

October 2016

The Best of Times

*"Celebrating Age
and Maturity"*



NURSING HOMES *Provide Skilled Care*

ALSO INSIDE

**Six Ways to Save on Your Next Car
Make Friends for a Longer, Healthier Life**



STROKE AWARENESS

FACE

Smile. Is it uneven?

ARMS

Raise both arms. Is one
weak, numb or drifting?

SPEECH

Say a simple phrase. Is it slurred?

TIME

Don't delay. Call 9-1-1

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visit WKHS.com

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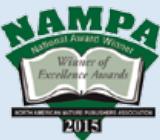
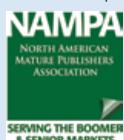
- October 1** - The Challenge of Managing Medications
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- October 29** - Urological Myth Busters
Guest: Dr. Alex Gomelsky, Urologist, with LSUHSC
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10:00 AM - 3:00 PM

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**Emcee: Gary L. Calligas, host of
The Best of Times Radio Hour**

For businesses, organizations, or agencies who wish to exhibit or become a sponsor, please email your request to gary.calligas@gmail.com by October 24, 2016. (Exhibit spaces are subject to availability)

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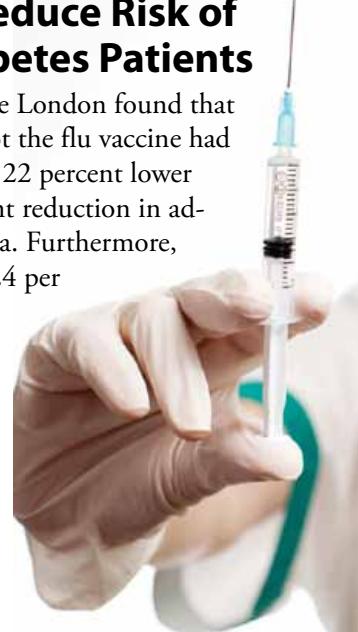
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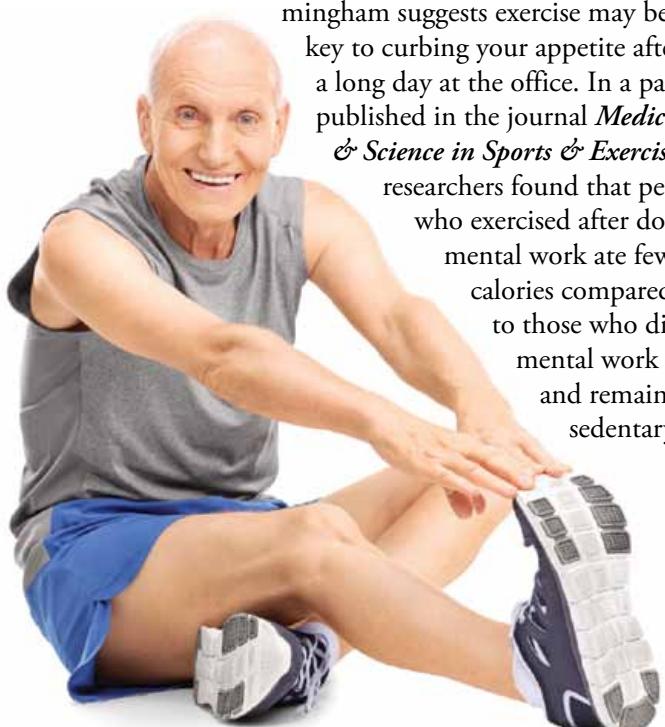
Flu Vaccine May Reduce Risk of Death for Type 2 Diabetes Patients

Researchers from Imperial College London found that people with Type 2 diabetes who got the flu vaccine had a 30 percent lower risk for stroke, a 22 percent lower risk of heart failure, and a 15 percent reduction in admissions for pneumonia or influenza. Furthermore, people who were vaccinated had a 24 percent lower death rate than patients who were not vaccinated. This study suggests the vaccine may have substantial benefits for patients with long-term conditions. Not only might it help reduce serious illness such as stroke - and possibly heart attack - in high-risk individuals, but it may also reduce the risk of death in the flu season.



Exercising After Mentally Demanding Tasks Could Help Prevent Overeating

A study by researchers at the University of Alabama at Birmingham suggests exercise may be the key to curbing your appetite after a long day at the office. In a paper published in the journal *Medicine & Science in Sports & Exercise*, researchers found that people who exercised after doing mental work ate fewer calories compared to those who did mental work and remained sedentary.



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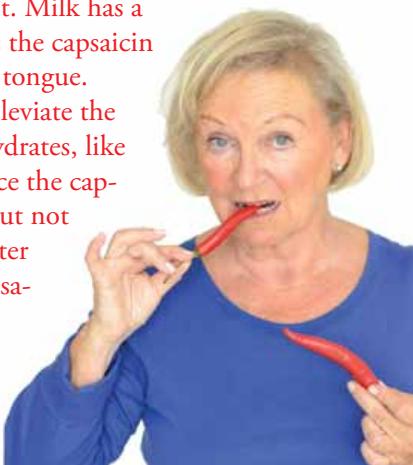


It's Time to Rethink Medications After a Fracture

With half of all women and a quarter of all men over fifty expected to suffer a fracture in the years ahead, the number of such injuries exceeds the incidence of heart attack, stroke, and breast cancer combined. By discouraging the use of medications that can cause dizziness or loss of balance and prescribing medications known to prevent bone loss, clinicians can help patients lower their risk of falls and fractures. In a commentary published in *JAMA Internal Medicine*, gerontologists at Beth Israel Deaconess Medical Center and Hebrew SeniorLife Institute for Aging Research underscore the importance of reviewing patients' prescription medications in the wake of a fracture. Researchers suggest clinicians should consider reducing or discontinuing the use of drugs linked to increased risk of falls or fractures – especially psychotropic medications such as sleep aids, sedatives and antidepressants that can cause dizziness or loss of balance. Second, clinicians should prioritize prescribing drugs known to prevent the likelihood of fractures among this high-risk group.

Milk Works Best to Extinguish the Heat From Chili Peppers

The next time you bite off more than you can handle in regard to a hot chile pepper, your best bet is to drink some milk. That's according to research conducted by New Mexico State University's Chile Pepper Institute. Capsaicin is the chemical compound found in chile peppers that makes them taste hot. Milk has a protein in it that replaces the capsaicin on the receptors on your tongue. It's the quickest way to alleviate the burning feeling. Carbohydrates, like bread or sugar, also replace the capsaicin on the receptors, but not as effectively as milk. Water and alcohol wash the capsaicin around your mouth. Neither will block it.



Caddo Parish Early Voting November 8 Election

Early voting for the Tuesday, November 8th election will be held at the Caddo Registrar of Voters office, 525 Marshall Street, Suite 103, at the corner of Milam and Marshall Streets across from the courthouse in downtown Shreveport during the following dates and times:

Open Tuesday, October 25 through Saturday, October 29
(Closed Sunday, October 30)
Open Monday, October 31 through Tuesday, November 1
8:30 a.m. – 6:00 p.m. each day

All voters will be eligible to vote in this election. Voters should bring proof of identification such as a driver's license, governmental ID, etc. For more information or for what's on your ballot, please visit www.caddovoter.org and click on "Am I Registered?" or "What's on my Ballot?".

ERNIE ROBERSON, CERA
Registrar of Voters

The Best of Times
October, 2016

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Our Featured 5

Little Known Facts about Halloween



1



2



3

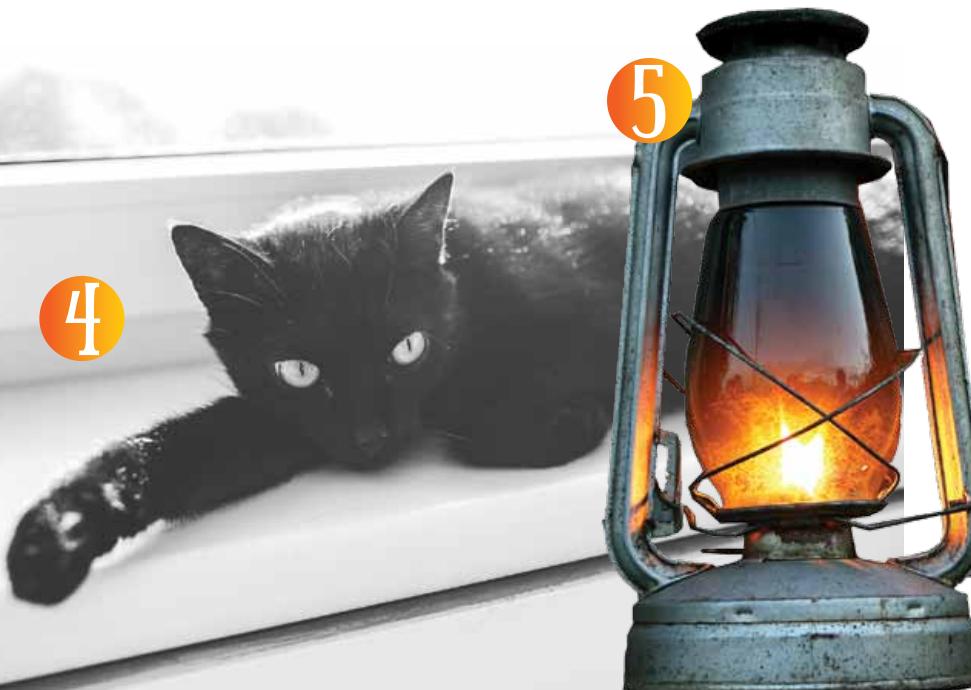
1 Valentine's Day is no longer the sweetest national holiday when it comes to candy sales. More than twice as much chocolate is sold for Halloween as for Valentine's Day.

2 Because the 1978 movie *Halloween* was on such a tight budget, they had to use the cheapest mask they could find for Michael Myers character, which turned out to be a William Shatner *Star Trek* mask.

3 The word "witch" comes from the Old English *wicce*, meaning "wise woman." According to popular belief, witches held one of their two main meetings, or *sabbats*, on Halloween night.

4 Black cats, spiders and bats are all Halloween symbols because they were thought to be the familiars of witches in the middle ages, and are often associated with bad luck.

5 According to Irish legend, Jack O'Lanterns are named after a stingy man named Jack who, because he tricked the devil several times, was forbidden entrance into both heaven and hell. He was condemned to wander the Earth, waving his lantern to lead people away from their paths.



4

5



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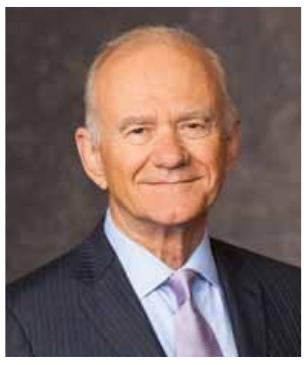
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Here are legal services they provide:

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- VA benefits for veterans and their spouses
- Estate planning and trusts to optimize protection for families

- Protection from creditors
- Powers of attorney
- Probate and successions
- Trust and estate litigation
- Social Security disability benefits.

Shreveport

Then & Now

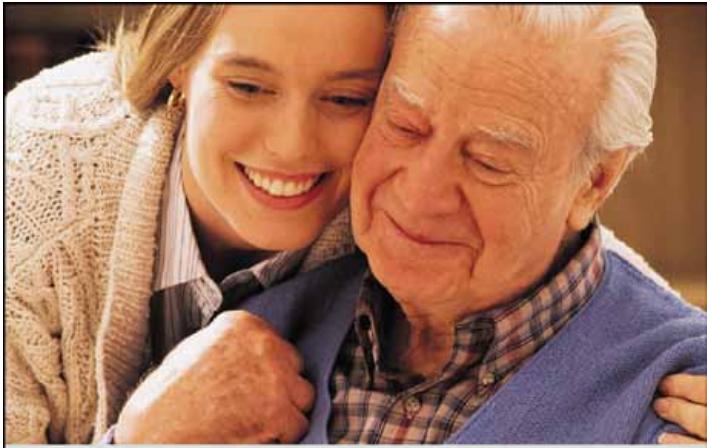
These photographs, a blending of vintage and current photos of a particular location, are the result of twin brothers Mike and Mark Mangham's fascination with Shreveport history. If you have comments to share about these photos, please email Tina at editor.calligas@gmail.com. Photos blended and used with permission by Mike and Mark Mangham of Twin Blends Photography. For more photos visit www.twinblendsphotography.com or www.facebook.com/twinblendsphotography/.



Tri-State Sanitarium (Willis Knighton North) located at 2600 Greenwood Road in Shreveport was founded in 1924 by Dr. T.E. Williams and Dr. L.H. Pirkle. It was sold four years later to Dr. James C. Willis and Dr. Joseph E. Knighton. In 1950, it was renamed in honor of Doctors Willis and Knighton.

Highland Hospital, which was located at the corner of Highland and Marshall Street, began as the Highland Clinic Sanitarium in 1917. Over the years, several satellite clinics were formed. In 1988, the clinics and hospital moved to the current location at 1455 E. Bert Kouns Industrial Loop.





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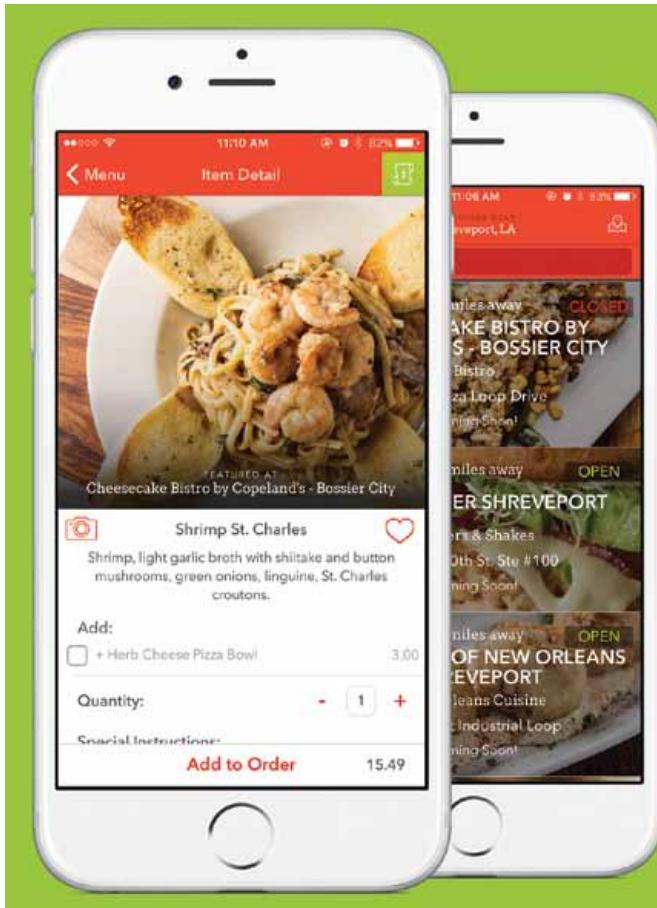
Do you recognize any of the people in these photographs?

The Best of Times has partnered with the library at LSU Shreveport to identify individuals in photos from their collections. If you know any of the individuals in these photos or if you have any memory or comments about the images, email Tina at editor.calligas@gmail.com or Laura at laura.mclemore@lsus.edu. *Photos courtesy of Northwest Louisiana Archives at LSU Shreveport.*

◀ An unnamed student, possibly a cheerleader, from Broadmoor Jr. High School, sometime in the 1950s.

◀ A first grade class at Southfield School, 1966 - 67. The teachers are Miss Carmody and Mrs. Metcalfe.

Photos are from the Shreveport Chamber of Commerce Collection and Caddo Parish School Board Collection.



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NURSING HOMES

Provide Skilled Care

by Gary L. Calligas

Most people would prefer to live out their life in their own home, without help from others. However, some seniors cannot due to forgetfulness, frailty, or a chronic medical condition. In these situations, a nursing home may be the best living option. Nursing homes typically offer the highest level of medical care outside of a hospital. Nursing homes are staffed by highly trained professionals for those who require skilled medical care, rehabilitation services, or intense supervision. Physicians and many other health care professionals are also readily available to handle a medical emergency. Nursing homes are regulated and monitored by federal and state governmental agencies.

Nursing homes may also be referred to as skilled nursing, rehabilitation, or long-term care facilities, depending on the type of care offered and whether the length of stay is short or long term. Although some nursing homes offer only one of these types of care, many deliver all of them within a single facility.

Skilled nursing may be required following an accident, surgery or a chronic illness, including, but not limited to strokes, severe dementia and Alzheimer's disease. Rehabilitation services are designed to help the patient recover to as normal a condition as possible through physical, occupational, and speech therapy. Skilled nursing and rehabilitation may be needed only until the patient has recovered, then they return to their home or other living arrangement. Others many require custodial and even skilled

care for the duration of their lifetime and are considered long term.

For many, the term "nursing home" conjures up negative images and emotions, yet they may offer the best care and housing option for some seniors. Fortunately, nursing homes have changed over the years to allow residents to experience life as fully as possible within their physical limitations while offering the care, attention and support that each resident needs. Rooms are generally comfortable and personally decorated to suit the resident's tastes. Many offer meal choices, activities, and entertainment, in addition to personal and skilled care, supervision, and rehabilitation services.

Costs for nursing homes vary depending on the type of care the resident requires. While Medicare will normally pay for most of the costs for acute hospital stays, reimbursement in a nursing home has limitations and qualification criteria. If the senior has spent at least three (3) nights in a hospital and must enter a nursing home within thirty (30) days for rehabilitation for the same conditions treated during the hospital stay, Medicare will fully cover the cost of the first twenty (20) days of care, and partially pay for up to eighty (80) additional days. If the patient has Medicare supplemental insurance, reimbursement is available for the additional charges incurred on those days. Medicare requires that the rehabilitation results in improvement in healing, strength, coordination and/or flexibility. If the resident fails to show improvement, Medicare may stop covering the stay, even if the resident has not reached

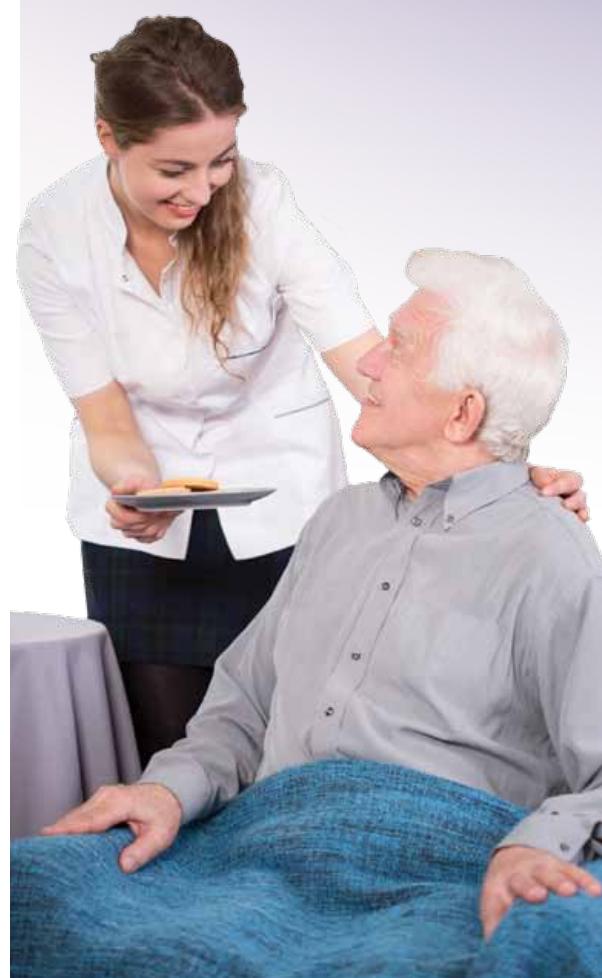
their maximum reimbursement. If Medicare payment is discontinued, the family will be required to pay privately or use long-term care insurance or Medicaid to cover the costs. Medicaid coverage is not a simple process and will take time to complete. Medicare does not cover custodial care if that is the only care needed.

Medicare states that the 3 day minimum hospital stay that a patient must have occurred before being covered for care in a skilled nursing facility and those three inpatient days must be medically necessary for an illness or injury. The inpatient hospital stay begins the day that hospital formally admits the patient as an inpatient in the hospital based upon the patient doctor's orders and does not include the day that the patient is discharged or transferred to the nursing home. It is important to be aware that Medicare covers skilled nursing care or skilled therapy care if it is medically necessary to help improve a patient's condition

or to maintain the patient's current condition or prevent/delay it from getting any worse. The patient's doctor in the skilled nursing facility must certify that his/her patient needs daily skilled care, like intravenous injections or physical therapy or other skilled care.

If time permits when the need to move to a nursing home occurs gradually, family members should determine which area nursing homes best suit their loved ones needs through calls and references from health care professionals and friends. Visit the facilities, ask questions, and observe the staff and residents. In acute situations following a hospitalization when a decision must be made quickly, discuss options with the discharge planner or social worker.

It's important to keep in regular contact and stay involved. Placing your loved one in a nursing home is a difficult decision, but offers peace of mind as an important part of the continuum of care. •



Choosing the right nursing home can be difficult. If time allows, it pays to do some research. Important questions to consider are:

- Will care be needed on a short or long term basis?
- Is the facility accepting new patients?
- Does the level of care and the therapies offered match the needs of the patient?
- Is the nursing home Medicare and/or Medicaid-certified?
- Are the nursing home and its current administrator licensed?
- What education and training do staff members have?
- How many Registered Nurses (RNs) and Certified Nursing Assistants (CNAs) are on staff? What is the patient to staff ratio during the day, nights, weekends, and holidays?
- Are background checks conducted on all staff members?
- Is there a care plan developed for every resident?
- Are care plans reviewed and updated by providers and family members?
- Is the interaction between residents and staff members warm and respectful?
- Are the residents clean, well groomed, and engaged?
- Are public areas and resident rooms clean and comfortable?
- Are there a variety of activities available for residents?
- Do staff members respond promptly to residents requests for assistance?
- Does the food look, smell, and taste appealing?
- How does the staff react to a medical emergency?

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HOMETOWN

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10

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10%

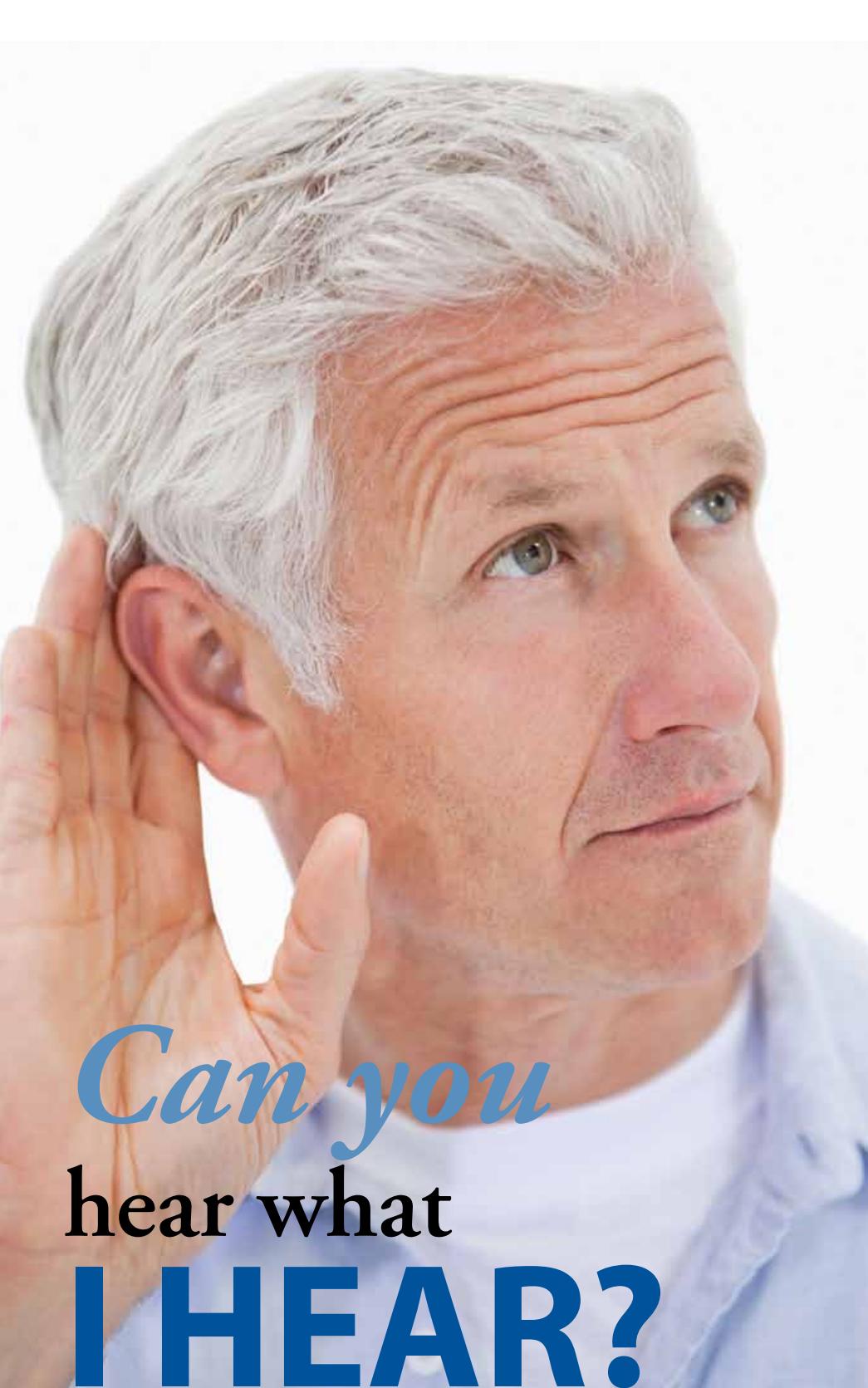
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By Carley Lintz
CTW Features

Can you hear what **I HEAR?**

Hearing loss makes most people feel old. Untreated hearing loss, however, can have unexpected and sometimes dire health consequences. Here are 5 signs you might need hearing aids, regardless of age.

Did you hear? There are approximately 48 million people in the U.S. living with hearing loss. So if you're a little hard of hearing, you're definitely not alone and it doesn't mean you're old.

Hearing loss can occur for a number of reasons, and yes, one of the most common is gradual loss due to aging. Although it's typically associated with the elderly, it actually can occur much earlier in life.

"There's still a lot of stigma that goes along with using hearing aids. So people will say, 'Oh, I'm not old enough for a hearing aid.' Hearing loss really does start to happen in our fifties and sixties," says Diane Catalano, clinical specialist for the Duke University Department of Speech Pathology and Audiology.

About one in four adults over age 65 has significant hearing loss according to National Institute on Deafness and Other Communication Disorders (NIDCD), Bethesda, Maryland. By age 75, that number jumps to 50 percent.

Not only can hearing loss make it difficult to perform everyday tasks like talking on the phone or answering the doorbell, it can put your overall health at risk. Untreated hearing loss can increase your risk of falling, make it difficult to hear smoke alarms or safety instructions and contribute to cognitive decline.

"There's a lot of new research linking untreated hearing loss and memory issues that are leading to dementia," Catalano says. "It's really important to treat hearing loss so people can avoid that cognitive impairment, social isolation and depression."

Hearing aids can't completely restore your hearing, but they can significantly improve your quality of life. Not sure if you need hearing aids? Here are 5 signs you should talk to your doctor and get your hearing tested.



1. YOUR WHOLE FAMILY IS TIRED OF REPEATING THEMSELVES

"Probably the most traditional and most common sign of hearing loss is when someone starts asking 'what?' a lot or if they constantly need to have something repeated," says Laurie Hanin, audiologist and executive director of the Center for Hearing and Communication, New York City.

Her rule of thumb: if you have trouble hearing someone from the next room in a quiet house, that's cause for concern. Another good measure is if you have difficulty hearing others in a restaurant, the car or other mildly noisy places.

2. YOUR SPOUSE IS ALWAYS YELLING AT YOU TO TURN DOWN THE TV

Is TV volume a constant source of spousal strife? Are you constantly reaching for the remote to crank it up another notch? That's a good sign that you need your hearing checked, Hanin says.

3. THE RINGING IN YOUR EARS ISN'T THE TELEPHONE

Though tinnitus, chronic ear ringing or buzzing, is its own condition, it often comes with hearing loss.

4. KIDS THESE DAYS SEEM TO MUMBLE

Oftentimes, people with hearing loss will blame their hearing problems on others, Catalano says. "People will like to say, 'well so-and-so mumbles,' so sometimes there's a little pinch of denial," she explains.

5. LOVED ONES ARE CONCERNED YOU'RE WITHDRAWING FROM NORMAL ACTIVITIES

Another common response to hearing loss is avoiding social situations because it's so much work to try to understand others. Ask yourself: are you cutting out activities that you used to love, like going out to eat or participating in a book club? Do you find it hard to fully participate or understand what's going on in a group setting?

If you said yes to any of these symptoms, you should ask your primary care physician or an audiologist about hearing aids.

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



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

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

Name that Slogan!

by Jonathan Fox

Let's see how well you can remember these local advertising slogans from the 1950s - 1980s. The answers are on page 22.

- 1) "_____, the working man's store"
- 2) "Home of the _____ Job, not the rush job"
- 3) "The bank with the open door from 9 to 4"
- 4) "You canna ford a _____ _____."
- 5) "Come as you are, dine in your car!"
- 6) "The Friendly Giant"
- 7) "Ask anyone we serve"
- 8) "The Fashion Center of Ark-La-Tex"
- 9) "Locally Owned and Nationally Known" for his "Plug Platters"
- 10) "_____ prices are always sale prices"



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Name that Slogan! ANSWERS

by Jonathan Fox

1. "SCHORR, THE WORKING MAN'S STORE"

Edward and Sophie Schorr opened their family owned and operated furniture store after WWII. Until 1964, their showroom was located at 721 Texas Street, directly across from Stan's Record Shop. For the next 40 years, 1100 Texas Avenue (across from historic Antioch Baptist Church) was home to the Schorr family's furniture, appliance, carpet, and lamp business. There, they joined other Shreveport furniture companies along the 1000-1200 blocks of Texas Avenue: Brenner's, Sun Furniture, and later Ivan Smith. The Schorr's former showroom at 721 Texas is now the parking lot southeast of First United Methodist, and their 1100 Texas Avenue location is now home to a kickboxing and martial arts school.

2. "HOME OF THE RUESCH JOB, NOT THE RUSH JOB."

James P. "Jim" Ruesch had worked in auto body repair for Glen Huff Plymouth-DeSoto for nearly a decade before going into business for himself around 1957. Not long after, his shop, Ruesch Body Works, moved to 1860 Kings Highway where he worked another 20 years. Jim's son, the late Thomas Leo Ruesch, continued the family business throughout the 1990s.

3. "THE BANK WITH THE OPEN DOOR FROM 9 TO 4."

Pioneer Bank and Trust was founded in the mid-1940s by E. Rupert Campbell, Sr., and for the next 50 years, he (and later his son) served as president and (later) chairman of the board. For much of that time, the bank was headquartered at 333 Milam (now the site of the downtown post office) with its final headquarters at 401 Texas Street. By the 1980s the bank had expanded to eleven neighborhood branches throughout Shreveport. In 1994 Pioneer Bank became Hibernia which in turn became Capital One.



4. "YOU CANNA FORD A HANNA FORD."

William T. Hanna Sr. began selling cars in Shreveport in the early 1930s and acquired his Ford dealership from the estate of former business partner "Thad" Andress who died in 1957. For the next 30 years the corner of Texas and Grand was home to Bill Hanna Ford. Bill Hanna, Jr. continued the family dealership and served as Shreveport mayor 1978-1982. The long-vacant dealership was

recently razed for additional parking for neighboring Municipal Memorial Auditorium.

5. "COME AS YOU ARE, DINE IN YOUR CAR!"

Bossier City residents Blaine Crawford and Barney Bates, Jr. had decades of experience in the service industry operating Bossier's "Kickapoo" café, barbershop, beauty shop, service station, and motorist travel court when they partnered to cash in on the car craze of the 1950s. Before Shreveport had Sonic and A&W drive-in restaurants, Crawford and Bates had "Ko-Ko-Mo Drive In," first opening around 1957. Over the next 25 years, the duo operated three concurrent Ko-Ko-Mo locations in Shreveport and Bossier: 1500 Benton Road (now a floral shop); 2815 E. Texas Street (now a vacant used car lot north of Pierre Bossier Mall); and, 321 E. Kings Hwy (now Advance Auto Parts).

6. "THE FRIENDLY GIANT"

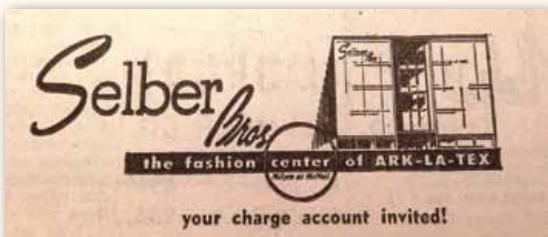
In the mid-1920s, controversial businessman William K. Henderson started a 250-watt station from his home in Dixie. Despite his influence (on and off the air), the financial hardships of the Great Depression necessitated the sale of his station which was ultimately purchased by CBS. By 1939 the station reached 50,000 watts, and broadcasts from the station (located for 30 years on the second floor of the Commercial National Bank building) could be heard coast-to-coast. KWKH broadcast the famous "Louisiana Hayride" throughout the 1950s, and today features sports content on 1130 AM.



7. "ASK ANYONE WE SERVE."

Now in its twelfth decade of operation, the M. L. Bath Co. continues to supply stationery, office furniture, and supplies throughout the Ark-La-Tex. Michaelis Lewis Bath, a native of St. Louis, was one of Shreveport's most active civic leaders and philanthropists during the first half of the twentieth century. The M.L. Bath building (and its painted

advertisement) has been a familiar site at 610 Market Street since 1922.



8. "THE FASHION CENTER OF ARK-LA-TEX"

Charles Selber, a Polish immigrant, started a men's clothing store on Texas Street soon after the turn of the twentieth century. By the time the family business was sold to Dillard's in 1987, three generations of the Selber family had worked in Selber Brothers which had expanded to locations in Pierremont Mall, SouthPark Mall, and Shreve City as well as in Monroe, Lafayette, Tyler, and Longview. The 82,000 square-foot department store at 601 Milam (built in 1956) is currently being re-developed for a data storage business.

9. "LOCALLY OWNED AND NATIONALLY KNOWN" FOR HIS "PLUG PLATTERS"

Few local businessmen are as well remembered as Stan Lewis, now approaching 90 years old. Stan's Record Shop, at 728 Texas Street, opened in 1948 and drew crowds of music lovers for the nearly 40 years. From Texas Street, Stan's grew to several locations across Shreveport and Bossier City and even included his own recording companies (Jewel, Paula, and Ronn). The man behind the music is now honored with the annual Stan "The Record Man" Lewis Music Festival.



10. "ZALES PRICES ARE ALWAYS SALE PRICES."

Zale's, one of the leading retail jewelers in the nation, began in Wichita Falls, Texas in 1924. Around 1953 the company opened a shop in Shreveport at 325 Texas Street (now Regions Tower). In the early 1960s, the Zale's store moved to the Slattery Building storefront on the corner of Texas and Marshall Streets (today, Martha's Hallmark). Zale's kept with the trend of the mid-1970s and early-1980s by vacating decades-old downtown shops in favor of new indoor shopping malls in the suburbs and opened stores in the newly built South Park Mall, Mall St. Vincent, and Pierre Bossier Mall. Of those, Zale's continues to operate at Mall St. Vincent and Pierre Bossier Mall.

Jonathan Fox is a history teacher at Caddo Middle Magnet. He would like to hear your stories about these legendary locales. Please contact him at jefox0902@gmail.com.



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Property Line Disputes



Hunting season is coming soon. Each year at this time, people start to prepare their land to go hunting. As they enter the woods, someone discovers a new fence or other signs that a person has encroached on their property. Tempers can flare and officers may be called to settle the dispute. If the dispute cannot be settled, the parties usually file a lawsuit which ends up before a judge.

Property line disputes are some of the nastiest, costliest, and hardest types of litigation a court can have to hear. These cases typically involve persons who have been neighbors for years and lose their friendship due to a dispute over where the property line lies.



Many people in our local area have inherited farms or properties from their parents when they pass away. Some people will visit these family farms on a regular basis. Others let the farm grow into trees and rarely visit the property. As generations pass, children tend to move away and visit the property less often. Unknown to the property owner, a neighbor puts a fence up to mark his property or to fence in livestock. Unfortunately, the neighbor's fence goes over the property line and takes in part of the adjoining lands. This creates a problem for the property owner whose property has been enclosed in this fence.

According to the Louisiana Civil Code, if a person openly possesses

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a piece of property for more than a year, that person is considered to be in possession of that piece of property. Open possession means placing a fence on the property or any act that would show the person is possessing the property. Once the person has possessed the property for more than one year, a suit must be filed by the party who has been dispossessed of the property. At this time, if possession is shown by the neighbor of more than one year, then title of the property must be proved by the dispossessed owner back to the inception of the State of Louisiana into the Union. Proving title back to 1812 is very difficult due to the fact that records have been lost or destroyed over time.

Sometimes when neighbors get into disputes over property lines, there is no standing fence. However, remnants of fence can sometimes be seen in trees. Based on the age of the trees and how long this fence has been in the trees, a property line can be determined from the old fence depending how long the

fence has been on the property. If the person claiming the property has a good faith basis to believe the property is his or her property, the Louisiana Civil Code states that after 10 years the property becomes the property of the good faith possessor. If the fence has been shown to be in the tree for more than 30 years, then the property becomes the property of the person claiming possession whether the person is in good faith or not. Fence posts and corner posts also can have direct implications in property line disputes where testimony shows how long these posts have been in place.

The lesson of this column is to keep a check on your property. If you have property that you haven't checked on in a long period of time, you need to make a visit to that property. By checking the property often, you can make sure that your property lines are not breached and hopefully avoid expensive litigation.

Judge Jeff Cox is the 26th Judicial Court Judge for Bossier/Webster Parishes, Division C.



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Calling Doctor Internet



My Mom loves being a grandmother, but my sister and her four kids live half way around the world in Australia. So they spend a lot of time video chatting over the internet. Although the technology is not perfect, it is very impressive: being able to see the kids while you talk to them is so much better than just a phone conversation.

Which got me to thinking: would you be willing



to use video chat to go to the doctor? It's called telemedicine and according to the *Wall Street Journal*, lots of investors, including Google, think "that more Americans will like getting medical care 24/7 without leaving home or work" through virtual medical exams over the internet. The article pointed out that many doctors already use the technology to consult with specialists and "the Cleveland Clinic invites

"In making a decision about who to support, community service tells a lot about a candidate and Judge Jeff Cox has an outstanding community service record."



An active member in the community, Judge Cox has been a longtime member of the Shreveport-Bossier Military Affairs Council. He has served as President and Board Member for the Caddo Council on Aging RSVP Program and Second Vice-President, Secretary and Board Member of the Bossier Council on Aging. "In making a decision about who to support, community service tells a lot about a candidate and Judge Jeff Cox has an outstanding community service record."

Pam Jones

Supporter of Second Amendment Rights

Judge Cox is a member of the NRA, Ducks Unlimited, National Turkey Federation, Ark-La-Tex Gun Collectors, Delta Water Fowl and Bassmasters. Cox supports the right to keep and bear arms.

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We Need Judge Cox to Help Keep our Families Safe

Because of his record, Judge Jeff Cox has been re-elected twice, without opposition, as a District Judge for Bossier and Webster Parishes. He understands the concerns expressed by law enforcement and the community about criminals being released from jail and felony sentences being reversed. Judge Cox is the only candidate in this race with courtroom experience as a prosecutor and a district judge.

"We need Judge Jeff Cox on the Second Circuit Court of Appeals to help law enforcement keep our families safe."

Sheriff Cranford Jordan



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patients to upload their medical records for a second opinion from anywhere in the world." The American Telemedicine Association says that the number of telemedicine appointments has doubled just since 2011.

It's been a long time since I've written about this, but regardless of whether you would be willing to use such a service, it used to be tough for doctors in Louisiana to practice telemedicine. That's because the Louisiana Board of Medical Examiners, the organization that licenses doctors in Louisiana, had a rule that said a doctor couldn't practice telemedicine unless there was a licensed healthcare professional in the room with the patient "at all times the patient is receiving telemedicine services." If a Louisiana doctor broke this rule, he could have lost his license to practice medicine.

Under this old law, if my Mom was in one medical office and video conferenced with a doctor in another medical office, everything would have been OK as long as there was a healthcare professional in the office with my Mom. But if my Mom had video conferred with a doctor from her home, where there was no healthcare professional in the room, then the doctor could have lost his license.

But not anymore. There's now a new Louisiana law that says a healthcare professional does not have to be in the room with the patient. The patient can be anywhere and can be by himself. Here's the deal: you can't go to any doctor over the internet. You are only supposed to go to an internet doctor

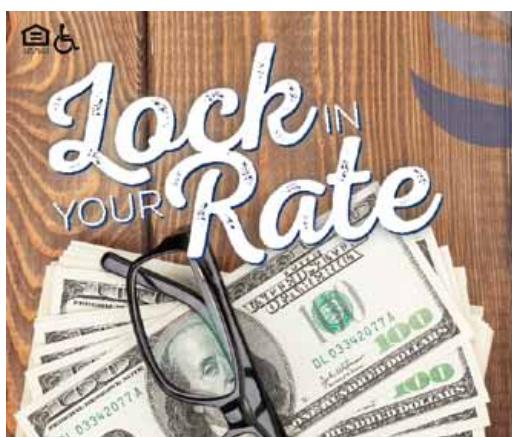
who you have already seen in-person. However, if you want to see a doctor over the internet who you have never seen in-person, it is still possible for you to have an internet appointment; the new doctor will just need to have "access to the patient's medical records upon consent of the patient."

Here's another change to the Louisiana telemedicine law. Let's say that my Mom is addicted to Meth. (She's not, and she really doesn't like me using this example.) So she makes an internet appointment with a doctor she's never seen before in the hope that the new doctor will prescribe her more Meth. Is that legal? It wasn't in the past, and it's not now. However, telemedicine physicians are now allowed to prescribe controlled dangerous substances to a patient the doctor has seen in-person in the past or to a patient who is "being treated at a healthcare facility."

Here's part of the law that hasn't changed: Could my Mom, who lives in Louisiana, video chat with a doctor who has a medical license somewhere other than Louisiana? Although a non-Louisiana doctor doesn't have to worry about the rules of the Louisiana Board of Medical Examiners, it is a felony for a doctor with only an out of state license to give medical advice to someone in Louisiana. So the out of state doctor could go to jail.

All of which is just more proof that the internet really is changing everything.

Lee Aronson is an estate planning and elder law attorney in Shreveport, Louisiana with Gilsoul & Associates, LLC.



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Make Friends For A Longer, Happier Life

Women, in general, tend to be more sociable than men and tend to make more and deeper friendships. But for men, developing close friendships with other men often seems difficult to do.

And yet, according to researchers, this matters. The 2005 Australian Longitudinal Study of Aging found that family relationships had little impact on longevity but that friendships appeared to increase life expectancy by as much as 22 percent.

So why is it harder for men to undertake something

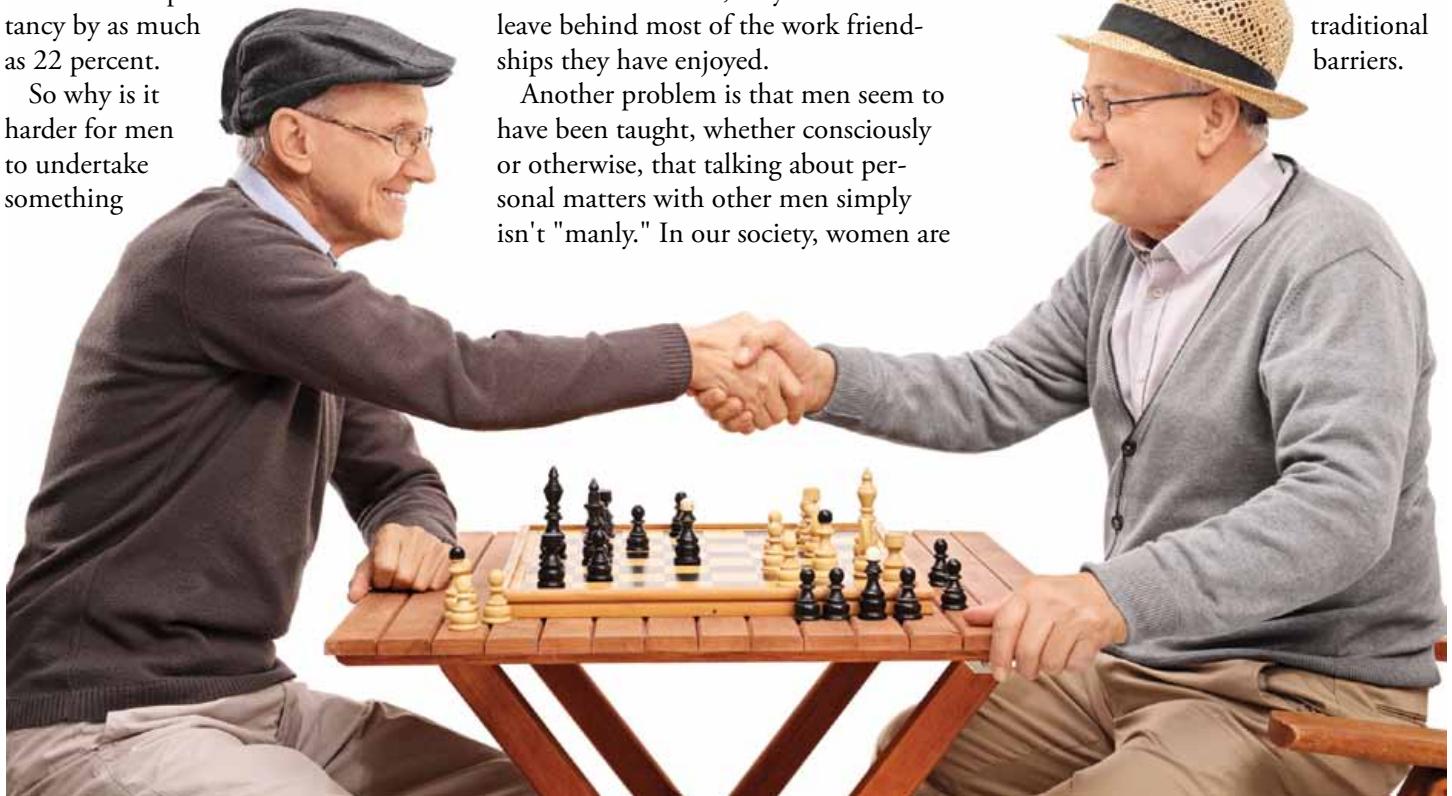
as seemingly pleasant, and apparently health promoting, as making good friends? Experts cite a number of reasons.

One is that men traditionally tend to be more caught up in their careers. Today they may also want to be more involved with their children than their own fathers were. The result can be little time left to develop close friendships with peers. And as men get older and leave the work force, they also tend to leave behind most of the work friendships they have enjoyed.

Another problem is that men seem to have been taught, whether consciously or otherwise, that talking about personal matters with other men simply isn't "manly." In our society, women are

more at ease drawing other women out, talking about feelings and emotions, and sharing their inner lives. Men tend to avoid the personal and instead base friendships on common interests such as sports or work.

The bottom line is that men certainly can develop good and strong friendships, but it may take a bit more effort as well as overcoming some of the traditional barriers.



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One starting point, especially for older men, is to get into situations where they can meet other men and where the atmosphere is right for making conversation and sharing experiences. It might mean participating at a senior center, taking courses at a local college, or volunteering with a local charity. Book clubs, walking groups, exercise classes - all are places where men can meet other men like themselves.

It then also means being willing to open up and share one's feelings and emotions. A man may have to make a real effort, at least at first, to share what he's feeling or concerned about, but when he does so that's when he's building the foundation for a real friendship.

Put in a little effort and sharing and you'll create friendships that will enrich your life, and maybe even prolong it.

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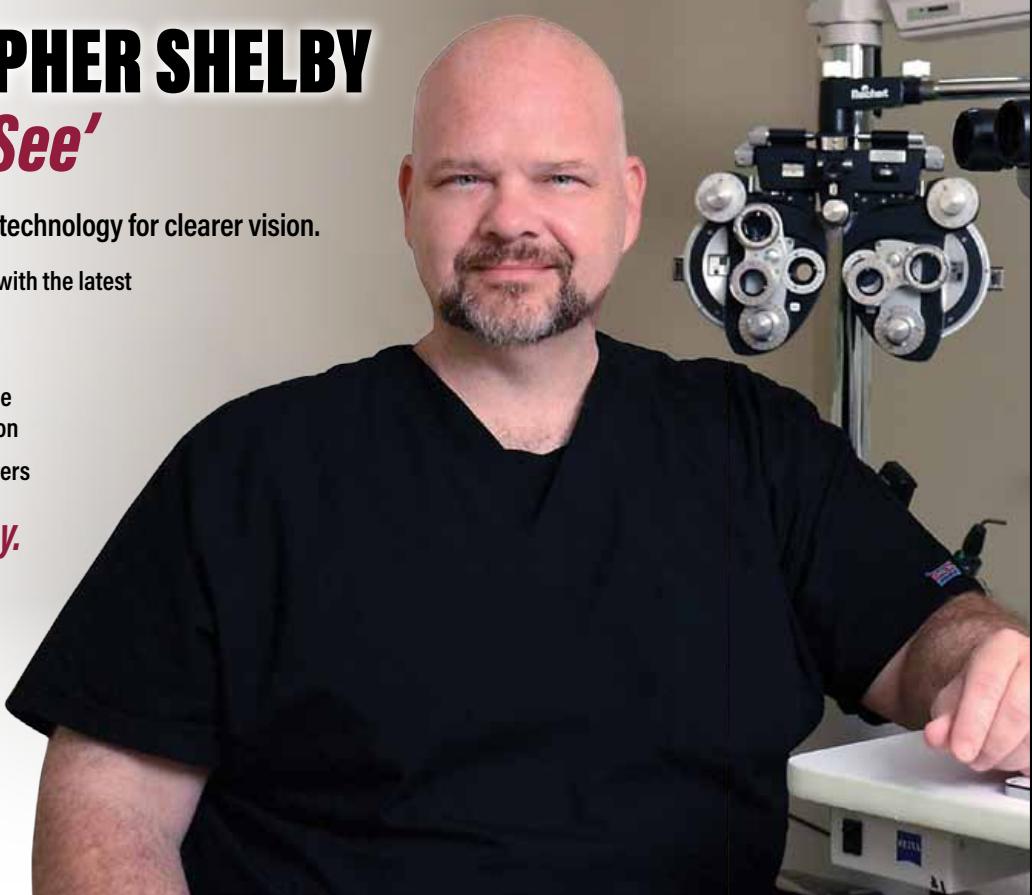
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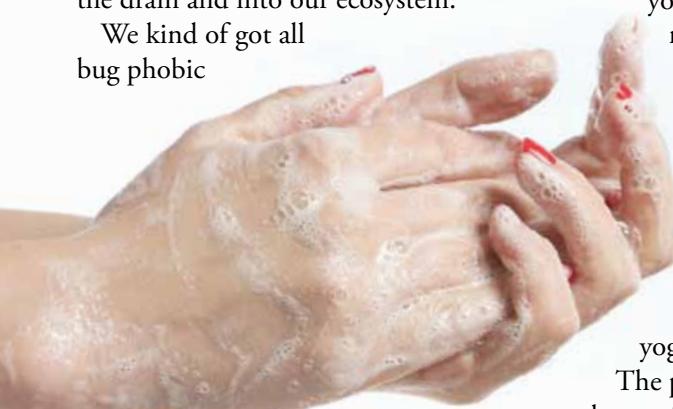




Antibacterial Soap Going Bye-Bye

Soap makers now have to get their junk out because plain soap works just as well and without risk. Manufacturers were ordered by the FDA to pull out 19 different chemicals from their body wash, hand soap, dish soap and other soaps. Hallelujah, these chemicals are pesticides which go down the drain and into our ecosystem.

We kind of got all bug phobic



when soap makers started adding antibacterials like triclosan and fluorosan into soap. Fluorosan has a fluorinated and brominated backbone, and fluorine and bromine compounds are known to interfere with thyroid hormone production. Triclosan may reduce testosterone, behave like estrogen (raising it), impact your ability to conceive and disrupts many human hormones.

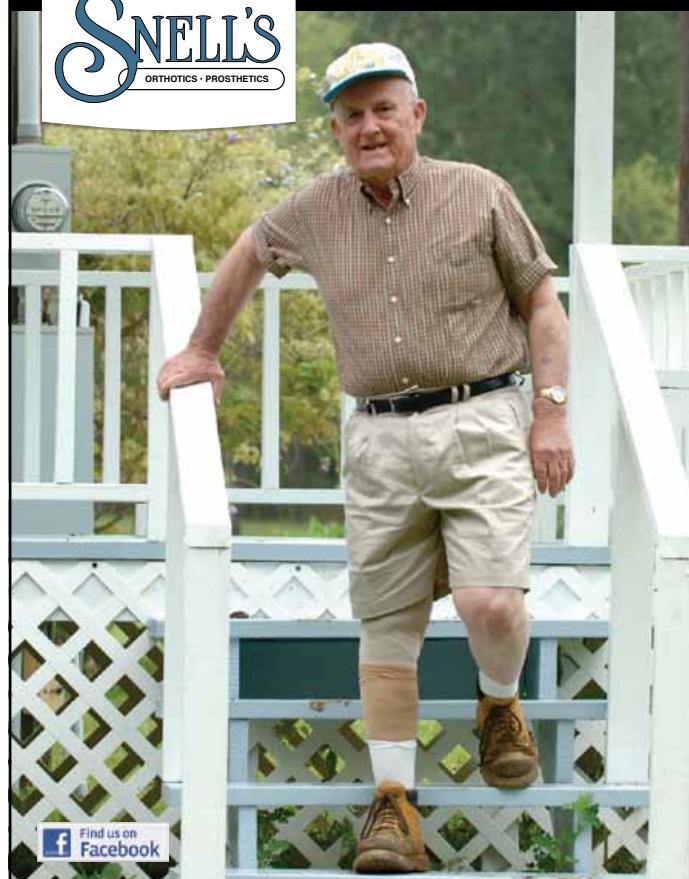
Millions of you slathered on bizarre chemicals or all over the kids with the misguided notion that "antibacterial" was better. Triclosan is in 93 percent of antibacterial soap products, as well as cutting boards, dishsoap, deodorants, yoga mats and even lip stains!

The problem is that triclosan and other antiseptics and pesticides go right

through your skin, and show up later in your urine and breast milk.

Soap makers have to clean up their act now and they have one year. I don't feel sorry for them. These companies spent billions of advertising dollars to brainwash you that their chemicals are necessary in order to kill germs, fend off the flu or get you really clean. Puhlease. Like I was dirtier before you put the triclosan, hexachlorophene and methylbenzethonium chloride in there?! Does anyone feel dirtier with that stuff on them or is it just me?

I never bought it though. And I told you years ago not to buy it either. I remember spending hours one night scouring the Internet just trying to find a foaming soap that was free of potentially harmful chemicals. Soap, I just wanted S.O.A.P that's it.



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What was wrong with plain soap? Nothing. I knew all along that this was just clever marketing, what is termed product diversification and the addition of these chemicals were synthetic, unproven and just put in there to make the label prettier for "show."

The theory behind triclosan is that it's there to crack open the cell walls of bacteria, which renders them inactive, however, it doesn't work fast, it takes hours to do accomplish the killing task. Triclosan doesn't kill viral proteins either. These added ingredient(s) make for an awesome label, with the implied message that germs will be killed instantly on your hand, before they can get inside you and make you sick or spread infection.

So the FDA is putting their foot down. Better late than never. I mean they started their investigation in 1978! C'mon people, go a littler faster next time would you? Can you focus on glyphosate next please? To their end, the FDA is actually planning a full-on review of hand sanitizers and and germ-killing chemicals used in hospitals.

Their final decision, made last week isn't based on one study, there have been many. The lastest comes from S. Korea where scientists tested antibacterial soap on 20 different strains of bacteria. Plain soap performed just as well.

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Six Ways To Save On Your Next Car



Looking for an eco-friendly subcompact or the thrills that come with a sports car? Perhaps the practicality of a sedan or a spacious SUV better fits your needs? No matter what type of vehicle is calling your name, planning your purchase can help you save as much money as possible.

Consider these six savings tips while shopping for your next car. Whether you're concerned about upfront, monthly or long-term costs, there's something here that can help you.

1. Look for a fuel-efficient car. Buying a hybrid or all-electric vehicle rather than a gas guzzler could help you save money on long-run fuel costs. Plus, state and federal tax credits might give you some additional upfront savings.

If you're sticking to a fully gas-powered car, you can still save money by choosing a fuel-efficient model. Once you pick a class of car and determine your budget, use the Environmental Protection Agency's miles-per-gallon rating for each vehicle to estimate and compare the monthly fuel costs.

2. Compare the long-term costs of different cars. In addition to fuel, consider the long-term costs of maintenance, repairs, insurance, taxes, depreciation, fees and financing.

To help you with the calculations, *Kelly Blue Book* has a 5-Year Cost to Own tool that lets you compare long-term costs for 2015 and 2016 models. Edmunds's True Cost to Own® tool does a similar thing for 2010 and newer models.

3. Buy a "new-to-you" car. Buying a used car rather than the equivalent brand-new model can usually save you money. However, you'll want to look at each used car on an individual basis. Consider how it feels during a test drive and its history if you can access it.

You may be able to buy a warranty for your used car, or you could purchase a certified pre-owned (CPO) car from a dealership. Dealers inspect CPOs before selling them with a manufacturer's

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warranty. If you're not buying a CPO, you could hire a mechanic to perform a pre-purchase inspection. It's not a guarantee, but the inspection can help ensure you won't get caught off guard by any unexpected issues.

With the right deal on a used car, you might be able to buy the car outright instead of financing the purchase. By paying cash, you avoid accruing interest, making monthly payments and worrying about loan-originatation fees.

4. Negotiate the purchase. Most people don't enjoy haggling with a car salesperson, but even non-confrontational negotiating tactics can help you save money.

For example, once you pick a make and model, you could shop online for available vehicles at nearby dealerships. Reach out to each dealer's internet sales team and ask for their best total cost, inclusive of taxes and fees.

Take the lowest offer and ask the other dealers if they can beat it. If one of them can, take your new lowest quote and again ask the rest of the dealers to go lower. Keep going until you get a price that works best for you.

You could use the same tactic with dealerships outside your area. However, you may have to travel and pick up the car or pay to transport it.

Another helpful resource is negotiation services like Authority Auto, which negotiates competitive prices on new and pre-owned cars. For a fee, the online service negotiates each part of the process to get you a better deal and take some of the stress out of the car-buying experience and only charge a percentage of what they save you.

5. Consider leasing instead of purchasing. Taking out a lease is similar to purchasing a long-term rental. You'll have to return or buy the car at the end of the lease, and you may have to pay fees if you drive too many miles or damage the vehicle.

The lease down payment and monthly payments will be lower than buying the same car outright. However, you can

still save money by shopping around and negotiating because the down payment and monthly payments depend on the vehicle's sale price.

If you like to drive a new car and always want to be under warranty, starting a new lease every few years could make sense. On the other hand, there's more long-term value in buying if you tend to have a lot of wear and tear on your cars.

6. Use alternative means of transportation. Forgoing the purchase of a car altogether might not work for everyone, but it's worth considering if you live in a city or don't regularly drive long distances. Instead of owning a car, you could get around with a mix of carpooling, public transportation, walk-

ing and biking. You could also still have access to a car if you join a car-sharing program or use a ride-sharing app or taxi service.

Bottom line: There are many ways to save money on your next car, and you should almost certainly plan your purchase before signing any dotted lines. Start by researching all your options, including living without a car, buying used and leasing. If you decide to purchase a car, you can compare the long-term cost of different makes and models and save money upfront by haggling with sellers.

Nathaniel Sillin directs Visa's financial education programs. To follow Practical Money Skills on Twitter: www.twitter.com/PracticalMoney.



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A political campaign poster for Melba W. Baker. The left side is blue with white text reading "VOTE RE-ELECT #94". The right side is red with white text reading "November 8th 2016" and "Melba W. BAKER". Below her name is "HAUGHTON TOWN ALDERMAN". A blue banner at the bottom right contains stars and the text "Your VOTE will be appreciated!".

Review of *The Book of Speculation*



The Book of Speculation by Erika Swyler opens with Simon, a north-easterner whose parents left his life in a painful way. Still living in the quickly decomposing house on the rocky cliff he grew up in, Simon suddenly finds himself gifted with an ancient and strange book full of log details of a traveling circus and intricate drawings of tarot cards. Simon soon discovers that the book is tied to his family and begins to try to decipher the history of the book, figure out its somewhat mystical connection to his family and use it as a guide to protect the future of his sister.

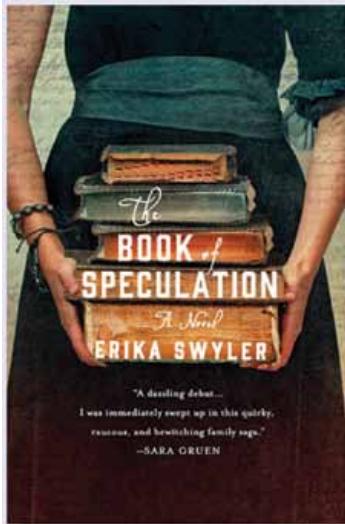
In addition to Simon's story, there is a second story of a mute boy with his own strange gift of "disappearing." Amos, as he is later named, becomes entwined with a traveling circus. Initially, he is the circus' "wild boy," but as he ages, he becomes an apprentice to a fortune teller and learns how to read tarot cards. The boy's tale soon joins with that of a young girl, Evangeline, who has a troubled and

fantastic origin. She is a breath-holder, who, like Simon, is able to hold her breath for an unusually long amount of time. She becomes the circus' "mermaid" attraction.

Swyler beautifully relates the circus tale full of mysticism, romance, relationships and the uncanny. And as she moves this story forward, Simon follows the same story backward until the meet in the middle, revealing the answer to a strange curse and a bizarre family history.

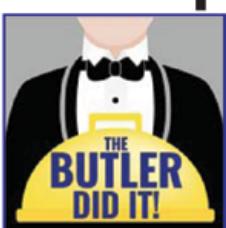
While the two stories in this book are bound to one another, I found myself drawn to the one in the past. The characters in that tale are intriguing and detailed, and their links to the supernatural are done perfectly – unfolding like a legend passed down from one generation to the next with just the right amount of weird.

The modern story is a little tougher to dive into. Simon, while obviously troubled by his past and potential future, is interesting, but the way he treats other people makes

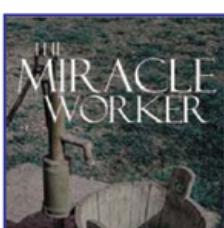


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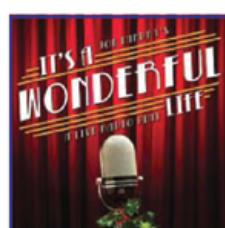
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him sometimes difficult to root for. However, when Simon's sister and her boyfriend enter the story, the mystery picks up and the potential disaster they are moving toward looms suspensefully over them.

The overarching theme and presence of water throughout both stories is done beautifully, with the sea essentially becoming the great connection to both. It talks to the characters in its own unique ways – through floods, horseshoe crabs, tides, rain and erosion. And Simon and Evangeline's breath-holding skills and relationship to water are both integral to their characters and an interesting way to propel the mystery and story forward.

This is a fun book to read and get lost in. The mystery is fun and interesting, and the "magic" of the book is compelling.

Grade: B

Jessica Rinaudo is an editor and graphic designer who has fostered a love of reading from a very young age. She lives in Shreveport with her husband and four children.

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Tinseltown Talks by Nick Thomas

Caped Crusader Burt Ward Now Canine Crusader



Above: Burt Ward and Adam West as Robin and Batman from the 1960s TV show "Batman". (Publicity photo 20th Century Fox Television)

Below: Burt Ward and Adam West return in the animated feature "Batman - Return of the Caped Crusaders" due for an October 11 release. (Publicity photo Warner Bros and DC Comics)



There was a time when Burt Ward would leap dramatically across our TV screens in green shorts, beige tights, and a gold cape masquerading weekly as 'Robin, the Boy Wonder,' one-half of the crime fighting Dynamic Duo in the popular television show "Batman," which first aired 50 years ago this year. Today, you'll find Burt more comfortable at home in jeans, rescuing dogs, although he hasn't abandoned the citizens of Gotham City entirely.

"I was the Caped Crusader, but now I'm the Canine Crusader," laughed Burt from his 5-acre property in Norco, California. "Since my wife Tracy and I began running Gentle Giants 22 years ago, we have rescued over 15,500 dogs and found safe, loving homes for them" (see www.gentlegiantsrescue.com).

The Wards actually share their home – inside and out – with up to 50 dogs, mostly large breeds like Great Danes, Greyhounds, and St. Bernards. The pack of pooches consumes 600 lbs of food each day, costing around \$14,000 a month, while veterinary expenses run a staggering \$50,000 per year.

Adoption fees and donations make little dent in the bills, and the money received from selling their own brand of dog food, also called Gentle Giants, goes directly to support the animals.

"We pay for everything and take no salary," explained Burt. "This is our charity."

In addition to saving the lives of 'Man's Best Friend,' the Wards claim to have also extended those lives by creating a unique, healthy dog food.

"Right now, we have 24 dogs between 15 to 26 years old!" said Ward. "But there's nothing magical, it's all based on quality and science."

With a team of nutritionists, Burt says they developed a special formula which contains much less fat than many commercial dog foods. They tested it on



*Burt and Tracy Ward in their bedroom surrounded by just a few of their rescue dogs.
(photo provided by Burt Ward)*

their dogs for 2 years before making it commercially available in 2008.

"It's now sold in 1,200 stores in California, Arizona, and Florida, and available nationally online from walmart.com and amazon.com," notes Burt proudly, and with a level of enthusiasm reminiscent of the youthful exuberance he brought to his Robin role.

The original Batman series lasted for 3 seasons in the 60s and led to a 1966 feature film and animated series in the 70s, all starring Ward and Adam West as Batman.

Fans of the franchise will be delighted to learn that Burt hasn't entirely retired from crime fighting. Together with West and the original Catwoman, Julie Newmar, the trio have reunited to provide voices for a new animated feature called "Batman: Return of the Caped Crusaders" due for release in October on Digital HD.

"This is a Warner Bros. project that I've been aware of for about 18 months," explained Burt. "It incorporates all of the great things that made Batman wonderful then – including the

humor – and combines that with some of the style in the recent, edgier Batman features."

While the reunion was enjoyable, Burt recalls the original series as being especially fun with all the gadgets and tongue-in-cheek humor, "except for the explosions, third-degree burns, and broken bones!" that occurred during filming. But despite the injuries, he says the cast were a joy to work with.

"Adam and I have been great friends for 50 years," he said. "And Alan Napier ('Alfred') was the sweetest man in the world and so cultured. He carried around this tiny dog which would fit in the palm of his hand and only put it down while doing his scenes."

Today, the Wards have no such luxury in dog transportation with their giant breeds that can weigh up to 300 pounds. Now 71, Ward says they do hire helpers to assist with the dog feeding and other heavy duties. But every other aspect of the rescue is essentially a two-person operation between Burt and Tracy, "but mainly Tracy" he adds.

"In our hearts, we know it's really important what we're doing," says Burt. "We're involved in other charitable work, but this is our daily hands-on cause."

Nick Thomas teaches at Auburn University at Montgomery, Ala., and has written features, columns, and interviews for over 600 magazines and newspapers.

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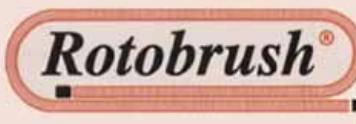
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A Royal Contest in Louisiana's Cajun Country

Story by Andrea Gross; photos by Irv Green

Challenging the Queen of England isn't a job for the average attorney, yet Warren Perrin speaks of it casually, as if waging a legal war against the British crown is no big deal. In fact, it was a very big deal — not only for Perrin, but also for the half million people he represents: the Cajuns of South Louisiana.

The Louisiana litigator claimed the Crown owed the Cajuns an apology for deporting their French-speaking ancestors from Canada back in 1755. When the Acadians (French colonists) refused to bow to the British king, they were separated from their families, pushed onto small boats and forced out to sea. More than one third lost their lives, others were dispersed throughout the American colonies, and some eventually made it to south Louisiana, where they were welcomed by a largely French-speaking populace.

But as the saying goes, one man's misfortune is another man's good luck. Having lost so much, the Acadians, whose name evolved into Cajun, were determined to hang on to what they had left. Today, more than 260 years later, many of their traditions remain intact, making south Louisiana one of the most distinctive regions in the oft-homogenous United States.

Using Lafayette as our hub, my husband and I begin our immersion into Cajun culture by exploring the surroundings that greeted the new arrivals. To do this, we tour the swamps with Bryan Champagne, whose flat-bottomed boat can slide over logs, weave through tunnels of moss-draped cypress trees and carve paths that take us past egret nests and snoozing gators. How different this environment must have seemed to folks who were used to Canadian winters!

Within a few short years, the Cajuns were building sturdy homes on dry ground. We see a typical Cajun community at Vermilionville, a heritage and folk life park that depicts Acadian life between 1765 and 1890. There's a school, boat shed, forge and church as well as a variety of homes. One is a trapper's hut, another replicates a native American dwelling and some are like those that belonged to Cajun and Creole families.

But Vermilionville is about more than the distant past. The costumed interpreters, who give demos of crafts such as violin making, quilting, and blacksmithing, generally grew up in the area and their discussions — as well as some of the exhibits — tell us about Cajun life in more recent times as well.

We enter L'École, a reproduction of a mid twentieth-century



Cajuns found that gardening was easier in Louisiana than in Canada.



Visitors can hear traditional Cajun music at Vermilionville's weekly jamfests.



Legend has it that Canadian lobster shriveled to Louisiana crawfish under the heat of the southern sun.

Crawfish can be eaten whole or used as an ingredient for dishes such as gumbo and jambalaya.





The Cajuns found Louisiana had an environment far different than the one they'd left in Canada.

schoolhouse. Up front is a giant U.S. flag with 48 stars. Below, on the blackboard, is an edict that the children were forced to copy during daily lessons: "I will not speak French on the school grounds." A ninety-plus year old gentleman is on hand to tell visitors how difficult that made life for the Cajuns. "We spoke Cajun at home, yet from 1916 until 1968 we couldn't even speak French among ourselves on the playground," he says. "Without a common language, it was hard to pass down our traditions."

But the Cajuns managed. People eat crawfish in restaurants filled with traditional music, and they dance to age-old tunes at weekly jamfests. We return to Vermilionville on Saturday afternoon to find approximately two dozen folks playing fiddles, guitars and accordions before an audience composed mostly of friends and neighbors. A man next to me invites me to dance. I have two left feet, but the music is so inviting that I give it a try.

Finally, in order to enrich our minds while stuffing our stomachs, we sign up for a 3.5 hour tour that stops at six eateries, where people feed us Cajun stories along with Cajun food.

According to the Legend of the Shriveling Lobsters, when the Acadians were forced out of Canada, the unhappy lobsters followed the castaways to Louisiana. There, unaccustomed to Southern heat, the poor crustaceans shrunk until voilà, they became crawfish.

Today crawfish are a staple in Cajun cooking and are often used in gumbo, jambalaya, bisque, boulettes, etouffée, maque choux, rice dressing and even cornbread. But the most authentic way to eat them is whole, a multi-step twist-suck-and-crack operation that tangles my fingers as it tempts my tastebuds. Fortunately, practicing is a lot of fun!

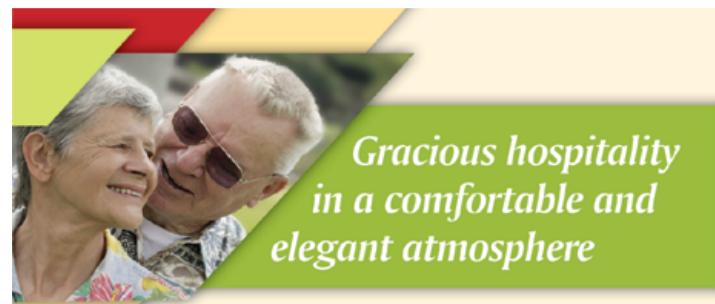
Meanwhile, Warren Perrin was successful in winning his royal battle. In 2003 Queen Elizabeth II issued a proclamation decreeing July 28th as an annual "Day of Commemoration of the Acadian Deportation." It wasn't exactly an apology, but at least it was an acknowledgement that the Acadians had indeed been expelled against their will and suffered greatly as a result.

Now — thanks in large part to Perrin — French, albeit with a Parisian rather than a Cajun accent, is being offered in all Louisiana schools.

Laissez les bon temps rouler! [Let the good times roll!]

www.lafayettetravel.com

For more on Lafayette and Cajun culture, go to our companion website: www.traveltizers.com. For helpful tips on travel in Louisiana, see the section titled Napkin Notes.

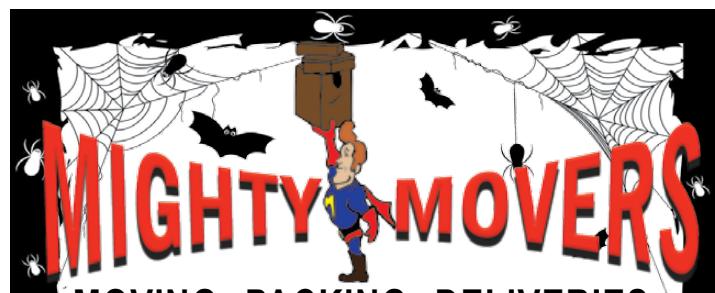


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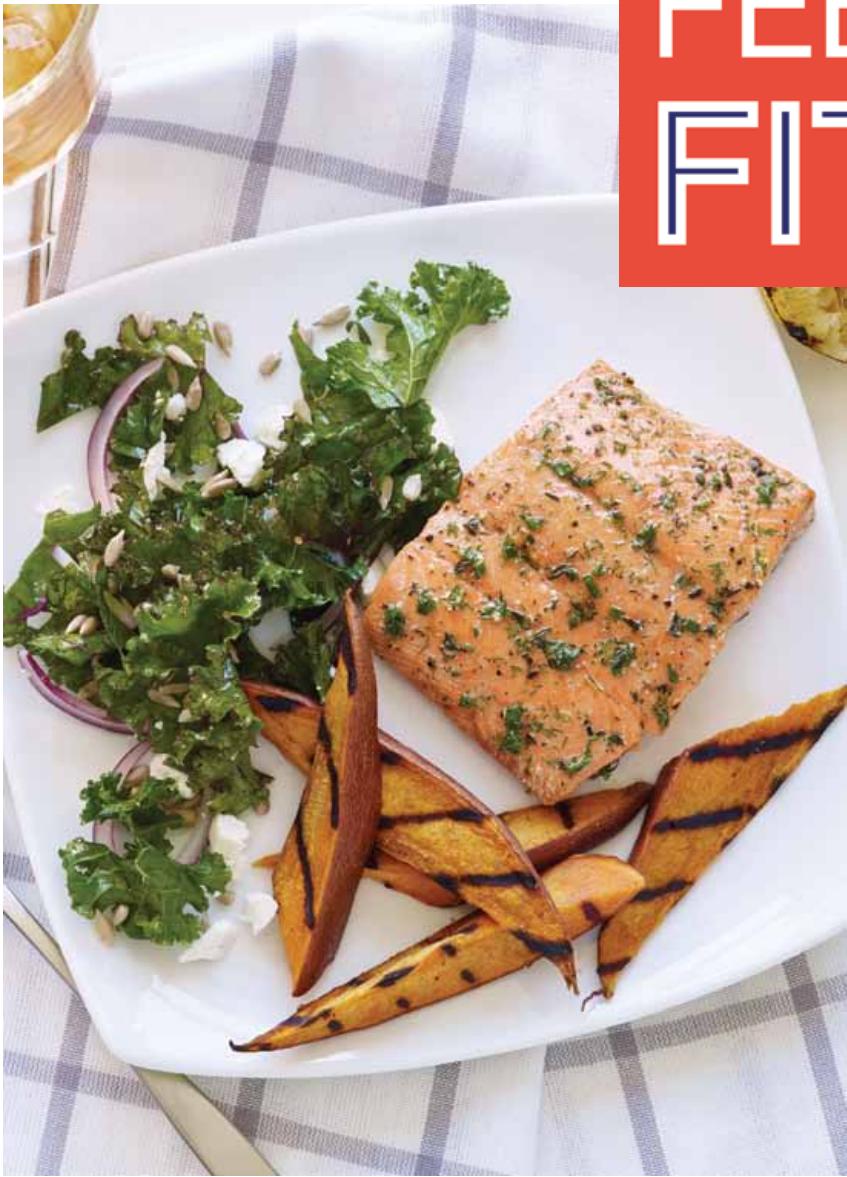
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Cedar Plank Grilled Salmon with Sweet Potatoes (Serves: 4)

Cedar planks with enough surface area for salmon

4 Alaska salmon fillets (4 - 6 ounces each), fresh, thawed or frozen

olive oil spray

1 tablespoon fresh or 1 teaspoon dried dill, thyme or rosemary salt and freshly cracked pepper, to taste

4 large sweet potatoes, sliced lengthwise into wedges

½ tablespoon ground cumin

Soak cedar planks for 1-2 hours (or overnight) submerged in water. Remove and pat dry.

Heat grill to medium heat (400 F). If frozen, rinse ice from salmon under cold water; pat dry with paper towel. Spray cedar planks and salmon with olive oil spray. Place salmon on planks; sprinkle with herb, salt and pepper. Place sweet potatoes in bowl; spray with cooking spray. Sprinkle with cumin and salt and pepper, to taste. Toss to coat.

Place cedar planks and potato wedges on grill. Cover and cook about 3 - 4 minutes; turn wedges over and continue cooking until potatoes are soft and cooked. Keep warm. Cook salmon 12 - 15 minutes, until fish is opaque throughout.

FAMILY FEATURES

Whether you're a competitive sprinter or an everyday gym hound, seafood is among the best foods to support your lifestyle. It not only delivers great-tasting nutrition, but also provides one-of-a-kind health benefits. Find more recipes for your favorite seafood at wildalaskaseafood.com.

Pan-Seared Cod over Minted Pea Puree (Serves: 4)

½ cup water

2 pounds frozen or fresh peas, blanched

1 package (0.6 - 0.7 ounces) fresh mint, leaves only

salt, to taste

4 Alaska cod fillets

(4 - 6 ounces each), fresh, frozen or thawed

olive oil

1 teaspoon lemon pepper seasoning

Add water, peas and mint to blender or food processor; season with salt. Puree until almost smooth. Cover and keep warm.

If frozen, rinse ice glaze from cod under cold water; pat dry with paper towel. Heat heavy, nonstick skillet over medium-high heat. Brush both sides of fillets with olive oil.

In heated skillet, cook cod, uncovered, about 3-4 minutes, until browned. Shake pan occasionally to keep fish from sticking. Turn cod over and sprinkle with lemon pepper seasoning. Cover pan tightly and reduce heat to medium. Cook an additional 6 - 9 minutes for frozen cod or 3 - 4 minutes for fresh/thawed fish. Cook until fish is opaque throughout.

To serve, spoon pea puree onto 4 plates. Top each with cod fillet and serve immediately.





Miso Halibut with Soba Noodle Stir-Fry

(Serves: 4)

1 package (12 ounces) prepared soba noodles (or noodle of choice)	2 cups roughly chopped bok choy
4 Alaska halibut fillets (4 - 6 ounces each), fresh, thawed or frozen	1½ cups sugar snap peas
3 tablespoons sesame oil, divided	1 cup sliced mushrooms
	½ cup chopped green onion
	¼ cup miso
	1 cup water
	¼ cup teriyaki sauce

Prepare noodles according to package directions; set aside. If frozen, rinse ice glaze from halibut under cold water; pat dry with paper towel. Heat large, nonstick skillet or wok over medium-high heat. Brush both sides of halibut with half of the sesame oil.

In heated skillet, cook fish, uncovered, about 3-4 minutes, until browned. Shake pan occasionally to keep fish from sticking. Turn halibut over; reduce heat to medium and cover. Cook 5 - 7 minutes for frozen halibut or 2 - 3 minutes for fresh/thawed fish, cooking until fish is opaque throughout. Transfer fillets to plate; cover to keep warm.

Wipe out skillet/wok with paper towel. Add remaining sesame oil. Heat to medium-high then add and stir-fry bok choy, snap peas, mushrooms and green onions. Stir in noodles; turn off heat. Cover and keep warm.

In saucepan, blend miso, water and teriyaki sauce. Bring mixture to boil then reduce heat to a simmer and cook 1 minute. Stir sauce into warm noodle-vegetable mixture. To serve, divide and portion mixture into 4 bowls or plates. Top each with halibut fillet.



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CADDY COUNCIL ON AGING

Senior Center Fun - Randle T. Moore Center, 3101 Fairfield Avenue, Shreveport. Caddo Council on Aging. Every Thursday and Friday. Coffee and cookies at 9:30 AM. Programs begin at 10:00 AM. Fridays feature Senior Tech Talk. **FREE**. For information call 676.7900.

- Thursday Oct. 6: 10:00 "Energy And Nutrition" by Tammy Trainor
- Thursday October 13: 10:00 "Come Hear About the Exciting New Downtown Shreveport Common, #1 Community Project In The Nation" by Wendy Benscoter and Vickie Marshall.
- Thursday October 20: 10:00 "Friends Of Shreve Memorial Library" by James Gavin.
- Thursday October 27: 10:00 "Preventing Falls" by Melissa Putman
- Friday October 7,

14, 21, 28: 10:00 Senior Tech Talk Introduction to Laptops, tablets and smart phones and other tech tips

CONCERTS

Ronny Craig's Elvis Explosion - Legends Theatre in DiamondJacks Casino on Friday, October 21 and Saturday, October 22 at 8 PM on both nights. Featuring 10 nationally recognized Elvis impersonators competing in the 2 day event for a chance to win \$10,000 in cash and prizes. Tickets are \$25, and can be purchased at the door or at ticketmaster.com.

Jazz in the Park! - Saturday, October 15 from 1 – 6 PM at Chris Hays Park, 4363 Illinois Street. Features local jazz bands, dancers and performers. Food and Arts & Crafts. Fundraiser for the Chris Hays Community Center Park Advisory Council (PAC), a SPAR

citizens volunteer group that supports the center's youth, adult and senior programs and activities. This family event is **FREE**. However the public is encouraged to bring funds to help support the vendors. For more info call 318.344.9662 or JazzIn-ThePark2013@gmail.com.

Rachmaninoff Rhapsody

- Shreveport Symphony Orchestra. Saturday October 22 at 7:30 PM. RiverView Theater, 600 Clyde Fant Pkwy, Shreveport. Featuring Greg Anderson and Elizabeth Joy Roe, piano. \$19 - \$59. For tickets call 227-TUNE (8863) or visit www.shreveportsymphony.com.

EVENTS

20th Annual Pioneer Day - Hosted by LSUS Pioneer Heritage Center. Saturday October 8 on the LSU-S campus from 10 am to 4 pm. Features museum tours

and showcases local folk life demonstrators, living historians, and musicians. Admission is \$2, children under 5 free. For more information, please call Marty at 318-797-5339 or email with the subject line Pioneer Day at marty.young@lsus.edu.

"Balance Does Matter"

Program - Presented by LSUHSC School of Allied Health and Caddo Council on Aging. October 6 & 13. 9:30 - 11:30 a.m. St Marks Cathedral Garden Room, 908 Rutherford St., Shreveport. **FREE** but reservations are requested. Call Caddo Council on Aging @ 318.676.7900.

Croquet Fun Days - Sponsored by Community Renewal International. Thursday, October 23, 5:30 to 7:30 on the LSUS campus. Email lynnryan@communityrenewal.us if you plan to attend. Croquet equipment provided. www.community-renewal.us/

Enchanted Forest Senior Ball - October 13 at Cedar Hills Senior Community, 7401 St Vincent Ave, Shreveport. Doors open at 6 PM. Hosted by A Good

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MEETINGS

Arklatex DNA Interest

Group meeting - Wednesday October 12 from 12:30 until 3:00 PM in the large meeting room of the Broadmoor Library, 1212 Captain Shreve Drive, Shreveport. Learn how to use DNA testing from AncestryDNA and FamilyTreeDNA in your genealogy research. DNA testing information from the basics to the advanced will be included. No prior experience or knowledge of DNA testing is required. **FREE** and open to the public. For information contact Jim Jones at (318) 773-7406 or email jgjones09@gmail.com.

Ark-La-Tex Genealogical Association Meeting - Saturday, Oct. 8 from 1 to 3 PM at the Randle T. Moore Center, 3101 Fairfield Ave (corner of Fairfield Ave and Kings Hwy), Shreveport. Leonard Gresens, Investments Advisor, Historian and Collector will present "Old Tokens and Other Nostalgia of Shreveport".

Additionally, genealogist Jim Johnson will present an overview of the 1880 - 1940 U.S. Census. **FREE** and open to the public. For info call 746-1851 or email jjohnson747@suddenlink.net.

MEDICARE SEMINARS

Medicare - "Medicare 101. Turning 65? You Must Learn How To Navigate The Complex System. Over 65? You Must Learn About Open Enrollment" Presented by the Caddo Council on Aging.

FREE. For info: 676.7900

- Monday Oct. 3. 10:00 AM and 5:30 PM. David Raines SPAR, 2920 Round Grove Ln., Shreveport.
- Tuesday Oct. 4. 10:00 AM. Broadmoor Branch Library 1212 Captain Shreve Drive, Shreveport.
- Monday Oct. 10. 5:30 PM. Broadmoor Branch Library, 1212 Captain Shreve Drive, Shreveport.
- Tuesday Oct. 11. Noon. Broadmoor Methodist Church. 3715 Youree Drive, Shreveport.
- Thursday Oct. 13. 9:30 AM. Bill Cockrell SPAR, 4109 Pines Road, Shreveport.
- Tuesday Oct. 18. 10:00 AM. Hamilton Branch Library, 2111 Bert Kouns,

Shreveport.

- Thursday Oct. 20. 10:00 AM. Cedar Grove/Line Avenue Branch Library
- Thursday Oct. 27. 10:00 AM. North Caddo Branch Library 615 North Pine St. Vivian

THEATRE

Driving Miss Daisy - Strand Theatre, 619 Louisiana Avenue, Shreveport.

A warm-hearted, humorous study of the unlikely relationship between an aging, crotchety white Southern lady, and a proud, soft-spoken black man. Starring Charlene Tilton of "Dallas" TV fame and Clarence Gilyard of "Walker, Texas Ranger." Tickets are \$55.50, \$45.50, \$35.50. For tickets call 318-226-8555 or visit www.thestrandtheatre.com



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G A M B L I N G P R O B L E M ? C A L L 1 - 8 7 7 - 7 7 0 - 7 8 6 7

Across

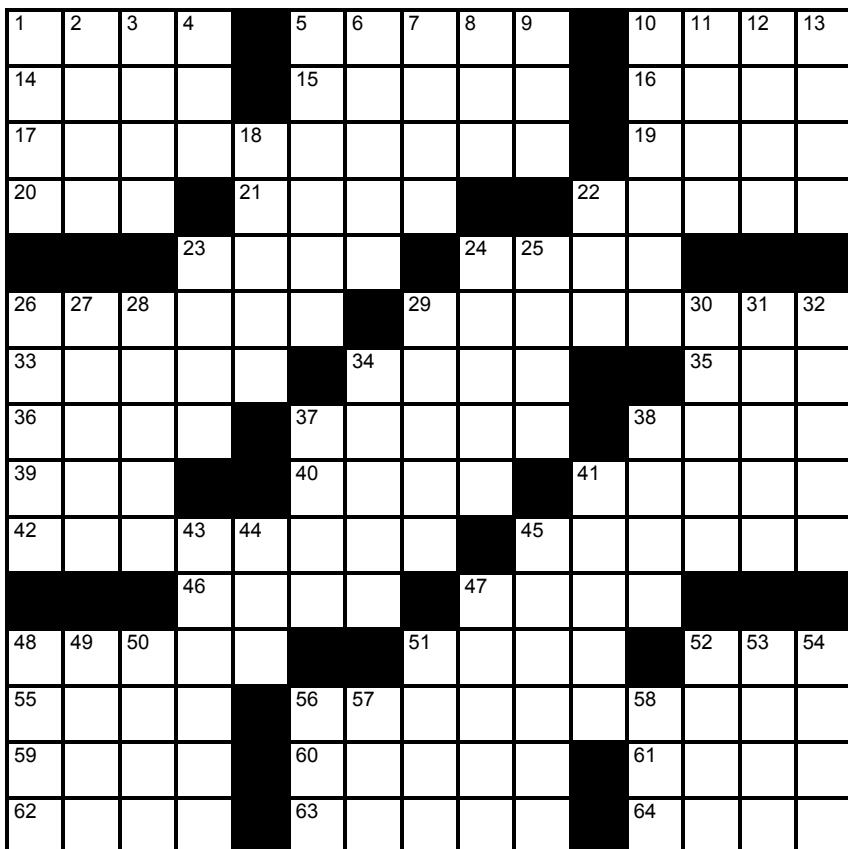
- 1 Dry run
 5 Excludes
10 Plummet
14 Eli's school
15 Ham's need
16 Keystone State port
17 Ethics
19 Some jeans
20 Telesthesia
21 Puncture
22 Blueprints
23 Caesar's farewell
24 Grinder
26 More than one word, usually
29 Auto repair after an accident
33 Awaken
34 Icy coating
35 Corral
36 Evict
37 Compare
38 Utah lily
39 Don't waste
40 Anon's partner
41 Unfertilized lobster roe
42 Fashioned
45 Carmaker's woe
46 Twiggy digs
47 Connect
48 Thug
51 Mediator's skill
52 Not guzzle
55 Thun's river

56 Georgia's AKA

- 59** Billboard
60 Be of one mind
61 Map abbrs.
62 Gravity-powered vehicle
63 College girls
64 Galba's predecessor

Down

- 1 Variety
 2 Corn units
 3 Lingerie item
 4 Half a score
 5 Meadowlark
 6 Syrup flavor
 7 Eric of Monty Python fame
 8 Formal requirement
 9 Plea at sea
10 Gent
11 Kind of rug
12 Bank holding
13 Reduced by
18 Pursue
22 Meddle
23 Widespread
24 Four-bagger
25 Promised land
26 Kind of parent
27 Domicile
28 Tricks
29 Cycled
30 "Lohengrin," e.g.
31 Fit for a king

The Best of Times CrosswordPuzzle answers
on page 46.

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- | | | |
|----------------------------------|----------------------------|------------------------------|
| 32 Small hill | 45 Wealth | 53 Road to Rome |
| 34 Steel worker's item | 47 Spiked | 54 Mexican moolah |
| 37 Microscope part | 48 Low in pitch | 56 Lobbying grp. |
| 38 Punch | 49 Commuting option | 57 Popinjay's problem |
| 41 Some change | 50 Craving | 58 Thrash |
| 43 Have in mind | 51 Container weight | |
| 44 Turn right, to a horse | 52 Computer command | |

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

Sudoku

To solve the Sudoku puzzle, each row, column and box must contain the numbers 1 to 9. (Puzzle answers on page 46.)

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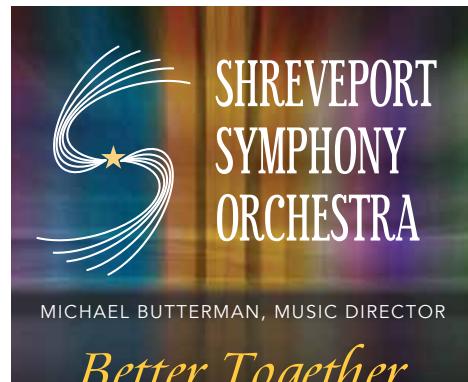
A Trip To Japan

(Puzzle answers on page 46.)

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

Bamboo	Kimono	Samurai	Tokyo
Bonsai	Kyoto	Sapporo	Toyota
Buddha	Mount Fuji	Shrines	Volcano
Bullet Train	Okinawa	Sukiyaki	Wasabi
Gardens	Origami	Sumo	Yen
Geisha	Osaka	Sushi	Yokohama
Islands	Pagoda	Swords	
Judo	Sake	Theater	

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ANSWERS FROM THE EXPERTS

My mother has been recently diagnosed with Alzheimer's disease, does she qualify for hospice care under her Medicare benefits?



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See our ad on page 6.

See our ad on page 6.

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

*Will Medicare cover my mother's care
in a nursing home?*



Vicki Ott
Highland Place
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(318) 221-1983
See our ad on page 48.

See our ad on page 48.

While Medicare does not pay room & board fees for one actually "living" in a nursing home, there are portions of nursing home care that are covered.

Medicare covers 100 days of skilled nursing care when the doctor feels that either nursing or rehabilitation services for Medicare Part A insured persons are needed following a recent hospitalization of 3 or more days. Additionally, Medicare Parts B & D may pay for your mother's medications and physical, speech or occupational therapies ordered by a physician while she is in a nursing home. Depending upon the financial situation, nursing home room & board is generally paid by the individual, Medicaid, or Long Term Care Insurance.

How long do the positive effects of CK last? Will I ever have to wear reading glasses again?



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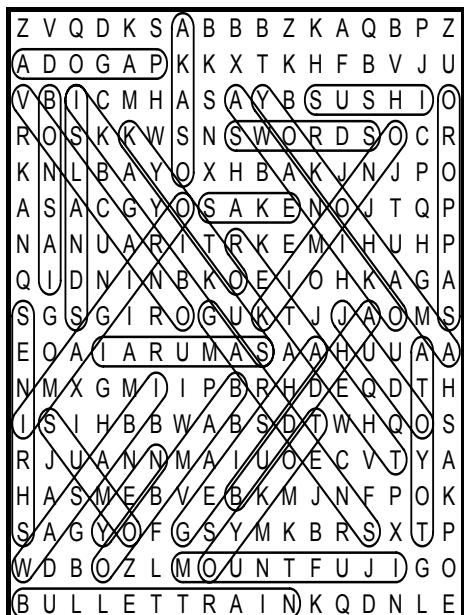
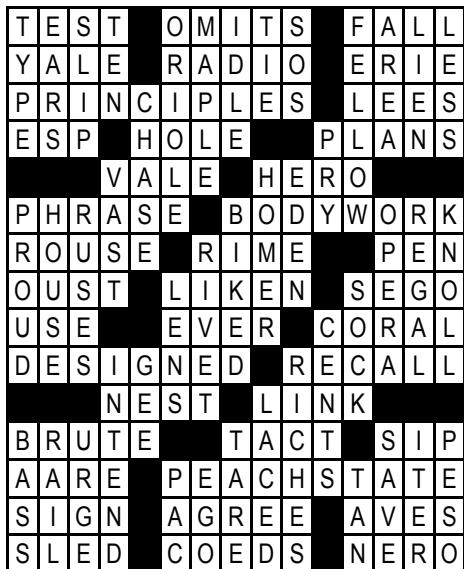
What are the symptoms and treatment of torn cartilage?



John J. Ferrell, M.D.
Mid South Orthopaedics
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Suite 210
Shreveport, LA 71105
(318) 424-3400

Meniscus tears are the most common surgical condition involving the knee. Medial meniscus (inside) tears are 3 - 4 times more common than lateral tears (outside). The meniscus supports body weight every attempt should be made to preserve as much meniscus tissue as possible. Popping, line, stiffness, and swelling are some common symptoms. Arthroscopic surgery is generally done from a few days to a weeks.

(Puzzles on pages 44 - 45)



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



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Seated (L to R): Somanya Jackson, Kacee Ferrier
Back Row (L to R): Angie Hayes, Charlotte McCune, Donnie Flint



Vicki Ott, Executive Administrator
Angie Hayes, Assistant Administrator
Donnie Flint, Director of Nursing
Charlotte McCune, Assistant Director of Nursing
Kacee Ferrier, Director of Rehab
Chasity Ellis, DPT/Assistant Rehab Director
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