

November 2022

The Best Of Times

"Celebrating Age and Maturity"

THE SIX-LETTER DIRTY WORD:

CANCER

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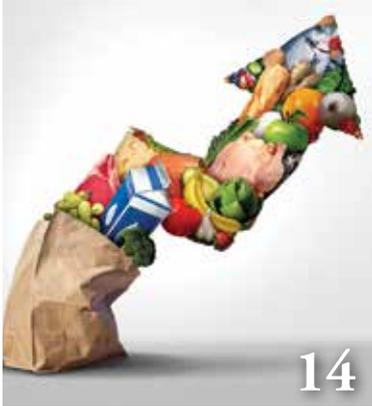
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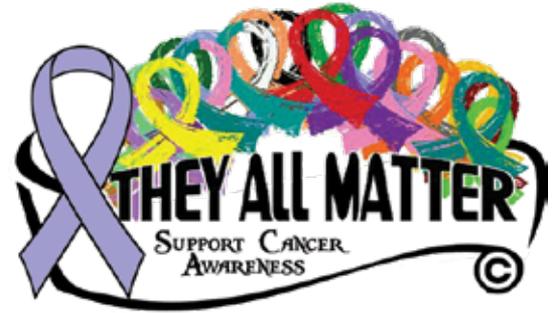
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Widowhood, I Didn't Ask For This

Elaine Marze, author

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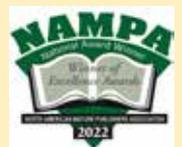
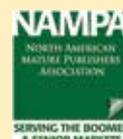
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Medical News & Info

Artificial Sweeteners Linked to Higher CV Event Risk

Health concerns about the consumption of artificial sweeteners could be strengthened with the publication of a 9-year



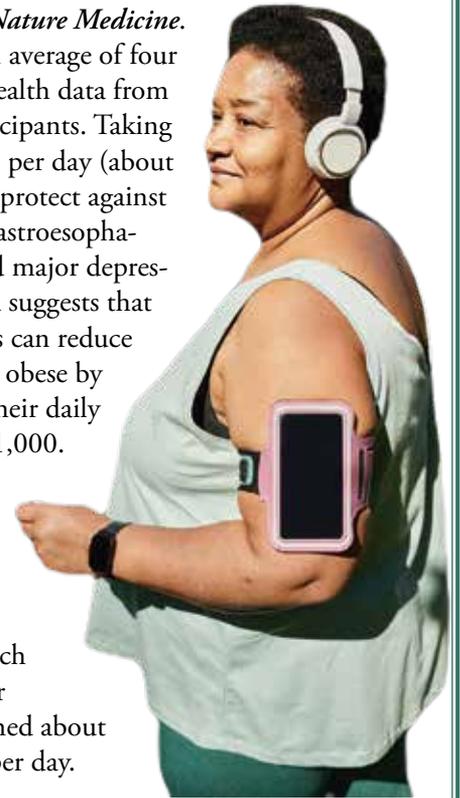
study linking participants intake to increased risk of heart disease and stroke events. In this large-scale study, total artificial sweetener intake from all sources was associated with 9% increased risk of cardiovascular or cerebrovascular events, including myocardial infarction, acute coronary syndrome, angioplasty, angina, stroke, or transient ischemic attack. The current study differs from those done previously in that it includes intake from both food and drinks, whereas previous studies have focused on beverages alone. The average intake of artificial sweeteners was 42.46 mg/day, which corresponds to approximately one individual packet of sweetener or 100 mL of diet soda. Published online in the *BMJ*.

Counting Steps With an Activity Tracker Can Reduce Disease Risk

Using a wearable activity tracker to count and increase the number and intensity of steps taken daily can reduce the risk of several common, chronic diseases, including diabetes, hypertension, obesity, and sleep apnea, Vanderbilt University Medical Center researchers report in the journal *Nature Medicine*.

The study analyzed an average of four years of activity and health data from more than 6,000 participants. Taking more than 8,200 steps per day (about 4 miles) was found to protect against obesity, sleep apnea, gastroesophageal reflux disease, and major depressive disorder. The data suggests that overweight individuals can reduce their risk of becoming obese by 64% if they increase their daily steps from 6,000 to 11,000.

Risk declined for most conditions as the number of steps increased, except for the risk of hypertension and diabetes, which did not decline further after participants reached about 8,000 to 9,000 steps per day.



Can Eating Omega-3 Fatty Acids in Midlife Help Your Brain?

An exploratory study suggests that people who eat more foods with omega-3 fatty acids in midlife may have better thinking skills and even better brain structure than people who eat few foods with the fatty acids. Omega-3 fatty acids are found in fish such as salmon, sardines, lake trout and albacore tuna. They are also found in foods fortified with the fatty acids or supplements. They observed that people who ate higher levels of omega-3 fatty acids not only had higher average scores on a test of abstract reasoning, they also had larger average volumes in the hippocampus area of their brains, which plays an important role in memory. The study is published in an online issue of *Neurology*.



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THE SIX-LETTER DIRTY WORD:

CANCER

by Elaine Hodge Marze

According to “After Diagnosis,” a booklet put out by the American Cancer Society, “Cancer is the second leading cause of death in the United States.” It also says that nearly half of all men and more than one-third of all women in the U.S. will have cancer during their lifetimes.

Most people want to know how and what they can do to prepare and handle the news, if and when they, or a loved one, are diagnosed with this scary disease. I’m no physician so this is not a medically technical article - just real people sharing from their experiences.

The daffodils were blooming one sunny, beautiful spring day when the nurse called and told me that my husband had a fast growing, malignant cancer, based on a scope done the previous week. It was a shock that rocked our world. During 39 plus years of marriage, he was always the ultimate alpha male. As a retired firefighter who also served two tours in Vietnam, he was a man who had been around the danger-block a few times so when the doctor told us it was terminal, he took it well. Me, not so much.

Our lives changed that quickly! What followed was a series of MRI, PET and various other scans, scopes, and appointments with numerous Oncology specialists. We were advised to move fast with treatment because of



the size and location of the tumor. Critical decisions were made while we were on information overload. The cancer, hypopharyngeal squamous cell carcinoma, was situated so that medical opinions agreed that surgery was not an option because his quality of life would be scant to non-existent. (This decision changed later.) We (I say “we” because typically cancer, and what comes with it, affects the whole family.) began a regimen of nutrition, chemo, drugs, radiation and prayer, not necessarily in that order. He had to have a surgically-implanted (stomach) feeding tube in anticipation of a fried throat from the radiation.

One of the hardest things was to tell our families the news. Just a few weeks earlier my brother-in-law had died from cancer that was incorrectly diagnosed until

two weeks before his death. With that in mind, our young granddaughter asked, “Cancer? Papa’s got cancer? Is he going to die too?” Her reaction was typical of how most people react when they first hear that a friend or family member has the dreaded “C” word.

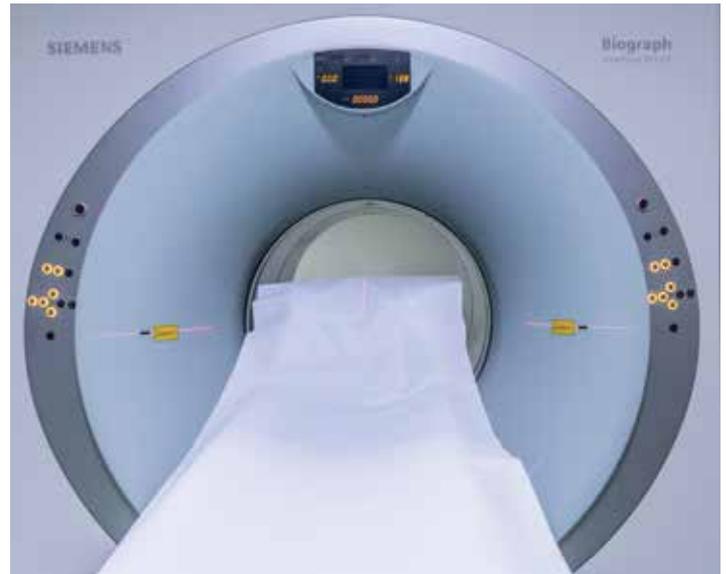
Trust your instincts! For over a year my husband had been going to doctors with what seemed to be reoccurring sinus infections, hoarseness, chronic cough and sore throat that included difficulty in swallowing and coughing up blood. Early on his physician sent him to an Ear, Nose and Throat specialist to “rule out major stuff just to be safe.” But the ENT looked in his throat without doing a scope and diagnosed him with sinus problems and maybe acid reflux. This is where we believe the diagnostic ball got dropped.

My husband, always physically strong, had noticeably slowed down with “tired spells” he blamed on “turning sixty.” Coughing blood was attributed to busted blood vessels typical of “older people”. The continuous sore throat was thought to be caused by sinus drainage. His ability to swallow worsened and doctor visits numbered more than in his whole life previously. There was a logical explanation for all his symptoms. We even laughed about him becoming a hypochondriac in his old age.

Then a fellow veteran who had similar symptoms was diagnosed with throat cancer after insisting his physician do a scope, so we asked for a scope too. “You really don’t need one, but if it will make you feel better, we’ll do one”, he was told. The scope showed a mass in his throat. Learn from our experience to persevere seeking treatment when you know something is not right.

Reactions vary among those who are told they have cancer. Disbelief, fear, and anger can be normal grieving processes. Some people say when they got their news, they spent weeks depressed, angrily asking, “Why me?” Some readers may not like or understand the spiritual or religious aspect, but for many of us, prayer and a confidence in God’s overseeing of the situation is as much (or more) a part of our journey as chemo or radiation. I could not factually portray our day-to-day walk without giving credit and acknowledgement to our faith and the critical role it played.

Cancer survivors run the gamut of personalities. The acceptance processes each person goes through depends



on many variables. The people who shared their experiences in this article are typical of the untypical aspects of this disease.

One woman had to wait six stressful weeks before her doctor gave her the biopsy results of a breast lumpectomy. Neither she nor her doctor ever felt a lump, and she never

felt symptoms or discomfort. "Originally, I had decided to cancel the appointment, but changed my mind. Thankfully." Carolyn said she was angry and depressed about having cancer. Antidepressants helped take the edge off her turbulent feelings so she could function, but more importantly she spent time on her deck reading her Bible. "God gave me peace when I finally surrendered my condition to Him," she stated.

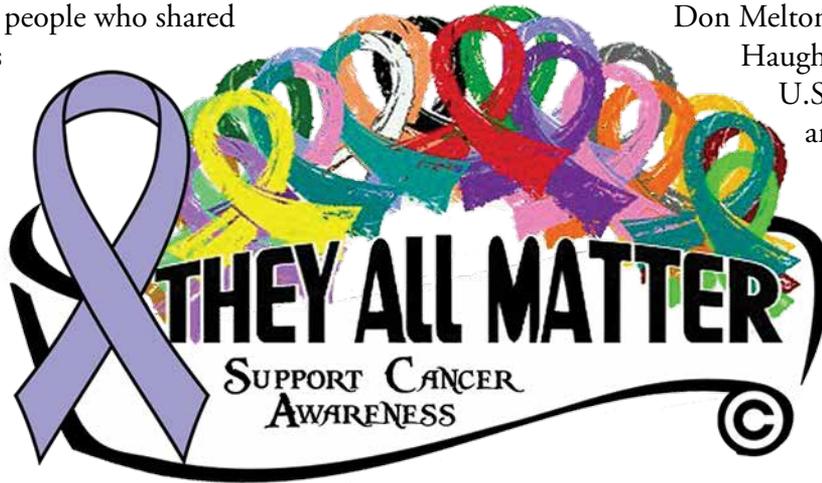
It helps to have a spouse or family member go through the ordeal with you advises Ella. She was a widow, and though she has six sons, she still felt all alone when she got the news that she had breast cancer.

"I got the news on my birthday and it was so depressing that I didn't answer the phone or go out to my birthday activities. I just wanted to be left alone!"

Her right breast was removed soon afterward, and Ella was told that they got all the cancer during the surgery. Her oncologist advised her to take chemo anyway, but Ella said, "If I'm cancer free, why should I damage the rest of my body with chemo? They said to do it in case it comes back, but I refused the chemo. I took Tamoxifen that one of my doctors said was the best way to go." Confusion about treatment is something many cancer patients report.

"When I came home without my breast I didn't want to go out in public. It was terrible thinking that my blouse told everybody I didn't have a breast, and when they gave me something to wear in my bra, it was heavy and made me still feel like everyone was looking at me. Of course, they weren't, but at that time I believed they were."

These feelings had taken over her life; keeping her from living normally. But one day she woke up with a different outlook on life. "I knew I had been lucky only to lose a breast and not my life," she says.



Don Melton, (deceased now) of Haughton, Louisiana, joined the U.S. Marines at the age of 15 and served in Korea. He was operated on for prostate cancer first, and then a few years later the doctors at the VA Hospital told him he had lung cancer and needed chemo and radiation therapy. They estimated that without

treatment he would live about six months. Don was adamant though that he would not have chemo or radiation because of what he had seen it do to so many of his buddies. He lasted a lot longer than they predicted though and relied on breathing medication and oxygen at regular intervals, but was able to go out dancing with his lady-friend and to entertain family and friends singing karaoke. Semper Fi!

Even with their spiritual and emotional well-being on solid ground, the physical side of the treatment still has to be endured. During chemo and radiation, we saw people in every stage of the disease, many of them in heart-breaking condition. We tried to keep a sense of humor whenever possible. We searched out funny shows and movies to give us some healing laughter.

Any life-threatening disease is an awakening to how precious each day can be. People battling cancer inspire me with their courageous strength and endurance. Some sentiments shared by those who are battling cancer are that they appreciate the little joys of life more than before, laughing in the face of tragedy, learning not to cling to material things, and most of all to live one day at a time – more fully and joyfully celebrating each blessing while sharing their love for God, family, country and friends -- and to have patience and dignity in the face of pain.



*Former Shreveport native Elaine Marze has been editor, publisher and writer for newspapers and magazines since high school, and she has authored four non-fiction books. The new updated **Widowhood, I Didn't Ask For This** has recently been released, a book on grief written with attitude and humor.*

5 Steps to Properly Manage Blood Pressure

Family Features

Nearly half of all American adults have high blood pressure, or hypertension, according to the Centers for Disease Control and Prevention. Of those, about 75% don't have it under control, and many may not even realize they have it unless they experience other complications.

In fact, high blood pressure is a leading cause and controllable risk factor for heart disease and stroke as well as other issues such as kidney failure, vision loss and sexual problems. However, the American Heart Association recommends taking these simple steps to help control your levels and manage risks.

1. KNOW YOUR NUMBERS

In most cases, normal blood pressure is 120/80 mm HG or less. Readings consistently higher than 130/80 are considered high blood pressure. Have your blood pressure measured at least once a year by a health care professional and regularly monitor it at home with a validated monitor then discuss the readings with your doctor. Getting accurate readings can help ensure the most appropriate treatment should any problems arise.



2. MAINTAIN A HEALTHY WEIGHT

If you're overweight or obese, you're at increased risk of high blood pressure. Losing just 3-5% of your body weight can help improve your numbers. There are an abundance of plans and programs available that can assist with weight loss, and taking positive steps with a friend or family member may help with motivation.

3. GET ACTIVE

To maximize health benefits and help keep blood pressure in the normal range, the American Heart Association recommends adults get at least 150 minutes per week of moderate activity, 75 minutes of vigorous activity or a combination of the two. Try activities like brisk walking, swimming, bicycling

or dancing. For example, the Get Down with Your Blood Pressure campaign uses music and dance to help remember the four easy steps to self-monitor blood pressure:

- **Get It** - grab your self-monitoring blood pressure (SMBP) device
- **Slip It** - slide the SMBP cuff up your arm
- **Cuff It** - wrap the cuff snugly, but not too tight
- **Check It** - check your blood pressure on the device

4. EAT WELL

Making small, simple changes to your eating habits can go a long way toward keeping you and your family healthy. Eating fruits and vegetables, such as mangos, avocados and blueberries, can lower blood pressure over time. Other

smart choices include nuts and seeds, whole grains, lean proteins and fish.

5. REDUCE ALCOHOL AND TOBACCO USAGE

Smoking compounds risk factors for heart disease, such as high blood pressure and diabetes, and the chemicals in tobacco smoke can harm your heart and blood vessels. Similarly, consuming alcohol excessively (more than two drinks per day) is associated with high blood pressure. Limiting alcohol consumption and stopping smoking – or avoiding secondhand smoke – can help reduce your risk.

If you develop high blood pressure, work with a health care professional to manage it, and visit heart.org/hb-pcontrol to find local blood pressure resources, step-by-step self-monitoring videos and more.

This project is supported by cooperative agreements (CPIMP201227 and CPIMP201228) with the Office of Minority Health (OMH) of the U.S. Department of Health and Human Services (HHS), as part of a financial assistance award totaling \$14.6 million in partnership with the Health Resources and Services Administration (HRSA). The contents do not necessarily represent the official views of, nor an endorsement by OMH/OASH/HHS or the U.S. Government. For more information, please visit <https://www.minorityhealth.hhs.gov/>.

Monitoring Your Blood Pressure at Home

Knowing how to correctly check your blood pressure is important, especially if your doctor recommends regular self-monitoring at home.

- **Be still.** Don't smoke, drink caffeine or exercise during the 30 minutes before measuring your blood pressure. Empty your bladder and take at least 5 minutes of quiet rest time before measuring.
- **Sit correctly.** Sit with your back straight and supported. Keep your feet flat on the floor and your legs uncrossed. Support your arm on a flat surface, such as a table, with your bicep at heart level. Place the bottom of the cuff directly above the bend of your elbow. Never take measurements over sleeves or other clothing.
- **Measure at the same time every day.** For greatest consistency, take readings at the same time daily, such as a set time in the morning and evening.
- **Take multiple readings and record the results.** Each time you measure, take 2-3 readings approximately 1 minute apart and record the results to share with your doctor.

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Odds & Ends



Reporting Elder Abuse

Every year an estimated 1 in 10 older Americans are victims of elder abuse, neglect, or exploitation. Roughly 25% of the Louisiana's population is over 60 years of age and the senior population is expected to grow. Victims often live with family members and depend on them for daily care. They are most likely age 75 or older, women, dependent on the abuser for basic needs, and suffering from a mental or physical illness. Signs include physical, verbal and financial abuse, as well as self-neglect. On average more than 5000 elder abuse calls come to the Governor's Office of Elderly Affairs in a year, and the bulk are for self-neglect and caregiver neglect of individuals over age 60. Just over 10% of all reports are high-priority cases which require immediate intervention. To report abuse or neglect, call the Louisiana Elderly Protective Services hotline at (833) 577-6532. Calls are free and anonymous. One does not have to prove abuse to report it.

Rising Food Prices Hit Less-Healthy Older Adults Hardest

Three-quarters of people over age 50 in the United States say the rising cost of groceries has affected them somewhat or a lot, and nearly a third say they're eating less healthily because of increased food costs, according to new poll findings. But food cost inflation has hit certain groups of older adults harder, the poll suggests - especially individuals who rate their physical or mental health as fair or poor, and those in lower-income households or with fewer years of formal education. The new data suggest inflation will worsen already large nutrition gaps for people over 50. The new findings come from a national poll conducted by the University of Michigan National Poll on Healthy Aging

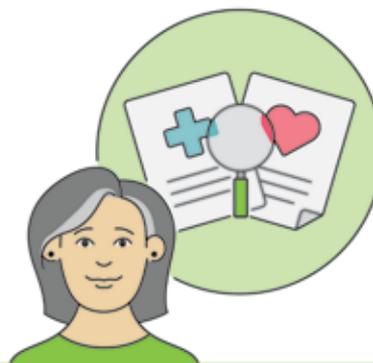


Social Security Announces Benefit Increase

Social Security and Supplemental Security Income (SSI) benefits for approximately 70 million Americans will increase 8.7% in 2023, the Social Security Administration recently announced. On average, Social Security benefits will increase by more than \$140 per month starting in January. The 8.7% cost-of-living adjustment (COLA) will begin with benefits payable to more than 65 million Social Security beneficiaries in January 2023. Increased payments to more than 7 million SSI beneficiaries will begin on December 30, 2022. (Note: some people receive both Social Security and SSI benefits). The Social Security Act ties the annual COLA to the increase in the Consumer Price Index as determined by the Department of Labor's Bureau of Labor Statistics. Medicare premiums are not rising. Starting in early December, you will be able to securely view your Social Security COLA notice online via the Message Center inside *My Social Security*. Benefit amounts will not be available before December.



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Open and Concealed Carry Laws in Louisiana



Veterans Day is soon approaching. It is a time to honor those U.S. military veterans who sacrificed themselves for our country to ensure that our freedoms and Constitution were protected. This article will attempt to provide some of the laws dealing with guns in Louisiana and a new law that allows our veterans and active duty military to carry concealed firearms.

Louisiana is considered to be an “Open Carry” state. In Louisiana, a person who is not otherwise prohibited from possessing a firearm may carry it openly and loaded, without any permit, in places where firearms are allowed. This law applies to both residents of Louisiana and non-residents. A law enforcement officer may observe the person carrying the firearm and try to initiate a voluntary conversation with someone who is openly carrying a firearm. A valid concealed weapon permit does not restrict the right to open carry a weapon. Private property owners can restrict the carrying of a firearm on their property.

Open carry of a firearm alone does not constitute Disturbing the Peace or Negligent Carrying of a Concealed Handgun/Brandishing under either of these laws. In order to be charged and convicted of these crimes, a person must be doing some other bad act in addition to carrying a firearm.



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An example of this may include unholstering a handgun and waving it around in a crowd of people.

If you intend to carry a concealed weapon in Louisiana, you must obtain a concealed weapon permit. In order to obtain this permit, you will need to apply to the State of Louisiana. Louisiana will require you to fill out an application and take training offered by a certified instructor before they will issue you a final permit. Louisiana's concealed weapon permit is recognized in numerous states.

All permit holders who are armed must inform a law enforcement officer "who approaches the permittee in an official manner or with an identified purpose" of the fact they are carrying a concealed weapon. People who have been convicted of certain crimes of violence, sex offenses, felony controlled dangerous substance offenses, domestic abuse battery, and certain other crimes are prohibited under state law from possessing a firearm or carrying a concealed weapon until 10 years after the completion of the sentence. This prohibition also includes black powder weapons such as muzzleloaders.

Concealed weapons are prohibited in certain places. These include law enforcement stations, courtrooms, polling places, schools, state capitols, airports, and detention facilities. A permittee is not allowed to carry a concealed weapon into a church unless the church gives them permission to do so.

This year, our Legislature passed a law which allows active duty or reserve military personnel who are not under any disciplinary proceedings to carry a concealed firearm. This same law allows retired veterans who were honorably discharged from their service to also carry concealed firearms. In order to take advantage of this new right, the person carrying the concealed firearm must have proof of their military service or their honorable discharge on them at the time they are carrying the firearm. The firearm is still restricted to be carried in certain places as listed above in this article. The Legislature has recognized persons who have served or are servicing by passing this new law.

If you are planning on carrying a firearm on your person, you need to know the law. Make sure to know where you can carry your weapon and where you can't. You have a right to firearms, but you must act responsibly when carrying them.



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

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Tips for Eating Out with Diabetes

Sixty percent of Americans eat out for dinner at least once a week. If you fall within this percentage and you have diabetes, it can get tough to manage your diet plan and blood sugar levels. Restaurants aren't generally known for their healthy, low-calorie foods because they are in the food business. High calorie, high-fat foods seasoned generously with sodium are what keeps people coming back! Fortunately, despite this truth, many restaurants are accommodating dietary needs more than ever before. This is a great opportunity to practice healthier eating and to discover new restaurant offerings you like that fit within a diabetes meal plan.

Before you head to a restaurant, try to do a little research on the place you're going to. Find their menu online and scout out the healthy

options they offer. Plan what you're going to eat and stick to it! Tell your plan to the person you're dining with so they can help hold you accountable. If you don't see any healthy options on the menu, it certainly doesn't hurt to ask if they have some lighter alternatives or healthier ways they can prepare a dish for you.

If you don't eat out too often and you're not willing to sacrifice your favorites at certain restaurants, that's okay too! Try focusing on decreasing your portions so dining out doesn't cause a blood sugar spike. Order small sizes, share an entrée with whoever you're dining with, or pack up half of your meal in a takeout box to enjoy tomorrow or the next day. Some restaurants may even let you order a kid's meal, which can be a great way to watch your portions. Cutting down on portion sizes at res-



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restaurants is great for anyone, diabetes or not, because restaurant meals are often very large, causing diners to suffer from portion distortion.

When ordering your drink, try to avoid sweetened beverages like soda, sweet tea, and lemonade, as they can raise blood sugar levels very quickly. Water is ideal, especially considering there will already be extra calories and carbohydrates coming from your meal. When the waiter brings out the water, try to finish a whole glass before your food comes out. This has been shown to help people eat less.

It's important to be menu savvy when choosing what to eat. Look for terms like baked, steamed, grilled, or broiled on the menu, as these are healthier cooking methods. Avoid menu items that have names or descriptions that include creamy, crispy, breaded, or fried. This typically means the dish is high in calories. Many restaurants even let you choose or swap side items, and if this

is the case, opt for vegetables or a side salad if available. Ideally, half of your plate at every meal should be filled with vegetables, so try to focus on adding vegetables where you can when dining out. Be cautious with salad toppings

Dining out with **diabetes** can be quite cumbersome, but it doesn't have to be!

and dressings, too - creamy dressings, bacon, cheese, and croutons can be a sneaky source of added calories and fat. Vinaigrettes are usually better options when it comes to salad dressings, so be sure to ask about all the dressing choices the restaurant offers. Order your salad dressing on the side and try to use it sparingly to save on calories and fat. It's also important to be mindful of menu items that have sauces with honey, sticky, glaze, barbecue, or teriyaki in the

name, as they usually have added sugars which contribute to your meal's carbohydrate count.

Dining out with diabetes can be quite cumbersome, but it doesn't have to be! With a little preparation and a whole lot of practice, you can become a savvy diner. The real enjoyment comes in knowing you can spend the rest of your evening without worrying about a spike in blood sugar levels or feeling defeated for making a not-so-healthy choice.

Diabetes control is so important in preventing further complications, so don't discount the value of making healthy choices when eating out!

Abigail McAlister is a Registered Dietician and nutrition agent with LSU AgCenter



for Caddo and Bossier Parishes. Her focus is adult nutrition education and promotion. Contact her at amcalister@lsu.edu.

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The Case of the Church Bequest

There was an old woman who lived in a shoe: wait, that's not right.

I'm writing about a real-life case, not a fairy tale.

There was an old woman who lived in Nebraska. The old woman, in her will, left all of her money to her church.

But the old woman outlived her church, which had ceased to exist four years before her death. By that time, the old woman was suffering from Dementia and was not competent to change her will.

So who gets the money?

Well, the old woman was no fool. When she wrote her will, she knew that her church was small and might have to close soon. She told her lawyer that if her church merged with another church, then she wanted her money to go to the merged church. Or if the church, rather than merging, closed and gave away everything it owned to a charity, then the old woman wanted her money

to go to that charity. Otherwise, she wanted all of her money to go to The Salvation Army and The Visiting Nurse Association. (The old woman had been a nurse for much of her life.) The Salvation Army and The Visiting Nurse Association thought that they would split the money.

But the church's regional governing body, called a Synod, disagreed. The church, a small Lutheran church, belonged to The Nebraska Synod of the Evangelical Lutheran Church in America. They thought that they were entitled to the old

woman's money, so they went to court to get it. They showed the Judge the old woman's will. It was full of legalese, but one of the things it said was that the old woman's money would go to her church "if it continued to exist as a charity, or to its charitable successors and assigns, if such successor organization was also a charity."

The Synod told the Judge that they were a "successor and assign" because when the old



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woman's church closed, it gave all of its assets to the Synod. But the Judge, rather than worrying about whether the Synod was a "successor and assign," instead decided to focus on whether the Synod was a charity.

The first witness to take the stand was the Lutheran Bishop for the area. He explained that the old woman's church "gathered to form their local worship community," but the Synod had a very different purpose. The Synod only held services once a year, not weekly like the old woman's church. The Bishop called the Synod "a district like organization that oversees as many as 233 congregations in Nebraska." Rather than doing charitable work, the Synod "only takes care of paperwork, legal matters and administrative matters" for its congregation members.

Which didn't sound like a charity to the Judge. I guess the logic was that an organization that helps other charities with administrative matters is not itself a charity. To put it another way, even if I took care of legal matters for the New Orleans Saints, I still wouldn't be a football player.

According to the Judge, even if the Synod was the old woman's church's "successor and assign," it wasn't a charity. And according to the old woman's will, if the church's "successors and assigns" wasn't a charity, then the money would not go to the "successors and assigns." As a result, the judge said that The Salvation Army and the Visiting Nurse Association got the money.

Now I don't know how much money was involved in the case, but it must have been a lot because the Synod appealed all the way up to the Nebraska Supreme Court. And what did the Nebraska Supreme Court decide? The Synod didn't get a single penny.



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 I Compare Part D Plans?

Dear Marci,
I have Original Medicare and a Part D plan. I'm considering changing my Part D plan this Medicare Open Enrollment Period. How can I compare Part D plans?

~Mina (Walla Walla, WA)

Dear Mina,

I'm glad to hear you're comparing your Medicare coverage options this fall! Research shows that many people with Part D could lower their costs by shopping among plans each year. There could be another Part D plan in your area that covers the drugs you take with fewer restrictions or with lower costs, so it's great that you are trying to compare plans.

I would recommend using Plan Finder to compare Part D plans. Medicare Plan Finder is an online tool at www.medicare.gov that can be used to compare stand-alone Part D plans or Medicare Advantage Plans. Plan Finder provides information about costs, which drugs are included on the plan's formulary (list of covered drugs), and the star rating of the plan.

To use Plan Finder, follow these steps:

- Go to www.medicare.gov and click the button that says, *Find Plans Now*.

- You can do a general search on the right side of the page, under the title "Continue without logging in" button. If you wish to save your drugs and pharmacy information, you can log into or create your Medicare account on the left side of the page.

- Next, put in your zip code and use the drop-down list to choose whether you are looking for a Medicare Advantage or Part D plan. Make sure you click "Apply" and then click on "Start" to begin your search.

- Then you can enter the drugs you take, choose the pharmacies you use, and indicate whether you are interested in a mail order option.

Plan Finder will display results for plans in your area. Note that a plan may not cover all of the drugs you take, but it may have alternatives on its formulary. Speak to your provider about whether these alternatives would be appropriate for you. Plan Finder also tells you if the plan has a deductible and how much the monthly premium is.

Initially, the plans will be sorted by "lowest drug + premium costs." This is the closest estimate to what you may pay out of pocket for your Part D coverage for the year. You can select "Plan Details" to find out more specifics about



coverage, including any coverage restrictions that might apply to your drugs.

Before enrolling, it is a good idea to call the plan directly to confirm any information you read on Plan Finder, as information may not be completely up to date. You can enroll in a plan online, by calling 1-800-MEDICARE, or by calling the plan directly.

Note that this year, there are some additional things that people who take insulin should consider when using the Plan Finder tool. Beginning in 2023, cost-sharing for insulin is capped at \$35 per prescription. However, the Plan Finder tool does not reflect this price change. If you take insulin, do your Plan Finder search without your insulin included in your drug list. This will show you the lowest cost plans for your other medications. Then separately check with a plan to see if your insulin is on the plan's formulary.

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you want between October 15 and December 7, but only the last change you make will take effect on January 1. If you choose a plan and realize that it is the wrong plan after Fall Open Enrollment is over, in most cases you will not be able to change your coverage until the next Fall Open Enrollment Period. For this reason, it is important to carefully consider all of your options and take the time to research each plan in

order to make a decision that fits your health care needs.

Good luck choosing the best Part D plan for your needs! ~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.

Questions To Ask When Comparing Part D Plans

When you are choosing among Part D plans, here are some questions to keep in mind. Before you start looking at plans, make sure you know:

- The prescriptions you take, including their dosages and usual costs (you may want to ask your doctor for help creating a list)
- The pharmacies you regularly use

DRUG COVERAGE

- Are my prescriptions on the plan's formulary?
- Does the plan impose any coverage restrictions, such as prior authorization or step therapy?
- If the plan does not cover a medication I take, does it cover one that will work for me? (Ask your doctor.)

COSTS

- How much will I pay at the pharmacy (copayments or coinsurance) for each drug I need?
- How much will I pay for monthly premiums and the annual deductible?
- How much will I have to pay for brand-name drugs? How much for generic drugs?
- What will I pay for my drugs during the coverage gap?
- If a drug I take has a very high coinsurance, is there a drug I can take that will cost less? (Ask your doctor.)
- Am I eligible for Extra Help or a State Pharmaceutical Assistance Program (SPAP)?

PHARMACY NETWORK

- What is the service area for the plan?
- Can I fill my prescriptions at the pharmacies I use regularly?
- Can I fill my prescriptions when I travel?
- What will my coverage options and costs be if I visit out-of-network pharmacies?
- Can I get prescriptions by mail order?

COORDINATION WITH OTHER INSURANCE

- Will Part D work with other coverage I have to lower my costs?
- Do I need to enroll in Part D if I have other creditable coverage?
- Do I need to enroll in Part D if I have job-based drug coverage?

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SHREVEPORT Then & Now

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Opened in March of 1936, the Seven Up Bottling Company was first located at 1561-1563 Texas Avenue and employed a total of 6 people! Those 6 people were the bottlers and the sales force. The bottling company then moved into a “new and improved” building at 1137 Milam Street (once the Salvation Army building) right past the Shreveport Municipal Auditorium. According to Tommy D. Digilormo, who used to walk by it going to town, they also bottled Dr Pepper there.



We came across several old photos of it while researching at the Northwest Louisiana Archives at LSU and thought we would share these. Growing up, we all drank 7-Up but never realized that it was once bottled here in Shreveport Louisiana! Although the building is abandoned, you can't help but wonder what it must've been like to work there! The next time you get a chance you should drive by the building on Milam Street right down from Grand Ave. (Elvis Presley Avenue) and check it out.

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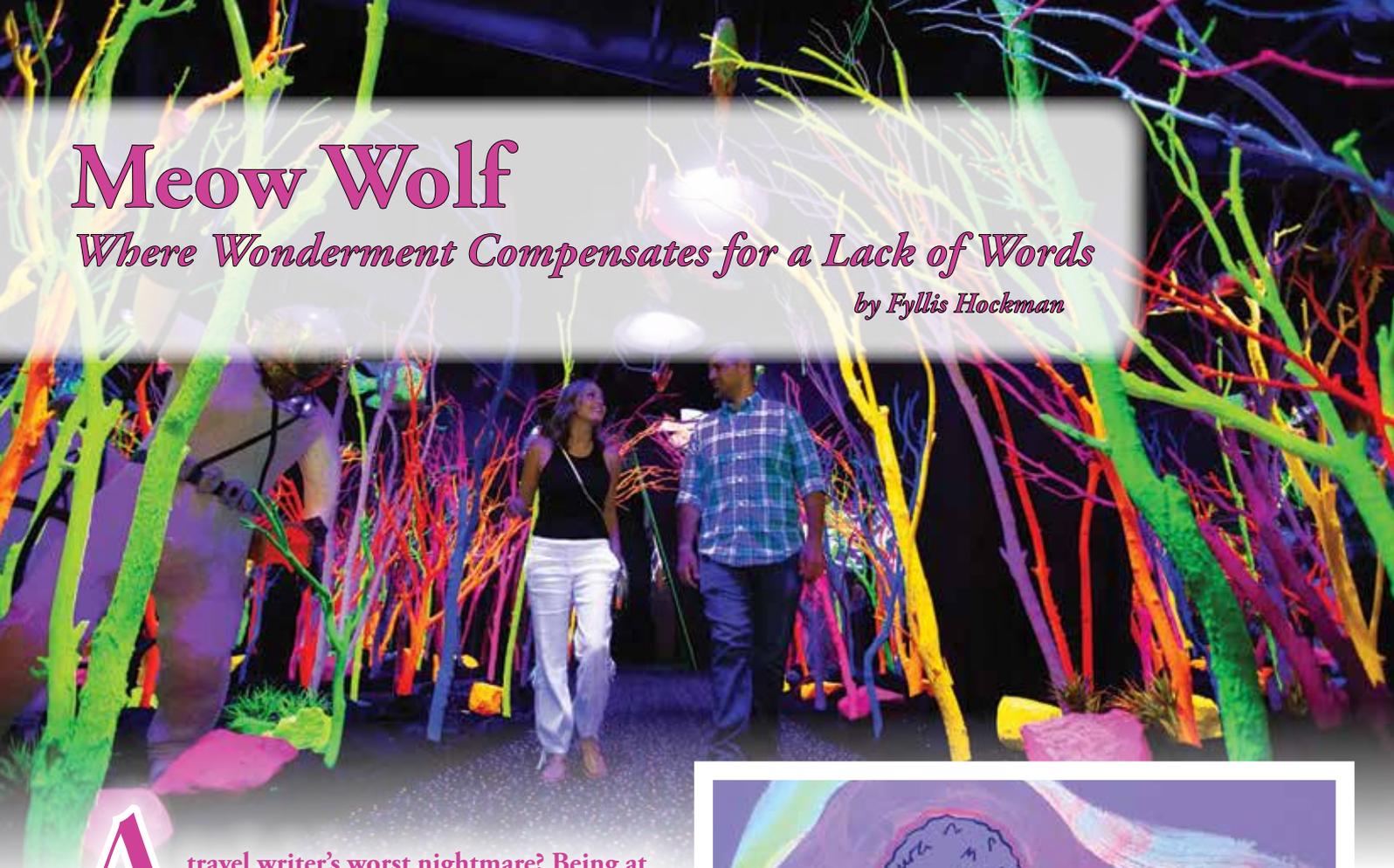
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Meow Wolf

Where Wonderment Compensates for a Lack of Words

by Fyllis Hockman



A travel writer's worst nightmare? Being at a loss for words to describe something. And so it is with Meow Wolf, an immersive interactive art installation and technological wonderland with unending surprises at every turn in Santa Fe, New Mexico. Oh sure, it's magical, mind-boggling, awesome, inspirational but no mere words can capture the experience.

Prior to entry, you are encouraged "to do things." And indeed there's lots to do. Also be careful of flashing lights, dark spaces, uneven terrain; Watch your step, Watch your head, Watch your mind. You are advised not to run, eat or gossip; and incidentally, to stop the Apocalypse. What else is there to know?

As you walk in, around, about and through a house, there is supposedly a sci-fi mystery about what occurred there – with clues ostensibly placed throughout – but I quickly gave up on even trying to imagine what or where they could be. There are apparently 100 hours of narrative content superimposed upon 70+ rooms of inspired idiocy. Way beyond my pay grade. Besides the experience itself is one big distraction from focusing on anything but trying to figure out just where you are, how you got there, what you're actually seeing and what there is next.

To say there are secret passages is like saying alphabet soup has letters in it. Eventually climbing through a fireplace on your knees or walking into a refrigerator or sliding down a dryer begins to feel normal. Then those portals lead to other



rooms, ramps, caverns, hallways, stairways, each one of which houses its own mesmerizing series of shapes, sounds, games, statues – perhaps some psychedelic monsters, multi-colored puppets, optical illusions, but mostly huge unidentifiable objects that appear to have no particular purpose other than to pique one's imagination and cause one's head to shake repeatedly in disbelief. Or maybe it was just me.

It's like being shot into a living, breathing kaleidoscope, the sensory overload akin to 2001: A Space Odyssey combined with Fantasia on steroids – and drugs. Sure, it's a multi-dimensional art gallery because this is, of course, Santa Fe, but the creative chaos is interspersed with being ensconced within a human video game, jungle gym and an other-worldly dimension that defies any normal concept of reality. Did I mention the multiple theme rooms with their bright lights,

colorful designs, mystical music? Of course, the treehouse alone is its own adventure.

Occasionally voices emerge, but who cares? I was too busy playing the dinosaur bones and producing a sound and light show before moving on to the laser harp room. Don't even ask. Then on to an invitation to visit multiple fictional destinations or view a peephole containing dioramas of weird – might I say macabre – objects. There were inexplicable videos that to some level of intelligence beyond mine may have meant something – or not.

What? An arcade room? Something must be wrong. It looks normal. Okay, not so much. The sign saying the games are free is perched right above the token machine. Onto a graffiti-engraved wall: “How is one to know one's mind when one's mind is all one has to know it by” pretty much sums up what I'm feeling at the time. An extensive garden of wide-ranging floral arrangements attracts until one realizes it's just a reflection of single plants magnified multiple times within a mirrored room. More head-shaking.

At the risk of repeating myself, none of these words even begins to do Meow Wolf justice. It just might be the 8th Wonder of the World – and demands a visit so that you too can shake your head, roll your eyes, and laugh knowingly when someone asks you to describe it.

If You Go: The best idea is to buy your tickets online. This allows you to choose your date and time. Don't even think about going for the 10 a.m. opening; the lines are too long. By later in the afternoon, you should be able to walk right in. You may or may not ever come out...

For more information, visit <https://meowwolf.com>.



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Nancy Olson Livingston Had a Front-Row Seat to Entertainment History

Aside from the songwriters, imagine being the first person on the planet to enjoy the words and music of some of the greatest classic songs to ever appear in Broadway and Hollywood productions.

Nancy Olson Livingston did not have to imagine. As she writes in her new November autobiography, “A Front Row Seat,” her lyricist husband Alan J. Lerner and composer partner Frederick “Fritz” Loewe would regularly serenade her with their latest compositions throughout the 1950s.

“We were living in New York and I remember one time being awoken at three in the morning by Alan and Fritz who were shaking the bed saying, ‘Nancy, Nancy, you have to get up!’” recalled Olson Livingston from her home in Beverly Hills.

A bitterly cold night in the midst of a New England blizzard, the wildly excited songwriters forced her into a heavy coat, galoshes, and scarf as Lerner led his sleepy wife across the snow-covered road to their



Cast of "Sunset Boulevard": William Holden, Gloria Swanson, Nancy Olson, and Erich von Stroheim (Paramount Pictures)

studio. “You have to listen to something,” they insisted, depositing her in an armchair near the piano.

The pair began acting out scenes from their new play and then performed “The Rain in Spain” to their wide-eyed solo audience. The song was one of over a dozen Lerner/Loewe classics that would be used to score the 1956 Broadway debut of “My Fair Lady” with Rex Harrison and Julie Andrews, then 8 years later on the big screen soundtrack featuring Harrison and Audrey Hepburn.

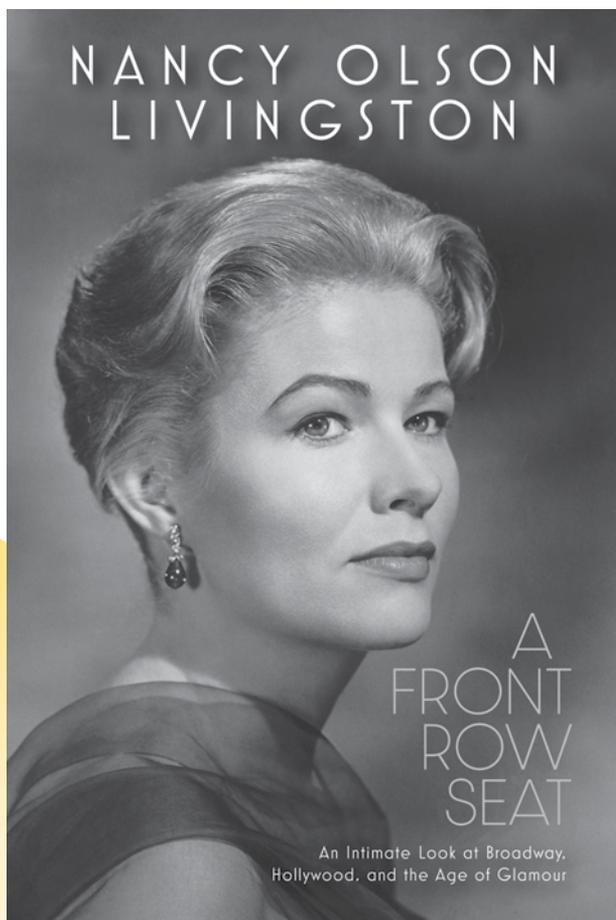
Whereas the original Broadway production continued into the early 1960s, the marriage to Lerner did not. The pair remained together from 1950 to 1957 when Lerner co-wrote songs for “Brigadoon” and “Paint Your Wagon.” But by the time audiences were enjoying his hits in “Gigi” and “Camelot,” the couple had divorced.

Fortunately for Nancy, she married Alan Livingston several years later, a union that lasted 47 years until his death in 2009. Livingston was another giant in the music world, an entertainment executive who eventually became president of Capitol Records in the early 60s. He signed an aging Frank Sinatra to a record deal, produced Don McLean’s “American Pie,” and was instrumental in bringing the Beatles to the U.S. He even co-wrote the novelty song “I Taut I Taw a Puddy Tat” and created the character of Bozo the Clown.

Unlike her first Alan, Alan number two was a faithful and devoted husband and the love of Nancy’s life. At 94, she still lives in the same house the couple built in 1965.

While certainly a dutiful hostess who supported the careers and social demands of both spouses, she also enjoyed success as an actress. Credited as Nancy Olson in film and television roles, she is often best remembered for her appearance in 1950’s “Sunset Blvd” playing the ingénue role with William Holden and Gloria Swanson. She went on to work with Holden in several more films.

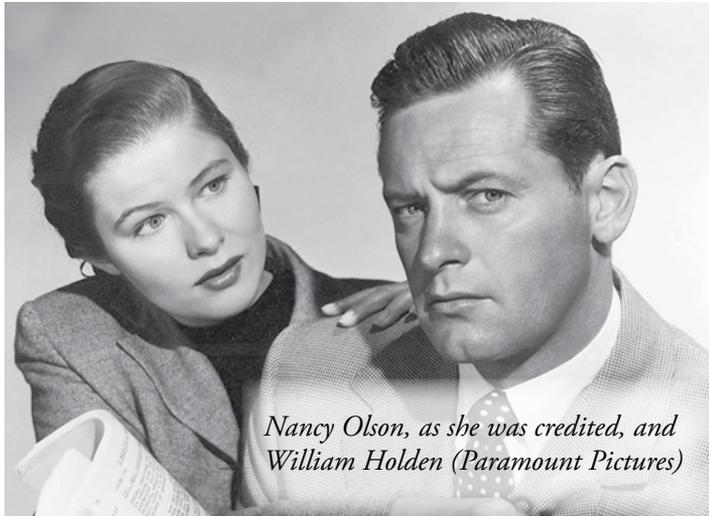
“We formed a lasting friendship,” she said. “One time Alan (Livingston) and I were flying to London and were at Kennedy airport when I heard a voice calling from the other end of the hallway – it was Bill (Holden). We ran to each other and hugged which was very emotional. All of a sudden, a stranger walked up and



taps us both on the shoulder and said, 'excuse me, but this is better than watching an old movie!'"

Many more stories outlining her movie career, extensive charity work, and life married to two extraordinarily talented men are described in Olson Livingston's book, which she divided into over 100 easy-to-read chapters.

"I could have written many more," she says, "but each one in the book represents important moments in my life." *Nick Thomas teaches at Auburn University at Montgomery, in Alabama, and has written features, columns, and interviews for numerous magazines and newspapers. See www.getnickt.org.*



Nancy Olson, as she was credited, and William Holden (Paramount Pictures)

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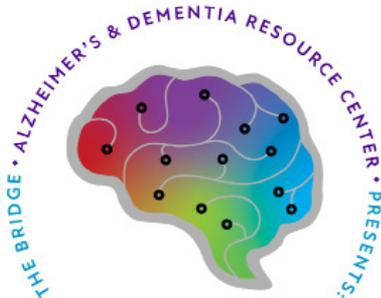


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Royal Humor

The closest I ever came to royalty was holding four kings in a game of poker. But as a child growing up in a Commonwealth country in the early 60s before moving to the US, we were dutifully required to sing “God Save the Queen” during formal school assemblies.

Like so many others, I was deeply saddened to see the passing of **Queen Elizabeth II** in September. Since then, many commentators have reminisced about the queen, including tales of her delightful sense of humor which was suitably subtle given her stature. When once asked if she kept a diary and writes it in her own hand, she wryly responded, “Oh yes, I can’t write any other way.”

Throughout the centuries, however, British sovereigns haven’t always displayed an overt sense of humor, which is a shame because there were surely opportunities to act the mischievous monarch.

For instance, when **Queen Elizabeth I** was informed in 1588 that the Spanish armada was advancing across the channel, how delightful if she had summoned Sir Francis Drake and playfully suggested, “Drakey, board the invading fleet and hand out haggis and black puddings to the sailors, informing them they are our national dishes. They’ll turn tail and never return.”



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Or what about when counselors to **Henry VIII** raised the issue of marital difficulties with his second wife? The king could have initially ranted, "Another divorce? There must be a quicker way." Turns out there was.

Charles II had little to laugh about. Not only was the poor fellow confronted with a Dutch war, but he reigned during the Great Plague of London in 1665 and then, the following year, the Great Fire of London. The king could have lightened the mood by proclaiming, "Oh well, perhaps one day they'll name a spaniel after me."

Queen Elizabeth II wasn't the only member of the contemporary royal family to display a grand sense of humor. Her husband, the late **Prince Phillip**, was a royal wit even in his declining years. After the 2017 announcement of his pending retirement from official duties, he was approached at a function by a man who remarked "I'm sorry to hear you're standing down." To which the prince responded, "Well, I can't stand up much longer."

King Charles III appears to have inherited his parents' sense of humor. During a trip to Rwanda in June and finding himself surrounded by bamboo trees during one outing, then-Prince Charles couldn't resist: "I feel slightly bamboozled." In his younger days, the prince even attempted to break dance, jokingly wrestled with bagpipes, briefly assumed the role of a TV weatherman, and cheerfully donned all manner of silly hats in public.

Queen Elizabeth II will be a hard act to follow. In 1986, when a rowdy protester tossed a few eggs at the queen during a trip to New Zealand, she apparently later remarked, "I myself prefer my New Zealand eggs for breakfast."

Her Majesty, of course, was frequently called upon in distressing times to deliver reassuring messages to help her nation, and indeed the world, heal. If turnabout is fair play, then the queen's own sober words after the passing of Princess Diana should resonate with all who loved Elizabeth: "No one who knew Diana will ever forget her. Millions of others who never met her, but felt they knew her, will remember her."

The queen's final journey from London's Westminster Hall to her burial site at Windsor Castle was an extraordinary event – a dignified display of British pomp and pageantry – witnessed by a million-strong crowd that turned out to collectively honor their beloved monarch.

Many of us watching the broadcast from afar shared their grief, knowing that none would formally chant the regal refrain of "God Save the Queen," ever again.



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

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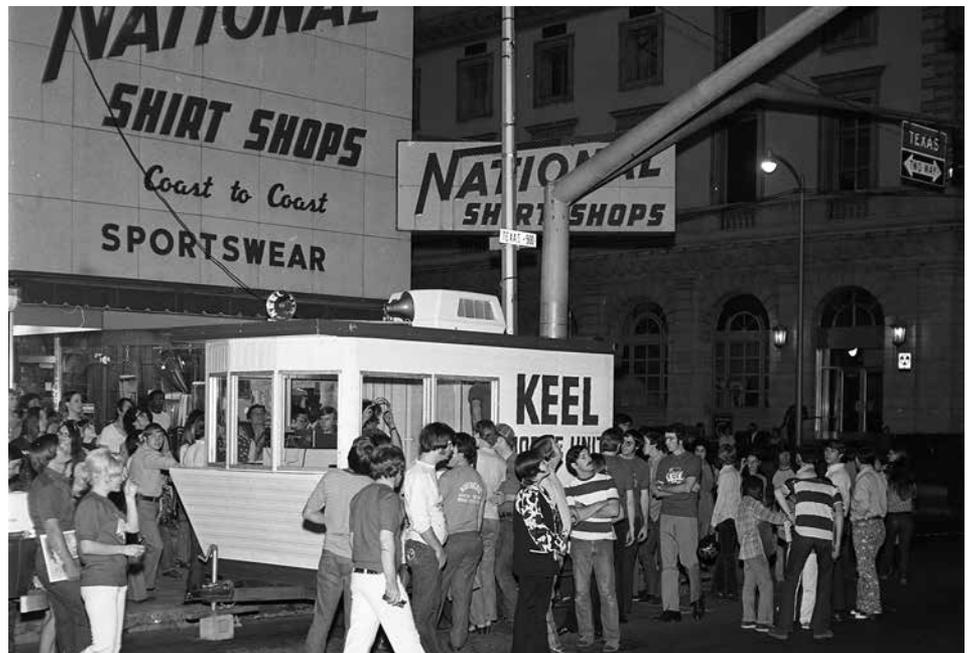
Snapshot SLEUTH

**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.



These images are from the Lawrence Lea Collection. The jacket is labeled "B&B System KEEL Board, June 3, 1972." It's believed that picture above is of the KEEL board and that the KEEL billboard was done by B&B System. The image below is of the event which was held at the corner of Texas and Marshall Streets.



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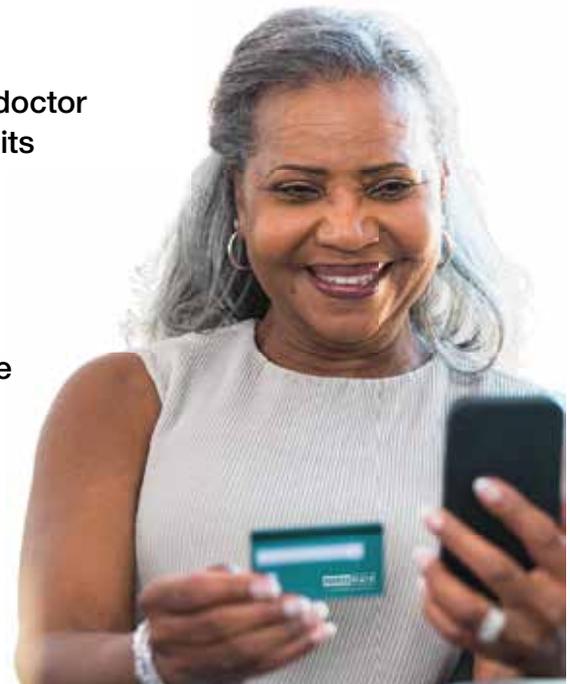
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Infuse Holiday Gatherings with Fresh Grape Flavor

FAMILY FEATURES

The elegance of the holidays starts at the table with meals, desserts and drinks shared among loved ones. This year, let grapes add easy elegance to seasonal recipes as a signature ingredient perfect for special occasions. Find more sweet ideas to celebrate the holidays at GrapesfromCalifornia.com.

Braised Pork Chops with Spiced Honey and Grapes

Servings: 4

- 4 thick pork chops (about 3 pounds)
- 4 tablespoons flour
- 2 tablespoons butter or margarine, melted
- 1 ½ cups whole red or black grapes
- ⅓ cup honey
- 2 small cinnamon sticks, broken
- 3-5 whole cloves
- ½ teaspoon dried ground ginger
- ½ teaspoon salt
- ¼ teaspoon black pepper
- 1 tablespoon chopped fresh mint (optional)

Preheat oven to 325 F.

Heat heavy, lidded saute pan or casserole dish over medium-high heat. Dust pork chops with flour and brown slowly in melted butter. Do not let flour burn.

Remove pan from heat and add grapes, honey, cinnamon, cloves, ginger, salt and pepper. Cover and place in oven. Braise slowly 50-60 minutes, or until pork is tender. Remove pork from pan and keep warm. Skim pan sauce of excess fat. Arrange pork chops on serving platter, spoon with sauce and sprinkle with chopped mint, if desired.



A Sweet Party Starter



Set the stage for a delicious get-together by serving an easy, attractive appetizer like this Grape Party Tray with fresh grapes, prosciutto, cheeses, pistachios and more holiday favorites.

Grape Basque-Style Cheesecake

Servings: 12

2 cups green grapes, divided	room temperature
¼ cup, plus ⅔ cup, granulated sugar, divided	1 cup cold heavy cream
2½ tablespoons cornstarch	4 large eggs, at room temperature
2 large pinches kosher salt	2 tablespoons orange-flavored liqueur (optional)
21 ounces cream cheese, at	

Heat oven to 425 F with rack in center. Use 12-by-16-inch sheet of parchment paper to line 9-inch springform pan in center. Press paper into bottom edge of pan and flatten creases around sides. Place pan on shallow baking sheet.

In mini blender or food processor, blend 1 cup grapes, ¼ cup sugar, cornstarch and salt on high until smooth, about 1 minute.

In bowl of electric mixer fitted with paddle, beat cream cheese and remaining sugar until fluffy, 1-2 minutes. With mixer on medium speed, gradually pour in heavy cream; scrape down and beat on high speed until mixture resembles soft whipped cream, about 1 minute. Beat in eggs, one at a time, scraping down between additions. At medium speed, gradually add grape puree mixture; scrape and mix until well blended, 1 minute.

Pour batter into prepared pan, transfer to oven and bake 38-40 minutes until cake is puffed and top is caramel brown. Cracks will appear around edges and cake will be wobbly when touched gently with finger. Set cake pan on baking sheet on rack to cool. Cake will sink to half its height. Cool to room temperature, 1-2 hours, then refrigerate uncovered. Do not unmold cake from pan until well chilled, at least 5 hours or overnight.

Slice remaining grapes in halves or rounds. In small bowl, combine grapes with orange liqueur, if desired, and set aside.

When ready to serve, remove side of pan. Carefully pull creased parchment away from side of cheesecake then transfer to serving platter by peeling parchment away from bottom of cake and underneath pan while gently tugging cake toward platter and off parchment.

Garnish top of cheesecake with grape-liqueur mixture, if desired, or fresh grapes. Cut cake into wedges with thin, sharp knife.

Note: Cheesecake can be made up to 2 days ahead. Once well chilled, cover pan with plastic wrap until ready to serve.



Hot Spiked Grape Cider

Servings: 4

5 cups red grapes, plus additional for garnish, divided
3 cups water
1 tablespoon honey
1 cinnamon stick
2 star anise (optional)
1 large navel orange
6 ounces amber rum



In large saucepan, combine 5 cups grapes with water, honey, cinnamon and star anise, if desired. Bring mixture to boil over medium-high heat, reduce heat to medium-low, cover and simmer until grapes are tender, 50-60 minutes. Let cool 15 minutes.

Lay medium mesh strainer over bowl and pour grape mixture through. Gently press on solids to remove juice from fruit for about 2 cups grape cider.

With peeler, peel off large strip orange zest and add to warm juice. Let cool, cover and refrigerate.

When ready to serve, gently warm cider over medium heat. Pour ½ cup cider into each cup. Add 1½ ounces rum and garnish with twist of orange and small skewer of grapes.

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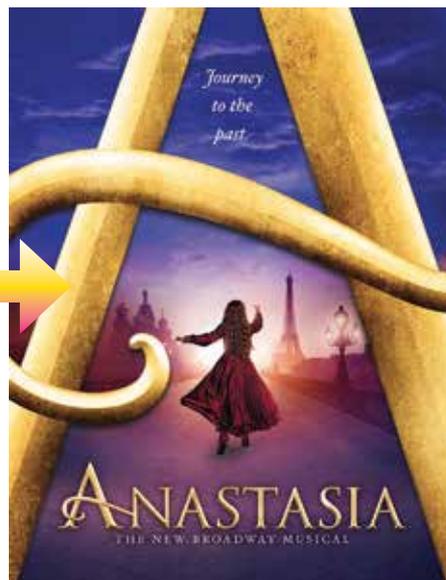
• "Latin Nights"

Presented by the Shreveport Symphony. Saturday, **November 19 at 7:30 p.m.** at Shreveport Riverview Theatre, 600 Clyde Fant Parkway in downtown Shreveport. Experience the phenomenal Cuban pianist/composer Aldo López-Gavilán in a program celebrating music of the Americas, plus Ravel's sultry "Boléro". Native son James Eakin's "Cloud Scraper: Symphony Americana", commissioned by the SSO, receives its world premiere. Tickets are \$20 - \$63. Call 318-227-TUNE (8863) or visit www.shreveportsymphony.com.

EVENTS

• 2nd Annual "A Positive Approach to Dementia"

Hosted by The Bridge Alzheimer's and Dementia Resource Center. **November 4, from 8 a.m. to 4 p.m.** in Bain Hall at First United Methodist Church in Shreveport, presented by The Alta and John Franks Foundation. Doors open at 7:30 a.m. Family caregivers, seniors, nurse practitioners, RNs, LPNs, social workers, marriage and family therapists, and others whose lives are affected by Alzheimer's and other dementias are encouraged to attend. Admission is \$25 per person. Open to the public. For additional info, please contact The Bridge Alzheimer's and Dementia Resource Center at (318) 656-4800.



Anastasia • November 18 • The Strand

libations. For more information or tickets visit www.2022sky.com or call 318-673-6500.

• Christmas in Roseland

Friday, Saturday, Sunday - Nov. 25 - Dec. 18; ENCORE Nights: Monday, 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 info call (318) 938-5402 or visit www.rose.org.

• Medicare Enrollment Event

Hosted by Humana. November 10 & 17 and December 1 at 2:00 p.m. at Johnny's Catfish and Seafood, 5130 Bert Kouns, Shreveport. Learn all about Humana Medicare Advantage Plans. A licensed Humana agent will help you

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• **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

choose the right plan for your needs. There is no obligation to enroll. To RSVP, call the local Humana office at 318-383-5969.

FILM



• "Meet Me in St. Louis"

November 15 at 10:30 a.m. Robinson Film Center, 617 Texas Street in downtown Shreveport presents a Silver Screening of "Meet Me in St. Louis", a 1944 American Christmas musical film made by MGM. Divided into a series of seasonal vignettes, starting with Summer 1903, it relates the story of a year in the life of the Smith family in St. Louis leading up to the opening of the Louisiana Purchase Exposition (more commonly referred to as the World's Fair) in the spring of 1904. The film stars Judy Garland. 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 City Farmers Market

Every Saturday through November, 9 AM - 1 PM in the south parking lot of Pierre Bossier Mall, 2950 E. Texas St., Bossier City. Fresh local produce and goodies, crafts, kids activities, food

trucks and live music. **FREE** admission and parking.

THEATRE

• "Anastasia, the Musical"

November 18 at 7 p.m. at The Strand Theatre, 619 Louisiana Avenue, Shreveport. Inspired by the beloved films, the romantic and adventure-filled new musical "Anastasia" transports us from the twilight of the Russian Empire to the euphoria of Paris in the 1920s as a brave young woman sets out to discover the mystery of her past. Pursued by a ruthless Soviet officer determined to silence her, Anya enlists the aid of a dashing conman and a lovable ex-aristocrat. Together, they embark on an epic adventure to help her find home, love, and family. Tickets are \$82, \$65, \$49, \$30 (student). Call 318-226-8555 or visit strand@thestrandtheatre.com.

• "A Christmas Carol"

Thursday, December 1 at 7 p.m. at The Strand Theatre, 619 Louisiana Avenue, Shreveport. Ebenezer Scrooge, that most unrepentant and miserly of fellows, is made to see the light as he survives a merciless battery of revelations by the ghosts of his own life: Jacob Marley and the Christmas Spirits of Past, Present, and Future. Tickets are \$55, \$45, \$35, \$30 (student). Call 318-226-8555 or visit www.thestrandtheatre.com

• "The Best Christmas Pageant Ever"

November 18 and 25 at 7:30 p.m.; **November 19, 20, 28, and 27 at 3:00 p.m.** at Emmett Hook Center, 550 Common Street, Shreveport. What happens when the "worst kids in the history of the world" find out about free food at Sunday school and decide to audition for the annual Christmas pageant? This hilarious and heartfelt musical comedy, adapted from Barbara Robinson's classic story, will have your family laughing and crying. Tickets are \$15 Child/Student, \$20 Senior/Military, \$25 Adult. For tickets call 318-429-6885 or visit emmetTHOOKcenter.org.



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

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|----------|--------------|
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| Arabica | Flavor |
| Aroma | Foam |
| Barista | French Roast |
| Beans | Gourmet |
| Beverage | Grind |
| Bitter | Grounds |
| Black | Iced |
| Blend | Import |
| Bold | Mug |
| Brewed | Organic |
| Caffeine | Plantation |
| Cup | Starbucks |
| Drip | Stimulant |
| Espresso | Taste |

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Across

- 1 Polish's partner
- 5 Man of steel?
- 10 Emollient
- 14 Alleviate
- 15 Split to unite
- 16 Woodwind
- 17 "Cleopatra" backdrop
- 18 As such
- 19 For fear that
- 20 Equestrian sport
- 22 Fearsome fly
- 24 Possesses
- 25 Kind of jet
- 26 Sports stat
- 29 Gregarious ocean mammal
- 33 Mother-of-pearl
- 34 Beach sights
- 35 Give a thumbs-down to
- 36 Race pace
- 37 Sent packing
- 38 Coarse file
- 39 Did a marathon
- 40 Shoot-'em-up
- 41 Thicket
- 42 Perk up
- 44 A finger or toe
- 45 Supporter
- 46 Inquire
- 47 Contributions
- 50 Comprehended
- 55 Hack
- 56 Winery process
- 58 Fit
- 59 Hopped off
- 60 Barrier
- 61 Glasgow gal
- 62 Optimistic
- 63 "Pomp and Circumstance" composer
- 64 Arduous journey

Down

- 1 Dispatch
- 2 Twosome
- 3 Cruise stopover
- 4 Souvenir shop item
- 5 Meal
- 6 First name in fashion
- 7 Yawner
- 8 Wife of Saturn
- 9 Moved unsteadily
- 10 Ravel classic
- 11 Help at a heist
- 12 Red ink amount
- 13 Ration (out)
- 21 Postpaid encl.
- 23 Gullible sorts
- 25 Recluse
- 26 Cavern, in poetry
- 27 Kitchen wrap
- 28 Teatime treat
- 29 Blender button
- 30 Unsuitable
- 31 Milquetoast
- 32 Kick out
- 34 Bubble-headed
- 37 1964 Walter Matthau movie
- 38 Halite
- 40 Eye amorously
- 41 Detective's assignment
- 43 Blue moon, e.g.
- 44 Sticking point?
- 47 Asterisk
- 48 Light ring
- 49 ___ of Evil
- 50 Minor damage
- 51 Machu Picchu builder
- 52 Way up the mountain
- 53 Apart from this
- 54 Pigeonhole's place
- 57 Salon goo

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62															

SUDOKU

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

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



OUR FAVORITE **5** FACTS ABOUT TURKEYS



- 1.** The first president to unofficially pardon a turkey was Abraham Lincoln because his son had grown fond of the bird.



- 2.** Turkey wasn't on the menu at the first Thanksgiving.



- 3.** A turkey's gender can be determined from its droppings—females produce spiral-shaped poop and gobbler's poop is shaped like the letter J.



- 4.** Wild turkeys can run at speeds of up to 25 miles per hour and fly as fast as 55 miles per hour.



- 5.** Americans will cook over 45 million turkeys on Thanksgiving Day.

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Answers from the Experts



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

What kind of services do you provide?

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Does Macular Degeneration cause you to go completely blind?

Even though macular degeneration is a non curable disease, it does not cause you to go completely blind. The macula is the central part of your vision, so if you get macular degeneration it causes you to lose central vision. The rest of our eye works normally so even in the worst cases of ARMD, patients will still retain peripheral vision. The good news is that macular degeneration is treatable. If you ever notice loss of near vision you need to be seen immediately because the sooner you are treated the better the outcome.



Chris Shelby, MD
WK Eye Institute
7607 Youree Dr.
Shreveport, LA 71105
(318) 212-3937
See our ad on page 13.

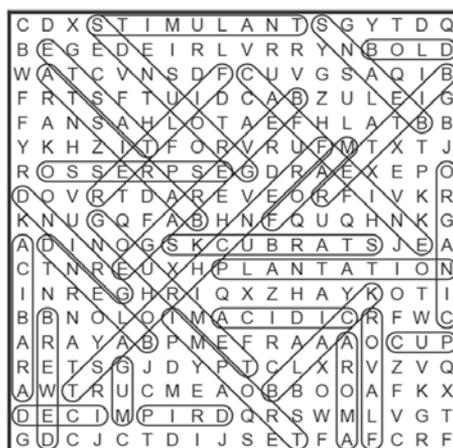
My grandchild complains of shoulder, neck and back pain when in school. Could this be due to his heavy backpack?

Yes. Backpacks are designed to distribute weight to larger muscle groups that can handle the load. Backpacks should have 2 padded wide shoulder straps, a padded back, and a waist strap (for heavier loads). Also backpacks should be light and not add to the load. Rolling backpacks are an alternative, although stairs are a problem. Your grandchild should use both shoulder straps, tighten straps so the pack is 2 inches above the waist and closest to the body, not pack more than 20% of the child's body weight in the backpack, and pack only what he needs. Pack heavier items close to the back and unpack unnecessary items in the locker.



John J. Ferrell, M.D.
Mid South Orthopaedics
7925 Youree Drive
Suite 210
Shreveport, LA 71105
(318) 424-3400

PUZZLE answers (from pages 38 - 39)



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



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parting ●●● ●●●shots

EMPTY BOWLS

The 17th annual Food Bank of NWLA's "Empty Bowls" event was held on September 22nd at Bally's Shreveport Casino and Hotel. The hunger awareness fundraiser features dinner and an online auction.



Food Bank Executive Director Martha Marak with Mark and Rebecca Evans



Steve Hurst with Lorenzo and Traci Washington



(L to r) Kathleen Krueger, Christy Sams, Ken Krueger, Geri Erwin, Teresa Yeates and Gary Powers



Rob and Paula Wood, John Russ and Steven Mayeux

SHREVEPORT SYMPHONY

The Shreveport Symphony Orchestra presented the "Music of ABBA", performed with ABBAcadabra, on October 15th at RiverView Theatre.



Sandra Alexander and Libby Gleason



Kay Long, Audrey Wolf-Garrett, Laura Raines, and Rosie Woodley



Liz Beck and Valerie Taylor

SILVER SCREENINGS

The Robinson Film Center's Silver Screening of the classic movie "The Quiet Man" was held on Tuesday September 20th.



Mary Baggs and Jena Reed



Joylyn Smith, Dotye Stanford, Linda Hammon, and Tamara Lamb



Renee Hilburn, Mary Herbel, and Khaki Simank

FUN UNDER THE BIG TOP

Centerwell Senior Primary Care Center in Shreveport hosted their “Fun Under the Big Top” event on October 15th with an entertaining morning of prizes, refreshments, tours and information.



Ted Grappe, Lorrie Nunley, and Michelle Grappe



Joseph Monnie won the TV grand door prize



Willie B. Welch, Marilyn V. Dueitt, Shirley Langford



Kristalyn Pepper, NP; Dr. Key Nelson, and Stephanie Arnold



Ophelia Nicholson and Chanon Whitman

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Written by
Barbara Robinson

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Learn more at **2022Sky.com**



MOVIES FOR GROWNUPS

AARP Louisiana offered a free screening of "Where the Crawdads Sing" on Wednesday October 12th at Regal Theatre in Bossier City. Each month AARP Louisiana will be hosting a free movie in NWLA for seniors and boomers.



Erica Bryant Delaney, Tonnie Sims-Shepherd and Jeaneen Broughton



Wayne and Sue Doughty

ERNEST'S ORLEANS

Ernest's Orleans Restaurant hosts *The Best of Times* special on Thursday nights for seniors and boomers.



Gloria Howard, Ruby Blackwell, Susan Keith, and Elinor Horton

Gail Lubus, Earlene Boddie, Marion O'Reak and Morgan Burks



Sharon Graham, Stephanie Collier and Debbie Boyd



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SILVER SCREENING PROGRAMMING

This matinee and luncheon for senior citizens showcases a classic film on the 3rd Tuesday of each month. The movie begins at 10:30 a.m. and is followed immediately by a buffet lunch.



MEET ME IN ST LOUIS
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Louisiana

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WHY IS IT IMPORTANT TO PRE-PLAN YOUR OWN FUNERAL?

Pre-planning benefits both you and your loved ones. You get to work with a funeral director to plan the funeral that you want without the pressure of time. The funeral that you want at a price that you are comfortable with and the price is locked in. This is much less stressful than your loved ones trying to put together a whole funeral in a few hours, where it is too easy for those in grief to emotionally over spend and you get your wishes followed.

YOU MENTIONED MONEY. DOES PRE-PLANNING ALSO AFFECT OTHER COSTS?

It does. Once you have planned out your funeral, you will know the costs and can begin to prepare. This may involve

creating a savings account or a pre-need policy. The traditional method of financing a funeral is a life insurance policy designed to pay for the service and other expenses. A Kilpatrick Life agent will be happy to create a policy tailored to meet your needs. By pre-planning not only your service but also how to pay for it, it saves your family money by freeing them the need to pay for the service with a high interest rate credit card or having to come up with cash with no notice.

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