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Louisiana

JUNE 6

Value of Mindfulness

Greg Graber, author, lecturer, and dean of Lausanne Collegiate School

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Dr. April Patton, hospice physician and Amanda Rogers, Administrator of Northwest Regional Hospice Group

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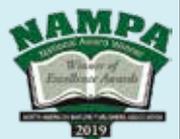
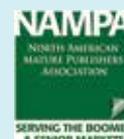
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Medical News & Info



PERSONALIZING ASPIRIN TREATMENT FOR PATIENTS AT RISK OF CARDIOVASCULAR DISEASE

When it comes to prescribing low-dose aspirin (“baby aspirin”), physicians must balance whether the benefit of preventing a heart attack or stroke in people without cardiovascular disease outweighs the potential harm from aspirin use, such as bleeding in the brain, stomach or other areas. After studying more than 3,500 participants from the Multi-Ethnic Study of Atherosclerosis, Johns Hopkins Medicine researchers have found that imaging the plaque buildup in the heart’s coronary arteries can help determine whether a patient would benefit from preventive aspirin or not. The coronary artery calcium score allows for more personalized allocation of therapy to give the right patient the right treatment. Researchers noted that those people with greater signs of plaque buildup are more likely to benefit from aspirin treatment, whereas people with little or no plaque buildup are more likely to be harmed. Their findings were published in the journal *Circulation*.

SUGARY DRINKS A SOUR CHOICE FOR ADULTS

Middle-aged and older adults who drank sugary beverages daily were at greater risk of developing abnormal cholesterol and triglyceride levels compared to those who rarely drank those beverages, according to a new study published in the *Journal of the American Heart Association*. The study, led by scientists at the Jean Mayer USDA Human Nutrition Research Center on Aging at Tufts University (HNRCA), found that



adults who drank at least one sugary beverage daily during the most recent period of follow-up, which was roughly four years before the assessment of lipid levels, had a 98% higher chance of developing low HDL (good) cholesterol and a 53% higher chance of developing high triglycerides, when compared to the group who seldom consumed sugary drinks. Elevated LDL (bad) cholesterol and triglycerides, along with low good cholesterol levels, indicate a higher risk for heart disease.

WHY LIFE CAN GET BETTER AS WE AGE

People say life gets better with age. Now research suggests this may be because older people have the wisdom and time to use mindfulness as a means to improve wellbeing. Healthy ageing researchers at Flinders University say certain characteristics of mindfulness seem more strongly evident in older people compared to younger people - and suggest ways for all ages to benefit. Mindfulness refers to the natural human ability to be aware of one's experiences and to pay attention to the present moment in a purposeful, receptive, and non-judgmental way. Using mindful techniques can be instrumental in reducing stress and promoting positive psychological outcomes.





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Reduce Your Risk of Another Heart Attack or Stroke

COVID-19 pandemic highlights importance of maintaining healthy routines

Family Features

After a heart attack or stroke, as many as 1 in 4 survivors will have another one. However, lifestyle changes and working closely with your doctor to manage your health may minimize the risk of a repeat event. Sticking to secondary prevention routines – by eating healthy, being active and taking medications as prescribed – is important as cases of COVID-19 increase.

“A heart attack or stroke is a very scary experience, and people try to avoid revisiting that difficult time,” said neurologist Lee Schwamm, MD, chair of the American Stroke Association and professor of neurology at Harvard Medical School. “Unfortunately, the risk of a repeat stroke is high, and lifestyle changes to reduce a person’s risk are almost always necessary to reduce those odds.”

Up to 80% of second clot-related strokes and heart attacks may be prevented by making healthy choices. Consider these tips from the American Stroke Association’s secondary heart attack and stroke prevention initiative, sponsored nationally by Bayer.

Blood Pressure: Work with your doctor to ensure you’re maintaining a healthy blood pressure level below 130/80. High blood pressure is both a leading cause and major risk factor for stroke and heart attack.

Cholesterol: Medication and healthy lifestyle habits can help keep high cholesterol in check.

Blood Sugar: Having diabetes, which is caused by high blood sugar, more than doubles your risk of stroke. Some people have diabetes and don’t know it until a medical emergency happens.

Medications: If you are prescribed medications for high blood pressure, high cholesterol or diabetes, make sure you



Know the Warning Signs for Strokes and Heart Attacks

Even as COVID-19 cases strain emergency medicine, experts say calling 9-1-1 is still the best way to access life-saving treatments for people who are experiencing heart attack or stroke symptoms.

Heart attacks and strokes are medical emergencies. If someone is experiencing stroke or heart attack symptoms, he or she should call 9-1-1. Emergency medical responders can assess symptoms, begin treatment in the ambulance and transport the patient to the most appropriate hospital, if necessary.

Hospitals have plans in place to keep potentially contagious patients away from others and keep surfaces clean. Calling 9-1-1 and activating Emergency Medical Services (EMS) ensures you have the best possible chance to beat a heart attack or stroke. EMS can begin treatment in the ambulance and take you to the hospital best suited to care for you in an emergency.

Stroke warning signs can be remembered using the acronym F.A.S.T.:

- F – Face drooping
- A – Arm weakness
- S – Speech difficulty
- T – Time to call 9-1-1

Heart attack warning signs include:

- Chest discomfort.
- Discomfort in other areas of the upper body such as one or both arms, the back, neck, jaw or stomach.
- Shortness of breath.
- Breaking out in a cold sweat
- Nausea
- Lightheadedness

take them as prescribed. If you had a clot-related stroke or a heart attack, your doctor may recommend aspirin to help prevent another event. Aspirin is not appropriate for everyone, so talk to your doctor before beginning an aspirin regimen.

Smoking: If you smoke, stop. Smoking increases the risk of stroke and heart attack because it damages blood vessels, which can lead to blockages.

Physical Activity: Being physically active at least 30 minutes a day, most days of the week or 150 minutes per week is recommended by the American Stroke Association.

Even as COVID-19 cases strain emergency medicine, calling 9-1-1 still provides access to life-saving treatments for people experiencing medical emergencies like heart attacks or strokes. Emergency medical responders can assess symptoms, begin treatment and transport the patient to the most appropriate hospital, if necessary.

Based on current information from the Centers for Disease Control and Prevention, it appears people 65 and older and people of any age with underlying medical conditions, such as heart disease, high blood pressure and diabetes, are more likely to be infected and develop more severe symptoms. Stroke survivors may face increased risk for complications if they get COVID-19.

For more resources to help manage your risk, please visit stroke.org/oneisenough.

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Tips to Help You Stretch Your Food Dollar

by Abigail McAlister

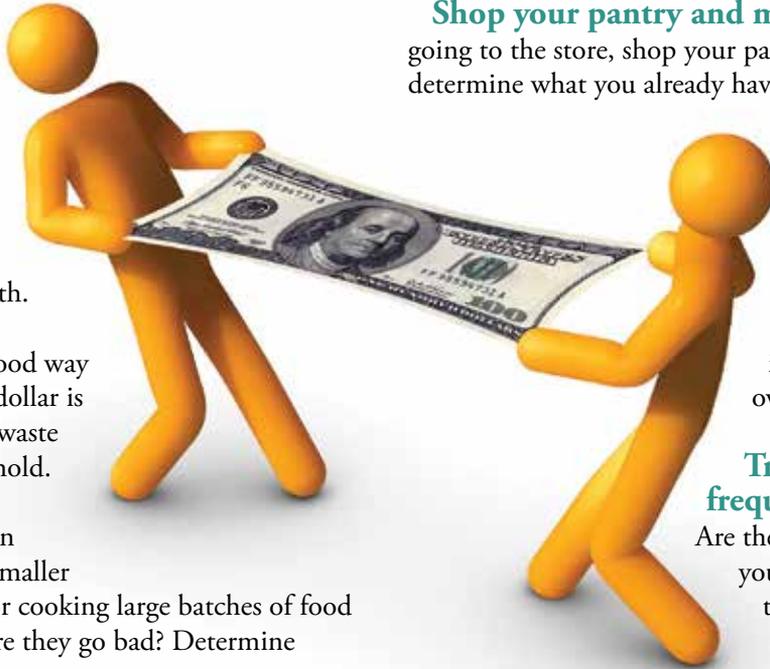
Stretching your food dollar and spending less on groceries is popular among all crowds today, whether your monthly income is substantially less or you're just looking to shop smarter. We often associate budget meals with unhealthy foods, but there are several ways to still eat a balanced, budget-friendly diet. Below are some tips that can help you stretch your food dollar further each month.

Assess food waste. A good way to start stretching your food dollar is to assess the amount of food waste that is typical for your household. Food thrown away is money thrown away. Are there certain foods that can be bought in smaller quantities? Are you known for cooking large batches of food but can't finish leftovers before they go bad? Determine

the major culprits for food waste in your household, then brainstorm ways to reduce waste. Decreasing food waste can save quite a few extra dollars.

Shop your pantry and make a list. Before even going to the store, shop your pantry, fridge, and freezer to determine what you already have. Avoid buying items you already have on hand unless you are stocking up due to sales. After assessing your pantry, make a grocery list for the items you do need to purchase from the store. Try to only buy items from your list to avoid overspending.

Track pricing of frequently bought items. Are there some staples you find yourself buying almost every time you visit the store? If so, begin tracking prices for



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these items. Grocery store pricing can vary by week, so start keeping track of prices for popular items in your household. This can be done by writing down the price each week or saving receipts and looking back at prices at the end of the month. Once you're familiar with price trends for certain items, try to stock up when you see prices at an all-time low.

Check unit pricing. Ever wonder what the small numbers displayed below the price for a grocery item are? This is the unit price, which tells us the price per unit measure. Unit pricing is often displayed as cents per ounce or cents per gram. Unit pricing is useful because it tells us which product is less costly. If you're torn between two similar items at the store, check the unit price to help you determine which is more budget friendly. To determine unit pricing on your own, divide the price of a container by its total number of ounces.

Be coupon savvy. Coupons are a great way to save money on products we love, if that's what we are using them for. Many of us may get caught in the trap of buying items we don't typically purchase just because there is a coupon for the product. Try to only clip coupons for products you already buy. Many coupons offered are for more expensive name brand items or highly processed foods, so be careful that the coupons you use are helpful to your budget and health goals. There are numerous coupons available for foods that are simply in abundance or for common staples, so keep an eye out for these special deals.

Cook from scratch. Convenience foods often cost more. Many people tend to think that it is costly to eat healthy, but it can be very budget friendly to eat nutritious meals prepared from scratch. Instead of reaching for boxed meals and pre-prepared foods, try buying more simple ingredients and do the chopping, grating, washing, and cooking yourself.

Keep it balanced. Stretching your food dollar is more than just finding deals. It's about eating healthy portions of foods that adequately nourish you each day and balancing your plate. A good way to do this is to make half of your plate fruits and vegetables. Aim to purchase fresh and nutrient-dense foods that help sustain your appetite and health more than most pre-packaged and convenience foods. There may be more work cooking from scratch and meal planning to eat healthy, but the return on investment is great. Eating healthy ultimately brings a higher value per dollar because healthy habits can affect future spending on medical costs. For



McAlister

more information on balanced eating, visit choosemyplate.gov.

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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Is Today's Stress Affecting Your Sleep And Dreams?



from the American Counseling Association

The coronavirus health crisis that has so terribly affected this nation and the entire world is clearly a cause for heightened levels of stress and anxiety for all of us. One clear result of increased stress for many people is the negative impact it can have on our sleep patterns.

Stress is an emotional, physical or mental tension caused by something that's outside ourselves, something over which we usually have no control. Such stress can make it more difficult to fall asleep and to stay asleep, and can bring about more frequent, and often upsetting, dreams.

While researchers don't know exactly why we dream, there is ample evidence that when we're stressed, along with poorer quality sleep, there will often be not only more dreaming, but more dreams of a distressing nature.

If you find that your quality of sleep, or frequency of stress-related dreams is increasing, there are things you can do to combat the problem. The most obvious is to put a barrier between things that are stressing you and your actual bedtime.

For at least an hour before trying to sleep, commit to



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activities that you find relaxing and will help refocus your mind off whatever has you feeling anxious. You want to avoid doing things such as watching the news for the latest health crisis updates, or reading the paper about ongoing financial problems which can seem overwhelming. Instead, find something enjoyable to read, or pleasant music to listen to. You want to give your brain a chance to forget the things that have been worrying it and to give your body's sleep system a chance to kick in.

Whatever you can do to help relax yourself will make it easier to get good, restorative sleep. Experts recommend turning off those electronic devices well before going to bed. The light that cell phones, laptops and similar devices emit helps to keep us awake, not make us sleepy.

You might try other relaxation techniques, such as breathing exercises. Some experts recommend progressive muscle relaxation programs that have you focus on consciously relaxing various muscle groups one by one. There are numerous apps and online instruction programs that can guide you through helpful, calming exercises.

Adequate, sound sleep is vital to good health. Poor sleep and disturbing dreams can make stress much worse. Now is a good time to take action for more restful evenings.

"Counseling Corner" is provided by the American Counseling Association. Comments and questions to ACAcorner@counseling.org or visit the ACA website at www.counseling.org.

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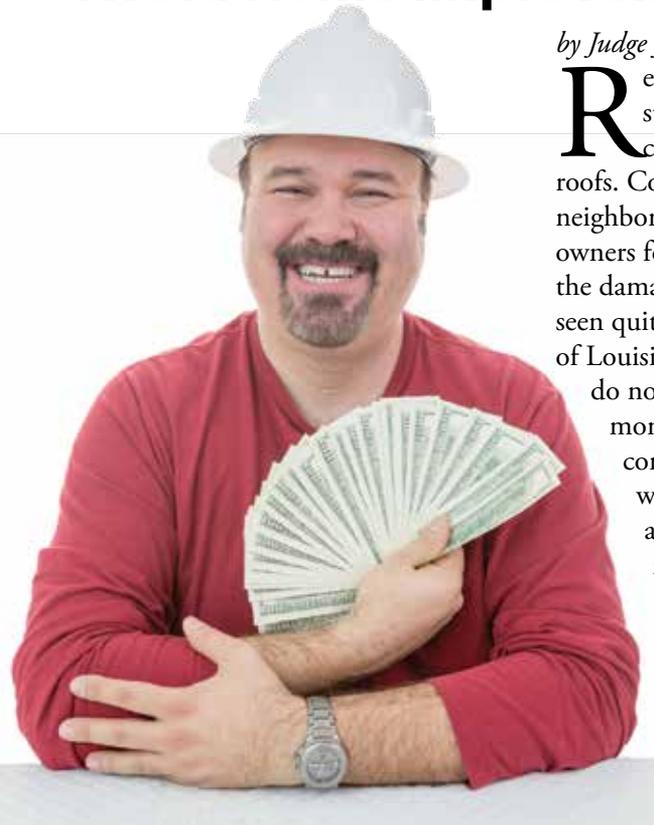
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Avoid Home Improvement Fraud



by Judge Jeff Cox

Recently, we have had several storms in the area which has caused damage to homes and roofs. Contractors are showing up in neighborhoods trying to solicit homeowners for business in hopes of repairing the damage done by the storms. I have seen quite a few cases around the State of Louisiana involving contractors who do not finish their jobs and take the money of the homeowner without completing the work. In particular, we see a rash of this type of crime after major storms, such as hurricanes, hail, or tornados. In this article, I wanted to identify what Home Improvement Fraud involves and what you, the reader, can do to possibly avoid having this happen to you.

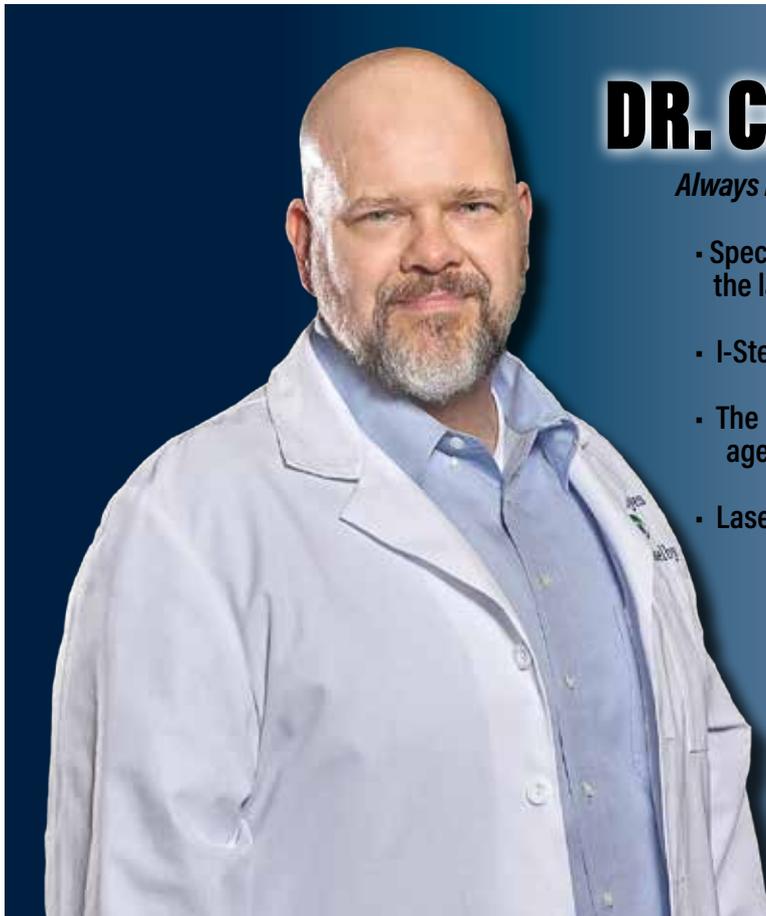
Home Improvement Fraud is located in La. R.S.

14:202.1. The statute states:

A. Home Improvement Fraud is committed when a person who has contracted to perform any home improvement, or who has subcontracted for the performance of any home improvement, hereinafter referred to as “contractor”, knowingly engages in any of the following actions:

- (1) The failure to perform any work during a forty-five day period or longer after receiving payment.
- (2) The use by a contractor... of any deception, false pretense, or false promise to cause any person to enter into a contract for home improvements.
- (3) The damaging of any property of any person by a contractor... with the intent to induce that person to enter into a contract for home improvements.

B. For purposes of this Section, “home improvement” means any alteration, repair, modification, or other



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improvement to any immovable or movable property primarily designed or used as a residence or to any structure with the residence or upon the land adjacent thereto.

The contractor has defenses that he or she can raise as to why the work has not been completed. If the weather is horrible with lots of rain, medical emergencies for the contractor, or no access to the job site, then the contractor can be excused from having to comply with those items stated above.

Penalties for violating this statute can range from \$500 dollars up to \$20000 dollars in fines. Jail sentences can be imposed up to ten (10) years. Restitution is required to be ordered by the Court pursuant to the statute. If the person with whom a contract is entered into is a disabled person or is sixty years of age or older, the crime becomes an automatic felony carrying up to ten (10) years in jail no matter the cost or price of the contract of home improvement. Lack of knowledge of the person's age or disability shall not be a defense according to the statute.

Ways to avoid Home Improvement Fraud is to avoid contractors who enter town after a storm. If you decide to contract with an out-of-town contractor, you need to thoroughly investigate their work history and references. Even if you use a contractor that lives in town, you need to check with the Better Business Bureau and check to see if any complaints have been filed. Further, you need to make sure any contractor is licensed and bonded and you need to call to verify that their insurance is in force and effect at the time you enter the contract for the job.

Nothing can guarantee you won't be the victim of this type of crime. But, by doing your homework, you may be able

to avoid being taken advantage of by an unethical contractor.

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



Cox



Have you made **prearrangements** for your family, or do you still have that to do?

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Emotional Distress and the Law

by Lee Aronson

A woman in New Orleans, brought one of the strangest lawsuits I've read about in a long time. She had fallen while riding on the street car. She wasn't hurt when she fell, but when she went to get off of the street car, the conductor told her, "You had no business sitting in the front of the car - a big fat woman like you had no business sitting in front of the car. Why didn't you sit in the back?"

The woman, who was embarrassed by the comment, sued the street car company. And she won. The case went all the way up to the Louisiana Supreme Court, which held that the conductor was "disrespectful and humiliating." The Court went on to say that "The personal appearance of a patron of a street car is not a proper subject of comment by the employees of [the

street car company.]...The language used...was humiliating and mortifying to a sensitive woman, and [the conductor] did not give to [the passenger] that care and respectful consideration and attention which it, as a common carrier, owed her while she was using its car, and it is responsible in damages for the annoyance and injured feelings caused [to the woman.]"

Seem fair to you? Well, what if I told you that this case took place over 100 years ago in 1914?

Here's another old Louisiana Supreme Court case. In 1903, a woman sent a telegraph to D.H. Homes, "the most fashionable millinery establishment of the city of New Orleans." The telegraph said, "Can you make me five dresses by the seventeenth? Answer quick." D.H. Homes answered "yes" and quickly got to work. The dresses



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were for the woman's daughter, who "was to marry a man of wealth and of high social standing." One of the dresses was to be a wedding dress and the other four were for the wedding tour "where entertainments in her honor were planned."

The dresses arrived in time, but they were all 4 inches too short. The bride, who had taken to her bed with "disappointment and chagrin," "was ashamed to wear [the wedding gown] though forced by necessity to do so." But on her wedding tour, she refused to wear the other too short dresses.

Here's how the Court explained it, "For want of suitable dresses, she had to forego the entertainments incident to her wedding tour and had to decline all invitations in the several cities she visited, and in fact to cut short her bridal tour; all to her great chagrin and mortification and humiliation."

The bride ended up suing D.H. Homes. D.H. Homes tried to get the case thrown out because, at the time,

women weren't allowed to bring lawsuits. So, the woman's husband joined the lawsuit. And he won. The Court said that D.H. Homes had caused the bride "going to her husband unprovided with a suitable trousseau" and awarded him \$575. And that's in 1903 dollars.

These cases would probably have very different results today. Louisiana law now makes it much harder to sue for emotional distress. Here's what it takes now: some guy holds a victim captive at knifepoint and threatened to kill him. The victim ended up getting away without any physical injury, but he claimed that he suffered mental distress. The Court agreed, but when it came to damages, the victim got a grand total of \$5,000.



Aronson

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



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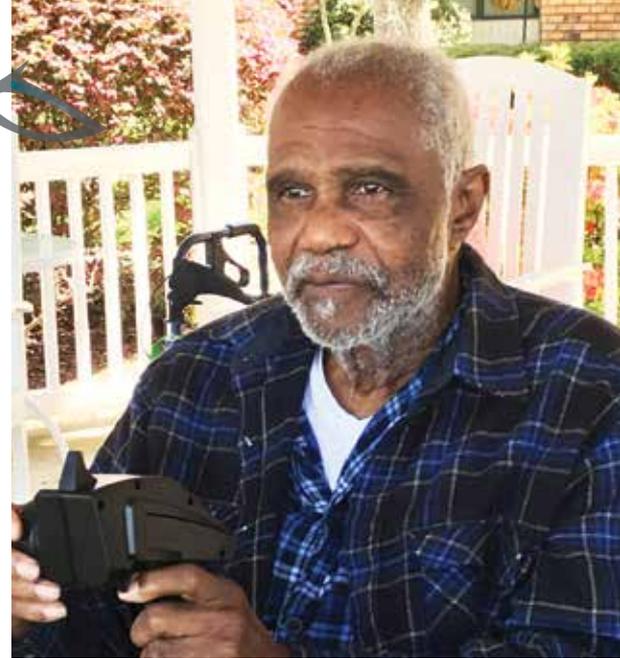
by Kathleen Ward

As Easter and Mother’s Day passed and family celebrations around tables and grills were replaced by window and video visits, both residents and staff members of local assisted living centers rolled with it, sometimes literally. On Easter, several parades peopled with family and friends of residents moved in a slow charging celebration watched from windows and balconies.

“Over 60 cars, including police and fire escort, circled around the perimeter of our community so that residents in all areas could enjoy,” said Caroline Barry of The Blake at Bossier City. “We also had a special performance from ‘The Chillbillie Twins’ (Pam Pilkinton Anderson and Pat Pilkinton Norris), who recently went viral and appeared on Fox & Friends with their song the ‘Coronavirus Blues.’”

“A church came from outside our campus to spread their message of encouragement,” said Lydia Earhart of The Glen. “We also had a visit from the Ellerbe CVS Easter Bunny to donate socks and candy. Different hospice businesses wrote messages to staff with sidewalk chalk or sang to staff and residents.” It was an Easter to remember for its strangeness, novelty and kindness.

Life changed dramatically as Covid-19 moved across the county, but local residential communities quickly adapted to the new normal. Each re-framed social interactions to ensure every activity adhered to shifting restrictions and changing guidelines to help keep their residents healthy and content.



William Lee captains his remote control boat, Blew By Ya, on Lake Herman at Live Oak; Easter Egg Hunt at Savannah; Bobbie Harlan with a painting she did while in isolation.



Policies regarding the care of residents of nursing homes and assisted living communities are dictated by the states, the Centers for Medicaid & Medicare Services and the Centers for Disease Control. Early on those policies included no visitors or non-essential healthcare workers; frequent stringent cleaning, health checks and screening; personal protective equipment and hand hygiene; and restructuring all events and activities.

A variety of solitary social and learning experiences and abbreviated versions of popular classes and entertainment were immediately instituted. But, even social distancing could not deter hardcore bingo players.

“Bingo is performed in smaller groups and is done with each individual wing instead of the whole house,” said Wes Pepitone of the Northwest Louisiana Veterans Home. At The Blake bingo is played “individually and in hallways,” said Barry, and Savannah at The Oaks keeps the groups to “no larger than nine people” who sit at individual tables and play with disposable bingo cards, said Adam Phillips.

“The Health Center at Live Oak provides one-on-

one, resident’s choice in-room activities,” said Clara Wilkinson. “These include devotion, prayers, scripture readings, music, crafts, Prime & Polish and Reflecting & Reminiscing.” Toy speed boat racing is a big hit at Savannah and Health Center at Live Oak. The Veterans Home has a fishing pier and a sports and game lounge.

The group socials of just months ago were replaced with innovative alternatives. The Blake’s “Wine Down Wednesday” group switched to individual visits using a musical mobile cart and “our Culinary Club recently delivered strawberry icebox pie kits to each member to prepare in their apartments,” said Barry.

At Savannah, Phillips started a “SMAC (Savannah Mobile Action Cart) run (delivering) all sorts of snacks like crackers, cookies, chips, fresh fruit, candy, ginger ale, juice, water, coloring and drawing supplies, crossword puzzles, word searches and the like. I top it off with my boombox jamming some fun ‘50s music and we roam the halls, checking in on residents and making sure they have everything they need for these trying times.”

“We still have movie times along with their favorite

The group socials of just months ago were replaced with innovative alternatives.

Above: Staff at The Glen; Mattie Darrow at Live Oak; Right: Albert Hunt plays bingo at the Louisiana Veterans Home.





snacks such as ice cream floats, chips, and nachos,” said Pepitone of the Veterans Home. “Bean bag baseball has always been a staple of our facility, and we have continued this tradition, just in smaller groups.” All the facilities encourage physical activity and modified their classes and walks on the grounds to conform to the new standards.

“The Glen residents participate in walks outside while practicing safe social distancing. We offer nutritious snacks and crafts to the residents. We are able to deliver word searches, puzzles and other games for them to enjoy,” said Earhart.

“We are trying to keep our residents as healthy and active as possible with daily exercise classes, again no more than nine people, always a minimum of six feet apart,” said Phillips. “The exercise classes include things like chair dance, yoga, stretching, and even Tai-Chi.”

Several communities allow pets and the therapy dogs at The Glen have been visiting residents through their windows, just like other friends and family who check on the people they love.

All facilities heavily utilized phones and computers to encourage regularly interaction and communicate between residents and their families. “Our residents can still see their faces,” said Pepitone.

Mealtime has undergone major changes, but flows smoothly. Take-out, room service and social distancing are the new norm, but the food is just as good.

“I have started a small garden with some tomatoes, cucumbers, zucchini, peppers and strawberries, and the residents are really enjoying watching it grow, but we are making sure to enforce social distancing all the while,” said Phillips.

Some residences allow gifts and care packages and some do not. The AARP recommends calling any facility before packages are mailed or dropped off to check their policy.

“Some family members choose to bring residents care packages which are dropped off at the front desk and are disinfected before delivery” at the Veterans Home, said Pepitone. The Blake also allows gift packages to be dropped off at the front door for staff delivery.

“One of the precautions that we are taking is to not allow any outside supplies to be brought in except, of course, medicine,” said Phillips of Savannah.

“Family members are allowed to drop off packages to residents” without coming inside, said Earhart of The Glen. She praised local individuals and businesses for donations of PPE, games and puzzles. “It’s very humbling to feel the Shreveport community wrap its arms around us and we appreciate that.”

“It is rough not being able to see your loved ones during this time, but it is for the best,” said Phillips. “Be supportive and just call or facetime regularly to let them know that you’re there and thinking of them.” ♡



Meet Martha Marak

Q & A

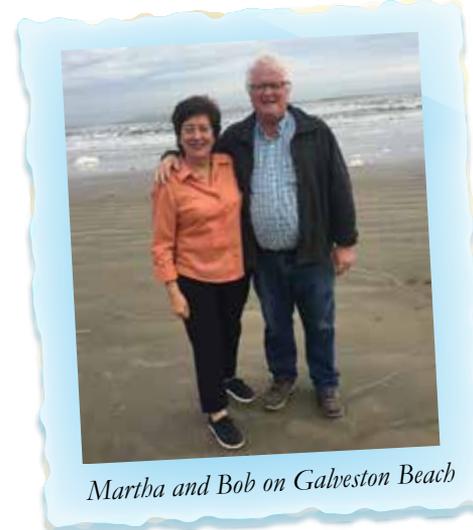
Chats with Area Boomers and Seniors



Martha Marak is the Executive Director of the Food Bank of Northwest Louisiana. She was born and raised in New Orleans. She met husband Bob while he was working in New Orleans in 1980. They married in 1984 and moved to Shreveport in January 1989. They have two children – Matthew and Madeline.



Martha in first grade



Martha and Bob on Galveston Beach

Q. Who had the most influence on you growing up?

A. My dad. His parents came to the US from Greece and he was first generation to be born in America. His family owned a wholesale grocery company in New Orleans. He worked long hours and 6 days a week but always was there for me and my three sisters. He had a saying for anything and everything. He had strong Orthodox Christian faith and taught me the importance of family and to cherish time together.

Q. What was your favorite childhood toy or game?

A. Definitely Jacks! In the summer we played for hours on different neighbors porches. We also made up games like Rock School - similar to hopscotch - and Mother May I and City - role playing of different businesses simultaneously. Our house had a basement. It was cooler to play in the basement than outside so we created many games for neighborhood friends.

Q. When you were a child, what did you want to be when you grew up?

A. As a child, I wanted to be a teacher. My mother was a teacher in the early 1940's in the Lafayette area. Although I took a different career path, I always managed to be involved with my children's schools through PTA and activities.

Q. What gives you joy?

A. My greatest joy is being with my entire family. There are just no words to describe the satisfaction. I have sisters and nieces in Lafayette, Baton Rouge and New Orleans. I love it most when all the generations get together.

Q. What do you do to eliminate stress in your life?

A. I enjoy working in my yard to relief stress. You would think my garden would be beautiful and perfect, but the time I spend it more weeding and digging. It's really just relaxing to be turning dirt and being outside. An occasional glass of wine with friends helps too!

Q. What is #1 on your bucket list?

A. There are a couple of things on the list all close to the top. I'd like to go to Greece to see the area that my mother's family



Madeline, Martha, Bob and Matthew



Martha with her extended family

came from. Niagara Falls on the Canadian Side. Tulip Festival in Amsterdam or in Holland, Michigan.

- Q. What accomplishment made you happiest or most proud?**
A. Other than my family, I am most proud of the work at the Food Bank. We are working on moving to a new facility that includes renovation of an existing building and new construction. We hope to be moved into our new location on Mt. Zion Road by year end. The new facility will have expanded refrigeration and freezer space to allow a greater distribution of fruits, vegetables, dairy, poultry and meat.
- Q. Where is your happy place?**
A. My happy place is the beach. I try to go to the gulf coast yearly. I can be by the water for hours. It's the most relaxing place in the world.
- Q. What book had the most significant impact on you?**
A. My favorite book of all time, read regularly and often is "As A Man Thinketh, So Is He".
- Q. What motivates you?**
A. I am motivated everyday by the mission of the food bank to fight to end hunger. I am privileged to work with a fabulous team of co-workers that share the same mission and a Board of Directors that leads us to success.
- Q. If you could magically gain one talent, what would it be?**
A. I would love to sing opera. My friend Steve Aiken, artistic director for the opera, has an amazing talent. I am always awe struck to hear him sing.
- Q. If you could have 1 wish granted, what would it be?**
A. End Cancer
- Q. What is the first thing you would do if you won the lottery?**
A. I know I would not go to Disney! I would give to my church, my family, the Food Bank, and add a swimming pool to our yard.
- Q. If you had the power to solve one problem on earth, what would it be?**
A. End hunger.



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New Mexico History Museum
Stagecoach late 1800s



SANTA FE, NEW MEXICO:

An Homage to the Art(s) of Being Different

By Fyllis Hockman

The city is the first in the country to be designated a
UNESCO Creative City for Craft and Folk Art
with 250-plus galleries

(Editor's note: You may not be traveling to places near and far in the immediate future, but we can bring them to you. Here's a virtual trip to Santa Fe, New Mexico. We hope you can resume your own travels soon.)

SANTA FE, NEW MEXICO is more than a place. It is a spirit, an energy that enters your soul and takes residence in your worldview as well as your inner vision. A state of mind more than a city; a way of life more than a place to live. It's a lifestyle, not a destination. All expressed in the poetry that is Santa Fe, a language not spoken anywhere else in the country. People live here not only because they want to but because they cannot imagine living anywhere else.

Canyon Road



Everyone knows Santa Fe is synonymous with art, whether Southwestern, Native American or contemporary. Therefore, it is no surprise that the city is the first in the country to be designated a UNESCO Creative City for Craft and Folk Art with 250-plus galleries. Rest assured, I'm not going to cover them all.

Let's first dispense with the museums. No disrespect intended. The SITE Santa Fe Museum of Contemporary Art, The Museum of International Folk Art, the New Mexico History Museum, New Mexico Museum of Art, the Museum of Indian Arts and Culture, the Wheelwright Museum of the American Indian, the Georgia O'Keeffe Museum plus so many others are indeed wonderful – each one warranting a visit. Every museum an immersive emotional connection to whatever and whoever it is celebrating. Not to mention the hundreds of galleries proffering paintings and pottery, artworks and art wear and artifacts, jewelry, ceramics, sculpture, photography – have I forgotten any form of artistic expression? And if by any stretch of the imagination you have not seen enough art, there



are galleries on steroids and shopping opportunities galore at the Railyard Arts District, Canyon Road and, of course, all around the central plaza which forms the heart of the city.

At this point, I am just longing for some other type of attraction, some sightseeing stereotype – and fortunately, Santa Fe has those, as well. There are three very old structures, each sporting its own history and appeal. First, the Loretto Chapel, built in 1873 as the first Gothic, as opposed to adobe, structure west of the Mississippi and home to probably the most inspirational staircase anywhere. Here's the story: the architect building the church died before access to the choir loft could be constructed, and the chapel was too small to allow for a traditional staircase. So the nuns did what nuns do: they prayed to St. Joseph, the Patron Saint of Carpenters for 9 days, at which time a carpenter appeared without any of the tools needed to build a staircase. And yet a spiral staircase, taking up little floor space, was built – at which point he disappeared without thanks or payment.

And then there is the Oldest House. And by old, I mean really old as its adobe foundation dates back to an ancient Indian Pueblo circa 1200. The museum itself is relatively new, as recent as 1646. Two rooms with even newer household artifacts from the 1800s to 1900s rest on part of the original foundation conveying a sense of the family life that thrived back then. Not surprisingly, a sheaf of dried red peppers so prevalent in modern-day Santa Fe also make their appearance here.

From oldest house in the U.S. to the oldest Church – San Miguel Mission – and it's still operating today. You're probably beginning to pick up that I am more of a history buff than art connoisseur... Santa Fe and the church were pretty much born in the same year – 1610 – and once again, the original foundation is still evident. There are a number of very old paintings flanking the walls but the most exciting feature is a large church bell sitting proudly behind the mission pews with its own fascinating history dating back to 1356. Now that's impressive!

The chapel, the church and the house are all situated on the Santa Fe Trail – its own historic landmark -- which in 1821 connected Missouri and New Mexico, heralding a decades-long period of trade, adventure and western mobility unheard

of before in the new nation. The historic trail ends in the Santa Fe Plaza, which forms the soul of the city. There many Native Americans, whose culture permeates every facet of the city, gather to sell their wares daily.

As a Washington, DC resident, I was amused to see a Redskins cap on the head of one of the vendors. When I mentioned the controversy surrounding the name – many claim it is culturally derogatory – he proudly said, "I am a Redskin," alluding to a lot more than the football team. As for those who object? "That's only East Coast lawyers wanting to make money," he asserted. We left with a hearty, "Go Redskins," having brought all the history of Santa Fe into the modern era! Native American culture comes full circle! And oh yes, there is also the art!

For more information, visit <https://santafe.org>.



The Miraculous Staircase

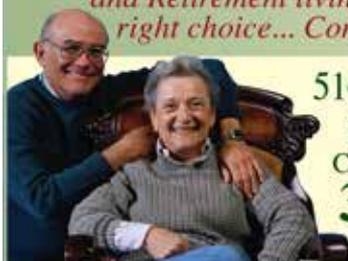
The Miraculous Staircase, as it's understandably known, built with simple tools, wooden pegs and rare wood not native to the American Southwest, has two complete 360 degree turns with no center pole for structural support. The entire weight of the staircase rests on the bottom stair. I'm not knowledgeable enough to recognize the feat of engineering this

required but I am discerning enough to delight in and be amazed by the story. Just the visual of the staircase itself is moving.

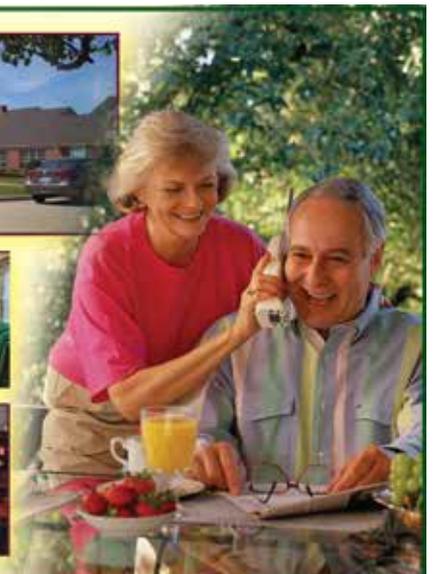
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Twistin' the Years Away

by Randal C. Hill

Though he was never much more than a rock 'n' roll footnote, Hank Ballard (1927 – 2003) briefly cracked the 1954 Billboard pop charts as the leader of the Midnighters by offering up such raucous R & B ditties as “Work With Me, Annie” and “Annie Had a Baby.” For the next five years, though, Ballard disappeared from Top 40 airwaves before returning for a few late 1950s/early 1960s hit singles.

The first of these was a now-forgotten 1959 release called “Teardrops on Your Letter.” The B side was Ballard’s original version of “The Twist,” a dance song in which he based the melody on an obscure 1955 R & B Drifters tune called “What’cha Gonna Do?” Stories vary on whether Ballard created the simplistic stage movements or copied them from a group of Tampa teens he saw doing such a dance when he toured the South.

Savvy Dick Clark, who helmed TV’s megahit American Bandstand, sensed the hit potential of Ballard’s record but wanted to bring “The Twist” to a young, mainstream (read: white) audience.

Ernie Evans had attended South Philadelphia High School, the former academic home of Bandstand idols Frankie Avalon and Fabian. After school, the outgoing African-American lad plucked chickens in a local open-air market while entertaining amused passersby with imitations of some of the day’s biggest record stars. Clark, a silent partner in Philadelphia’s Cameo/Parkway label, tapped Evans to mimic Ballard’s performance note-for-note. At the recording session, Clark’s wife,



Barbara, noticed a physical similarity between Fats Domino and Ernie Evans; with this in mind, she coined Evans’ stage name: Chubby Checker.

Checker’s chart-topping “The Twist” spent four months on the 1960 Billboard Hot 100 before fading away. Then something unique happened in the often-bizarre world of rock ‘n’ roll: In 1962, Checker’s original version rocketed to the peak of the Billboard list for an unprecedented second time, followed soon by “Peppermint Twist” by Joey Dee and the Starlites, which also grabbed the Number One chart spot and helped to set in motion a massive Twist revival.

The Peppermint Lounge was a run-down dance dive located in Times Square. When New York society columnist Igor Cassini described in a few puff pieces about the hole-in-the-wall locale becoming a new “hot spot,” it quickly became the social epicenter for cooler-than-cool Big Apple Twisters. On any given night, it wasn’t unusual to spy, among the hoi polloi, such notable A-listers as Marilyn Monroe, Truman Capote, Greta Garbo and Judy Garland. (But not, despite persistent rumors, First Lady Jackie Kennedy.)

The second Twist craze that swept America proved to be even bigger than the first, with over a dozen more dance-related 45s earning places on the Billboard charts between 1962 and 1964. The year 1961 alone saw three Twist films in theaters.

On October 11, 2012, 71-year-old Chubby Checker performed “The Twist” (for the zillionth time?) and led an estimated 4,000 merry Twisters in a DeLand, Florida, street party, an event that earned a mention in the Guinness World Record book.

Randal C. Hill is a music oldies and nostalgia historian who lives on the Oregon coast. He can be reached at wryterhill@msn.com.



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SHREVEPORT *Then & Now*

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Everyone loves Southern Maid Donuts! They began in 1937 by Mr. and Mrs J.B. Hargrove. Did you know that Elvis Presley even did a commercial for them? Recorded in 1954, it was the only commercial of his career. He sang the jingle. "You can get them piping hot after 4 P.M., you can get them piping hot, Southern Maid Donuts hits the spot, you can get them piping hot after 4 P.M."



During his early years, Elvis was a regular on the Louisiana Hayride here in Shreveport at Municipal Auditorium. His first appearance was October 16, 1954, with his last on December 15, 1956. Pictured "with" Elvis are Mark and Mike Mangham with Twin Blends Photography.

PUZZLE answers

(from page 32 & 33)

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

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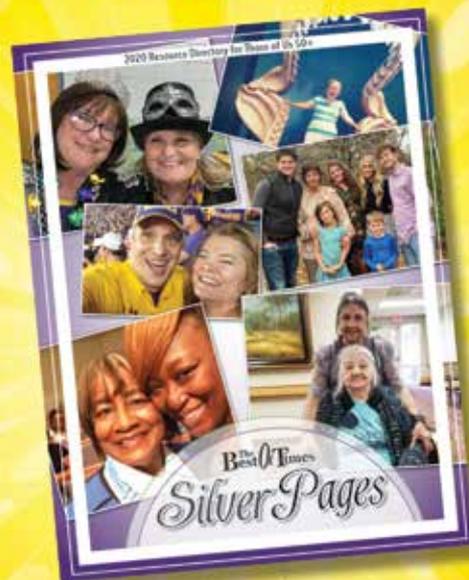
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Perfect Pantry Pastas

Meals made easy with household essentials

FAMILY FEATURES

Constantly seeking out recipe-specific ingredients that may only be used once or twice can be a burden. Instead, keep your home stocked with necessities to simplify dinner prep with dishes made using common household staples.

One perfect example: pastas. These recipes include easily recognizable seasonings and canned goods for simple dinner solutions. Another way to scale back on unnecessary grocery purchases is to modify. Many recipes can be tweaked for personal preferences, such as using black beans rather than kidney beans or adjusting the amount of a spice used based on your family's tastes. Plus, they all include dairy, an irreplaceable part of a balanced diet as a source of essential nutrients.

For more ideas, visit milk-meansmore.org.



Minestrone Pasta Saute with Ricotta

Servings: 4

8 ounces ditalini pasta
1½ tablespoons extra-virgin olive oil
3 carrots, finely diced
3 cloves garlic, minced
½ medium onion, chopped
½ bunch kale, thinly sliced
½ pound green beans, trimmed and halved
¼ cup dry white wine
½ pound lean ground beef (optional)
1 can (15 ounces) kidney beans, rinsed and drained
1 jar (24 ounces) marinara sauce
½ teaspoon kosher salt
¼ teaspoon ground black pepper
1 cup Ricotta cheese
¼ cup grated Parmesan cheese

In large pot of boiling salted water, cook pasta according to package instructions. Reserve ¼ cup pasta cooking water then drain pasta.

In large skillet over medium-high heat, heat oil. Add carrots, garlic and onion; cook 3 minutes, or until vegetables start to soften, stirring occasionally. Add kale and green beans; cook 3 minutes, or until green beans are tender-crisp, stirring occasionally.

Add wine to skillet; cook 2 minutes, or until most liquid has evaporated. Transfer vegetables to medium bowl. If including meat, return skillet to medium-high heat. Add ground beef; cook 6-8 minutes, or until meat is cooked through, breaking up with side of spoon. Spoon off excess fat.

Reduce heat to medium-low. Add kidney beans, marinara sauce, salt, pepper, pasta, reserved pasta cooking water and cooked vegetable mixture to skillet with beef, if using. Cook 2 minutes, or until warmed through, stirring occasionally. Divide pasta between four pasta bowls or plates and top with Ricotta and Parmesan cheeses.



Creamy One-Pot Spaghetti

- Servings:* 8
- | | |
|---|---|
| 1 tablespoon vegetable oil | 1/8 teaspoon ground cayenne pepper |
| 1 pound lean ground turkey or lean ground beef | 8 ounces spaghetti noodles, broken into 3-4-inch pieces |
| 1/2 cup chopped onion | 1 package (8 oz.) reduced-fat cream cheese, cubed |
| 2 1/2 cups reduced-sodium chicken or beef broth | 1 1/3 cups shredded cheddar cheese, divided |
| 2 cups marinara sauce | chopped fresh basil or parsley (optional) |
| 1/2 teaspoon crushed fennel seeds | |

Using saute function of pressure cooker, heat oil until hot. Add meat and onion. Cook, uncovered, about 5 minutes, or until meat is browned, stirring to break up. Press cancel.

Stir broth, marinara sauce, fennel seeds and cayenne pepper into meat. Stir in spaghetti, making sure noodle pieces are covered by liquid. Secure lid and set pressure release to sealing function. Select high pressure and cook 5 minutes. Press cancel.

Allow pressure to release naturally 2 minutes. Move pressure release to venting function to release remaining steam. Remove lid.

Stir spaghetti mixture. Stir in cream cheese and 1 cup cheddar cheese until melted. Ladle into bowls to serve. Sprinkle with remaining cheddar cheese. Garnish with chopped fresh basil or parsley, if desired.



Pasta in a Pinch

- Servings:* 6
- | | |
|-------------------------------|--|
| 8 ounces uncooked penne pasta | 2 cups mozzarella cheese, grated |
| 2 1/2 cups water | 1 can (15 ounces) cannellini beans, rinsed and drained |
| 1/4 teaspoon salt | 1 can (14 1/2 ounces) diced tomatoes, drained |
| 1/4 teaspoon black pepper | 1/4 cup Parmesan cheese |
| 1/2 teaspoon dried basil | freshly chopped herbs, for garnish (optional) |
| 1/2 teaspoon garlic powder | |
| 1/2 cup milk | |

In large microwavable bowl, place uncooked penne pasta and pour water over top to cover. With food-safe plastic wrap, cover bowl, leaving small section to vent as it cooks. Cook 3 minutes longer than package directs, approximately 13 minutes.

Once pasta has cooked, drain into colander then place back in bowl. Add salt, pepper, basil, garlic powder and milk; stir to combine. Begin to stir in cheese a little at a time. Microwave 1 minute. Remove from microwave and stir again.

Add cannellini beans and diced tomatoes; stir. Microwave 1 minute. Remove from microwave and stir. Assess if ingredients are hot and cheese is melted. If not, microwave 1-2 minutes.

Top with Parmesan cheese and garnish with fresh herbs, if desired.



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PUZZLE pages

Turn to page 28 for all puzzle solutions.

Across

- 1 Knocked off, in a way
- 5 Runs through
- 10 Kind of palm
- 14 LP player
- 15 Gypsy's deck
- 16 H.S. subject
- 17 Scraps
- 18 Sufficient
- 19 Rank below marquis
- 20 Ministers
- 22 Well-founded
- 24 Wide's partner
- 25 Untamed
- 26 Use elbow grease on
- 29 Modicum
- 30 Bacon bit
- 34 Drag
- 35 Word with mess or press
- 36 Goddess of wisdom
- 37 Army member
- 38 Musk hog
- 40 Greek letter
- 41 Bookstore section
- 43 Make a scene?
- 44 Scoundrel
- 45 Creepy
- 46 Devoured
- 47 Puts a stop to
- 48 Breakfast, lunch and dinner
- 50 Kind of shot
- 51 Prompts
- 54 Digits
- 58 Dedicated
- 59 Friend of Phintias
- 61 Mounted on
- 62 Hawk
- 63 Rod-shaped germ
- 64 Ploy
- 65 Quarry
- 66 Uses a book
- 67 Went out, as a fire

Down

- 1 High school course
- 2 Turkish money
- 3 Small amphibians
- 4 Pensive
- 5 Brenda of the comics
- 6 Highland toppers
- 7 Dadaist Jean
- 8 Locked
- 9 Have the helm
- 10 Type of aircraft
- 11 Speedy steed
- 12 Lass
- 13 Eye amorously
- 21 Galley tool
- 23 Spiteful
- 25 They're loaded
- 26 Configuration
- 27 Camp craft
- 28 External
- 29 Twitch
- 31 Force back
- 32 Atlas enlargement
- 33 Buckets
- 35 Essential
- 36 It's often left hanging
- 38 Spruce up
- 39 Phenom
- 42 In a shy manner
- 44 Country singer Merle
- 46 ___-Lorraine
- 47 Fifth-century warrior
- 49 Viper
- 50 Skirt styles
- 51 Grate
- 52 Perpetually
- 53 Eight furlongs
- 54 Go out of business
- 55 Pocketbook
- 56 Wine choice
- 57 Floored it
- 60 Extinct flightless bird

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62						63					64			
65						66					67			

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- ICARIA VULCANO
- KEFALONIA ZAKYNTHOS

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

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Sudoku

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

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

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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

Will I need glasses after cataract surgery?

This all depends on what you are trying to accomplish after cataract surgery. Most patients after routine cataract surgery will only need reading glasses for small print. If there is a lot of astigmatism present, then you may even need full time bifocals. In patients with normal healthy eyes, you can have multifocal lenses implanted at the time of cataract surgery. Multifocal lenses allow patients to see distance, intermediate and near without the need for glasses. These lenses do not work like your God-given lenses so it takes your brain some time to adapt to them.



Chris Shelby, MD
WK Eye Institute
7607 Youree Dr.
Shreveport, LA 71105
(318) 212-3937
See our ad on page 14.

I have a rotator cuff tear. Do I need surgery?

It depends. Rotator cuff tears are a common source of shoulder pain, which increases in incidence with advancing age. A person can have a rotator cuff tear without experiencing pain. (The incidence varies from a reported 5% to 40%.) 40% of tears will enlarge, and of these, 80% will be symptomatic. 20% of patients remain symptom free for a 5 year period. There is no evidence that delaying surgery to attempt a non-operative treatment protocol adversely affects results. If you have significant weakness and/or a large tear, surgery may be advisable sooner. MRI's are valuable tests to determine tear anatomy and degree.



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

I'm leaving my house to my daughter – should I add her to the deed?

Usually no! Her creditors could take her share, it could become part of any future divorce or bankruptcy claim she has, or she could sell it. This won't take your name off the loan. If she later sells the house, she could have to pay staggering capital gains tax on the share she receives now, depending on the home's appreciation. In jurisdictions that allow it, a Transfer-on-Death Deed avoids probate and may help. Always review your specific case with a professional such as myself, before deciding.



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See our ad on page 32.

I am told once I choose hospice I cannot return to the hospital. If I choose hospice care, am I able to return to the hospital?

YES, once you select hospice care, your care and options are actually expanded, not limited. The hospice team is there to help you manage your healthcare decisions. Call Regional Hospice at 318-524-1046 any day of the week to arrange an informational visit.



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Odds & Ends



MANAGING STRESS DURING COVID-19

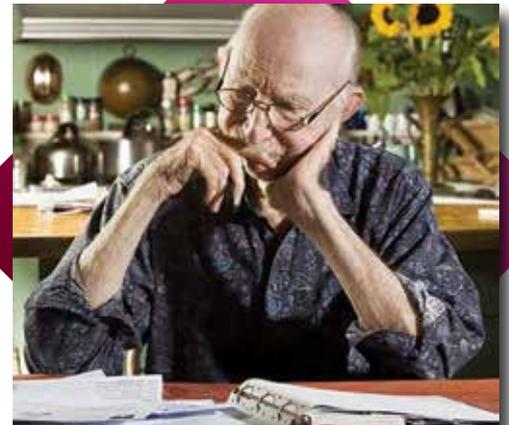
More than ever, it's important to stay home to slow the spread of COVID-19, and if you must go out, practice social distancing. While we stay home, don't let fear and anxiety about the COVID-19 pandemic become overwhelming. Here are a few ways the CDC recommends managing stress during these challenging times:

- Take breaks from watching, reading, or listening to news stories and social media.
- Connect with others. Talk with friends and loved ones over the phone or via video chat about your concerns and how you are feeling.
- Take care of yourself. Take deep breaths, stretch, or meditate. Try to eat healthy meals, exercise regularly, and get plenty of sleep.

COVID-19 LEADS TO LOST JOBS FOR OLDER ADULTS

The Kaiser Family Foundation (KFF) recently released data on massive job losses among those age 65 and older. According to KFF, between

March and April of 2020 the unemployment rate of those 65 and older quadrupled. The new unemployment figure of 15.6% for this age group is second only to the population between ages 16 and 24 whose rate is 27.4%. By comparison, the overall unemployment rate tripled from 4.4% to 14.7%. From March to April, 1.2 million adults age 65 and older lost jobs, as did another 2.4 million people ages 55 to 64. Altogether, people 55 and older account for just under one fourth of all Americans who lost their jobs in April, which is proportional to their share of the workforce. More than 1 in 5 of the nearly 23 million Americans who are now unemployed are older adults (55+).



CLEANING AND COVID-19

A new poll conducted for the American Cleaning Institute (ACI) finds that four in ten Americans are not properly allowing disinfectant sprays and wipes to kill the viruses and germs that can make us sick. Here are ACI's key tips to proper disinfection:

- Pre-clean any surfaces prior to disinfecting to remove any excess dirt or grime.
- Use the disinfecting spray or wipe as directed.
- After disinfecting, let the surface air dry making sure it stays wet for as long as recommended on the product label. This is critical in ensuring that the proper germ or virus kill takes place as intended.
- If disinfecting food surfaces or toys, rinse with water after they air dry.
- If using a disinfectant wipe, throw out after using. Do not flush any non-flushable products.

The Invention of the Year

The world's lightest and most portable mobility device

Once in a lifetime, a product comes along that truly moves people. Introducing the future of personal transportation... The Zinger.

Throughout the ages, there have been many important advances in mobility. Canes, walkers, rollators, and scooters were created to help people with mobility issues get around and retain their independence. Lately, however, there haven't been any new improvements to these existing products or developments in this field. Until now. Recently, an innovative design engineer who's developed one of the world's most popular products created a completely new breakthrough... a personal electric vehicle. It's called the **Zinger**, and there is nothing out there quite like it.

"I can now go places and do things that I wasn't able to go or do before. It has given me a new lease on life and I am so happy I found it!"

—Dana S., Texas

The first thing you'll notice about the **Zinger** is its unique look. It doesn't look like a scooter. Its sleek, lightweight yet durable frame is made with aircraft grade aluminum. It weighs only 47.2 lbs but can handle a passenger that's up to 275 lbs! It features one-touch folding and unfolding—when folded it can be wheeled around like a suitcase and fits easily into a backseat or trunk. Then, there are the steering levers. They enable the **Zinger** to move forward, backward, turn on a dime and even pull right up



Available in Green, Black and Blue (shown)



The Zinger folds to a mere 10 inches.

to a table or desk. With its compact yet powerful motor it can go up to 6 miles an hour and its rechargeable battery can go up to 8 miles on a single charge. With its low center of gravity and inflatable tires it can handle rugged terrain and is virtually tip-proof. Think about it, you can take your **Zinger** almost anywhere, so you don't have to let mobility issues rule your life.

Why take our word for it. You can try the **Zinger** out for yourself with our exclusive home trial. Call now, and find out how you can try out a **Zinger** of your very own.

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