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DECEMBER

CONTENTS

BRIEFS

- 6 **Stat! Medical News & Info**
- 12 **Odds & Ends**
- 28 **Shreveport Then & Now**
- 34 **Snapshot Sleuth**
- 42 **Our Favorite 5**

FEATURES

- 9 **Christmas Around the World**
by Victor Block
- 23 **Reaching Those at Home Alone**
by Kathleen Ward

ADVICE

- 14 **Laws of the Land**
The Case of the Government vs Dentists
by Lee Aronson
- 16 **Dear Marci**
How do VA Benefits Work with Medicare?
by Medicare Rights Center
- 18 **Eat Well Live Well**
Tis the Season to Show Off Your Culinary Skills
by Abigail McAlister
- 20 **Strategies for Living**
Proud to Be an American at Christmas
by David McMillian

COLUMNS

- 26 **Page by Page**
Review of "Cajun Night Before Christmas"
by Jessica Rinaudo
- 30 **Tinseltown Talks**
Christmas with Ilene Graff
by Nick Thomas
- 32 **Jest a Moment**
Electric Flyswatters Make Stunning Gifts
by Nick Thomas

IN EVERY ISSUE

- 36 **What's Cooking**
Make the Holidays Magical with Hearty Meals
- 38 **Save the Date**
- 40 **Our Famous Puzzle Pages**
- 44 **Parting Shots**





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DECEMBER 3

Widowhood, I Didn't Ask For This
Elaine Marze, author

DECEMBER 10

Latest in Eye Treatments and Procedures
Chris Shelby, MD

DECEMBER 17

2022 Independence Football Game
Eric Everson, Director of Communications

DECEMBER 24

Major Events Changed, or Could Have Changed the World – Part I
Special Guests

DECEMBER 31

Major Events Changed, or Could Have Changed the World – Part II
Special Guests

JANUARY 7

Tales About Hollywood Movie Actors and Actresses
Beverly Wasburn Radell, Hollywood actress

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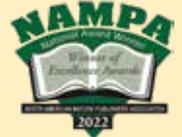
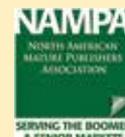
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___ Print issue ___ Online ___ The Best of Times App on apple or android device
6. How long do you normally keep an issue after you have read it?
___ 1 week ___ 30 days ___ 31 to 90 days ___ longer than 90 days
7. On average, how many people at your home/business read each issue? _____
8. How much of *The Best of Times* magazine do you read?
___ Cover to cover ___ Most of it ___ Some of it ___ I only scan headlines
9. Overall, how would you rate the articles in *The Best of Times* magazine?
___ Incredible ___ Average ___ Boring
10. How would you rate the look and readability of *The Best of Times* magazine?
___ Love it ___ Average ___ Hate it
11. How often do you visit *The Best of Times* website at www.thebestoftimesnews.com?
___ Often ___ Occasionally ___ Never
12. Do you listen to *The Best of Times Radio Hour* on Saturday mornings at 9 am on NEWS RADIO 710 KEEL?
___ Often ___ Occasionally ___ Never
13. Have you purchased products or chosen services based upon ads seen in *The Best of Times*? ___ Yes ___ No
14. Do you purchase items for your grandchildren? ___ Yes ___ No
15. Are you planning to purchase a new or used car in the next 12 months? ___ Yes ___ No
16. Are you planning to move into a new residence in the next 12 months? ___ Yes ___ No
17. Are you planning to change health plans in the next 12 months? ___ Yes ___ No
18. Are you planning to travel in the next 12 months? ___ Yes ___ No
19. Are you going to pre-plan your funeral in the next 12 months? ___ Yes ___ No
20. Are you planning to make home improvements in the next 12 months? ___ Yes ___ No
21. Are you planning to secure services for estate planning in the next 12 months? ___ Yes ___ No
22. Are you or a loved one planning to move into an independent living center or assisted living facility in the next 12 months? ___ Yes ___ No
23. Are you interested in learning about specials and/or discounts regarding products and service? ___ Yes ___ No

Stat!

Medical News & Info



New Study Shows Sugar-Sweetened Drinks Increase Risk of Cancer Mortality

In a large study led by researchers at the American Cancer Society (ACS), men and women who drank two or more servings of sugar-sweetened beverages (SSB) per day, compared to people who never drank, had a 5% increased risk of death from an obesity-related cancer, including gastrointestinal, postmenopausal breast, endometrial and kidney cancer. These results appear to be related to the higher body mass index (BMI) of the participants who regularly drank SSBs. BMI is a measure of body size, combining a person's weight with their height, showing whether a person has a healthy weight. (*Cancer, Epidemiology, Biomarkers & Prevention.*)

Poll Shows High Interest, But Uneven Use of Home Medical Tests by Older Adults

Kitchen counters across America turned into medical testing labs over the past year, as millions of people swabbed their noses and found out in minutes if they had COVID-19. In fact, a new poll shows, 48% of people age 50 to 80 have bought at least one kind of at-home health test, including 32% who had bought COVID-19 tests, 17% who had bought a DNA test, and lower percentages who had bought other tests. But use of these medical tests varies greatly by age, race/ethnicity, marital status, income and years of



Drinking to Manage Physical Pain Results in Perceived Relief, Increasing Vulnerability to Dangerous Alcohol Use

People who self-medicate pain with alcohol may be vulnerable to hazardous drinking, with their experience of pain relief a potentially powerful driver of alcohol consumption, a new study suggests. Both pain and dangerous alcohol use are major public health issues. Each affects millions of US adults and costs hundreds of billions of dollars annually in health care and lost productivity. Recent studies have demonstrated a strong correlation between pain and alcohol use; people with chronic pain are more likely than others to report heavy drinking, and those with alcohol use disorder (AUD) are more likely to report chronic pain. Alcohol has known analgesic effects. Evidence of shared neural mechanisms underlying chronic pain and substance misuse suggest alcohol's pain-relieving capacity might be influenced by individuals' experience of chronic pain. Better understanding the relationship between chronic pain and alcohol use could inform improved prevention and treatment approaches. (*Alcoholism: Clinical & Experimental Research*, University of Florida.)



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Christmas Around the World

By Victor Block

Model boats are decorated with brightly glimmering lights. Women sprinkle water scented with basil around their house which they believe will keep bad spirits away. Families dine on spit-roasted pork and fried pastry. This is Merry Christmas as it's celebrated in Greece.

People around the world welcome this special day in a variety of ways, some familiar and others less so. These include festivities that are focused on Santa Claus and those that stress the Christ in the holiday's name.

Given the seafaring history of Greece, it's not surprising that decorated ships are an old tradition. In the past, small vessels were displayed in homes when sailors returned from sea voyages.

The *kallikantzarol* are described as roguish goblins that dwell underground and emerge during the 12 days of Christmas. While they have a reputation as naughty, some believers insist they're actually impish and stupid.

Food often is a focus of Christmas merriment, and the list of typical fare is long and varied. Carp is the main dish at some holiday meals in Poland and while some people buy a filet, other adhere to the time-honored way by purchasing the fish several days in advance, letting it swim in a bath tub, then being dispatched when the time has come for it to be cooked and consumed.

Since Poland is largely a Catholic country, church attendance is part of the holiday observance for many people. Some also refrain from enjoying their favorite food and beverages in their effort to remember what they believe to see the real reason for Christmas.

Colonel Sanders would feel at home in Japan, where fried chicken at KFC and other fast-food restaurants is a holiday favorite. Other imports from the United States include exchanging cards and presents. Because most people are not Christian, Christmas is more like Valentine's Day, a romantic time for couple to spend time together.

That contrasts with Germany, where a focus of celebration is the Advent, many families attend mass on December 24 and gifts are brought by the *Christkind* (Child of Christ). Christmas trees have been used since the late Middle Ages. Most people have a real tree which traditionally is decorated with wooden ornaments and real candles.

An impressive feature of holiday celebrations in Germany are the famous Christmas Markets. Most cities have at least one and some are based upon a theme like angels or medieval times. The market in Frankfurt dates back to the 14th century and the one in Cologne can attract more than four million visitors. →



A Greek decorated Christmas ship



Tokyo KFC at Christmas time



Dresden, Germany Christmas Market



Some time-honored ways of celebrating Christmas were brought to Canada by German immigrants, along with people from France, Great Britain, Norway and other countries. Given the cold winter climate, skiing, ice skating and tobogganing are popular pastimes if the ground is covered by snow.

An annual extravaganza in Toronto is the Santa Claus Parade, which first took off in 1905 and now attracts more than a half-million people. Lavish floats, marchers, bands, clowns and, of course, Santa and Mrs. Claus wind through the city along a 3.5-mile route.

In contrast to the snow and shivering cold of Canada is the warm winter weather south of the Equator. Of course, that includes Australia where, as in other countries that previously formed the British Empire, some practices – like Boxing Day, which takes place on December 26 – takes place.

Less familiar are the facts that Santa at times has been depicted as wearing Australia-style clothing, including a wide-brimmed *Akubra* hat and flip-flops and riding in a sort of pick-up truck pulled by kangaroos. Some Aussies go to a beach to swim in the ocean and it's not unknown for Santa to come ashore riding a surf board.

Argentina and South Africa share a Southern Hemisphere

location with Australia, so sand and surf are more closely associated with Christmas than snow and sleet. Santas dressed in their traditional wool clothing do their best to keep shouting ho-ho-ho when they'd prefer to say hot-hot-hot.

Argentines are lovers of meat so it's no surprise that an outdoor barbecue is a staple of activities. So are Christmas trees, usually artificial and sometimes decorated with cotton balls to represent snow. Fireworks at midnight often mark the start of Christmas day and the sky is filled with *globos*, paper decorations with a light inside that float into the sky.

Dining outside also is a highlight of Christmas in South Africa. The main course might be turkey, duck or suckling pig followed by a desert of *malva* pudding, a sweet cake prepared with apricot jam and vinegar which gives it a caramelized texture.

Some activities, like trimming a Christmas tree and hanging stockings, may sound familiar. Depending upon where you live in the United States, outdoor activities like beach sunbathing, hiking in a park or camping may be less likely.



Santa relaxing at a southern clime

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Odds & Ends



Community Renewal Awarded \$1 Million Opus Prize

Community Renewal International, in honor of founder Mack McCarter, has been awarded a \$1 million prize from the Opus Prize Foundation. Community Renewal was one of three global finalists for the esteemed Opus Prize. The other finalists were from Ecuador and Nigeria. The Opus Prize is given not only to expand the humanitarian efforts of the recipient, but to inspire others to pursue lives of service. Community Renewal International was birthed in Shreveport in 1994. CRI is today an international model for all cities looking to bring renewal to their communities.

Free Eye Exam May Be Available

For individuals age 65 or older who are concerned about their risk of eye disease, you may be eligible for a medical eye exam, often at no out-of-pocket cost, through the American Academy of Ophthalmology's EyeCare America® program. This public service program matches volunteer ophthalmologists with eligible patients in need of eye care across the United States. To qualify for the Seniors Program one must be a U.S. citizen or legal resident, age 65 or older, not belong to an HMO or have eye care benefits through the VA, and have not seen an ophthalmologist in three or more years. To see if you or a loved one qualifies, visit www.aao.org/eyecare-america to determine eligibility.



National Wreaths Across America

Each December, National Wreaths Across America Day coordinates wreath-laying ceremonies at Arlington National Cemetery, as well as at more than 3,400 locations in all 50 U.S. states, at sea and abroad. To sponsor a wreath locally, send a \$15 check, made out to Wreaths Across America, to WAA, 6121 Fern Ave #108, Shreveport, La 71105. Checks should have LA0075P in the memo line to denote Greenwood Cemetery. There were over 2.3 million wreaths sponsored around the world last year, with 849 wreaths laid locally, honoring veterans from 5 wars in the military section of Greenwood Cemetery. The ceremony at Greenwood cemetery will be held on Saturday, December 17th at 11 am.



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The Cases of the Government vs Dentists

Mushmouth did not have a good dentist. Here's one reason why: when Mushmouth asked for a copy of his dental records, the dentist demanded a copying fee. Normally, that's fine. Federal law allows dentists and other healthcare providers to charge patients a fee for providing a copy of their medical records. But the law goes on to say that the charge must be "reasonable and cost-based."

Do you know how much Mushmouth's dentist wanted to charge? \$170.00! For 8 pages! Does that sound "reasonable and cost-based" to you? Mushmouth sure didn't think so. Rather than paying, he did some research and found out that there is a federal government agency in charge of enforcing the medical records laws. It's called the U.S. Department of Health and Human Service's Office for Civil Rights. What a mouthful!

Mushmouth got in touch with the Office and complained about his dentist's \$170 copying fee. The Office investigated and found that everything Mushmouth had told them was the absolute truth. As a result, the dentist paid a fine of \$80,000. Hey, hey, hey!

In another case involving a different dentist, Rudy (all names have been changed) tried to get his medical records from his former dentist. Although Rudy's record wasn't all that long, it took his former dentist over 5 months to provide the records. Rudy, like Mushmouth, filed a complaint with the U.S. Department of Health and Human Service's Office

for Civil Rights. They investigated and found that not only was Rudy telling the truth, but that the records that the dentist had provided to Rudy were incomplete. The dentist ended up paying the government a \$30,000 fine.

And in a third case involving yet another dentist, Fat Albert's parents tried to get their son's medical records. At the time of the request, Fat Albert was 13 years old. When his parents first asked for the records, the dentist flat out refused. Over a months long period, Fat Albert's parents repeatedly asked for their son's records and the dentist repeatedly refused to hand over anything. Talk about no class! Eventually, after 8 months of asking, the dentist finally gave the parents a copy of the dental records. When the U.S. Department of Health and Human Service's Office for Civil Rights found out about this case, they fined the dentist \$25,000.

At that point, the Director of the U.S. Department of Health and Human Service's Office for Civil Rights issued a statement: "these [3 cases] send an important message to dental practices of all sizes...Patients have a fundamental right...to receive their requested medical records, in most cases, within 30 days. I hope that these actions send the message of compliance so that patients do not have to file a complaint...to have their medical requests fulfilled."

But let me tell you about the last time I went to the doctor. The day after my visit, I got an e-mail from the doctor's



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A collage of images for Azalea Estates. It includes a large photo of the building's exterior, several smaller photos of interior living spaces (living rooms, dining areas), and a large photo of an elderly couple sitting at a table with a meal and a drink. The couple is smiling and talking on a mobile phone.

office welcoming me to their patient portal. I clicked on the link in the e-mail and within minutes I had access to my entire medical record. It couldn't have been easier. I was glad to see that I had been described as "well developed and well nourished." But I was disappointed that I was listed as a "new patient" even though I have been going to this doctor for over 10 years. I was also disappointed to see that there was a picture of me in my medical records. I don't remember anyone at the doctor's office taking my picture, but I suppose they could have asked for permission, and I just don't remember. Regardless, I'm glad that my medical records are confidential; that picture made me look like a combination of Fat Albert and Mushmouth!



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

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How do VA Benefits Work with Medicare?

Dear Marci,
I have Veterans Affairs (VA) health coverage and am turning 65 in late March of this next year. Do I need to enroll in Medicare?

~Chris (Springfield, OH)

Dear Chris,

For our other readers, let's start with a quick review of Veterans Affairs benefits, also called VA benefits. VA benefits are administered by the federal government for veterans—people who served on active duty in the U.S. Armed Forces for a required period of time and received an honorable discharge or release. VA benefits include pensions, educational stipends, and health care, among other benefits.

It is important to know that VA benefits do not work with Medicare, though you can be enrolled in both.

- In order for your VA coverage to pay for your care, you must generally receive health care services at a VA facility.
 - In order for Medicare to pay for your care, you must receive care at a Medicare-certified facility that works with your Medicare coverage.
 - VA benefits will not pay for Medicare cost-sharing like deductibles, copayments, or coinsurances.
- This means that if you choose not to enroll



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in Medicare and to keep only your VA coverage, you will not have health insurance for facilities outside the VA system. Enrolling in Medicare gives you more flexibility in what doctors and facilities you go to, while also having VA benefits to cover things not covered by Medicare, such as hearing aids and dental care.

Some people choose to enroll in Medicare Part A for added hospital insurance because it's often premium-free, but they turn down Part B because of the monthly premiums. In this scenario, though, you would likely face a premium penalty and coverage gap if you decided to enroll in Part B in the future.

VA benefits do offer creditable drug coverage. This means that if you are enrolled in VA drug coverage, you can delay Medicare Part D enrollment without having a late enrollment penalty. Be sure to compare the costs and benefits of Part D and your VA drug coverage to decide which best suits your needs. Typically, VA drug coverage has no premiums and no or limited copayments for prescriptions - but you must use VA pharmacies and facilities. You may want Part D coverage if you:

- Live far from a VA pharmacy or facility, or do not want to use a VA provider to get prescriptions.
- Want the flexibility of filling prescriptions at retail pharmacies or find the VA formulary too restrictive.
- Reside in a non-VA nursing home and want to get prescriptions from the long-term care pharmacy that works with your nursing home.
- Qualify for full Extra Help, which has lower copays than VA coverage.

If you decide to enroll in Medicare Part B and Part D, you should do so during your Initial Enrollment Period (IEP). Your IEP is the three months before your 65th birthday month, the month of your 65th birthday, and the three months after. Because you are turning 65 in March, your Initial Enrollment Period is from December through June.

-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 counseling and advocacy, educational programs and public policy initiatives.

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Tis the Season to Show Off Your Culinary Skills

Tis the season for gift giving, and to show off your creative and culinary skills! Homemade food gifts are fun, economical, thoughtful, and one-of-a-kind. If homemade foods are something you like to gift, there are a few tips to make them healthy and keep them safe.

Handmade food gifts can be great options for people who are trying to eat healthier. We typically think of food gifts as less-than-healthy choices, like cookies, cakes, or candy, but they don't have to be. A dressed-up container of mixed nuts and dried fruit, an ornately arranged fruit basket, jars with ingredients for a soup recipe marked with a recipe tag, a homemade low-sodium herb and spice blend, or homemade fruit and nut bars can be just as special while also keeping health in mind. If you

are an avid canner and want to try your hand at homemade sugar-free jelly or jam, be sure to choose only safe, tested recipes. While there are a lot of recipes online that look fun to make, they may not be safe, and you certainly don't want to risk gifting Botulism to family and friends. A great resource for canning recipes is the National Center for Home Food Preservation's website (nchfp.uga.edu).

Presentation is everything when it comes to gifts! There is nothing better than receiving a gift that someone has put extra thought and care into preparing, and this includes details for safety. When packaging a homemade food gift, be sure to include a label with what the item is, the date it was made, storage and handling instructions, the list of ingredients in the food (especially



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important for people with food allergies or restrictions), and ideas on how to use the gift. Keeping your recipient safe is top priority! If you plan to gift canned food items, be sure to follow national safety guidelines. The National Center for Home Food Preservation (website in the paragraph above) is a fantastic resource to show step-by-step safety measures when preserving foods. If you're not extremely confident in your canning skills, this may not be the time to gift homemade canned goods to loved ones until you get more comfortable with canning and safety measures.

Food safety is also important if you plan to ship any food gifts to loved ones far away. If your item is perishable and temperature sensitive, it should be kept at or below 40 degrees Fahrenheit during shipping. Use a cold source, like dry ice, to keep these foods cold. Pack the items in corrugated cardboard or an insulated cooler to ensure they stay cold long enough. Write "Keep Refrigerated" on the outside of cold storage packages before mailing and ship them at the beginning of the week so they don't sit at the post office all weekend. When you send the package, notify the recipient so that they can keep an eye out for it to arrive, and let them know to refrigerate the food once they receive it. If you're mailing a glass container, like a jar or glass condiment container, make sure to wrap it thoroughly with material that keeps it from breaking before packing it in a box.

Everyone enjoys receiving tasty gifts that were made with care. This season, while preparing homemade foods to gift to loved ones, be sure to keep health and safety in mind.

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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Proud to Be an American at Christmas

As we prepare for another Christmas season, I wonder how many of us realize how truly influential American culture has been in spreading the Christmas message.

The middle of winter has traditionally been a time of celebration around the world. Centuries before the arrival of Jesus, early Europeans celebrated light and birth during the darkest days of winter. Many peoples rejoiced during the winter solstice when the worst of the winter was behind them, and they could look forward to more sunlight.

In the early years of Christianity, Easter was the main holiday, and the birth

of Jesus wasn't even celebrated. It wasn't until the fourth century that church officials decided to institute Jesus's birth as a holiday, but the Bible does not mention a date for his birth. Although some suggest that His birth may have occurred in the spring, Pope Julius I chose December 25th as the celebration date. It's commonly believed that date was chosen to absorb the traditions of the pagan Saturnalia festival.

Christmas was first called the Feast of the Nativity, and the custom spread to England by the end of the sixth century. By the end of the eighth century, the celebration of Christmas had spread all the way to Scandinavia. It



Our Christmas Party illustration from *The Childrens Party Book* (1923)

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wasn't until the 19th century however that Americans began to embrace Christmas.

The early 19th century was a period of class conflict and turmoil, with high unemployment and gang rioting by the disenfranchised, often occurring during the Christmas season. In 1828, the New York City Council instituted the city's first police force in response to a Christmas riot!

About this time, Washington Irving wrote the *Sketch Book*, a series of stories about the celebration of Christmas in an English manor house. The sketches feature a squire who invited the peasants into his home for the holiday. In contrast to the problems then faced in American society, the two groups mingled effortlessly in Irving's mind. Christmas should be a peaceful, warm-hearted holiday, bringing groups together across lines of wealth or social status. Irving's fictitious celebrations enjoyed ancient customs, but Irving's book was not based on any holiday celebration he had attended. In fact, many historians say that Irving's account actually *invented* tradition by *implying* that it was describing the true customs of the season.

Also, around this time, English author Charles Dickens created the classic holiday tale *A Christmas Carol*. The story's message, the importance of charity and goodwill toward all humankind, struck a powerful chord in both the United States and England.

The family was also becoming more sensitive to the emo-

tional needs of children during the early 1800s. Christmas provided families with a day when they could lavish attention and gifts on their children without appearing to spoil them. As Americans began to embrace Christmas as a *perfect* family holiday, old customs were unearthed. People looked toward recent immigrants and Catholic and Episcopalian churches to see how the day should be celebrated.

In the next 100 years, Americans built a Christmas tradition all their own that included pieces of many other customs, including decorating trees, sending holiday cards and gift giving. Although most families quickly "bought into" the idea that they were celebrating Christmas how it had been done for centuries, Americans had really reinvented a holiday to fill the cultural needs of a growing nation.

Wow! Just like Paul Harvey used to say, "now we know the rest of the story!" Makes you proud to be an American, doesn't it?

Merry Christmas!



Hear Shreveport resident and Life Coach Dr. David McMillian on *Strategies for Living* each weeknight 7 pm - 8 pm and Sunday morning 9 am to 10 am on KEEL 710AM and 101.7FM, on the KEEL app. or on our FACEBOOK page; *StrategiesforLiving with David McMillian*.

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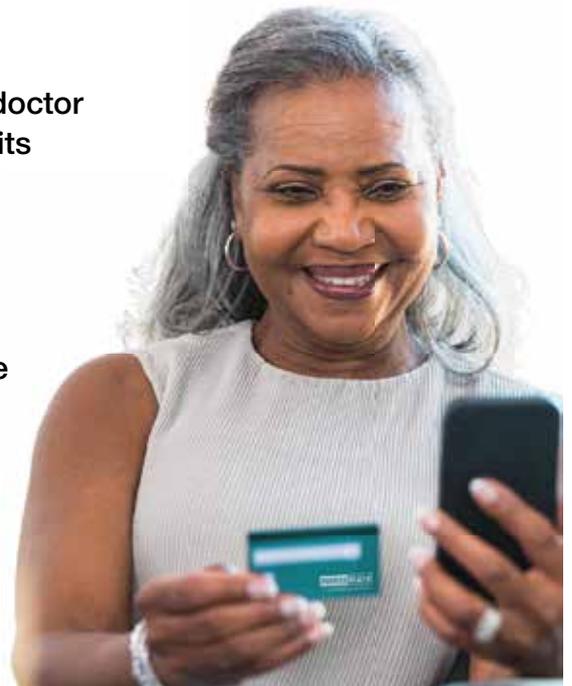
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REACHING THOSE AT

HOME ALONE

“All great and precious things are lonely.”

~John Steinbeck

By Kathleen Ward

Covid cases are rising as we enter our third winter of the pandemic, driving many of us back indoors, once again taking up “social isolation” (an oxymoron if ever there was one). But for many older people, isolation has been a way of life for years.



Photo courtesy of vecteezy.com

“Older people do often feel isolated,” said Shreveport clinical psychologist Mark P. Vigen. “I do not hear them as a group blaming anyone, [but] they do feel lonely, and often are plagued by the false feelings of not being good enough, not being adequate. Hence they make the error of not reaching out and building new and younger relationships because ‘I don’t want to bother anyone else.’ That phrase is another way of saying, ‘I am not good enough, I am not worth it, I am not valuable.’”



Mark P. Vigen, clinical psychologist

The uneasiness of our times, busy jobs and lack of time can also prevent those who want to help the isolated and lonely from becoming involved. *The Best of Times* contacted two of the many nonprofits, agencies and individuals who are actively reaching out to help the almost one in three older adults who are isolated.

Letters Against Isolation:

“We fight senior loneliness one letter at a time.”



Shreya and Saffron Patel with Saffron's 93-year-old penpal

LETTERS AGAINST ISOLATION: *"We fight senior loneliness one letter at a time."*

At the beginning of the Covid pandemic, two California sisters (Shreya and Saffron Patel of California, then aged 16 and 18) were unable to visit their grandmother in a care facility so they started writing and illustrating letters to her. Soon, other residents of the facility requested letters and the sisters recruited volunteers to keep up. Eventually they were overwhelmed by the number of people who wanted a handmade letter from a stranger.

Today, Letters Against Isolation ("LAI"), the nonprofit started by the Patel sisters, has grown into a major outreach program. More than 22,000 volunteers from all 50 states and many other countries write and decorate cheerful, colorful and encouraging letters for LAI to distribute.

More than 500,000 handcrafted letters have been sent by LAI to brighten the lives of isolated seniors in long-term nursing facilities, Meals on Wheels programs and senior centers in all 50 states, Canada, the United Kingdom, Australia, and Israel. Schools, sororities, community centers, Girl Scout and Boy Scout troops, and other groups can participate in events to write letters and send them in. So far, LAI does not have any volunteers in Shreveport or Bossier.

People can volunteer as individuals or through schools, sororities, community centers, Girl and Boy Scout troops, and other groups to hold letter writing events or parties. The cheerful, encouraging letters are sent to LAI for distribution, but volunteer groups can direct what facility or location where they would like them sent. Since the unknown recipients are of all faiths, the letters are not religious.

LAI is supported by numerous large corporations including Target, Blue Cross/Blue Shield, Johnson & Johnson and Pepsi so there is no cost to volunteers except postage to send the letters to LAI and volunteers over 65 can receive free stamps to send their artsy happy notes to LAI for distribution. No letters are sent to individuals' home addresses because of privacy issues.



Letters for seniors in nursing facility



Happy New Years



MEALS ON WHEELS

The Caddo and Bossier Councils on Aging have been on the forefront of senior care for decades. They operate active senior centers across the area, provide help to caregivers, conduct free classes and social events, and deliver tens of thousands of meals each year to people who are food insecure. The Meals on Wheels delivery may be the only human contact isolated seniors have some days, especially individuals living alone with very limited resources.

Shirley Hall, 70, cleaned hospitals and doctors' offices until she retired. "I was working seven days a week," said Hall, whose seven children have moved away. She lives alone and has no car. She has received Meals on Wheels for years through Bossier Council on Aging (BCOA), which also provides other services including transportation for doctors' appointments and shopping.

"I look forward to it," said Hall. "On Thursdays, they give us two meals – one hot and one to heat up for the next day. It's a balanced diet. They give us milk every day."

Caddo Council on Aging (CCOA) also provides five meals each week to seniors through the Meals on Wheels program, with more than 100 volunteers dropping them off. The delivery person is often the only one some isolated seniors see all day so that contact serves as a kind of welfare check. "On a number of occasion the CCOA drivers have come to a home while delivering their meals and found that the clients have fallen or that someone is deceased and we've had to call for emergency services," said Eloise Johnson, Caddo Meals on Wheels Program Director.

Some Meals on Wheels volunteers are church members



Shirley Hall, beneficiary of MOW

who have distributed meals for years. Kay Netherland of St. Paul's Episcopal Church intended to fill in for a few deliveries and has now been active for five years. Meals on Wheels distributes the hot and cold food to the church and the volunteers deliver it directly to the clients, a task that was made more difficult by the pandemic.

"It's changed. So many of them love for you to come and visit," said Netherland. "Now we bring it and talk through the door.

We had a gentleman who loved to talk so we put him last. One day he was taken off the list and we don't know why."

Netherland said casual friendships develop from the brief visits to the isolated, most of whom are in their 60s to well into their 80s. One woman told her she was using Meals on Wheels because her doctor said, "I want you to have one well-balanced meal a day." The volunteers leave a note and call individuals who are not home at the time of delivery. If they call back, Netherland returns to the church for the meal and drops it off, her second visit of the day.

"Great joy comes from doing good things for others ... practicing kindness toward all, from observing and experiencing but not over reacting. To be alive is to invest in others," said Dr. Vigen. "I try to teach acceptance and appreciation, enjoying what is, and not wanting anything more."

For information on *Meals on Wheels* and their many other services and opportunities to serve, visit the *Caddo Council on Aging* (<http://caddocoa.org/>) or the *Bossier Council on Aging* (<https://www.bossiercoa.org/>).

For information on *Letters Against Isolation*, go to <https://www.lettersagainstisolation.com/>

Review of "Cajun Night Before Christmas"

The first time I picked up *Cajun Night Before Christmas*, I was a young child exploring the bookshelves of my grandparents' home. I have a distinct memory of puzzling through the Cajun dialect on the pages, and being utterly fascinated eight alligators taking the place of St. Nick's infamous reindeer.

I picked up the 50th anniversary edition of this Louisiana classic recently, and read it to my own children. Like those many years ago, it took me a few pages to adjust to reading the Cajun dialect aloud. My children also had to puzzle through it a bit, and I found myself translating phrases like "De chirren been nezzle / Good snug on de flo' / An' Mama pass de pepper T'ru de crack on de do'."

Despite its verbal challenges, the book is so richly illustrated that the images show what's happening in the story. This helped my children pick up on the Cajun dialect, and by the time we were done with the first read through, they exclaimed, "Let's read it again, Mama!"

Louisiana natives – and those versed in Louisiana culture – will enjoy this unique take on 'Twas the Night Before Christmas. From references to gumbo and baked yams, to images of St. Nick gliding through the bayou on a skiff pulled by eight

alligators while hound dogs hide from the intruders, every page brings a smile.

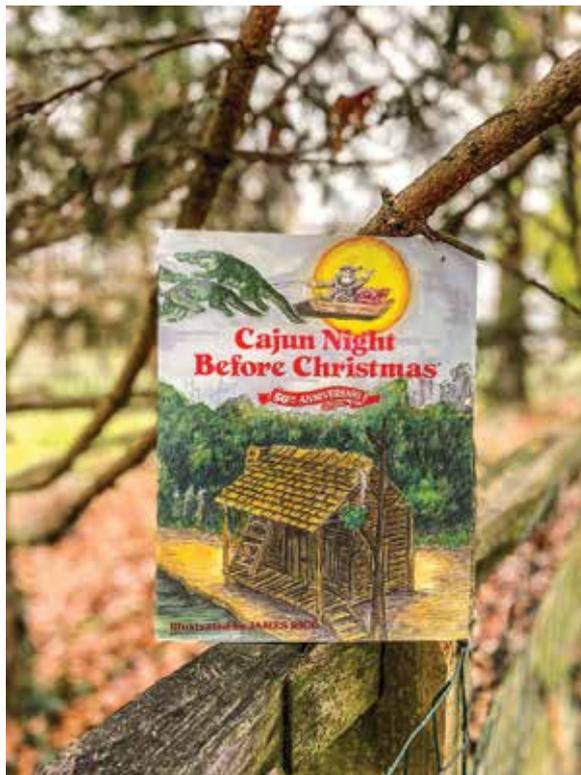
My children were especially delighted by the illustrations of alligators climbing all over the little bayou shanty. "To de top o' de porch / To de top o' de wall / Make crawl, alligator, An' be sho' you don' fall."

Also of note, the 50th anniversary edition of *Cajun Night Before Christmas* also includes the origin story of this adapted poem (it started as a Christmas advertisement for a car dealership in New Orleans!), and how it spawned and fandom for Gaston the Green-Nosed Alligator.

Whether you're familiar with this classic Louisiana Christmas book, or just now learning of its existence, consider picking up a copy to share with your own family this holiday season. It is well worth the smiles and opportunity to share a little Cajun culture with your children.

Jessica Rinaudo is a Shreveport-native who works as

a writer and editor in Cincinnati, OH. She has a passion for books and regularly reads, reviews and photographs them on her Instagram account, [instagram.com/readbelieveandlove](https://www.instagram.com/readbelieveandlove).



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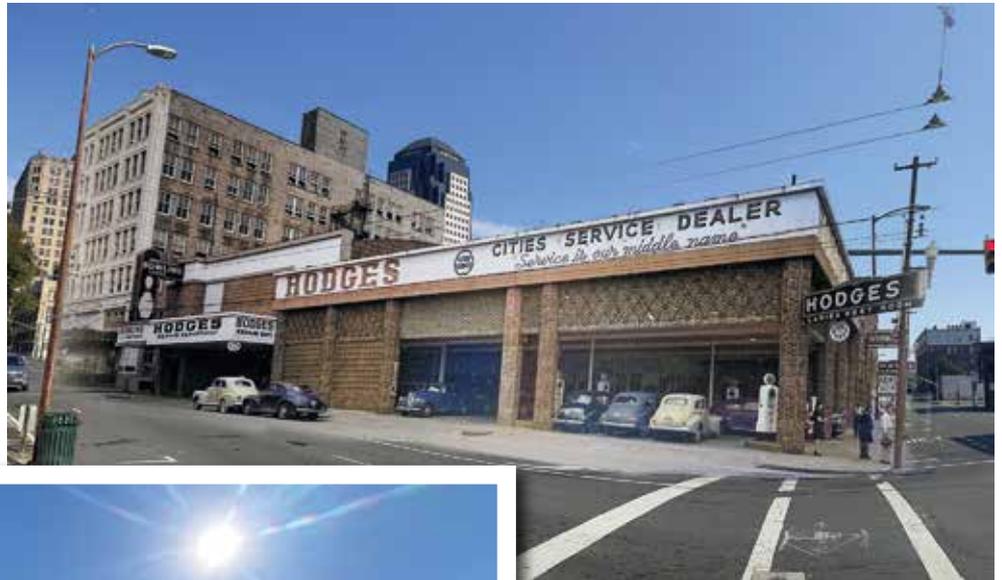


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SHREVEPORT *Then & Now*

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Shreveport Bowling Center sat at 615 Marshall (on the corner of Marshall and Crockett), right behind where the Rico-Brewster building used to be and where the old former Sportran Bus Station sits now.



While researching through the Menasco Collection at the Northwest Louisiana Archives at LSU, we came across an envelope marked "Cotton McCalley Bowling 5-29-44". When we opened it, we were stunned to see several great negatives of a cool old bowling alley! Once again, we saved the negatives just in the nick of time!

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Christmas with Ilene Graff

Perhaps you remember her as TV mom Marsha Owens in ABC's popular 80s sitcom "Mr. Belvedere" starring alongside baseballer-turned-actor Bob Uecker and British actor Christopher Hewett in the title role. But Ilene Graff is also an established singer whose career began in musical theater. In recent years her live festive Christmas special, "The Ilene Graff Holiday Show," has delighted audiences at 54 Below, a supper club in the basement of New York's famed Studio 54 theater.

"We couldn't do it because of COVID for a couple of years, but I'm thrilled to be back on stage December 28 with a new show," said Graff from Los Angeles. "I loved the holiday specials of the 60s and 70s on programs like 'The Andy Williams Show,' so that's the mood I've always tried to bring to my shows. I have special guests, we chat, sing holiday songs, and just try to keep it warm and friendly with a family feeling including some light-hearted moments of reflection and love."

A native of Queens, New York, Graff lives in Los Angeles but always enjoys returning "home" to the East Coast where she and her husband, composer Ben Lanzarone, maintain an apartment.

"I love celebrations and hosting parties, and I do love the holidays," she said. "So a few years ago I pitched this idea to my family and we put together the first holiday show which was a huge success. It just became something I wanted to continue."

That first show was a real family affair also featuring brother Todd, an actor, writer, and director, her Tony Award-winning cousin Randy, actress/dancer daughter Nikka, as well as Ben. But with their busy schedules, only her husband could regularly join her in subsequent December holiday presentations.

"I love working with him so that's another reason I wanted to continue doing them," she said.

Ilene says she still encounters people unaware of her musical background.

"Most know me from television but don't realize that I started on Broadway, so they are kind of surprised that I'm a real singer!" she said, laughing (see www.ilenegraff.com). "I also sang a little on maybe three episodes of 'Mr. Belvedere' so that was always a surprise for the audience."

One of those episodes first aired in December 1989. In "A Happy Guy's Christmas" the Owens family is cast in a local production of a Charles Dickens classic.

(Above right) Cast of Mr. Belvedere including Ilene Graff with Bob Uecker at right and Christopher Hewett at left (ABC publicity photo)

(Right) A festive Ilene Graff



"We did a silly take-off of 'A Christmas Carol,'" she recalled. "They dressed me up with this beautiful long blonde wig and Christopher was attached with wires so he could fly. It was exactly what you wanted from a Christmas episode – goofy and yet heartfelt and sincere."

Graff remembers her years on the "Mr. Belvedere" set with fondness. "It was an amazing cast and crew who worked so well together. You know how some people are just funny? Well, that was Bob, completely natural and comfortable on camera and one of the smartest people I've ever known – and he still broadcasts baseball (at 88, for the Milwaukee Brewers)! Both he and Christopher were such great guys and insisted that everybody in the cast and crew be treated equally on the set. How lucky I am to have those memories in my career."

Graff hopes to create new memories for herself and the audience when she returns for this year's holiday show.

"I've always thought of myself as a singer who got into acting and the acting really took over for many years," she says. "But I never stopped singing because that's just who I am. Music, singing, and of course family are everything to me."

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



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Electric Flyswatters Make Stunning Gifts

Back in 2020, a bizarre news story described a man in France who, while in pursuit of an annoying fly, apparently ignited leaking gas with a spark from an electric flyswatter and demolished part of his home in the resulting explosion.

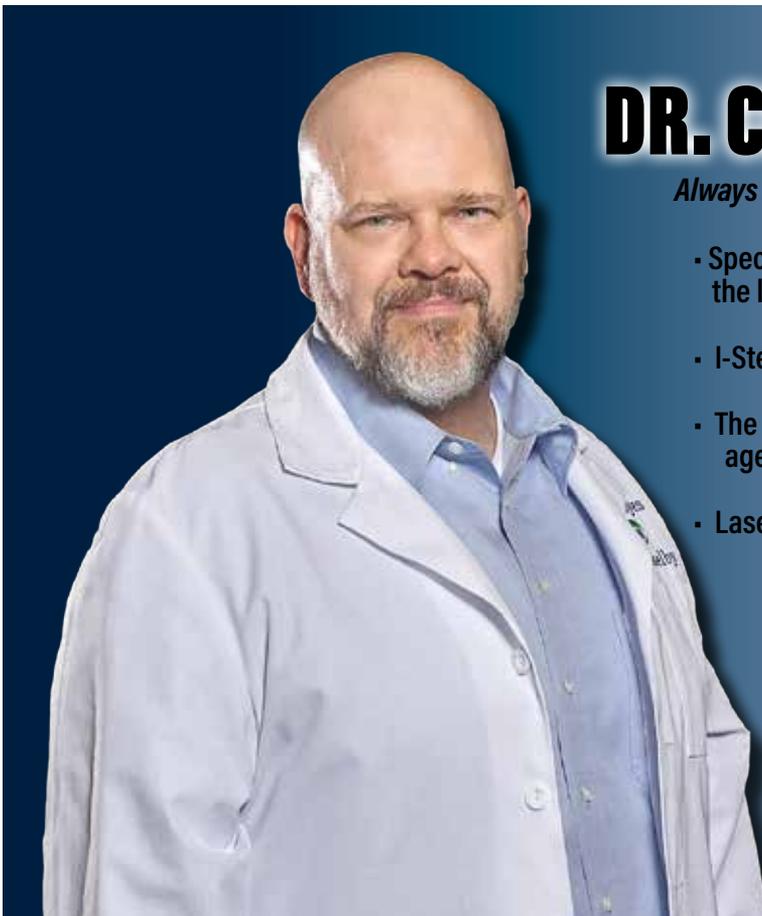
My mother also detested the flying nuisances in the house, especially when they inevitably circled our table just as the food arrived. While she wielded the traditional plastic flyswatter with laser-like precision, she was not opposed to emptying half a can of fly spray in the dining room killing both an elusive fly and our tastebuds under an aerosolized cloud of insecticide.

The commercial flyswatter originated in 1900 when an Illinois man patented a consumer version, while the high-tech electric swatter is generally credited to a Taiwanese inventor in the mid-1990s. As discoveries

go, the printing press, electric light bulb, and wheel are often cited among humanity's best. Perhaps. But you can't take down a single house bug with any of them.

Despite my mother's aversion to fancy gadgets, when electric swatters became popular in the late 90s, I bought several and presented her with one for Christmas. A simple device delivering up to 3,000 volts, the low current makes them harmless to humans although they can deliver a surprising jolt. Shaped like a mini tennis racket, you simply push a button on the handle just before making contact with the aerial invader resulting in a loud and satisfying 'zap!' as it plummets earthward on its dying scorched descent.

Mom toyed with her new device a few times that Christmas, but after accidentally zapping another family member, the shock was too much



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– for both of them – so we encouraged her to resume her traditional insect massacring methods. Although contemporary models include a safety mesh preventing human contact with the wiring, I continue to brandish my original electronic bug slayer with delight and still consider it one of the most ingenious household inventions.

However, I rarely use mine for flies which only make sporadic appearances around mealtime. Apparently, they have no taste for my cooking. But I have found the electric swatter quite useful on larger airborne pests such as wasps, immobilizing them to make removal quite efficient. They are also effective on cockroaches, notoriously difficult to catch as they speed skate across a surface to elude capture.

Of course, if you're fast enough, you can always impede a roach's progress with a regular flyswatter or other heavy weapon in hand, but they tend to 'explode' when whacked, discharging a mass of insect entrails that can turn

even the most robust stomach. But after one touch from the nifty zapper, the stunned roaches can be easily scooped up for disposal.

While bugs may be less common in December, that hasn't prevented me from giving more as Christmas gifts over the years. With the exception of my mother, most recipients have safely added them to their bug-fighting arsenal throughout the year.

We lost Mom some time ago, but she would have surely applauded that Frenchman's dedication to fly eradication (while scolding his failure to recognize gas seepage). I'm convinced if there were flies in heaven when she arrived, it's a no-fly zone now.

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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**Saturday, December 17
7:30 PM**

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Michael Butterman, conductor

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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 LSUS to identify individuals and events in their collections. If you can help, please email Tina at editor.calligas@gmail.com or Laura at laura.mclemore@lsus.edu.

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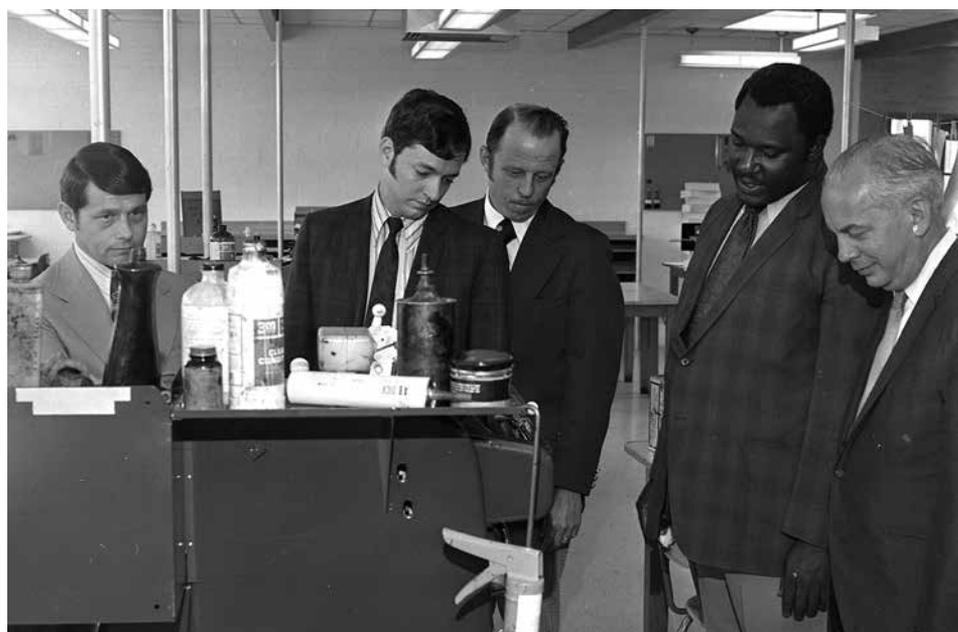
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These photos from the Lawrence Lea Collection are of a Chamber of Commerce tour of what appears to be either a training school or a business. The jacket says "CCC-Tour". The date is May 1972.





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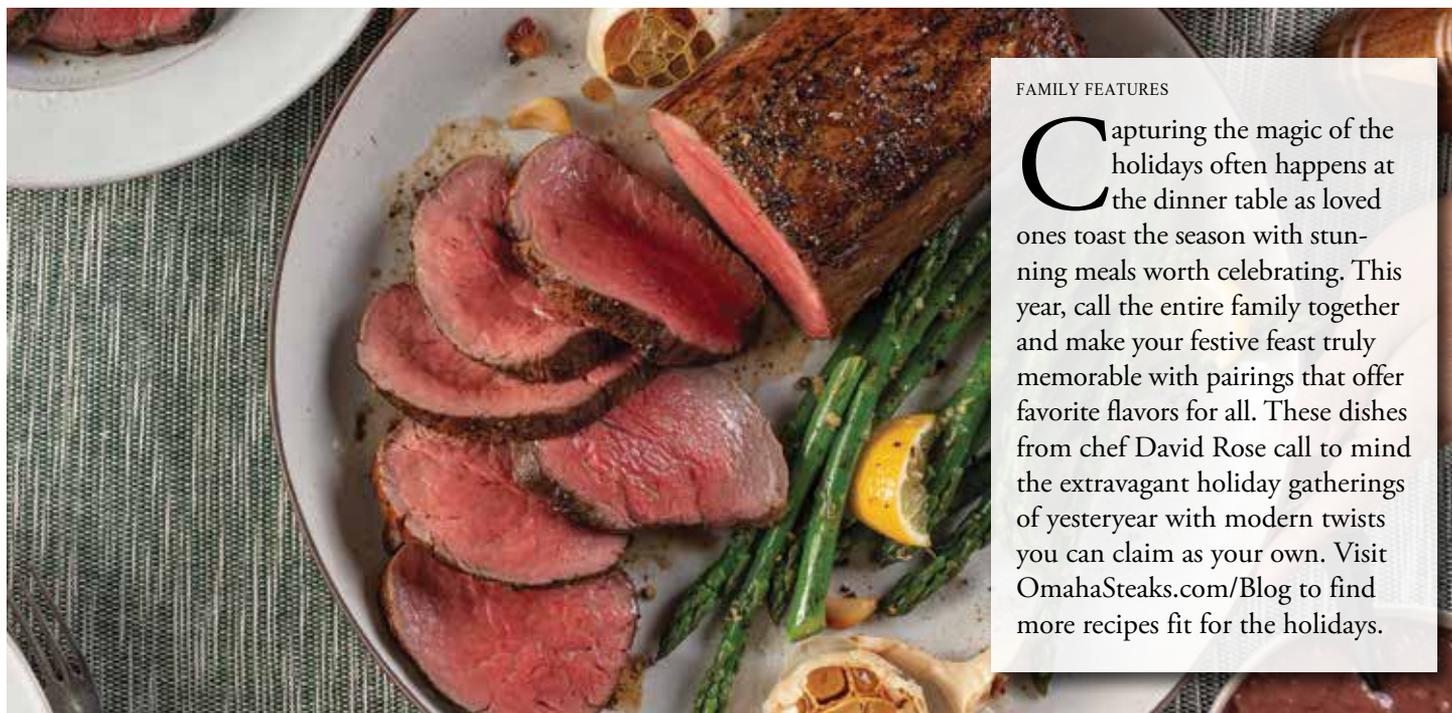


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Make the Holidays Magical with Hearty Meals



FAMILY FEATURES

Capturing the magic of the holidays often happens at the dinner table as loved ones toast the season with stunning meals worth celebrating. This year, call the entire family together and make your festive feast truly memorable with pairings that offer favorite flavors for all. These dishes from chef David Rose call to mind the extravagant holiday gatherings of yesteryear with modern twists you can claim as your own. Visit OmahaSteaks.com/Blog to find more recipes fit for the holidays.

Roasted Chateaubriand with Red Wine Gravy and Lemon-Garlic Asparagus

Chateaubriand:

1 Chateaubriand (2 - 4 pounds)
kosher salt
ground black pepper
¼ cup grapeseed oil

Red Wine Gravy:

Reserved chateaubriand juices
1 medium shallot, small diced
2 garlic cloves, minced
1½ cups red wine
4 tablespoons unsalted butter, divided
2 tablespoons all-purpose flour
2½ cups water
2 beef bouillon cubes
1 tablespoon stone ground mustard
kosher salt, to taste
ground black pepper, to taste

Lemon-Garlic Asparagus:

¼ cup olive oil

1 pound jumbo asparagus, stems trimmed and spears blanched in salted water
1 pinch kosher salt, plus additional, to taste, divided
1 pinch ground black pepper, plus additional, to taste, divided

¼ teaspoon crushed red pepper flakes

2 garlic cloves, minced
½ lemon, juice only
2 tablespoons unsalted butter

To make chateaubriand:

Pat chateaubriand dry with paper towels. Season on all sides with salt and pepper; bring to room temperature, about 30 minutes.

Preheat oven to 250° F.

In large cast-iron pan, bring grapeseed oil to high heat.

Sear chateaubriand on all sides until golden brown, 2-3 minutes per side.

Remove chateaubriand from pan, reserving

pan drippings; place chateaubriand on wire rack-lined baking sheet. Bake according to cooking chart for cook time and desired doneness. Use meat thermometer to ensure doneness.

Rest chateaubriand 15-20 minutes. Slice to desired thickness.

To make red wine gravy:

Bring cast-iron pan with reserved chateaubriand drippings to high heat then add shallots and minced garlic. Brown 30 seconds.

Add red wine and deglaze pan, cooking until reduced by half, about 3 minutes.

Reduce heat to medium and whisk in 2 tablespoons butter and flour until all clumps have disappeared and mixture is well-incorporated, 3-4 minutes.

Add water and bouillon cubes; bring to boil then whisk in stone ground mustard.

Reduce to low heat and

simmer until achieving sauce-like consistency, 7-8 minutes.

Season with salt and pepper, to taste. Turn off heat and whisk in remaining butter until fully melted and emulsified into sauce.

To make lemon-garlic asparagus: In large saucepan, bring olive oil to medium-high heat.

Add asparagus and season with salt, ground black pepper and crushed red pepper flakes. Sear undisturbed about 1 minute.

Turn asparagus and add minced garlic, sauteing about 10 seconds. Add lemon juice and continue sauteing until reduced by two-thirds, about 1 minute.

Turn off heat and add butter, stirring until emulsified into pan sauce. Season with salt and ground black pepper, to taste.

Serve chateaubriand with lemon-garlic asparagus and red wine gravy.

Crab Stuffed Lobster Tails with Dirty Rice

Servings: 4

Dirty Rice:

- 2 cups jasmine rice
- water
- ½ cup vegetable oil
- 1 pound Ultra-Premium Ground Beef
- 1 tablespoon kosher salt, plus additional, to taste, divided
- 1 teaspoon black pepper, plus additional, to taste, divided
- 1 teaspoon garlic powder
- 2 teaspoons smoked paprika
- 2 tablespoons unsalted butter
- 1 medium red bell pepper, small diced
- 2 green onions, minced
- 1 cup small diced yellow onion
- ½ cup tomato-based sofrito
- 3½ cups chicken broth

Crab Stuffing:

- ¾ cup mayonnaise
- 2 teaspoons seafood seasoning
- 2 teaspoons Dijon mustard
- 1 teaspoon Worcestershire
- ½ lemon, juice only
- 20 butter crackers, finely crushed
- 1 pound jumbo lump crab meat

Crab Stuffed

Lobster:

- 2 tablespoons unsalted butter, melted
- 1 teaspoon kosher salt
- 1 teaspoon fresh lemon juice
- 4 Lobster Tails, (5 ounces each), halved lengthwise

To make dirty rice: Rinse jasmine rice with water until water is clear. Drain.

In large saucepot, bring vegetable oil to medium-high heat.

Add ground beef, 1 tablespoon salt, 1 teaspoon black pepper, garlic powder and smoked paprika; saute 5 minutes until browned.

Using slotted spoon, remove browned beef and set aside.

Add butter to pot then add red bell pepper, green onions and yellow onions. Saute 2 minutes until lightly caramelized.

Add sofrito and jasmine rice to pot; saute 1 minute. Add cooked ground beef and chicken stock; bring to boil. Once mixture boils, reduce heat to simmer 10 minutes. Turn off heat and leave lid on pot 5 minutes. Fluff rice with fork and season with salt and pepper, to taste.

To make crab stuffing: In medium bowl, whisk mayonnaise, seafood seasoning, Dijon mustard, Worcestershire sauce and lemon juice.

Gently fold in crushed butter crackers and crab meat. Set aside.

To make crab stuffed lobster: Preheat oven to 425° F.

Stir melted butter, salt and lemon juice. Brush lobster tails with butter mixture.

Divide crab stuffing into eight portions. Stuff each lobster tail half with crab stuffing, pressing stuffing into lobster. Place stuffed lobster tails on aluminum foil-lined sheet pan and bake 10-12 minutes, or until golden brown. Serve with dirty rice.



GRAND STRAND
Season 38

2022
2023



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

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SATURDAY, MAY 13, 2023 – 8:00 P.M.

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SAVE the *Date*

CONCERT



• **"Holiday Pops with Megan Hilty"**
Presented by the Shreveport Symphony. Saturday, **December 17 at 7:30 p.m.** at Shreveport Riverview Theatre, 600 Clyde Fant Parkway in downtown Shreveport. Megan Hilty, star of the hit TV series "Smash" and Broadway productions of *Wicked*, *Gentlemen Prefer Blonds* and *9 to 5*, will celebrate the holidays with the SSO. Tickets are \$20 - \$63. Call 318-227-TUNE (8863) or visit www.shreveportsymphony.com.

EVENTS



• **19th Biennial Christmas in the Sky**
Saturday, **December 10 from 7:00 p.m. to 2 a.m.** at Louisiana Downs Casino & Racetrack in Bossier City. Celebrating the glitzy, glamorous, internationally award-winning, fundraiser for the Shreveport Regional Arts Council. This year's theme is Kiss a Frog: An Evening of Tall Tales, Fairy Tales and Cock Tales. There are 17 professionally decorated sections by 30 creative designers, 1,000 auction items, 100 costume characters,

entertainment at every turn, bountiful buffets and limitless libations. For more information or tickets (\$300), visit www.2022Sky.com or call 318-673-6500.

• **46th Radiance Technologies Independence Bowl**
Friday, **December 23 at 2 p.m.** at Independence Stadium in Shreveport. The matchup for the 2022 game is slated to be Army West Point vs. a team from the American Athletic Conference. Tickets are \$30 for Endzone Bench; \$45 for Sideline Bench; \$65 for Sideline Chair-back; \$15 for Group Tickets; Family 4-Packs starting at \$140; Small Business Fan Packs starting at \$270. For tickets visit www.radiance technologies independence bowl.com.

• **BELIEVE! Lights the Night**
December 2 & 3, 9 and 16-18, running from 5:15-9:30 p.m. at the Shreveport Aquarium, 601 Clyde Fant Parkway, Shreveport. BELIEVE! is the ultimate interactive magical Christmas journey. Receive a magic motion-activated Christmas wand that turns on lights, makes music, lights a fireplace, creates reindeer footprints, jingles bells and more as you venture through the aquarium to see all of the animals. Take photos with Santa and Mrs. Claus. Tickets are \$30 for adults and kids ages 2 and over. For more info or reservations, call 318-383-0601 or visit www.shreveportaquarium.com/believe

• **Christmas in Roseland**
Friday, Saturday, Sunday - Nov. 25 - Dec. 18; **ENCORE Nights: Monday,**



BELIEVE! • Shreveport Aquarium

Tuesday, Wednesday, Thursday - Dec. 19-23 at American Rose Center, 8877 Jefferson Paige Rd, Shreveport. Park open 5:30-10 p.m. Roseland Christmas Vendor Market will be held Fri/Sat/Sun, Dec. 2 - 4. **Finale Night & Candlelight Sing-A-Long on Dec. 23.** The gardens are transformed into a whimsical winter wonderland featuring millions of twinkling lights, dozens of lighted displays, giant Christmas cards to the community, nightly entertainment, photos with Santa, train rides, marshmallow roasting and tons of fun for the whole family. Please note that Christmas in Roseland is a walking event only and no carts are available. \$10 per person or \$30 per carload. Admission is good from 5:30-9:30 p.m. Ages 2 and younger are free. For more information call (318) 938-5402 or visit www.rose.org.



• **Sno-Port**
November 25, 2022 - January 29, 2023, 9:00 a.m. - 5:00 p.m. Wednesday

- Saturday; 12:00 - 5:00 p.m. Sundays (closed on Mondays and Tuesdays) at SciPort, 820 Clyde Fant Parkway, Shreveport. Sno-Port is a temporary exhibit with snow-themed, science-based activities housed in an interactive science "playground". Admission is \$6 and up. New this year - sock skating rink, freeze frame, snowball pong, and igloo experience. Returning activities include: Xylophone Tree, Snowball Toss, Snow Globe, Ice Fishing Pond, The Snow Factory Wall, Make A Flake, & Igloo City. For more info or tickets, call (318) 424-3466 or visit www.sci-port.org

• **Wreaths Across America**

Join the Shreveport Garden Study Club at a wreath laying ceremony at the graves of veterans from 5 wars on Saturday, December 17 at 11 a.m. at Greenwood Cemetery. There will be a military honor guard, the playing of Taps, and a scheduled B-52 flyover. All who attend can help place wreaths.

FILM



• **"Christmas in Connecticut"**

December 20 at 10:30 a.m. Robinson Film Center, 617 Texas Street in downtown Shreveport presents a Silver Screening of "Christmas in Connecticut", a 1945 American Christmas romantic comedy film about an unmarried city magazine writer who pretends to be a farm wife and mother and then falls in love with a returning war hero. The film stars Barbara Stanwyck, Dennis Morgan and Sydney Greenstreet. 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, call (318) 459-4122 or visit www.robinsonfilmcenter.org

MARKET

• **Bossier Night Market**

Saturday, December 10, 3 - 9 p.m. at Pierre Bossier Mall south parking lot. 200+ vendors, food trucks, free admission and parking, family fun and kids' activities. Enjoy food and live Christmas music while shopping. Featuring market goods, boutiques, food items, crafts, art, and seasonal gifts. For more information, please visit www.bossiernightmarket.com/

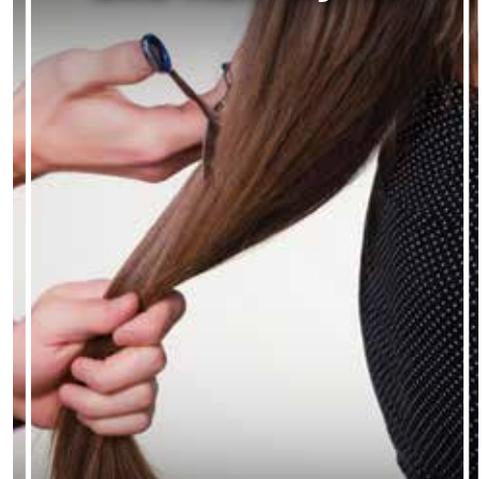
THEATRE



• **"Honky Tonk Angels"**

December 8, 9, 10, 14, 15, 16, and 17 at 7:30 pm ; December 11, 17, and 18 at 2:00 pm at the Shreveport Little Theatre, 812 Margaret Place, Shreveport. When three gutsy gals from different backgrounds take charge of their lives, they decide to follow their honky tonk dreams to the city of Nashville. Combining 30 classic country tunes (including "Stand By Your Man," "9 to 5," "Harper Valley PTA" and more!), the Honky Tonk Angels is a hilarious, foot-stomping good time. Adults \$25; seniors, students & military \$23. For tickets please call 318-424-4439 or visit www.shreveportlittletheatre.com.

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WORD SEARCH

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

Visiting Nevada

- | | |
|-------------|------------|
| Battle Born | Mountains |
| Bighorn | Mustangs |
| Bluebird | Nevada |
| Burning Man | Pinon Pine |
| Carson City | Ranching |
| Casinos | Reno |
| Cattle | Resorts |
| Desert | Rural |
| Elko | Sagebrush |
| Hiking | Sheep |
| Hoover Dam | Sierras |
| Lake Tahoe | Silver |
| Las Vegas | Skiing |
| Mining | Snow |
| Mojave | Tortoise |

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 M V D R I B E U L B S H R G S G C X


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Endzone Bench	\$30	Sideline Bench	\$45
		Sideline Chairback	\$65

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 - 6 Sleep clinic study
 - 9 Potluck choice
 - 13 Pack animal
 - 14 Fourth dimension
 - 15 Close imitation
 - 16 Construction site sight
 - 17 Painter Bonheur
 - 18 Like Jack Sprat's diet
 - 19 Golfer's gadget
 - 20 Pound, e.g.
 - 22 Plod
 - 24 Social misfit
 - 25 In constant change
 - 26 Stable worker
 - 29 Acceptance
 - 33 Uproar
 - 34 Capital of Idaho
 - 35 Mythical monster
 - 36 Imperfection
 - 37 Plutocrats
 - 38 Fossil fuel
 - 39 ___ Baba
 - 40 Airport features
 - 41 Military group
 - 42 Central source of support
 - 44 Beginning
 - 45 Secretary, for one
 - 46 Seldom seen
 - 47 Croatia capital
 - 50 Stand up to
 - 51 Interstate sign
 - 54 Continental capital
 - 55 Orenburg's river
 - 57 Male goat
 - 59 Starch
 - 60 Frost-covered
 - 61 Hunter in the night sky
 - 62 Places for experiments
 - 63 Political party
 - 64 Small three-masted vessel
- Down**
- 1 Slightly
 - 2 Toothpaste holder
 - 3 Arborist's concern
 - 4 Certain investment, for short
 - 5 Person equal standing
 - 6 Public violence
 - 7 German resort
 - 8 Vegetarian diet
 - 9 Sumptuous
 - 10 Like some drinks
 - 11 Carpet type
 - 12 Give an edge to
 - 14 Long haul
 - 21 "___ the fields we go"
 - 23 Ill-mannered
 - 24 Shine
 - 25 Popular side order
 - 26 Garbage
 - 27 Tarnish
 - 28 Get into shape
 - 29 Witches' group
 - 30 High times?
 - 31 Orange container
 - 32 Plaudits
 - 34 Dye with wax
 - 37 Royal German family
 - 38 Baby-faced
 - 40 Clarified butter
 - 41 Courtroom area
 - 43 Fixed storage disks
 - 44 Bumbler
 - 46 Count (on)
 - 47 Enthusiasm
 - 48 Pervasive quality
 - 49 Chow
 - 50 Like many a cellar
 - 51 Smooth-talking
 - 52 Cosmetic additive
 - 53 In ___ (together)
 - 56 "Flying Down to ___"
 - 58 Embitterment

1	2	3	4	5			6	7	8		9	10	11	12	
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54							55	56				57	58		
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62							63					64			

SUDOKU

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

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

Our Favorite **5**

Little Known Facts about Holiday Songs



1 Boris Karloff narrated the Dr. Seuss classic, *How The Grinch Stole Christmas*. But it was Thurl Ravenscroft, the voice of “Tony The Tiger” for Kellogg’s Frosted Flakes commercials, who sang ‘You’re A Mean One, Mr. Grinch.’

2 “Up on The Housetop”, written by Benjamin Hanby in 1864, was the first Yuletide song to focus primarily on Santa Claus. His inspiration was most likely Clement C. Moore’s 1822 poem “A Visit from St. Nicholas”, commonly known as “The Night Before Christmas.”

3 “Jingle Bells” holds the Guinness World Record as the first song broadcast from space, as part of a Christmas-themed prank by Gemini 6 astronauts while orbiting the earth in December 1965.

4 “White Christmas,” by Bing Crosby, holds the world record as the best-selling single of all time. The Irving Berlin-penned tune, which debuted in the 1942 film *Holiday Inn*, has sold more than 50 million copies.

5 Jay Livingston and Ray Evans’ holiday classic “Silver Bells” was originally titled “Tinkle Bells.” They changed the name when Livingston’s wife suggested that the word “tinkle” would make most people think of urination.





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

I broke a bone last year. Do I have osteoporosis?

In certain high risk groups the risk of a serious fracture can double after a first fracture. Those who experience an osteoporotic hip fracture have a 24% increased risk of dying within one year following the fracture. This is not only a disease of aging white women. Osteoporosis occurs in all racial groups and men have a 1:8 chance of having an osteoporotic fracture. Although there is no specific cure, you can:

- Get enough Vitamin D and Calcium.
- Get regular exercise (weight bearing and low impact).
- Do balance exercises to avoid falls (Tai chi decrease falls in older individuals).
- If you have had a broken bone, talk to your doctor about a bone density test.



John J. Ferrell, M.D.
Mid South Orthopaedics
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(318) 424-3400

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

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



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See our ad on page 19.

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

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



Chris Shelby, MD
WK Eye Institute
7607 Youree Dr.
Shreveport, LA 71105
(318) 212-3937
See our ad on page 32.

PUZZLE answers (from pages 40-41)

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

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

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

parting ●●● ●●●shots

SENIOR DAY EXPO

On Thursday October 27th the 12th annual Senior Day Expo, hosted by The Best of Times and State Fair of Louisiana, was held in the Hirsch Coliseum in Shreveport. Thousands enjoyed the fun, live entertainment, presentations, giveaways and door prizes.



Don Crowe, Dianne Harmon, and Birdie Byrd



Roselyn Gilbert



Betty Brooks, Annie Alford, Jessie Harris, and Deborah Adams



Daryl Caldwell



Leigh Anne Jones with Jeff Smith entertaining as Elvis



Kyle and KC Baird with Robert Grand



Donna and Maurice Wilkins



Lucy Woodward and Linda Todd



Vincent Catapano, Marilyn Creswell, and Ruby Brown



Michael Jefferson and Marlene Jones

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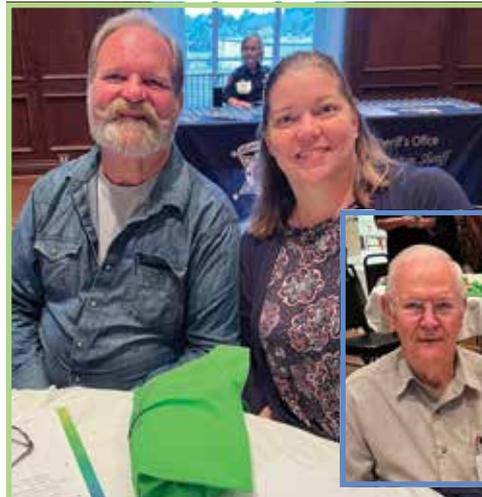
ALZHEIMER'S AND DEMENTIA CONFERENCE

The Bridge Alzheimer's and Dementia Resource Center hosted the 2nd annual conference on Alzheimer's and Dementia on November 4th at First United Methodist Church in Shreveport. This year's theme was "A Positive Approach to Dementia".

Guest speaker, Dr. Elizabeth Disbrow, and Paulette Freeman



David Long and Michelle Merello



Jim Overton and Judy Bellew



Denise Clayton and Gwen Dingler



Natalie Brock and Eleanor Guerin



Anita White and Gail Davis



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BIRTHDAY CELEBRATION

Wilda Smith was honored with a surprise 80th birthday party on November 6 at California Bar and Grill. Hosts were Sophie Duke, Tina and Trey Tomasek, and Mary and Mark Parker.



Tom and Cynthia Flynn



L to R Mary Parker, Wilda Smith, Sophie Duke, Tina Tomasek, and Michelle Breeding

BOSSIER CHAMBER OF COMMERCE 75TH BIRTHDAY CELEBRATION

Bossier Chamber of Commerce 75th Birthday Celebration was held at Bossier High School on October 27. Guests celebrated this milestone birthday decked out in 1940's attire with music by Everett Street Jazz Band.



Candy Welch, Lisa Johnson and Shelia Wilkerson



Elijah Wilkerson, Jerry Welch and Eric Barkley

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