October 19 - How to Avoid Being Victimized via Computer Scams and Identity Theft
William Miaoulis, Cyber Security Manager with Auburn University

October 26 - 2024 Senior Day Expo and Louisiana State Fair
Robb Brazzel, President and General Manager of The State Fair of Louisiana

November 2 - Implanted Hearing Devices May Help Remedy Hearing Loss
Gauri Mankekar, MD, PhD of Ochsner LSU Health in Shreveport

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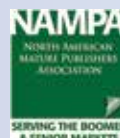
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Medical News & Info



Exercise May Reduce Negative Effects of Unhealthy Sleep Duration on Longevity

Sleeping too little (less than 6 hours) or too long (more than 8 hours) is linked with a shorter life, but scientists have found that physical activity counteracts some of these negative effects. Regarding those with low amounts of physical activity, short and long sleep were associated with 16% and 37% raised risks of all-cause death. In participants with intermediate amounts of exercise, only short sleep



was detrimental, with a 41% raised likelihood of death. In those with a high amount of exercise, sleep duration was not linked with risk of death. (Published in *European Journal of Preventive Cardiology*.)

Physical Activity May Have a Stronger Role than Genes in Longevity

Previous research has shown that low physical activity and greater time spent sitting are associated with a higher risk of death. Researchers at **University of California San Diego** set out to determine if that risk changes if a person is genetically predisposed to live a long life. As part of the Women's Health Initiative Objective Physical Activity and Cardiovascular Health study, researchers began measuring the physical activity of U.S. women who were 63 and older, following them for 8 years. Participants wore a research-grade accelerometer to measure how much time they spent moving, the intensity of physical activity, and sedentary time. The study, published in an online edition of the *Journal of Aging and Physical Activity*, found that higher levels of light physical activity and moderate-to-vigorous physical activity were associated with lower risk of death. Higher sedentary time was associated with higher risk of mortality. These associations were consistent among women who had different levels of genetic predisposition for longevity.



Common Wristbands 'Hotbed' for Harmful Bacteria

Researchers from **Florida Atlantic University** tested wristbands of various textures to determine their risk for harboring potentially harmful pathogenic bacteria. Researchers tested plastic, rubber, cloth, leather and metal (gold and silver) wristbands to see if there is a correlation between wristband material and the prevalence of bacteria. Results of the study, published in the journal *Advances in Infectious Diseases*, suggest you may want to "go for the gold" or silver. Nearly all wristbands (95%) were contaminated. However, rubber and plastic wristbands had higher bacterial counts, while metal ones, especially gold and silver, had little to no bacteria. The quantity and taxonomy of bacteria found on the wristbands showed that there is a need for regular sanitation of these surfaces. Even at relatively low numbers the pathogens found are of public health significance, especially to those who are immunocompromised. The study



showed that Lysol™ Disinfectant Spray and 70% ethanol were highly effective regardless of the wristband material with 99.99% kill rate within 30 seconds.

Study Finds 40% of Cancer Cases Due to Modifiable Risk Factors

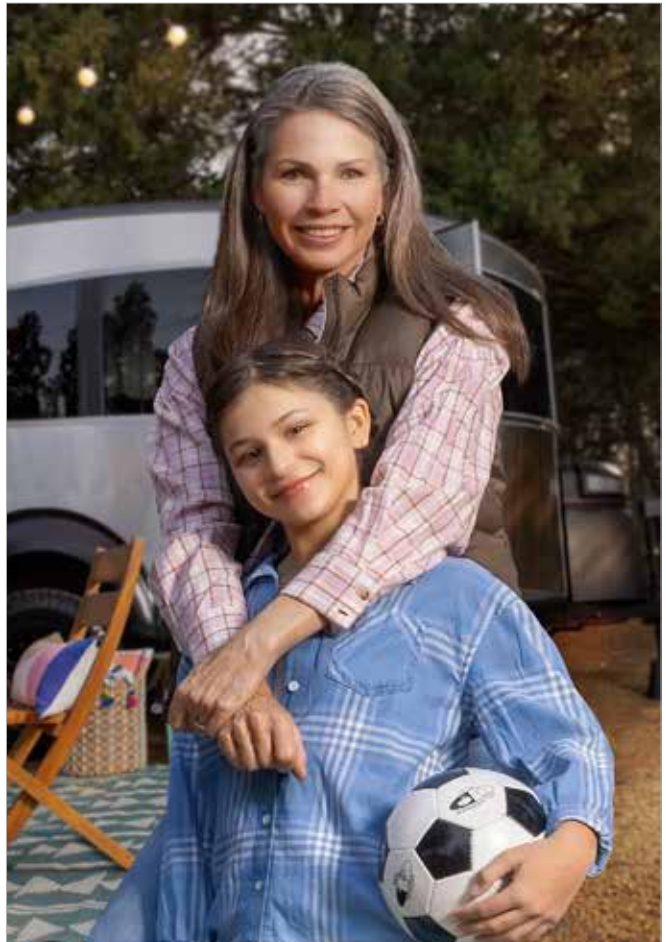
A new study led by researchers at the **American Cancer Society** finds 4 in 10 cancer cases and about one-half of all cancer deaths in adults 30 years old and older in the United States could be attributed to modifiable risk factors. These risk factors included cigarette smoking (current and former smoking); secondhand smoke; excess body weight; alcohol consumption; consumption of red and processed meat; low consumption of fruits and vegetables, dietary fiber, and dietary calcium; physical inactivity; ultraviolet (UV) radiation; and infection with Epstein-Barr virus (EBV), *Helicobacter pylori*, hepatitis B virus (HBV), hepatitis C virus (HCV), human herpes virus-8, human immunodeficiency virus (HIV), and human papillomavirus (HPV). Cigarette



smoking was by far the leading risk factor, contributing to nearly 20% of all cancer cases and 30% of all cancer deaths. The findings are published in the journal *CA: A Cancer Journal for Clinicians*.

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How to Protect Yourself from Scammers That *Target Seniors*

by Kimberly Blaker



According to the *United States Senate Special Committee on Aging*, seniors lose an estimated 2.9 billion dollars a year to con artists perpetrating scams. The purpose of these scams is generally to elicit money or information for financial gain.

Seniors are an at-risk group when it comes to financial exploitation because con artists see them as more vulnerable. Older adults are often more trusting, desire interaction because of isolation, have more savings or property, and are less aware of current scams.

It's impossible to know every potential scam out there. So the most effective way to protect yourself from being victimized is to be aware of methods scammers employ. The following are some common scams targeting seniors and how to protect yourself.

Internet Scams



The pace of technological innovation is multiplying, bringing with it new ways of scamming people out of their hard-earned money. Because seniors weren't born and raised around modern technology, they're open to a higher possibility of being scammed online.

Generally, internet scams work by using email, popups, or fake websites to elicit money or information, such as login credentials, from the victim. For example, an email may appear to be from a legitimate source and ask you to respond with sensitive information or open a link directly from the text. But scammers have ways of making an email or website look legitimate to trick victims into entering sensitive information or passwords.

Pop up ads can also be used to trick someone into thinking they have a computer virus. When you click the ad, you may get tricked into paying for fake antivirus software. Alternatively, you may get connected to a fake tech or computer expert who requests sensitive information to stop the purported virus.

How to Protect Yourself

- ✘ When you receive an email requesting personal information, check the email address and research it to see if it's legitimate.
- ✘ Don't respond directly to an email with sensitive information, even if it appears to be from a legitimate source. If you believe it may be a legitimate request from a known source, open a new email, and input an email address you know is legitimate. You can find this by checking your address book or the company's website.
- ✘ Don't click links directly from an email or enter your login details or other information on the page that opens. If it's from your bank or another familiar company, open a separate web page and go directly to the site yourself.
- ✘ Use pop up blockers and legitimate antivirus software when you're on the internet or computer, and don't click on popups.
- ✘ Check with a younger, technologically savvy family member or friend before engaging in something online that seems suspicious.

Telemarketing Scams

Seniors are often more comfortable and familiar with phone conversations. But scammers have plenty of tricks up their sleeves. Phone scams generally focus on offering victims what seems to be a great opportunity or impersonating an official to get sensitive information.

A common telemarketing scam is when someone calls pretending to be from the IRS. The caller informs the victim they owe taxes and must pay immediately. Some scammers even threaten there's a warrant out for the victim's arrest, and the only way to avoid it is to pay up, often by wire transfer or in the form of a gift card. Some callers cite obscure taxes that don't exist to alarm the victim. Scammers also try to sell fake products or services over the phone. They use tactics like offering free trials that require your credit card information or limited time offers to pressure you into a quick decision.



How to Protect Yourself

- ❖ Know that most government agencies and legitimate businesses like banks won't ask for sensitive information over the phone.
- ❖ To verify who's calling, find the contact number for the company or group online, then call it to ask if it was a valid communication.
- ❖ Hang up or otherwise remove yourself from the situation. Con artists use many tactics to keep you on the phone or engaged. They often impart a sense of urgency or alarm to confuse their targets and increase the likelihood their target will fall for the scam.
- ❖ If you don't recognize a phone number, let it go to voicemail. Scammers may not leave a voicemail. If they do, you can search the number online to see if others have reported it.
- ❖ Be aware that caller IDs and numbers displayed on your phone aren't always accurate. Scammers can manipulate what shows up on your screen when you receive a call.

Medicare or Health Insurance Scams

Since all US citizens over 65 qualify for Medicare, scammers have an easier time taking advantage of this system. Con artists will pose as an official representative from Medicare to attain the victim's personal information. Then they use it to bill for services falsely.



How to Protect Yourself

- ❖ Don't give out any information to a Medicare representative who contacts you. If you feel it may be legitimate, they should have no problem with you calling them back. Return the communication using an email or phone number that you know is legitimate.

Romantic Scams

Many older adults are without partners, and scammers try to take advantage of their loneliness. Con artists use dating sites or social media to form an emotional connection. Once established, con artists use the relationship to extract money from their victim for an 'emergency' or 'travel expenses' to come to visit.



How to Protect Yourself

- ❖ Don't send money to anyone you haven't met and don't know very well in-person.
- ❖ Be wary of entering a relationship with someone online or by phone, especially if it seems too good to be true.
- ❖ Don't hide any romantic relationships. Be open with friends or family, and be skeptical of anyone who wants to keep your relationship a secret.



Use pop up blockers and legitimate antivirus software



Banks won't ask for sensitive information over the phone



Let unrecognized phone calls go to voicemail



Don't send money to anyone you haven't met



Research funeral costs and procedures



If it seems too good to be true, it probably is





Funeral Scams

Widows or widowers are at risk from fraudsters that prey on their vulnerable emotional state. One common scam is for a person to show up during or soon after a funeral. The con artist claims the deceased person had a debt that must be settled to avoid further action. Another scam is when funeral homes manipulate the bereaved into spending more money. They try to rack up the funeral bill with unnecessary features.

How to Protect Yourself

- ✘ Make sure you, your partner, and other family members communicate and know each other's financial situations and debts, so there are no surprises.
- ✘ If someone claims there's a debt that's owed, ask for proof.
- ✘ Research funeral costs and procedures. Also, ask questions about other options, especially if you feel you're being upsold.
- ✘ Arrange the preferred details for your partner or family members' funerals ahead of time when you're less vulnerable and have time and opportunity to compare places and options.



Surprise Winnings Scams

Some fraudsters use compelling circumstances like winning a lottery or free vacation to lure potential victims. These scams are appealing because it feels good to win something. You'll receive a call or notification that you've won a prize. To secure the award (that will never come), you need to pay a comparatively small amount of money or provide bank or identification information.

How to Protect Yourself

- ✘ Be wary of an unusually great deal. If it seems too good to be true, it probably is.
- ✘ If you didn't enter a contest or haven't heard of the opportunity you've allegedly lucked into, it's likely a scam.
- ✘ Don't give any money or information to someone requesting it to secure your prize.

Kimberly Blaker is a freelance writer. She also owns an online store, Sage Rare & Collectible Books, specializing in out-of-print, scarce, signed, and first editions; fine bindings; ephemera and more at sagerarebooks.com

General Tips On Dealing With A Potential Scam:



- ✘ Be aware when someone is using emotional appeal or emphasizing time sensitivity or another type of urgency. Giving you vague or ambiguous information or trying to get you to supply information is also a warning sign. These are common tactics to manipulate people into falling for a scam.
- ✘ Don't be afraid to ask questions, for confirmation, or to talk to a superior. Be skeptical, and if you're not satisfied, don't give out any information.
- ✘ Talk to other friends or family members to see if they have any knowledge about what the person has asked of you and whether it's above board before you give out any information.
- ✘ Stay aware of popular schemes by following the news and resources such as the US Senate Special Committee on Aging's Fraud Book at <https://tinyurl.com/4muc2hkj>.

If you believe you've been scammed, or have experienced an attempt, call the US Senate Special Committee on Aging's Fraud Hotline at 1-855-303-9470 to report it and get advice. Scams, especially against the elderly population, often go unreported.



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Top 10 Most Googled Health Questions Answered

Navigating health information online can be overwhelming. This article explores the answers to the top 10 most Googled health questions. Are you curious to know what everyone is asking "Dr. Google"? In no particular order, let's find out.

1. How can I lower blood pressure? Lowering blood pressure involves dietary changes, regular exercise, stress management, and possibly medication. Adopting a balanced diet rich in leafy vegetables, berries, and healthy fats while reducing sugar intake is essential. Exercise regularly and manage stress through activities like yoga or meditation. Consult a doctor if lifestyle changes are insufficient.

2. What is keto? The ketogenic diet is a high-fat, low-carb diet that shifts the body from burning glucose to burning fat. It aids in rapid weight loss and stabilizing blood sugar levels but may raise cholesterol levels in some individuals. Additionally, many proponents of keto report increased energy levels and improved mental clarity. With proper planning and monitoring, the keto diet can be a sustainable and effective approach to long-term health and wellness.

3. How to get rid of hiccups? Methods to stop hiccups include breath holding, drinking cold water quickly, and gargling. Persistent



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hiccups lasting over 48 hours may indicate an underlying health issue or medication reaction.

4. **How long does the flu last?** Flu symptoms typically last 3-7 days, with cough and fatigue potentially lingering for two weeks. Annual vaccinations and good hygiene are key preventative measures.

5. **How to lower cholesterol?** Reducing cholesterol involves minimizing saturated and trans fats in your diet, consuming soluble fiber, and regular exercise. Avoid smoking and limit alcohol intake. Statins are usually prescribed when diet isn't enough.

6. **How to relieve bloating?** To alleviate bloating, avoid gas-producing foods, eat slowly, and skip gum and smoking. Over-the-counter medications can help. Causes include hormonal changes, gluten sensitivity and overeating.

7. **What causes low blood pressure?** Hypotension can result from dehydration, prolonged bed rest, pregnancy, side effects of medications, and medical conditions. Symptoms include dizziness and fainting, necessitating a medical evaluation.

8. **What causes warts?** Warts are caused by the human papillomavirus (HPV) and spread by touching someone else's wart and then your own skin, especially if you have low immunity or an open wound yourself. Preventative measures include avoiding touching warts and sharing personal items.

9. **How to prevent a stroke?** Prevention involves managing health conditions like blood pressure and cholesterol, making healthy lifestyle choices, and regular medical check-ups. Avoiding smoking, excessive alcohol consumption, and treating sleep apnea are crucial. Be aware that some medications, such as certain hormone replacement therapies, can increase stroke risk.

10. **How long is strep throat contagious?** Strep throat is contagious for 2-3 weeks without treatment and 24-48 hours with antibiotics. Typical symptoms include a sore throat and fever. If not treated properly an earache may result, as well as more serious complications like mastoiditis, rheumatic fever, scarlet fever, hematuria and kidney inflammation.

For more detailed insights into the top ten most Googled health questions or to explore my previous articles, please visit my website www.suzycohen.com.



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Invest in Your Brain's Future With the MIND Diet

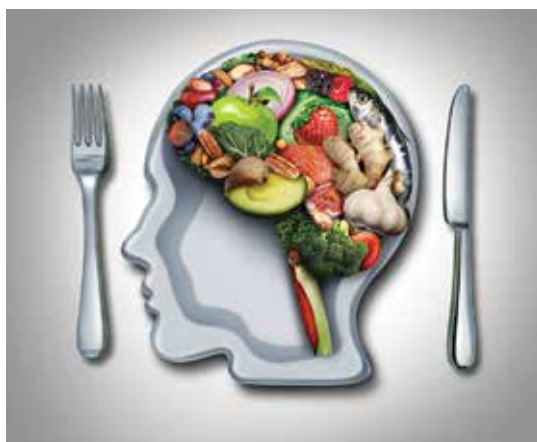
Could your diet be the key to a sharper, healthier mind? Imagine if a simple change in what you eat today could help protect your brain for the future. New research suggests that your diet might be a powerful tool in maintaining cognitive health and potentially delaying the onset of dementia.

The MIND (Mediterranean-DASH Diet Intervention for Neurodegenerative Delay) Diet is a combination of the Mediterranean and DASH (Dietary Approaches to Stop Hypertension) diets. Both the Mediterranean and DASH diets have shown promising improvements in brain health. The combination of these two diets has revealed even greater results. In fact, research has shown that the MIND diet can reduce the risk of Alzheimer's and dementia by as much as 53%.

The MIND Diet does not include strict meal plans or regimens, which provides flexibility to customize according to individual needs and preferences. This diet is a general

healthful diet with an emphasis on certain foods that promote brain health and may slow cognitive decline. Foods to eat more of include:

- **Whole grains** (ex: brown rice, whole wheat bread, whole wheat pasta, popcorn, oats): Three servings per day
- **Green leafy vegetables** (ex: lettuce, kale, collard greens, spinach): Six or more servings per week
- **Other vegetables** (ex: broccoli, asparagus, okra, carrots, beets, tomatoes): One or more servings every day
 - **Nuts** (ex: almonds, peanuts, walnuts, cashews, pecans): Five or more servings per week
 - **Beans and legumes** (ex: lentils, white beans, red beans, black beans): Four or more servings per week
 - **Berries** (ex: blueberries, strawberries, raspberries, blackberries): Two or more servings per week
 - **Poultry** (ex: turkey, chicken): Two or more servings per week
 - **Fish** (ex: salmon, tuna, trout, catfish - not fried): One or more servings per week



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Many of the foods listed above have components like vitamins, minerals, fiber, and antioxidants that protect the brain. There is no one “superfood” that will completely prevent dementia or Alzheimer’s Disease, but eating more of these brain-healthy foods can make a difference in slowing cognitive decline. It’s important to also note that the list of foods above should be incorporated with a balanced, healthful diet when following the MIND Diet. Focusing on a pattern of eating instead of individual foods and nutrients is more manageable and makes a greater difference in our overall health and well-being.

While the MIND Diet mostly focuses on foods to include more of, it does specifically recommend limiting fast food, butter, stick margarine, pastries and sweets, whole fat cheese, and higher fat meats. These foods should be limited because they are typically higher in trans and saturated fats, which can lead to

inflammation and other chronic health conditions.

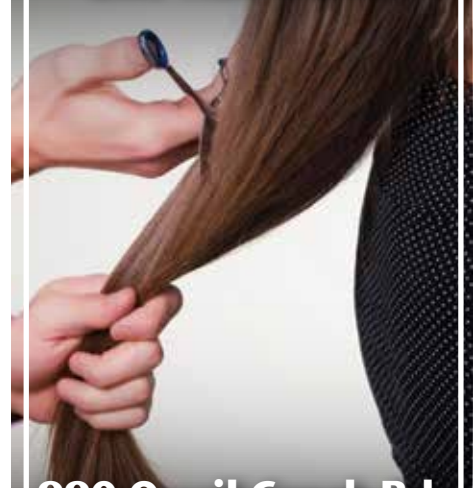
Embracing the MIND diet is not just about eating well, it is about investing in your brain’s future. By blending the healthful elements of the Mediterranean and DASH diet, you are not only enjoying delicious meals but also potentially reducing the risk of dementia and Alzheimer’s disease. With a focus on smart eating habits and nutrient-rich foods, the MIND diet offers a promising path to a healthier, sharper mind. Start making these tasty, brain-boosting choices today!

This article was written in collaboration with Savannah Smiley, LSU AgCenter Summer Intern. Abigail McAlister is a Registered Dietician and nutrition agent with LSU AgCenter for Caddo and



Bossier Parishes. Her focus is adult nutrition education and promotion. Contact her at AMcAlister@agcenter.lsu.edu.

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Hold 'em or Fold 'em?

Which do you think is better advice: 1) never give up or 2) know when to fold 'em? Well, consider these two real life cases.

After Kenny Rogers (not his real name) graduated from law school, he registered to take the Kentucky Bar exam. In Kentucky, just like Louisiana, you can't practice law unless you both graduate from a law school and pass the state Bar exam. After months of studying, Kenny Rogers took the exam and passed. Or so he thought.

After 3 days of celebration, Kenny Rogers and 16 other test takers got a letter that said, "due to a data entry error, his exam result notification was erroneous and that he had not passed the Bar examination."

Sound fair to you? Not to Kenny Rogers. So, he sued the Kentucky Office for Bar Admissions demanding that he be given a license to practice law. The Judge took a look at the exam and Mr. Rogers answers and was absolutely sure that Mr. Rogers had not passed.

But that didn't stop Mr. Rogers. He felt that the Bar Examiners had caused him emotional distress when they mistakenly told him that he had passed. Mr. Rogers wanted the Bar Association to pay him a whole bunch of money for his



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mental suffering. He lost that case.

Care to guess Kenny Rogers' next step? He took the Bar exam for a second time and failed it for a second time. So, he registered to take it for a third time. But this time Mr. Rogers asked the Bar association to allow him to take the test in a "reduced-distraction environment" because he was disabled. Now, the Kentucky Bar Association doesn't want to discriminate against disabled people, so they gave Kenny Rogers extra time to take the exam.

Do you think that helped? Nope. Failure number 3.

But Kenny Rogers wasn't one to easily give up. He registered to take the exam a fourth time. He started the test, claimed that he got sick during the first day of testing, and did not return to complete the exam. Failure number 4.

Still not done, Kenny Rogers took the test a fifth time... and failed yet again.

It was at that point that the Kentucky Bar Association told Kenny Rogers that he was done and that he would never be allowed to take the exam again. That's because Kentucky, like Louisiana, has a law that says that if you fail the bar exam 5 times, you are never permitted to reapply to take the test.

I wish I could tell you that Kenny Rogers accepted defeat gracefully, but I can't. He sued the Bar Association yet again. He argued, correctly, that Kentucky law says that the Kentucky Bar Examination rules must be "fair and equitable." Kenny Rogers's felt that the 5 attempt limit was not fair.

The Judge in this real-life case decided that the limit was fair. The Judge noted that people with disabilities should be allowed to take the Bar exam and that they should be given proper accommodations for their disabilities, but Kentucky also has the right to make sure that the lawyers running around in that state are not incompetent. In other words, Kenny Rogers lost his case. So, he appealed.

The Judges on the Appellate Court said, "Our concern for applicants with disabilities, and the necessity of granting proper accommodations to them, is bound by our obligation to the Commonwealth of ensuring the competence of the members of the bar. As we have previously stated, 'Kentucky has a legitimate state interest in assuming the competency of legal practitioners.'" Mr. Rogers was done.

Now let me tell you about a law school student in Idaho who cheated on one of her final exams. She got caught, admitted that she had cheated, but demanded that she be allowed to graduate anyway. When the University refused, she sued and "spent 7 years litigating the case through multiple varied avenues and has been unsuccessful in every attempt."

Do you still think "never give up" is good advice?



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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Artificial Intelligence and Its Impact on Society

If you turn on the television or read the newspaper, all you see and hear is news about Artificial Intelligence (AI). Every technology company is racing to develop AI and be the first to the market with their software. Artificial Intelligence is being applied to everyday life in our cell phones, televisions, and any electronic devices that companies believe will be assisted by the use of AI. As with any type of new technology, there are problems that the law has been forced to address regarding AI and its use.

One of the first problems that we saw with Artificial Intelligence was in the drafting of different types of documents. With AI, a person could ask a computer to draft a paper and the computer would draft the paper with all types of research and references to different resources. This was especially becoming a problem in the legal community.

Although the legal document was drafted and had different laws and cases

quoted, the computer would make up sources that were not accurate. Because this was becoming a problem, State and Federal Courts require certifications by attorneys that no AI has been used to draft briefs or documents submitted to the courts. Artificial Intelligence, with a sample of the person's voice, also allowed a person to sound like they were arguing the document that had been prepared by the computer.

Another problem with Artificial Intelligence has been the crimes called "Deep Fakes". One type of "Deep Fake" crime involves taking a person's face and placing it on another

person's body. Just last month, a young teenager in Texas came forward talking about how another male classmate had used AI to make her and other young ladies in their classroom look like they were posing nude. One of the ways that people were able to tell that these were not real photographs was because of the public settings where the pictures were supposedly taken. Of course, this caused the young



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ladies terrible embarrassment and infuriated their parents. Senator Ted Cruz of Texas, along with lawmakers of both parties, proposed legislation in the United States Senate to address this problem.

In the past two years, our Louisiana Legislature has passed legislation making “Deep Fakes” illegal in the State of Louisiana regarding certain matters. La. R.S. 14:73:14 was passed which states:

A: It shall be unlawful for any persons, with the intent to coerce, harass, intimidate, or maliciously disseminate or sell any video or still image created by artificial intelligence that depicts another person who is totally nude or in a state of undress...

Although this legislation provides penalties, the embarrassment from such actions and trying to prove the picture or video is a “Deep Fake” is a terrible blow to any victim. Unless the picture is removed from the internet, someone

will always be able to access the picture.

Last year, the Louisiana Legislature passed La. R.S. 14:73:13 which dealt with “Deep Fakes” regarding depicting minors engaged in sexual conduct. This statute has severe penalties, as it should, and hopefully will deter this type of conduct.

As this is political season, “Deep Fakes” regarding candidates may start appearing in different media outlets. Artificial Intelligence has opened the possibility to these types of advertisements with the face and voice of the candidate. Although there are wonderful applications that AI can be used for in the future, as with any new technology, there are problems. The law will have to be shaped and amended



to meet these new challenges in the future.
Judge Jeff Cox is judge of the Louisiana Circuit Court of Appeal for the Second Circuit.

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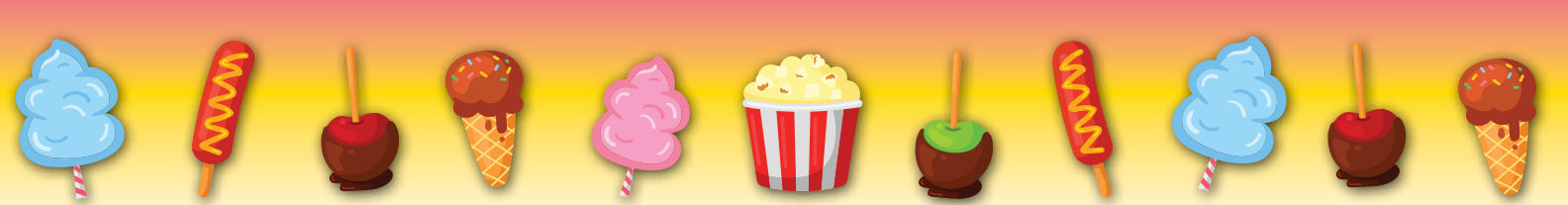
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EXPO Pre-Registration and Special Door Prize Entry Form

(Must be present to win door prizes)

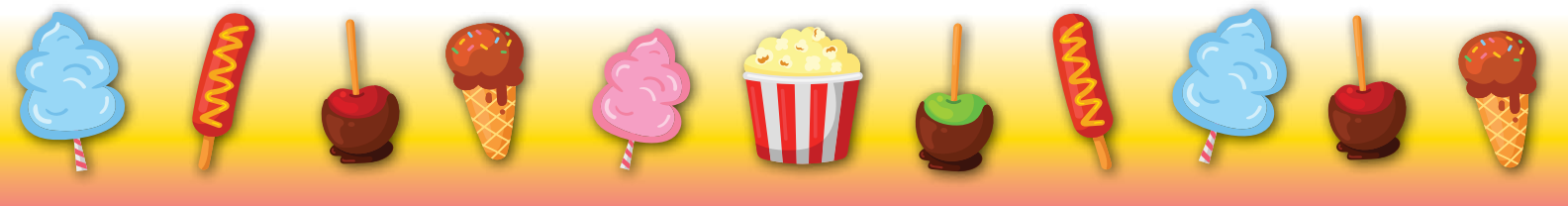
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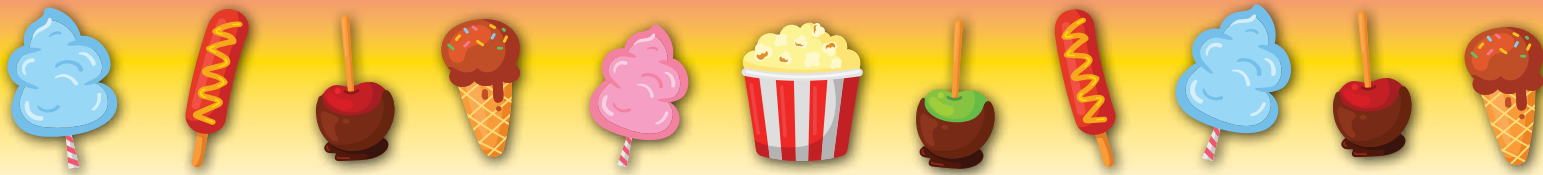
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Email the above information to seniordayexpo@gmail.com by October 28, 2024 with subject line: "2024 Senior Day Expo Registration" to pre-register for the Expo and be eligible to win special door prizes! Or, you may mail your registration form to:
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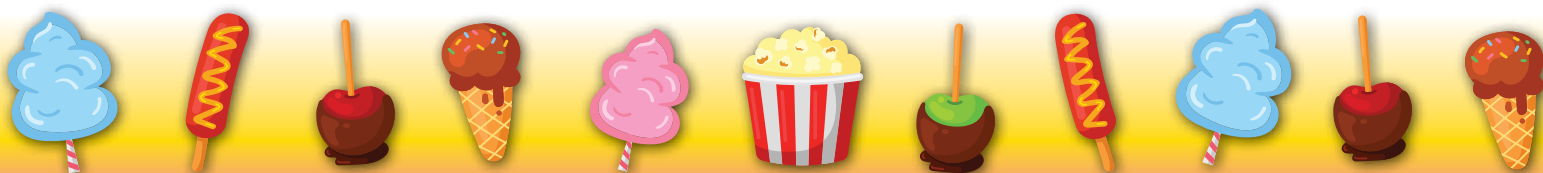


Schedule of Events

Pick up your door prize entry form at the registration desk and remember to register at our prime sponsors' exhibit booths for their GRAND DOOR PRIZES valued at over \$1,000 each!

- 10:00 a.m. - Welcome and Announcements
- 10:05 a.m. - Performance by the SPAR Joint Choirs
- 10:45 am – Performance by the FootLoose Dancers
- 11:15 am – Door Prize winners announced (must be present to win)
Pre-Registration Door Prize winner to be announced (must be present to win)
- 11:30 am – Performance by Joanitones
- 12:15 pm – Door Prize winners announced (must be present to win)
- 12:30 pm -- Special Presentations
- 1:15 pm – Door Prize winners announced (must be present to win)
- 1:30 pm – Performance by a very special guest!
- 1:55 pm – Grand Door Prize winners announced (must be present to win)
- 2:00 pm – Senior Day Expo ends. THANK YOU FOR ATTENDING!
- ALL DAY – Flu and pneumonia shots and other vaccines available at the Walgreens Exhibit Booth

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When Should I Enroll in Medicare?

Dear Marci,
I'll be turning 65 next month and will need to enroll in Medicare.
Do I need to do this by next month?
- Mira (Coupeville, WA)

Dear Mira,

Good question! That depends on a few things. If you're already receiving retirement benefits from the Social Security Administration or Railroad Retirement Board, you should automatically be enrolled in Medicare Parts A and B. Otherwise, you will need to actively enroll by contacting the Social Security Administration. There are three times when you can enroll in Parts A and B for the first time:

Your Initial Enrollment Period (IEP): The three months before, the month of, and the three months after your 65th birthday are your Initial Enrollment Period. Because your birthday is in July, your IEP started April 1, and will end at the end of October. . If you enroll in the first 3 months of your IEP, your coverage starts the first month of your birth month, if you enroll in later months, your coverage starts the first day of the next month. If you want your coverage to begin as soon as possible - July 1 - you should enroll before the end of this month.

A Special Enrollment Period (SEP): If you decide not to enroll during your Initial Enrollment Period, you may be able to enroll later during an



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SEP, which is based on specific circumstances. One SEP allows people who are covered by health insurance as a result of their or their spouse's current work to enroll after their IEP has ended. To use that SEP, a person must be covered by employer-based insurance (or Part B) when they first became eligible for Medicare, and may not have a gap in employer insurance or Part B of more than 8 months. If you are currently covered by employer-based insurance, you may wish to delay enrolling in Medicare, and you will be able to enroll later as long as you qualify for the SEP. Whether this is a good idea for you will also depend on coverage and cost of your employer insurance, including whether that insurance is required to pay claims for people who are eligible for but not enrolled in Medicare.

The General Enrollment Period (GEP): If you do not enroll during your IEP and do not have an SEP, you can enroll during the annual GEP, which runs from January 1 to March 31. Many people who enroll during the GEP experience coverage gaps as they wait for the January 1 start of the enrollment period, and may face late enrollment penalties depending on the length of time between their IEP and enrollment during the GEP.

Medicare prescription drug coverage, Part D, has separate enrollment rules. The Part D Initial Enrollment Period is usually the same as your Medicare IEP. However, if you delay enrollment in both Part A and Part B (or if you live outside of the service area of any plan and are therefore not eligible to enroll in a Part D plan), your Part D IEP will be the 7 months surrounding your eligibility - triggered by enrollment in Part A or Part B or your move into the service area of a plan. If you have "creditable" drug coverage, you can decline Part D without a later penalty, but you may have to wait until the Annual Election Period (also known as "Fall Open Enrollment") from October 15 through December 7, unless one of the Part D-related SEPs is applicable.

Best of luck!
Marci

The Medicare Rights Center is a national, nonprofit consumer service organization that works to ensure access to affordable health care for older adults and people with disabilities through advocacy, educational programs and public policy initiatives.

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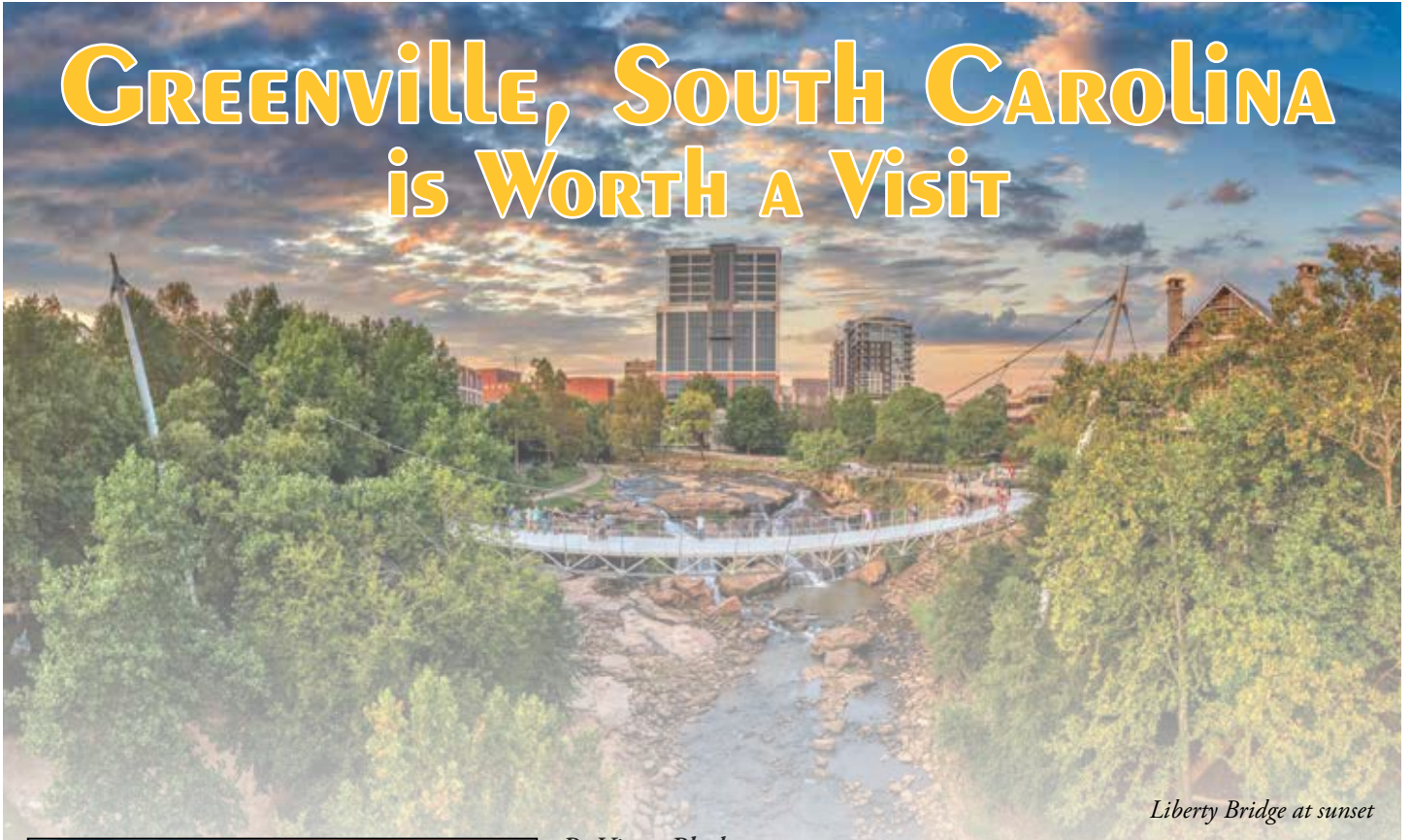
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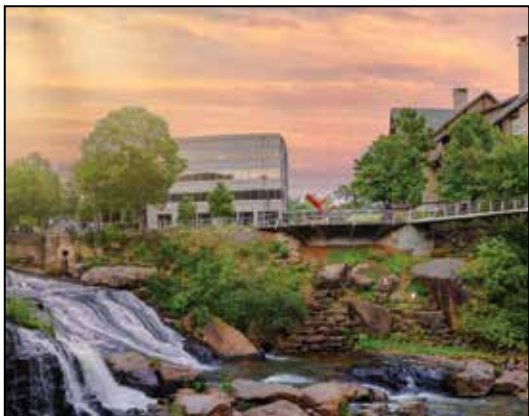
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Liberty Bridge at sunset



Downtown Greenville



Falls Park on the Reedy

By Victor Block

*When I first heard mention of Greenville, South Carolina, I looked at a map to learn where it is. After arriving, I soon learned why it has received rave reviews from the *The New York Times*, *Travel + Leisure* and others.*

My first impression was the inviting setting. Greenville is nestled in the foothills of the Blue Ridge Mountains. While its population (about 70,000) gives it small city status, the atmosphere resembles that of a tiny town. Adding to the attraction is a unique blend of traditional Southern charm and cosmopolitan cool.

I was immediately immersed in what could be a motion picture setting and, in fact, a number of movie scenes have been filmed in Greenville.

The center of action and appeal is Main Street. It's the heart of the city with tree-shaded sidewalks that lead pass restaurants and bars, galleries and boutiques.

While strolling in town, I kept my eyes peeled for glimpses of sculptures, murals and other public art which transforms Greenville into an open-air gallery. I saw reference to more than 160 pieces of street art. One addition is a collection of tiny whimsical bronze statues of mice hidden along Main Street, inspired by the children's book *Goodnight Moon*, which people of all ages delight in locating.

A world-class collection of other works is nearby at Heritage Green, an arts and cultural campus. The Greenville County Museum of Art houses the world's largest public display of watercolors by Andrew Wyeth, and an impressive assortment of paintings and prints by Jasper Johns. Its Southern Collection surveys American art from colonial times to the present.

Sharing the Heritage Green site are the Sigal Music Museum, a children's museum and my favorite, the Upcountry History Museum. That institution depicts South Carolina's "Upcountry," the state's northwestern corner which

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includes Greenville. Videos, dioramas and exhibits trace the nation's past beginning with the American Revolution, and tell stories of people as varied as Native Americans, pioneer settlers and formerly enslaved people.



Upcountry History Museum - Farm wagon & Scene from the past

These touches of culture add a pleasant surprise in a community the size of Greenville. While its museums, galleries, theaters and symphony orchestra rival those of much larger cities, it retains many of the attributes and attractions of small-town United States.



Other chapters of Greenville's past are told in its historic neighborhoods. Houses that were built in the early 1800s grace the Colonel Elias Earl Historic District. After getting its start in the 1830s, the West End District expanded rapidly after Furman University was established there in 1852. The first home was built in the Hampton-Pinckney neighborhood prior to the Civil War.

Hints of the city's early industrial story include old brick warehouses remaining from its days as a thriving textile-making and manufacturing center. Power for the industries was provided by the Reedy River, a gentle waterway where I watched ducks and geese swim and squawk as I strolled along the impishly named Swamp Rabbit Trail, which parallels the narrow canal.

The river flows beneath the Liberty Bridge, a 355-foot-long curved span which is suspended by a single cable and is the only overpass of its kind in the United States. At this point, the Reedy River Falls tumble 28 feet over a rocky path at the place where Greenville's first European settler in 1768 established a trading post and later built grist and saw mills.

Another magnet for travelers is the city's reputation as a gourmet paradise, which earned it yet another tribute, from People magazine as among the "Top New Foodie Cities in America." In addition to down home southern cooking, hundreds of restaurants (I didn't count them) offer food from around the country and the world.

This full menu of taste treats enhances Greenville's status as a small city or – in many ways – a large small town. It combines an air of sophistication usually associated with much larger urban centers and a friendly, down-to-earth lifestyle.

In 1901 the first electric trolleys began lumbering around Greenville and rides cost a nickel. Today, they're free. The vintage trams run on five different routes downtown.

With so much to see and do in Greenville, visitors might wish to take advantage of available tours. Whatever your interest – history or mystery, culinary or cocktails, traveling by foot, bike or segway – there's something that fits your fancy.

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This is my story.

Seven years into my life my father patted me on the head and walked out the front door, taking with him any hope that I, my three sisters and our mother held that ours could be a normal family living a normal life in a normal home. None of us would miss him.

My three sisters were sent to a Catholic girls' school where they were promised "favorable outcomes, especially in terms of their confidence, engagement and aspirations." I found this odd because we were Anglicans and knew nothing about Catholics other than they seemed to have a penchant for large families and magnificent churches.

I was sent to live with my grandmother who had once chased my father from the house with a broomstick. When I asked her why she had swung a broomstick at my father's head she answered, "Because I didn't have a shotgun." And, just like that, she was my hero.

I was with her for one year and for one year I was as happy as a child in heaven.

On warm days we would sit in the shade of the oak tree in her back yard and my grandmother would stir my dreams with stories of a hero called Sir William. When the weather cooled, we would sit at the big table in the kitchen and she would read to me from her Bible.

"God must be the smartest person there ever was."

"He still is."

"Gram, how can I get to be as smart as God?"

"When you can count all the stars in the sky."



Eight years into my life my mother came to take me home. My grandmother took a warm blanket from the radiator and wrapped it around me.

"Why are you wrapping a blanket around me, Gram?"

"Because I want you to always remember what a hug should feel like."

And so, wrapped in my grandmother's warmest hug, I returned home - to my three sisters, now fully versed in the art of being Catholic, my mother and her new husband who I came to admire, respect and love. Still, in the years ahead, when trouble would come calling, it was that one year with my grandmother, that safe harbor, that warm blanket that I ran to for shelter from the storms.

Twenty-two years into my life, I left the safety and confinements of home, moved to a bigger city 1400 miles to the east and began to chase my dreams. I promised my grandmother I would call every week. I did my best to call once a month.

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Twenty-four years into my life, my grandmother sent me a book, *“Slow Me Down, Lord”*.

Twenty-eight years into my life, my grandmother no longer recognized my mother, my step-father, my three sisters. And me.

The last time I visited her, my grandmother's eyes were crushed shut. Her fists were clenched so tightly around her Bible I could almost see the blood draining from her veins and she was tap, tap, tapping her feet, faster and faster until the tapping became an angry stomping. She was digging into her mind, trying to remember someone, something, anyone, anything, but the deeper she dug the deeper she fell into the abyss that was once a well of golden memories. Every memory that had been tucked away for safekeeping, every moment of love and hope, every dream, every victory, every loss, every moment worth saving – no longer accessible.

I wrapped a blanket over her shoulders, removed the Bible from her grip and then sat on the floor and started reading.

“Do you remember reading in the shade of the old oak tree, Gram?”

Her hands relaxed, she stopped stomping her feet and the only sound in the room was the sound of my voice.

“Do you remember reading at the big table in your kitchen, Gram?”

I read on. And on. And on until, finally, sadly, I pulled the blanket tightly over her shoulders, set the Bible on her lap, kissed her goodbye. My hand was on the doorknob when she called to me.

“Billy? Is that you?”

I turned. Saw the spark in her eyes.

“We had some times, didn't we, Billy?”

That was all. As quickly as it had

come, the spark was gone.

Thirty-one years into my life, in my office, addressing a Christmas card to my grandmother.

To The lady of Them All with love, Sir William.

The phone rang.

“She's gone.”

All these years later in my life, I visit her grave whenever I am home. It is a simple grave. You would walk right past it if you did not keep a watchful eye for the placard in the ground. The placard says *The Lady of Them All*. Buried beneath the placard is a Christmas card addressed to The Lady of Them All, signed by Sir William.

“Don't think of it as dying. Think of it as finishing what God wanted you to do.”

“What if you don't know what He wants you to do, Gram?”

“He knows, and He breathes just enough life into you to get it done.”

That's my story. It is no better than yours, no worse than yours and, like yours, it has no ending.

But what about that spark of recognition?

Billy? Is that you?”

It's not an ending but could it be the beginning of one? If the people who are trying to figure out how to end Alzheimer's could figure out what caused that spark of recognition ...?

Maybe it's a spark of hope?

We can only hope.



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Billy Dee Williams: More Than a Charming Space Pirate



As any devoted Star Wars fan can deduce, the title of Billy Dee Williams' new autobiography, "What Have We Here?" released in February, is a nod to the actor's most famous character – Lando Calrissian.

The smooth-talking caped space smuggler first greets Princess Leia with that line in 1980's "The Empire Strikes Back."

While the feisty cinnamon-bunned princess may not have swooned on-screen when the charming Lando gently kissed her hand before eventually joining forces to save their galaxy (although Leia's fleeting smirk suggests her royal knees might have buckled slightly), other screen characters were not so demure when confronted with the suave actor.

For instance, Diana Ross (playing

singer Billie Holiday) first glimpses Williams (portraying her future lover, Louis McKay) in 1972's hit movie "Lady Sings the Blues." Her character promptly sinks to the floor, emotionally melting – mouth agape – captivated by the dreamy, white-suited Williams gracefully descending a staircase.

"When I saw film of myself walking down those stairs, I fell in love with me!" said Williams, laughing, from his home in Los Angeles. In real life, too, fans were similarly drawn to Williams' charisma.

"I even had a woman faint right in front of me and it's all very flattering," he recalled. "But I don't take myself too seriously."

Beyond his Hollywood status as a heartthrob or swashbuckling space pirate, Williams was a solid, compelling actor throughout his long career that began when he stepped onto a Broadway stage, barely 8 years old.

Raised in Harlem during the 40s in a moderately well-off household, young Billy's family supported his interest in the arts which also included painting – a career he originally planned to pursue. But in 1956, on a chilly winter's day in New York City, he literally bumped into a TV casting director

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Billy Dee Williams (credit Albert L Ortega)

emerging from a clothing store, striking up a conversation.

The chance encounter led to an offer of work as an extra in East Coast television series, reinvigorating his interest in acting. After moving to Hollywood, Williams would amass hundreds of film, television, and theater credits over the next six decades.

“For a young, brown-skinned boy like me growing up in Harlem, getting to Hollywood was a far-fetched dream in those early days,” Williams said. “I’m not a very competitive person when it comes to something like sports, but I am when it comes to acting. I was determined to make it.”

And he did, with lead roles in feature films such as “Mahogany” (1975), “Scott Joplin” (1977), “Nighthawks” (1981), as well as ABC’s “Dynasty” series and the acclaimed TV sports bio-pic “Brian’s Song.”

“I didn’t want people to just see a young black kid from Harlem on the screen, but to appreciate the full spectrum of the characters I was playing,” said Williams.


It’s been almost 45 years since Williams first entered the Star Wars universe as Lando Calrissian. With his broad appeal and extensive acting experience, he was a popular addition to the franchise.

While he acknowledges that sci-fi actors rarely win Oscars or Emmys, Williams remains grateful for the recognition the character afforded.

“In the long run, I think the whole idea of creating a huge fan base gives you much more longevity,” he said. “I’ll be 87 in April, and I’ve had a lot of interesting experiences throughout my life that are described in the book. Some were not pleasant, but working on ‘Empire’ (and two other Star Wars movies) was. I’m always observing, learning, and trying to be a sponge, so to speak, to make myself a better actor.”



Nick Thomas teaches at Auburn University at Montgomery in Alabama and writes features, columns, and interviews for newspapers and magazines around the country. See www.getnickt.org.



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POWER UP Family Mealtimes

Bring loved ones together with protein-packed peanuts

FAMILY FEATURES

Between juggling work, family, friends and social activities, powering through busy day-to-day schedules requires a lot of energy. Building meals around recipes packed with a plant-based protein such as peanuts or peanut butter can help your family come together to refuel. In fact, at 7 grams per serving, a nutrient-rich powerhouse like peanuts delivers the most protein of any nut and contains six essential vitamins and seven essential minerals. Find more delicious ideas for keeping your family energized at gapeanuts.com. (Recipes courtesy of Parker's Plate on behalf of the Georgia Peanut Commission)

Chicken with Peanut Sauce in Lettuce Wraps

Servings: 4

- 2 pounds ground chicken
- 2 tablespoons sesame oil
- ¾ cup diced shiitake mushrooms
- 1 small onion, diced
- 2 garlic cloves, grated
- 1½ tablespoons fresh grated ginger
- ½ cup hoisin sauce
- ½ cup water chestnuts, diced
- 3 green onions (both white and green parts), chopped
- 2 garlic cloves, grated
- ¼ cup cilantro, chopped, for garnish
- ¼ cup crushed peanuts, for garnish
- iceberg or butter lettuce, for wraps

Peanut Sauce:

- 3 tablespoons creamy peanut butter
- 2 teaspoons brown sugar
- 1 tablespoon fresh lime juice
- 2 tablespoons chili garlic sauce
- 1 teaspoon fresh grated ginger
- 1 tablespoon soy sauce

In pan, saute ground chicken in sesame oil until cooked through. Drain if mixture is watery.

Add shiitake mushrooms and onion; saute until mushrooms have softened and appear caramel colored.

Add garlic, ginger, hoisin, water chestnuts and green onions. Let chicken mixture simmer on low.

To make peanut sauce: In saucepan over medium-low heat, mix peanut butter, brown sugar, lime juice, chili garlic sauce, ginger and soy sauce until smooth, warm and thinned slightly.

Fold into chicken mixture. Stir until combined and simmer on low until peanut sauce is evenly distributed.



Peanut Butter Cottage Cheese Cheesecake

(Servings: 8)

Crust:

2 cups pretzels
1½ cups vanilla-flavored wafer-style cookies
½ cup peanuts
12 tablespoons unsalted butter
nonstick cooking spray

Filling:

½ cup cottage cheese
1 cup heavy whipping cream
3 tablespoons sugar
3 tablespoons creamy peanut butter
½ cup roughly chopped dark chocolate
½ cup roughly chopped peanuts
1 pinch sea salt

To make crust: In food processor, pulse pretzels, wafer-style cookies and peanuts until chopped but not powdery.

In skillet, melt butter. Add pretzel mixture until combined with butter.

Spray pie pan with nonstick cooking spray and spread mixture on bottom of pan and slightly up sides; press down until even.

To make filling: In bowl using hand mixer, whip cottage cheese until lumps are smoother, 3 - 4 minutes.

In separate bowl, use hand mixer to whip heavy cream and sugar until stiff peaks form.

Add cottage cheese and peanut butter to heavy cream mixture; whip until combined, about 1 minute.

Top pie with chopped chocolate and peanuts and freeze 2 hours. Remove from freezer 15 minutes before ready to serve.

Before serving, sprinkle with sea salt.



Broccoli and Edamame Salad with Peanut Dressing (Servings: 4)

Dressing:

½ fresh lime, juice only
¼ cup toasted sesame seed oil
3 tablespoons honey
2 tablespoons tahini
3 tablespoons creamy peanut butter
1 teaspoon chili oil
1 garlic clove, grated
1 teaspoon fresh ginger, grated
kosher salt, to taste
1 tablespoon hot water, plus additional for thinner consistency (optional)

To make dressing: In bowl, whisk lime juice, toasted sesame seed oil, honey, tahini, peanut butter, chili oil, garlic, ginger and salt, to taste. Add hot water, adding additional, if necessary, until dressing reaches desired consistency. Set aside.

To make salad: In large bowl, combine broccoli slaw, edamame, broccoli, cucumber, mint, cilantro and peanuts. Toss with dressing to combine and garnish with toasted sesame seeds, if desired.

Salad:

2 cups broccoli slaw
1 cup shelled edamame, cooked
1½ cups chopped raw broccoli
½ cup English cucumber, quartered and chopped
¼ cup fresh mint, chopped
¼ cup fresh cilantro, chopped
¼ cup salted peanuts, roughly chopped
toasted sesame seeds, for garnish (optional)



40th SEASON



2024 shows

LeAnn Rimes

FRIDAY, SEPTEMBER 20, 2024 • 7:30 PM

Indigo Girls

SATURDAY, OCTOBER 12, 2024 • 7:30 PM

A Christmas Carol

SUNDAY, DECEMBER 8, 2024 • 2:00 PM

Ben Folds Paper

Airplane Request Tour

SUNDAY, DECEMBER 15, 2024 • 7:00 PM

2025 shows

**The Black Jacket
Symphony Presents
Led Zeppelin IV**

SATURDAY, APRIL 5, 2025 • 7:30 PM

**The Addams Family:
A Musical Comedy**

WEDNESDAY, JUNE 25, 2025 • 7:00 PM

THE STRAND THEATRE
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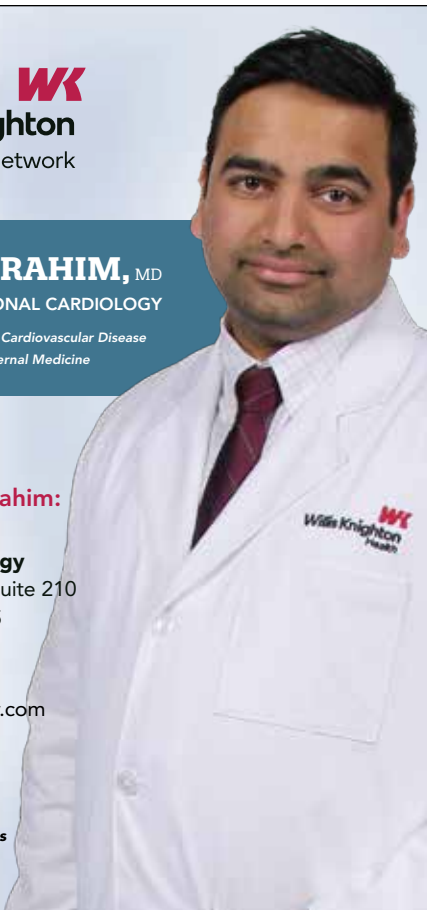
WORD SEARCH

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

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

House Hunting

- | | |
|------------|------------|
| Affordable | Investment |
| Appraisal | Listing |
| Approval | Loan |
| Asset | Location |
| Banker | Mortgage |
| Closing | Offer |
| Commission | Open House |
| Deed | Paperwork |
| Down | Price |
| Payment | Realtor |
| Escrow | Reduced |
| Home | Refinance |
| Inspection | Search |
| Interest | Signature |





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CROSSWORD

Across

- 1 Type of reader
 5 Business leader
 10 Barrel
 14 Isaac's firstborn
 15 Rinse, as with a solvent
 16 Wheel connector
 17 Lemur feature
 19 It may be proper
 20 Like some scientists
 21 Invitation request
 22 Wild dog of Australia
 23 Harvard rival
 24 Foreboding
 26 Like a haunted house
 29 Betting option
 33 Luau dances
 34 Substantial
 35 Witchy woman
 36 Rich Little, e.g.
 37 Flowering tree
 38 Two-wheeler
 39 Table part
 40 Day of "Pillow Talk"
 41 Red Sea nation
 42 Computer device
 44 Most attractive
 45 Affectedly creative
 46 Ocean predator
 47 Fool
 50 Kind of proportions
 51 High ball?
 54 Help in a

- holdup
 55 Capital of Ethiopia
 58 Lose steam
 59 Dreamlike state
 60 Done with
 61 Aroma
 62 Swarms
 63 Partner of means

Down

- 1 Salon offering
 2 Where Bhutan is
 3 Touch down
 4 Kind of shot
 5 Slight
 6 Drink garnish
 7 Swallow
 8 Colorado native
 9 Conducted
 10 Eyetooth
 11 Neural transmitter
 12 Garden pest
 13 Game of chance
 18 Snares
 22 Resist
 23 Calendar span
 24 Tough tests
 25 Acarid
 26 Soft whitish calcite
 27 Indian coin
 28 Plaintive piece
 29 Not so hot
 30 Doorbell
 31 Movie shots
 32 Insurance worker
 34 Unite
 37 Water under the bridge
 38 Phi ___ Kappa
 40 Rowboat

1	2	3	4		5	6	7	8	9		10	11	12	13
14					15						16			
17					18						19			
20					21						22			
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33						34						35		
36						37					38			
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47	48	49					50					51	52	53
54						55	56					57		
58						59						60		
61						62						63		

- 41 "The Beast of ___ Flats" (1961 sci-fi bomb)
 43 Teasing repartee
 44 Calamities
 46 Poppy product
 47 Defense acronym
 48 Footnote note
 49 Pianist Peter
 50 Periphery
 51 Hot rock
 52 Heed
 53 Blocks
 55 Toward the tiller
 56 Rightful
 57 Fiddle stick

SUDOKU

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

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

SAVE the *Date*



Arklatex Art Guild Exhibit

EVENTS

■ 2024 Louisiana Homesteader Conference

Hosted by LSU AgCenter Red River Research Station. **Friday, October 11, noon to 6 PM, Saturday, October 12, 8 AM to 5 PM.** 262 Research Station Drive, Bossier City. (Look for the giant LSU AgCenter red barn). **FREE.** LSU AgCenter experts will be available to address questions, including insights on homesteading, small-scale food production, food preservation, chicken and egg production, small-scale beef production, goat and rabbit farming and products. Vendors, food trucks and livestock booths will be available.

■ 2024 Senior Day Expo

Wednesday October 30, 10 a.m. to 2 p.m. in the Gala Big Top Tent at the main entrance of the Louisiana State Fair 3701 Hudson Avenue, Shreveport. **FREE** admission and parking, live entertainment, health care screenings, contests, informative exhibits. **For more information, turn to pages 20 and 21.**

■ Arklatex Art Guild Premier Exhibit

Featuring original artworks by ArkLaTex Art Guild. From **September 10 - September 30, Monday through Friday, 9 a.m. until 4 p.m.** at the Louisiana State Exhibit Museum, 3015 Greenwood Road, Shreveport. The exhibit will open in the West Wing Gallery of the museum on Tuesday September 10 with a reception honoring the artists from 4:30 p.m. to 7:00 p.m. The show will offer a variety of acrylic and oil paintings, and mixed media for sale. For more information visit www.laexhibitmuseum.org.

■ Balance Does Matter

Presented by the Caddo Council on Aging. **September 17, 24, 30 & October 8, 9:30 – 11:30 am** at St. Mark's Cathedral Church, 908 Rutherford Street, Shreveport. Participants will learn techniques to prevent falls and improve their balance, coordination and strength from Marie Morgan & Susanne Tinsley. **FREE.** For more info and to register, call 318.676.7900.

■ Health Fair

Presented by LSU Health Shreveport School of Allied Health Professions. **Thursday, September 19. 3 to 7 pm,** 1450 Claiborne Avenue, Shreveport. **FREE** admission and parking. Refreshments will be provided. Screenings include Body Mass Index, Blood Pressure Screening, Glucose Level Screening, Balance/Fall Risk Assessment, Sleep Apnea Screening, Grip Strength Assessment, Hearing Screening, Autism Safety Information, CarFit Driver Safety Education and Poison Control Education.

■ Legal Fair

Saturday, September 28, from 10 a.m. to 1 p.m. at the Airport Park Community Center, located at 6500 Kennedy Drive. This **FREE** event aims to provide residents with access to essential legal services and information. Attendees will have the opportunity to receive assistance from representatives of the Louisiana Department of Health, Louisiana Department of Insurance, SPAR, the Caddo Council on Aging,

the VA, and the Caddo Assessor's Office. Registration is required - visit <https://events.aarp.org/shrlegalclinic>.

■ Red River Quilters Annual Quilt Show

Theme of the show is The Roaring 20's a Second Time Around. **Friday September 13, 9 am to 6 pm and Saturday September 14, 9 am to 4 pm.** Louisiana State Fair Grounds Ag Building, 3721 Hudson Ave, Shreveport. Featuring 200+ quilts and quilted items, silent auction of quilted items, handmade items for sale, merchant mall, photo booth and raffle. Admission is \$10 ages 11 through adult, \$5 ages 5-10, Free under 5. For info visit www.redriverquilters.com.

■ Southern Hills Expo and Taste

Presented by Southern Hills Business Association. **September 24, 5 to 7 p.m.** at Summer Grove Baptist Church, 8924 Jewella Avenue. Showcasing Southern Hills businesses and restaurants. **FREE** and open to the public.

ENTERTAINMENT

■ Shreveport Little Theatre

812 Margaret Place, Shreveport. Tickets are \$25. Call 318.424.4439 or shreveportlittletheatre.com.

• *Brighton Beach Memories* - **September 13, 14, 20, and 21 at 7:30 PM; September 15, 21, and 22 at 2:00**

PM. Set in September 1937 during The Great Depression, this semi-autobiographical play is a coming-of-age comedy focused on a Jewish teenager from a Polish immigrant family.

• *Steel Magnolias* - Oct. 25, 26, Nov. 1, and 2 at 7:30 PM; Oct. 27, Nov. 2, and 3 at 2:00 PM. The play, by Robert Harling, is a comedy-drama about the bond among a group of Southern women in NW Louisiana.

■ Shreveport Symphony

Riverview Theatre, 600 Clyde Fant Parkway, Shreveport. For tickets call 318-227-TUNE (8863) or shreveportsymphony.com. Tickets are \$20 - \$69.

• September 21 at 7:30 p.m. - Opening Night: Beethoven + Tessa Lark

• October 19 at 7:30 p.m. - Tchaikovsky's Pathétique featuring 2023 Wideman Gold Medalist Ilya Shmukler.

■ The Strand Theatre

619 Louisiana Avenue, Shreveport. For tickets visit thestrandtheatre.com or call 318-226-8555.

• September 20 at 7:30 p.m. - LeAnn Rimes - an international multi-platinum selling acclaimed singer and ASCAP award-winning songwriter. Tickets are

\$95, \$79, \$67, student \$30

• October 12 at 7:30 p.m. - Indigo Girls. Over a thirty-five-year career,

the multi-Grammy-winning duo of Emily Saliers and Amy Ray has recorded sixteen studio albums and sold over 15 million records. Tickets: \$75, \$65, \$55, student \$30

MEETINGS

■ Ark-La-Tex Genealogical Assn.

Meetings are held from 1 to 3 PM at the Broadmoor Branch Library, 1212 Capt. Shreve Dr., Shreveport. For more information call 746-1851 or visit altgenealogy.com. **FREE** and open to the public.

• Saturday, September 14 - Guest speaker is Phil Adderley, Genealogist, Lecturer. His topic is: "North Carolina Land Grants" plus "Platted Neighborhood Findings Overlaid on Maps"

• Saturday, October 12 - Guest speaker is Charlotte White, DAR Historian and former Regent. Her topic is: "Bernardo de Galvez, Spanish Governor of Louisiana".

■ Veteran and Veteran Family Caregiver Sessions of *Finding Meaning and Hope* Video Series

Offered virtually via Zoom by Duet's Meaning & Hope Institute. **Thursdays, Sept. 19 - Nov. 21, 11 a.m. - 12:30 p.m. MST; Saturdays, Sept. 21 - Nov. 23, 11 a.m. - 12:30 p.m. MST.** This **FREE** 10 week series is open to military and veteran families, veterans who are family caregivers caring for an individual with dementia (civilian or veteran), or family caregivers who are caring for a veteran with dementia.

These sessions provide support and educational resources for a better understanding of the complex grief and loss experienced when caring for someone with dementia or other cognitive impairments. To register and learn more about the program, visit meaningandhope.org/fmh-veterans.

MOVIES

■ Silver Screenings

Silver Screenings feature a matinee and luncheon for senior citizens showcasing a classic film on the 3rd Tuesday of each month at Robinson Film Center, 617 Texas Street in downtown Shreveport. Movie begins at 10:30 a.m. and is followed by a buffet lunch. Cost is \$20 for movie and lunch. For information or tickets, call (318) 459-4122 or visit www.robinsonfilmcenter.org.

• September 17 - *Citizen Kane*. **Movie and lunch 10:30 a.m. Movie only at 6 p.m.** The quasi-biographical film examines the life and legacy of Charles Foster Kane, played by Orson Welles, a composite character based on American media barons William Randolph Hearst and Joseph Pulitzer, Chicago tycoons Samuel Insull and Harold McCormick, as well as aspects of the screenwriters' own lives.

• October 15 at 10:30 a.m. - *Harvey* is a 1950 American comedy-drama film, starring James Stewart. The story centers on a man whose best friend is a púca named Harvey, a 6 ft 3½ inch tall white invisible rabbit, and the ensuing debacle when the man's sister tries to have him committed to a sanatorium.



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Snapshot SLEUTH

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

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

All photos are from the Lawrence Lea Collection.



Brookwood Girls Basketball Championship team, February 1973



El Karubah Shrine Temple on Cross Lake, March or April 1971



Red River Chevrolet employees awarding a Chevy Vega to a contest winner, 1971



Unknown but in a sleeve marked 1978



Answers from the Experts



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

What is a "floater" and can they be treated?

A floater is debris in the vitreous fluid behind your lens. Vitreous is a clear fluid that allows light to pass all the way from your lens to your retina. Everyone has a little debris in the vitreous that floats around. When this debris passes through light it casts a shadow onto your retina and you see that as a floater. Some floaters are black dots, some look like strings and others can look like clouds that float across your vision. If we can see the floaters in the vitreous fluid and they are not too close to your retina, we can use a laser to break them up so you don't see them as much.



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WK Eye Institute
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See our ad on page 16.

My shoulder hurts. Should I play through the pain?

Over 12 million people visit a doctor's office for a shoulder problem annually. Athletes are particularly prone to shoulder injuries due to repetitive, cumulative stress/injuries. Injuries occur during sports, as well as every day home and work activities. Most shoulder problems involve muscles, tendons, and/or ligaments and can be treated effectively with exercises, medications, physical therapy, etc. Steady pain, limitation of motion, difficulties with work activities of daily living or difficulty with sleep should alert you to seek an orthopedic surgeon for help in diagnosing and treating your shoulder pain.



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(318) 424-3400

Are your home care services covered by Medicare, Medicaid or Insurance?

At this time we are not covered through Medicare, Medicaid or other regular medical insurances. We do accept long-term care insurance policies and private pay. Many times the local council on aging office will provide their local seniors with free care services. Veterans or their spouses can request free home care services through their local VA office or hospital. We are currently a preferred community care provider with several local agencies along with the VA medical center.



Keith Carter, CEO/Owner
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(318)424-5300
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PUZZLE answers (from pages 32 - 33)

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

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

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

Our Featured **5**

QUOTES ABOUT BEING *Over the Hill*



1 I'm over the hill, but **the climb was terrific!** – Graffiti

2 I don't know how I got over the hill **without getting to the top.** – Will Rogers

3 Just remember, once you're over the hill **you begin to pick up speed.**
– Arthur Schopenhauer



5 You're not over the hill until you **hear your favorite songs in an elevator!** – Unknown



4 You know you're over the hill when the only **whistles you get are from the tea kettle.** – Unknown



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Oct. 25 - Nov. 3, 2024



December 13-22, 2024



February 14 - 23, 2025



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