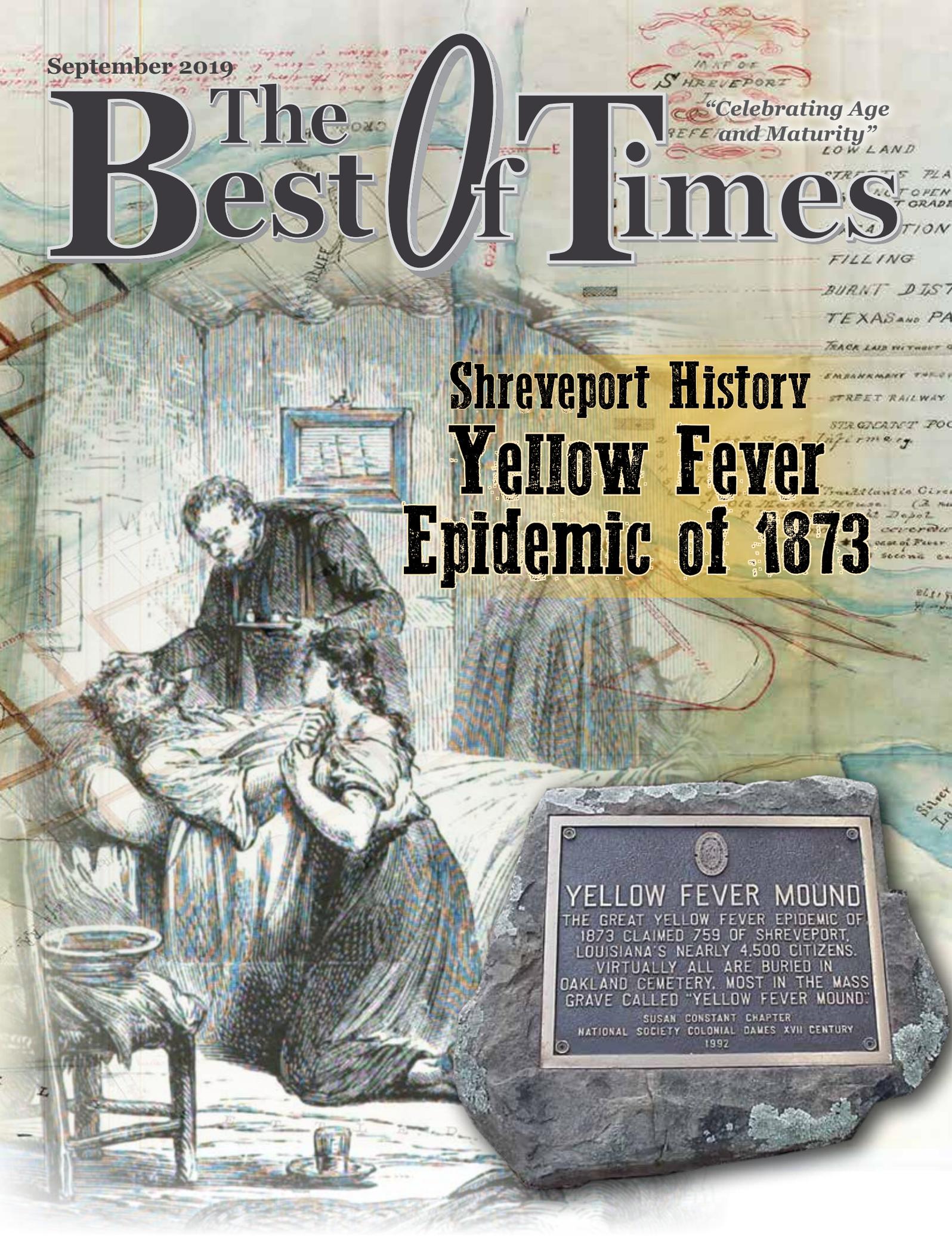


September 2019

The Best Of Times

Shreveport History Yellow Fever Epidemic of 1873



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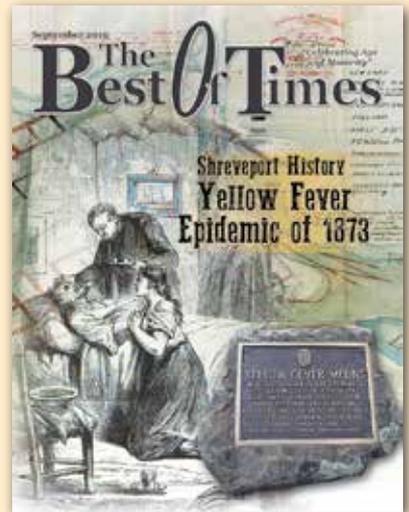
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On the Cover

An illustration of the Yellow Fever epidemic from 1870, as well as the memorial for the Yellow Fever Mound in Oakland Cemetery. Behind the illustration is a map of Shreveport from the time of the epidemic.

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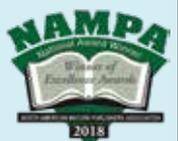
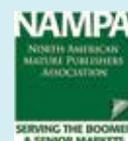
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History at LSU Shreveport

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Stat!

Medical News & Info



Tart Cherry Juice May Improve Cognitive Function in Older Adults

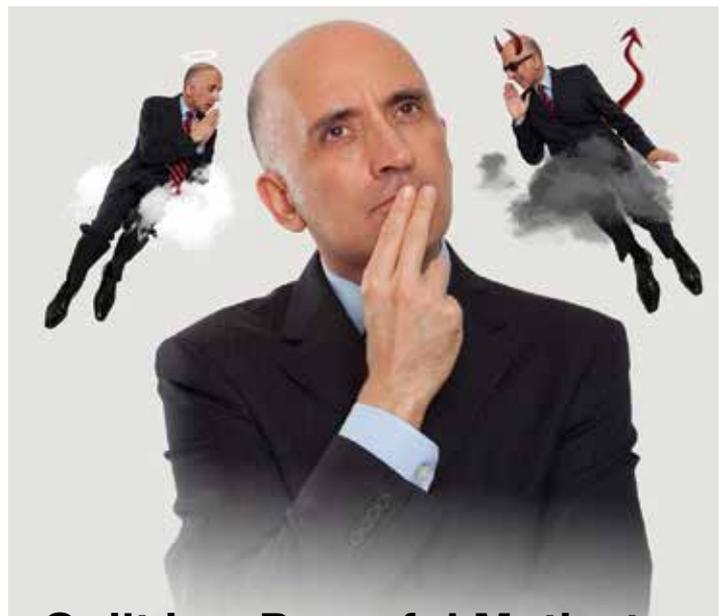
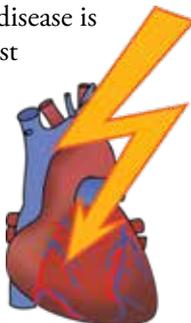
Montmorency tart cherry juice has long been coveted by gout sufferers, athletes for exercise recovery, and those seeking a good night's sleep. This polyphenol-rich beverage may help improve cognitive performance in older adults. In a new study published in the journal *Food & Function*, researchers at the University of Delaware found that daily intake of Montmorency tart cherry juice improved memory scores among adults, ages 65 to 73 years.



A new study from the University of Pennsylvania's Perelman School of Medicine found that treating prostate cancer patients with proton therapy -- an FDA approved alternative to traditional radiation -- in higher doses over the course of fewer rounds of treatment led to the same outcomes as patients given standard treatment regimens.

Eating a bit less reduces heart attack risk

The link between obesity and cardiovascular disease is well-known but in what is believed to be the first study of its kind, an international team has found even restricting calorie intake moderately, by people only marginally overweight, can significantly reduce the risk of heart attack. The study, published in *Lancet Diabetes & Endocrinology*, revealed losing just a bit of weight to an optimal level has a disproportionately positive impact. In addition to significantly improving conventional cardiometabolic risk factors, reducing the risk of cardiovascular disease by about a factor of 13, trial participants enjoyed major improvements on a range of risk factors linked to problems such as type 2 diabetes, stroke, inflammation and some forms of cancer.



Guilt is a Powerful Motivator

New research from the University of Chicago Booth School of Business finds that when it comes to predicting who is most likely to act in a trustworthy manner, one of the most important factors is the anticipation of guilt. Among the study's key findings: a person's tendency to anticipate feeling guilty, which the researchers call "guilt-proneness," is the strongest predictor of how trustworthy that person is - more so than a variety of other personality traits (extraversion, openness, agreeableness, neuroticism, and conscientiousness). Guilt-proneness differs from guilt. Whereas guilt elicits reparative behavior following a transgression, guilt-proneness reflects the anticipation of guilt over wrongdoing and causes people to avoid transgressing in the first place. People who rank high in guilt-proneness feel a greater sense of interpersonal responsibility when they are entrusted, and as such, are less likely to exploit the trust others place in them.



A new study from the University of Pennsylvania's Perelman School of Medicine found that music can be a viable alternative to sedatives for reducing anxiety before an anesthetic procedure. Researchers found similar levels of anxiety reduction in patients who took midazolam, a sedative used to reduce anxiety before surgery, and patients who listened to an eight-minute song that was designed by sound therapists to be calming. The findings show that there are drug-free alternatives to help calm a patient before certain procedures.

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Odds & Ends



FINANCIAL ABUSE OF OLDER ADULTS BY FAMILY MEMBERS MORE COMMON THAN SCAMS BY STRANGERS

Despite numerous telephone, mail and internet scams directed toward older adults, relatives may perpetrate more financial elder abuse than strangers, suggests a new study by experts at the Keck School of Medicine of USC. The study found that the most common abuse perpetrated by family was financial abuse (61.8%), followed by emotional abuse (35%), neglect (20.1%), physical abuse (12%) and sexual abuse (0.3%). Of the calls that alleged abuse by a family member, more than 32% reported more than one abuse type.

DIAMOND JACKS CASINO & HOTEL ANNOUNCES EMPLOYEE AWARDS

DiamondJacks Casino & Hotel recently announced the winners of their Diamond Awards Program for the 2nd quarter of 2019. Honorees received a special luncheon at DJs Seafood & Steaks, a certificate of appreciation, preferred VIP parking for a 90-day period, a \$100 cash award and a group photo that will be displayed at DiamondJacks for the next year. Pictured (l to r): Sandra Lewis-Lane, Victoria Rawls, Joseph "Heath" McGehee, Doris Williams, Stanley Patter-son, Andre Etkins. Not pictured: Harvey Robinson, Shamilan Philips



WILLIS-KNIGHTON HOSPICE SEEKS VOLUNTEERS

Willis-Knighton Hospice of Louisiana is seeking volunteers to work with the patients in the program. Hospice care allows patients to live at home with loved ones and familiar surroundings while receiving skilled services and compassionate support from a team of professionals. Volunteers provide comfort to family members who care for loved ones 24/7, donating time and talents to socialize, read, sing or even watch movies with patients who enjoy the extra support volunteers can offer. Volunteers must be 18 years or older and participate in 16 hours of initial training, as well as additional in-service training throughout the year. They may choose direct support and maximum interaction with patient (reading, playing cards, singing, etc.) or even indirect patient support such as ancillary and office activities. For information, call (318) 212-2170 Monday through Friday between 8 a.m. and 4:30 p.m.



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Where Can I Bring A Small Claim?

by Judge Jeff Cox

I was attending the barbeque at the VFW in Bossier City on July 4th this year when one of the people asked me to consider writing an article on where small claims can be brought in our local area. He was a fan of watching the judge shows on television. I am always glad to try and accommodate someone who wants to read about a particular topic. Especially, since I love to hear that people are reading my articles.

One of the main place people can bring small claims in our local area is to the City Courts. We have City Courts in Caddo, Bossier, and Webster Parishes. Each of these courts can hear civil disputes that involve fifteen thousand dollars or less. City Courts have concurrent jurisdiction with the District Courts up to this amount but can only hear civil disputes that lie within the city lines. Filing costs in City Courts are less than in District Courts and usually, depending

on the number of filings, a dispute can be heard quicker by the City Court Judge.

City Courts cannot make decisions regarding title to movable property; the right to public office or position; a plaintiff who asserts civil or political rights under the federal or state constitutions; claims for annulment of marriage, divorce, separation of property, or alimony; successions, interdictions, receiverships, liquidation, habeas corpus or quo warranto proceedings; or any case which the state, or a parish, municipal,

or other political corporation is a defendant except in certain limited cases. City Courts also do not have jurisdiction over tutorships, curatorships, emancipations, and partition proceedings. City Courts have the right to order evictions of tenants and can hear matters which involve city ordinances. City Courts do not handle any matters which require a jury trial.

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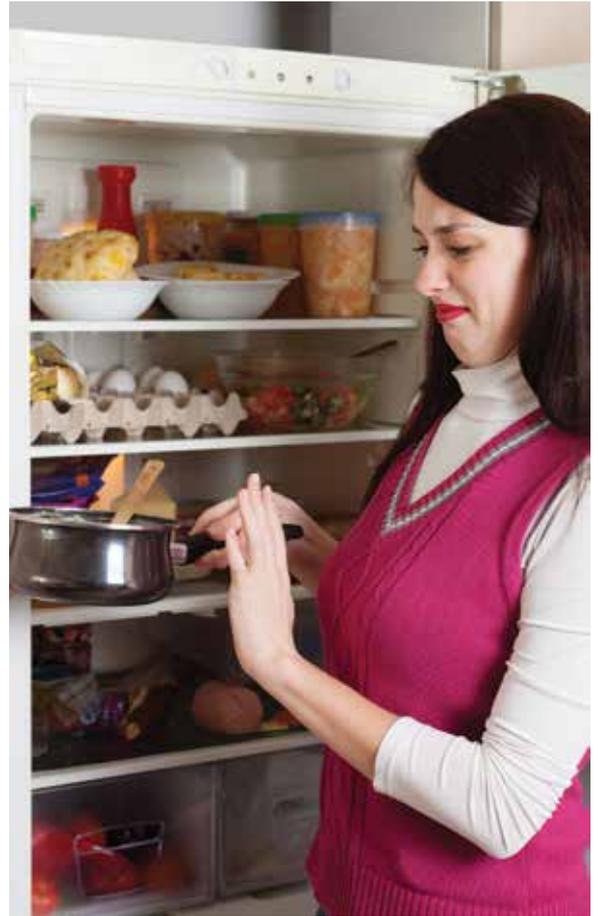
When In Doubt, Throw It Out!

by *Abigail McAlister*

We know the scenario all too well-- a bad storm crept in and knocked the power out for hours. You have no idea how long the power outage was, or if the food in your fridge and freezer is safe. You don't want to throw everything out, but you also don't want to get sick. How do you know what to keep? Luckily, there are guidelines in place for situations like these. Northwest Louisiana weather is often unpredictable, so it's important to know how to keep our foods safe in case of a power outage.

Refrigerated foods are prone to foodborne illness during a power outage because they need to be kept at cold temperatures to stay safe. If the power goes out, keep refrigerator doors closed as much as possible to keep the inside cool. Avoid opening the fridge unless you really need something. A refrigerator can keep foods safe for about four hours with no power. If an outage has lasted more than four hours or if you are unsure of how long the power has been out, check the refrigerator's temperature using a refrigerator thermometer. If the temperature inside the fridge is 45°F or higher, several foods including meat, fish, poultry, egg and dairy products, potato salad, soft cheese, custard, pudding, cooked rice and pasta, cooked potatoes, and cooked beans are no longer safe. Our weather can be pretty inconsistent, so it may be a good idea to invest in a thermometer to keep in the fridge at all times so the temperature can be monitored easily.

Freezer foods may also spoil during a power outage. Similar to a re-



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frigerator, it's important to keep your freezer closed as much as possible when the power's out. Freezer foods, however, will last much longer during an outage. A freezer that is full will hold its temperature for about 48 hours with no power. If your freezer is half-full, it will keep foods safe for about 24 hours. Grouping freezer foods close together can help them stay frozen longer when the power's out.

Some refrigerated foods can even be moved to the freezer to keep them from spoiling if you happen to be home when an outage begins. Leftovers, meat, fish, poultry, and cooked grains, like rice or pasta, are all refrigerated foods that freeze well. If you aren't quite sure how long the power has been out, use a refrigerator thermometer to check the temperature of the freezer for safety.

In normal conditions, the temperature of the freezer should be 0°F or lower. After an outage, if your freezer reads 40°F or lower, the foods inside may still be safe and will just need to be frozen again. If a frozen food has ice crystals on it or if its temperature is 40°F or below, it is still safe to refreeze. Frozen foods may need to be checked individually for safety if an outage lasts longer than a day. Much like the recommendations for the refrigerator, it would be a good idea to keep a thermometer in the freezer at all times so the temperature is handy in case of a power outage.

Power outages can put a real damper on a kitchen's food supply, but there are some ways to help perishables last longer and reduce our food waste. While the last thing most people want to do after an outage is throw out food that was perfectly safe just a couple hours ago, it's always better to be safe than sick. When in doubt, throw it out! Sometimes it's just not worth the risk.

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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Do You Really Listen To What Others Have To Say?

from the American Counseling Association

Most of us like to hear ourselves talk. We enjoy sharing information about ourselves, our jobs, and our recent activities. And there's nothing wrong with that, unless we spend so much time talking that we forget to actually listen to what others are sharing.

Being a good listener is an essential skill in maintaining strong personal relationships, whether with relatives or with our friends. Yet, too often we tend to believe that solid relationships just seem to happen. Having good friends takes some work and effort on our part, and a major element in building those relationships is learning how to listen.

Most of us have probably had the experience of having a friend clearly demonstrate he or she really wasn't listening when we had shared something important with them.



Their words or actions indicate that what we had to share simply wasn't heard or understood.

Sadly, many of us do the same thing without realizing that we've put listening to what a friend is communicating on automatic, mainly hearing the words but not registering the meaning. That can be a real problem when what is being shared is truly important to the person talking to you.

So how do you become a better listener? A good starting point is to pay attention to how others listen when you have something significant to share. Try to note what a good listener, someone you appreciate, says or does to indicate that they're paying attention to you and what you're saying.

Next, do the same type of observing with someone who doesn't really seem to hear you when you share something important. How do they show they're not really paying attention? Are



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they distracted? Evaluate if your own actions favor those of the good or poor listener.

If your listening needs improvement, it isn't difficult to become a good listener. Start by simply listening more than you speak when someone is communicating something important. Don't interrupt with your own stories and ideas, even if you think your experience is similar.

Instead, take time to seek clarification if things were said you didn't understand, and show you're paying attention by feeding back key parts of the conversation. At the end, try to summarize what was shared to demonstrate you heard and understood the key points.

Being a good listener is an important skill and an essential element in building and maintaining strong friendships. *Counseling Corner* is provided by the American Counseling Association. Comments and questions to ACAcerner@counseling.org or visit the ACA website at www.counseling.org.

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Time for Justice

by Lee Aronson

When the Hamburglar* and his wife Birdie got divorced, things got nasty. They kept going back to court to fight over pretty much anything and everything, including an old ketchup bottle that they both considered to be a family heirloom. It was at one of these court hearings that the Hamburglar showed up and told the judge, “my lawyer stinks. I think he’s a secret vegetarian. And I can’t have a vegetarian lawyer! I don’t want him to represent me today. Please delay this court trial so I can get a new attorney who understands the deliciousness of red meat.” Although the ex-wife didn’t like it, the Judge said OK and reset the court date for a couple of months later.

The day before the new court date, the Hamburglar got up to his old tricks and said, “I can’t come to court tomorrow. It’s a religious holiday,” and asked the Judge to delay the court date yet again. This time the Judge said “no.”

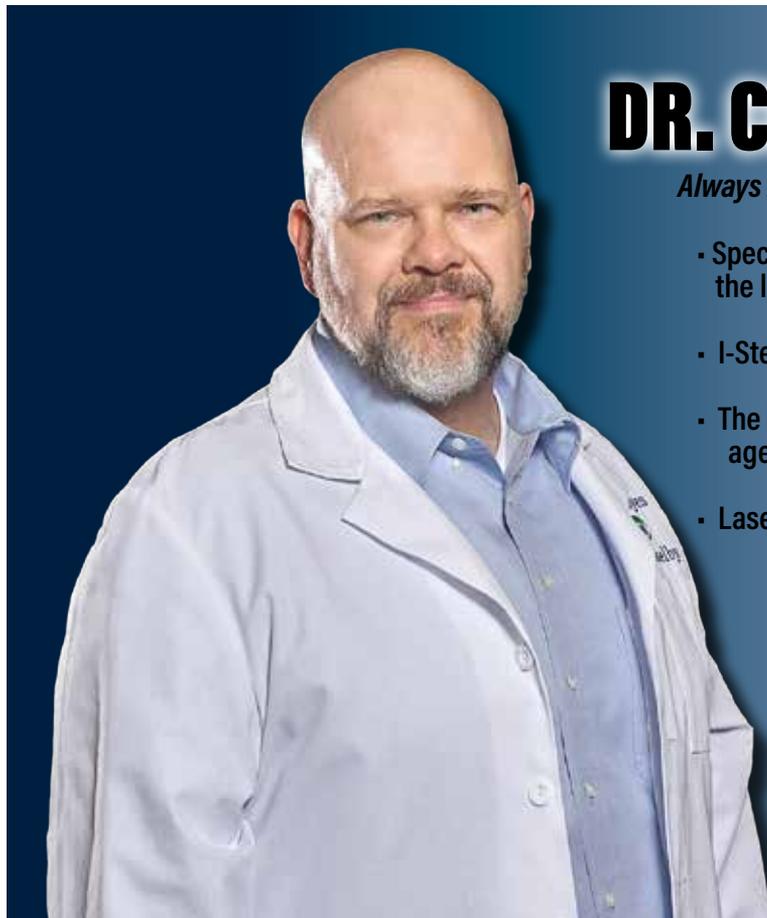
The Hamburglar appealed, arguing, “That Judge violated my constitutional freedom of reli-

gion. How dare he try to make me come to court on a special day of prayer! He must be discriminating against me because I’m not a Christian.” (Although not a Christian, the Hamburglar was a member of a well-recognized, legitimate religious order. And his court date had been set on a real religious holiday.)

Sound like religious discrimination to you?

The law says that when someone asks to delay a court date, the Judge can order the delay if there is a good reason for the delay. But the Judge is also supposed to keep in mind that people have the right to have their cases heard “as soon as is practicable.”

If you were a judge, what would you do in this situation? In 1969, a house exploded in Morgan City. The neighbor, who I’ll call Grimace, barely survived. He sued the homeowner of the exploding house, but when the case came to trial, Gri-



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mace was still too injured to leave the hospital. So Grimace's attorney asked the Judge to delay the trial. The Judge said "no." Grimace's attorney appealed. The appellate Judges said Grimace had a good reason for delaying the trial and ordered the case delayed until Grimace was healthy enough to come to court.

In the Hamburglar's case, once the Hamburglar asked for a second delay, the Judge looked at the Hamburglar's religious concerns, but he also looked at the Hamburglar's ex-wife's "interest in proceeding with the scheduled hearing and the efficient administration of justice."

The Judge also kept in mind that "not all burdens on religion are unconstitutional." For example, let's say that the Hamburglar's religion required him to kill anyone who refused to eat red meat. If he gets charged with murder, religious freedom isn't going to keep him out of jail.

But here's what it came down to: the Hamburglar had waited until the day before his court date to ask for a delay. He explained that his religious holiday was on a different date each year.



Aronson

(Think Easter as opposed to July 4th.) Hamburglar went on to explain that he had gotten confused and hadn't realized that the court date and the religious holiday were on the same date until the day before.

But the appellate court wasn't buying it: "he could have consulted a calendar or a religious official to determine the date well before the afternoon prior to the hearing which had been scheduled two months earlier."

No religious discrimination here. (*all names have been changed)

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

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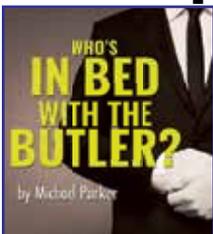
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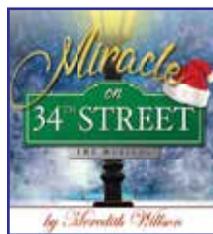
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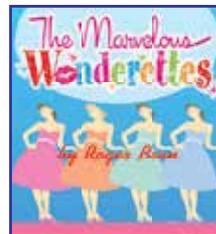
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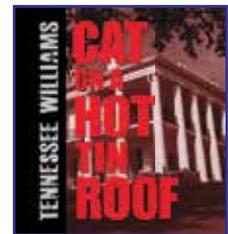
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Newhart Turns 90

By Nick Thomas

Known for his gentle satire, basset hound eyes, and witty routines, former Chicago accountant-turned-comedian Bob Newhart turns 90 this month (September 5). This year is also the 60th anniversary of Newhart's show business career – he signed with Warner Bros. Records in 1959.

In 2008, I interviewed Newhart along with fellow entertainers willing to share some thoughts on the beloved comedian's career.

Newhart said he suspected that he lacked the temperament to remain in the accounting profession back in the mid-1950s when his attitude towards taxation arithmetic could be summed up in three words: "That's close enough!" So he and a friend began writing humorous routines based on telephone conversations which they sold to radio stations.

"I eventually dropped the partner, but kept the telephone in the act," he said.

Those one-sided phone conversations have remained throughout his radio, recording, television, and stand-up career. They are as much his trademark as the straight-faced delivery and slightly forced stammer. Why keep the stammer all through his career?

"I got my home in Beverly Hills because of that stammer, so I'm not about to drop it now!" he explained.

Newhart stormed onto the comedy scene in the 1960s when "The Button-Down Mind of Bob Newhart" became the first comedy record to win a Grammy for Album of the Year with its now classic routines such as "Abe Lincoln vs. Madison Avenue."

He wrote the routine in Chicago when Bill Daily (1927-2018) asked the unknown local comedian to come up with a piece about press agents. Remembered for his sidekick role in the 60s sitcom "I Dream of Jeannie," Daily went on to co-star with Newhart and actress Suzanne Pleshette a decade later for five seasons of "The Bob Newhart Show" making famous his trademark greeting "Hi Bob!"

"I couldn't believe it when I got to work with Bob and Suzanne," Daily told me from his home in Albuquerque in 2008. "Bob is one of the nicest men who ever lived and he's beyond talented – a comic genius. And what's amazing is that Bob wasn't acting on the show – that really was Bob!"

Comedian Elayne Boosler came away with the same impression when she first met Newhart after a show in Las Vegas in the late 90s. And at a time



Cast of *The Bob Newhart Show*

when in-your-face, crude comedy is now everywhere, it's tempting to suggest Newhart's gentler style of humor is obsolete. But Boosler doesn't think so.

"That would be like saying Mozart is outdated," she said. "Classics survive. When something has a solid foundation and is so unique and perfect, I don't think it can ever be outdated. And when you're the best at something, it just doesn't go out of style."

Bob Newhart makes no apologies for his clean humor, although he said he can still appreciate more bawdy comedians such as the late Richard Pryor.

"I even know most of the words he used!" he said. "It's just my choice to work the way I do."

The list of professional comedians who count themselves as Newhart fans is a long one and includes Carol Burnett, Don Rickles (1926-2017), and Dom DeLuise (1933-2009).

"He's as nice as he is funny," Burnett wrote in an email message.

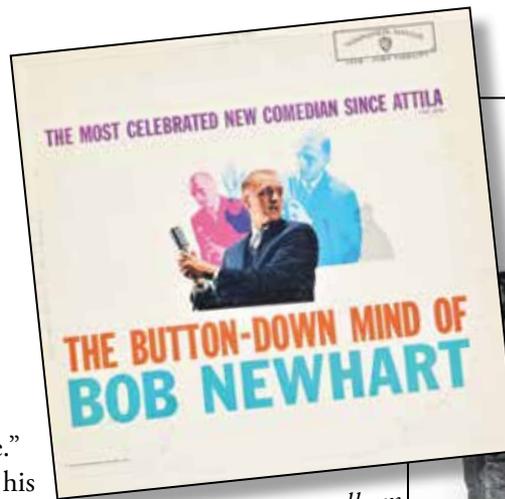
Don Rickles was a longtime friend and Newhart delighted in recounting his first encounter with Rickles in the late 1960s in Las Vegas. The two comedians and their wives met in a cafeteria and Rickles, the perfect gentleman, invited Bob and wife Ginnie to his show.

"Don steps out on stage and the first thing out of his mouth is 'the stammering idiot from Chicago is in the audience today, along with his hooker wife from New Jersey,'" Newhart told me.

But the two families became fast friends and would eventually travel the world together on vacations.

"People would ask me how I could go on vacation with Rickles," Newhart said. "Well, it's like elevator music in the background, you just don't hear it. But we always had fun together – everyone should have a friend like that."

"Bob and I are like apples and oranges in terms of our comedy," Rickles told me in an interview I did for the Malibu Times in 2008. "But we share the same family values, make



Bob Newhart's breakout album

Cast of The Newhart Show



each other laugh, and enjoy each other tremendously – he's brilliant at what he does."

Dom DeLuise recalled working with Newhart in 1964 on the long-forgotten CBS variety show, "The Entertainers."

"It was my first show," DeLuise told me in 2008. "Bob would do his telephone sketches and create magical little stories that were hysterical and he'd hit a bulls-eye every time."

DeLuise was one of the millions of viewers who watched the final 1990 episode of "Newhart," Bob's second TV series set in a Vermont inn.

"Bob woke up from a dream on the set of the original 'Bob Newhart Show' with his wife Suzanne Pleshette in bed next to him," recalled DeLuise. "The entire second series had been a dream! That was just brilliant."

"The whole idea for the ending was Ginnie's," noted Newhart, who passed it on to the writers to create the show's finale. The episode remains a moment cherished in television history – the type of comic twist that the button-down mind of Bob Newhart has always relished.

When trying to sum up the comedy genius of Newhart, the words of the late comedian Ed Wynn come to mind: "A comic says funny things; a comedian says things funny."

Clearly, Bob Newhart is a master of both. *Happy birthday Bob!*

Nick Thomas teaches at Auburn University at Montgomery, Ala., and has written features, columns, and interviews for over 750 magazines and newspapers.

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Seek Better Health In a Box Of Crayons

Why adult coloring books are good for your mind, body and soul

By Carley Lintz

Work got you stressed? Instead of unwinding by bingeing the latest season of “Game of Thrones,” you might want to pop open a box of crayons instead.

Coloring books for adults are the latest craze for people looking for a new way to relax and de-stress. Nearly 12 million of these books, which typically feature intricate floral or geometric designs, were sold last year according to Nielsen Bookscan.

“The popularity has been driven by a few factors. First, the beauty and intricacy of the coloring books appeals to adults,” says Ben Michaelis, Ph.D., clinical psychologist, New York City. “Second, the constant barrage of stress and technology is leaving people craving non-screen time. Finally, the fact that it is not just about coloring but that it has health benefits allows people who might otherwise refrain from coloring to give it a try.”

Here are three ways adult coloring books may benefit your health:

1 Getting creative can trigger the release of endorphins

The creative process of coloring actually engages several areas of the brain that can produce endorphins. Plus, coloring books are goal-oriented; they’re a quick and easy way to get a sense of gratification according to a statement from the American Art Therapy Association (AATA). So once you successfully complete a page, you can get another rush of fuzzy-feeling endorphins.

2 Coloring can soothe your stressed out amygdala

Research suggests that the repetitive act of coloring allows your amygdala (the part of the brain that processes emotions and stress) to relax. Coloring complex geometric patterns, like mandalas, is especially effective and may induce a meditative state according to a 2005 study published in *Art Therapy: Journal of the American Art Therapy Association*.

They also can help adults deal with grief and illness.

“When I was widowed in my thirties, pregnant and with

two small children, I did not know how I would survive,” says Deborah S. Derman, Ph.D., a grief counselor and creator of the new adult coloring book, “Colors of Loss and Healing: An Adult Coloring Book for Getting Through Tough Times” (CreateSpace, 2016).

Derman called upon her experiences working with families of 9/11 victims, as well as her personal tragedies, including surviving breast cancer, the suicide of a close friend and the death of both of her parents in a plane crash. “The emotional and physical pain was just too great to handle. I made a deal with myself to try to live for just one hour at a time. I looked at my watch at 10 a.m., thinking that I would just try to live until 11. Coloring, for me, is a beautiful metaphor for taking things one small step at a time. Just pick up a pencil, and fill in one small space. Don’t worry about filling in the whole page or completing the whole book. Healing from loss is a lifelong process. We need to make meaning of the loss as we move forward in our lives.”

3 Coloring can be a great workout for your fine motor skills

Adult coloring books often feature elaborate designs with lots of tiny details, so staying the lines can be a challenge. Luckily, that’s actually good for your health. “There are positive effects of the practice of fine motor skills that are necessary in coloring,” Michaelis says. “These skills tend to diminish with age so it is helpful exercise for people later in life.”

It’s important to note, though, that there’s a distinct difference between recreational coloring and art therapy. While coloring has many benefits and is a great way to practice self-care, it’s not a replacement for art therapy, which requires the guidance of a trained art therapist.

So, the next you’re feeling tense or overworked, try picking up a pack pencils and channeling your inner child with a beautiful and fun adult coloring book.

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The Color Purple
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A Christmas Carol
THURSDAY, DEC. 5 • 7PM

2020

Finding Neverland
SATURDAY, FEB. 8 • 8PM

An American in Paris
FRIDAY, MARCH 6 • 8PM

Beautiful-The Carole King Musical
FRIDAY, MARCH 27 • 8PM

You’re A Good Man Charlie Brown
SATURDAY, APRIL 4 • 7PM

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SATURDAY, MAY 2 • 2:30PM

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Facts About

EPIDEMICS:

1

The word **epidemic** comes from the Greek *ἐπί* (epi) meaning “upon or above” and *δῆμος* (demos) meaning “people”.

2

An epidemic is the rapid spread of infectious disease to a **large number of people** in a given population within a short period of time, usually two weeks or less. In a pandemic the disease spreads around **the entire world**.

3

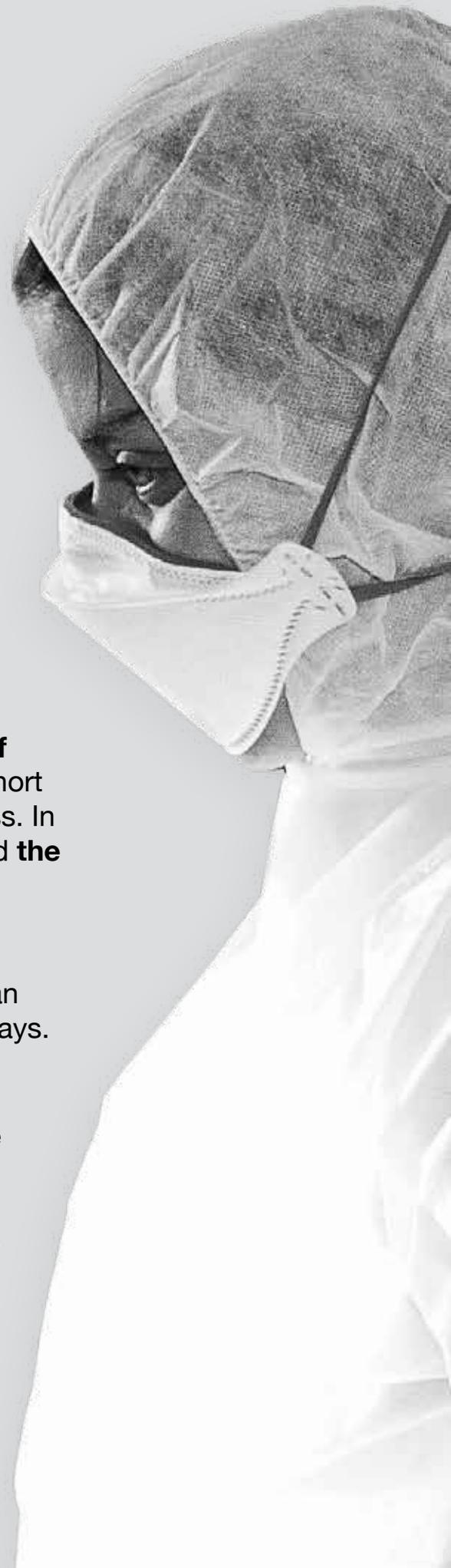
The word "**quarantine**" comes from the Italian word "quarantino," meaning a period of 40 days.

4

During the **European plague**, when the bodies were piling up, funeral services were **prohibited**. Instead, corpse-removers gathered up the dead in carts to get rid of them quickly.

5

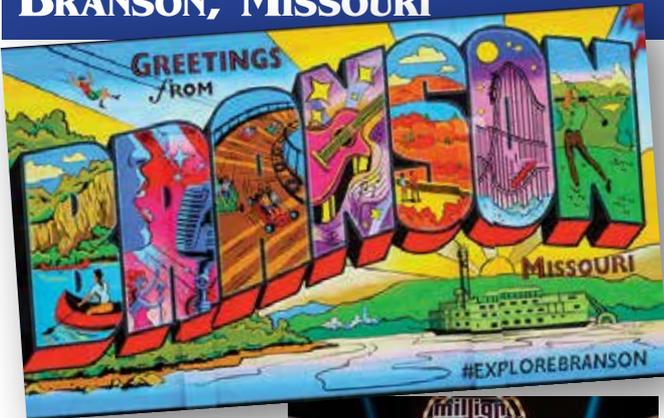
The greatest pandemic in history was the **great influenza pandemic of 1918**. Between 50 and 100 million people are thought to have died.



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Shreveport History Yellow Fever Epidemic of 1873

by Cheryl H. White, Ph.D.

In the history of every community, there can be found a pivotal and defining moment which either secured the course for the future, or threatened its very existence. Sometimes, the defining moment is both of those. It has now been 146 years since the third worst recorded epidemic of Yellow Fever in United States history laid siege to Shreveport in the late summer and early fall months of 1873. It was a time in Shreveport history that both secured and threatened, because the young city on the Red River survived a great trial of rapid population loss, yet emerged stronger than ever. Following the epidemic, commerce and other economic pursuits flourished, and the city's population continued to grow exponentially into the twentieth century.

Yellow Fever, a mosquito-borne virus, was a frequent visitor to the area

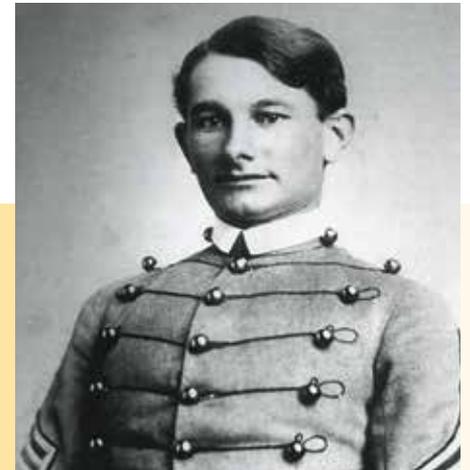
throughout the nineteenth century. There are many outbreaks recorded in the pages of Louisiana history, and in Shreveport, the virus began its death toll among the city's earliest pioneers. Indeed, one of the first settlers to come to the area was William Bennett. Bennett was an original founding member of the Shreve Town Company, and his death of Yellow Fever was recorded in the area in 1837, two years before the city was even incorporated.

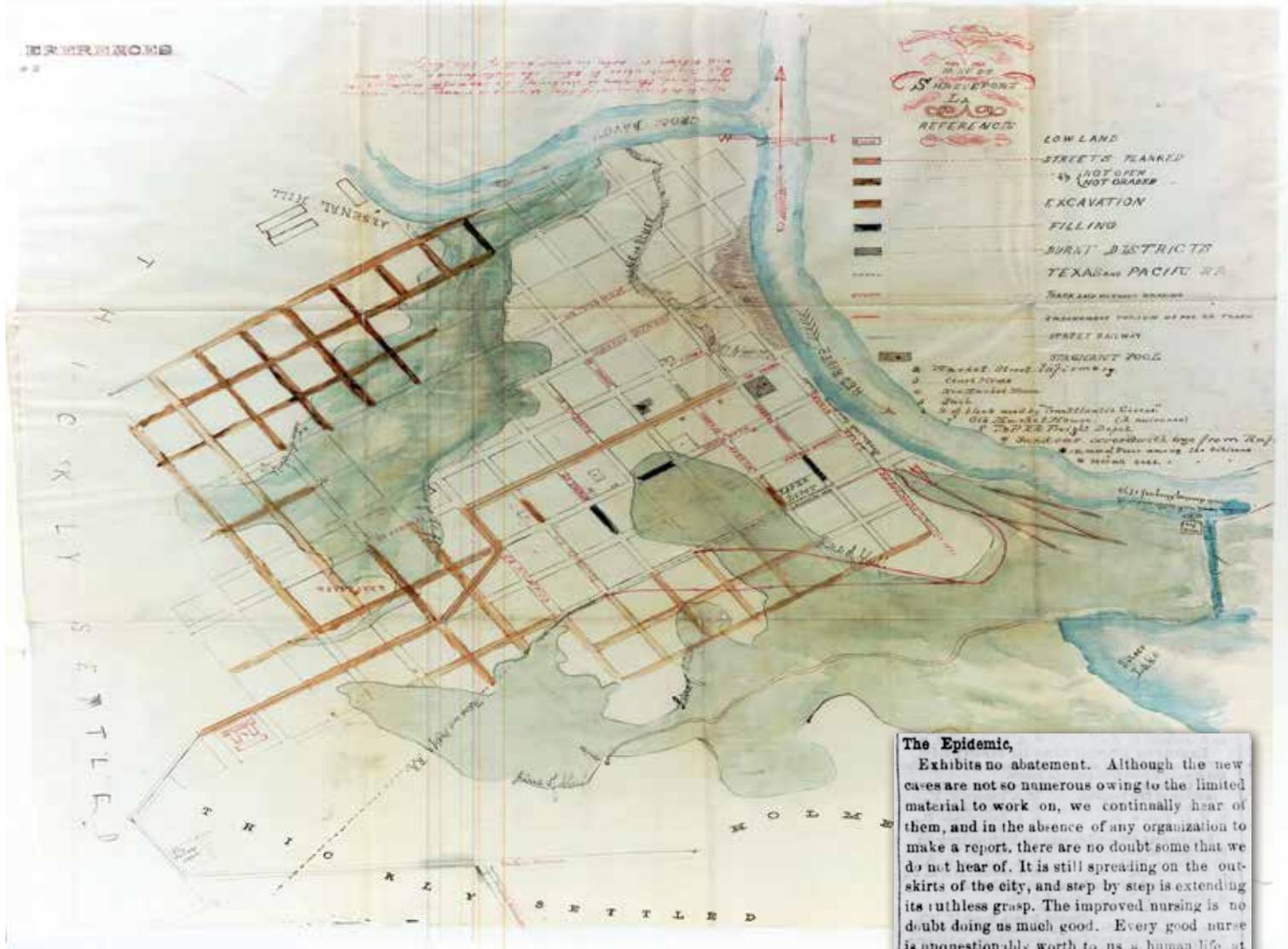
Medical experts believe that the conditions of a river port city provided a "perfect storm" for epidemics of the virus. Because it is transmitted by mosquito and not direct person-to-person contact, the rapid spread

of the disease required population density and a large mosquito population. Furthermore, river ports introduced transient populations, which always increased the risk of pathogen introduction from a distant source. Such was the case in 1873. It is believed that the great Louisiana epidemic began in New Orleans with the docking of a Spanish vessel from the Caribbean, the Valparaiso, and once the virus was present in that city, its contagion spread northward, expedited by river commerce.

The first deaths reported in Shreveport were in mid-August, but local authorities were reluctant to call it Yellow Fever. The official diagnosis

Pictured: Left: Father Jean Pierre, founding pastor of Holy Trinity Catholic Church, ministered to the sick in Shreveport. Right: Lt. Eugene Augustus Woodruff was the commander of the U.S. Army Corps of Engineers contingent in Shreveport in 1872. He made the fateful decision to stay behind to care for those in need.





carried with it the reality of commerce cessation, curfews, and quarantines – all spelling economic disaster for a community built upon the river. In fact, the city continued to operate in a state of denial longer than prudent, even welcoming in the traveling “Great James Robinson’s Circus” on August 24. The circus camped on the corner of Milam and Edwards Street downtown, and no doubt brought into the city large numbers of visitors who might otherwise have had no reason to come. This traveling circus is but one of the factors that continues to generate interest among those who study the 1873 epidemic from the perspective of population movement and its impact beyond Shreveport. By early September, the rising death numbers told the truth. The city was in a crisis, and there was

no further denying the illness.

Most of the health care workers died early in the epidemic, and the role of caregiver to the sick and dying fell to volunteers from other walks of life. The charity hospital was quite a new entity, and it was not yet organized to the point to respond to such a large public health challenge. City leaders organized a chapter of the Howard Association, named for English social reformer John Howard. The Shreveport chapter began with 19 members, and among the early organizing members were two Catholic priests, themselves counted among the dead by mid-September: Fr. Jean Pierre, founding pastor of Holy Trinity Catholic Church, and his associate pastor, Fr. Isidore Quemerais. By the time the epidemic was over, a total of five Catholic clergy had given their lives

The Epidemic,

Exhibits no abatement. Although the new cases are not so numerous owing to the limited material to work on, we continually hear of them, and in the absence of any organization to make a report, there are no doubt some that we do not hear of. It is still spreading on the outskirts of the city, and step by step is extending its ruthless grasp. The improved nursing is no doubt doing us much good. Every good nurse is unquestionably worth to us a human life at least. Among those taken down yesterday, were R. A. Phelps of this city and Dr. Richardson of Jefferson. Mr. R. D. Sage and Dr. Wise, were taken down a day or two since. The following is a list of interments for yesterday, as furnished by the Howard Association:

	Age.	Color.	Cause.
Edwd Lindenbaum	20 yrs	White	yellow fever
Mrs M Barrett	38	"	"
Napoleon Sardone	26	"	"
August Meisner	18	"	"
Edward Susen	40	"	"
Josephine Allen	28	"	"
Anthony Jones	—	black	"
— Lamb	44	white	"
Wiley Penny	10	black	"
Virginia R White	—	white	"
Willis Frederick	33	black	"
Anna Andreola	5	white	"
Dan Ackerman	23	"	"
Lawrence Hedrick	—	"	"
Joseph Richard	35	"	"
John Blackwell	—	black	"
Benny Kahn	6	white	"
Official:		L. R. SIMMONS,	
		President Howard Association.	

Top: A map depicts the geographic spread of the Yellow Fever outbreak in Shreveport. Below: A notice in The Shreveport Times lists the report of the dead from the disease.

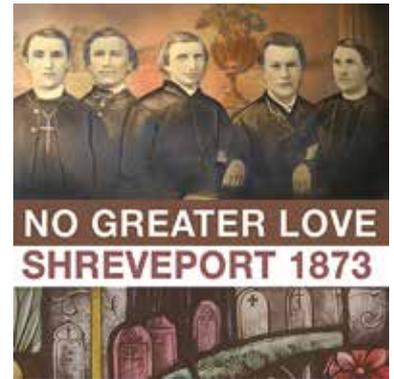
in Shreveport, including Fr. Jean-Marie Biler, the chaplain of Fairfield Convent (Daughters of the Cross), Fr. Louis Gergaud from St. Matthew's in Monroe, and Fr. Francois Le Vezouet, a priest of Natchitoches.

Much of the recorded history of Shreveport during this critical time period relates the desperation of a populace in the grips of death. For instance, it is estimated that perhaps up to one-third of the population of Shreveport might have fled the city, either in advance of the federal quarantine imposed, or in defiance of it. As the illness spread and word of it reached surrounding areas, the quarantine efforts tightened, and this occasionally took the form of citizen enforcement. There was a Texas & Pacific Railroad train from Shreveport to Dallas that was halted at the Dallas city limits. The engineer on that train was met with the sight of armed police and newly deputized citizens who boarded the train and forbade anyone to leave, threatening to shoot-on-sight anyone who attempted. This story underscores the gravity of the epidemic by the extreme measures

employed to prevent spread of the pestilence – at all costs.

Meanwhile, the very same desperate conditions produced stories of great heroism. Lt. Eugene Augustus Woodruff was an Iowa native, West Point graduate, former Union officer, and the commander of the U.S. Army Corps of Engineers contingent in Shreveport in 1872. When he received orders to leave Shreveport, to assure the safety of his men, Woodruff made the fateful decision to stay behind to care for those in need – in a city that was not his home, among people who probably did not welcome him in the immediate post-Civil War South. He died on September 30 of Yellow Fever, after living among victims and caring for them until he became too ill to continue.

By mid-November, the first heavy frost arrived and began to abate the mosquito population. The epidemic eased, and the city began the process of renewal and regrowth in its wake. At the end of the trial, the city cemetery (Oakland) stood as a silent witness to its gruesome toll. In response to the large number of deaths, the city opened a single mass grave. Today that site is known as the Yellow Fever Mound and it contains the remains of over 800 victims. In all, the death toll exceed 1,200, or approximately one-fourth of Shreveport's population. This staggering statistic is but a number, an impersonal reminder of those who perished -



**NO GREATER LOVE
SHREVEPORT 1873**

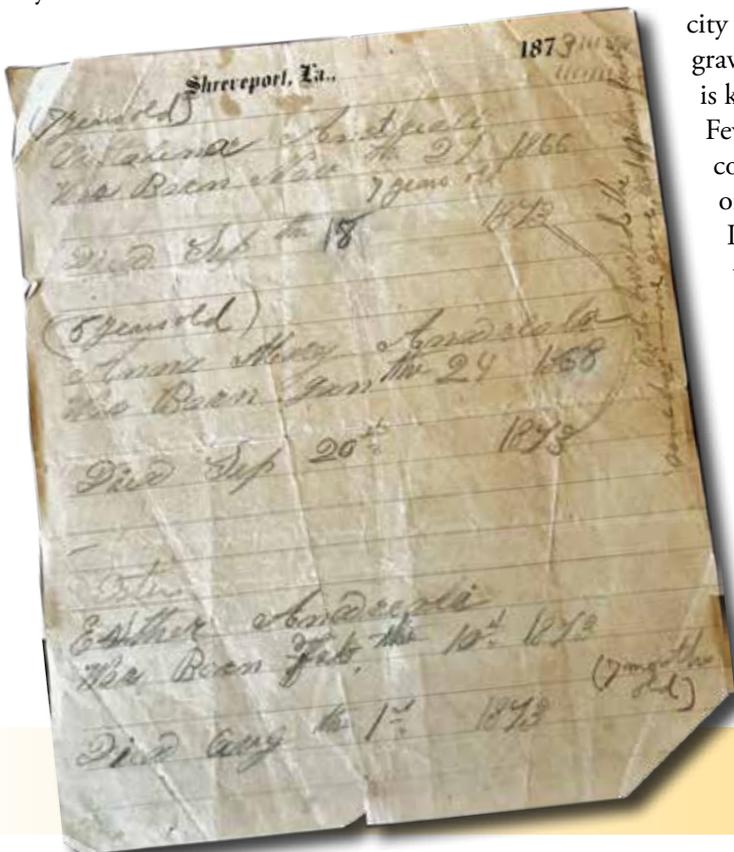
WANT TO LEARN MORE?

A special podcast mini-series has been produced entitled, *No Greater Love: Shreveport 1873*. The series commemorates the 145th anniversary of the Yellow Fever epidemic in Shreveport, which ended in mid-November 1873. That epidemic witnessed the deaths of five Catholic priests and three religious sisters from the Daughters of the Cross. Each episode highlights a different Shreveport martyr. The podcast series was produced by Father Peter Mangum, Ryan Smith and Dr. Cheryl White.

Listen at: shreveport1873.wordpress.com/

young and old, black and white, Catholic, Protestant, and Jew alike. This pivotal moment in Shreveport history should always be remembered for its many lessons, but especially those of sacrifice, charity, and perseverance.

Cheryl H. White, Ph.D., is a Professor of History at Louisiana State University at Shreveport.



A handwritten note from September 1873 lists the names of children who died from the fever and their death dates.

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QUILT BARNs:

A QUAIN AND COLORFUL TOUR THROUGH OREGON HISTORY

By Fylis Hockman, Photos by Victor Block

**Farm History. Artistry. Bursts of color.
Tradition. Community. Creativity.**

So many different celebrations of life represented by the bountiful wooden quilts that majestically drape the sides of almost five dozen barns illuminating the landscape of Tualatin Valley (Twal' i-tin), Oregon. The combination of personal history and rural tradition that find voice in these quilt blocks brings to life customs, folklore and artistic expression reminiscent of the whole Valley.

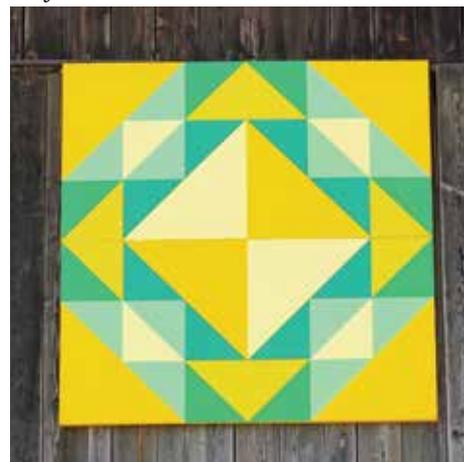
First a little history. In 2012, Julie Mason, herself a quilter, introduced the concept to the local quilters' guild after seeing a Quilt Barn Trail in the Midwest. They rallied behind the idea and just a short six years later, 60 quilt barns have emerged throughout the Valley. It took two years and a lot of persuasive efforts to get the right permits and zoning requirements to allow for the 8' x 8' painted wooden blocks representing actual quilt designs to start appearing on barn doors. The quilt barns represent an agricultural heritage, providing a connection each family has to the quilt and that the quilt has to their history. From inception to installation takes 6 to 8 weeks, and the quilters' guild works closely with the farm own-



Rohrer property honors the six tribes of Native Americans



The Blooming Farm Barn sports a sunflower block



Walta Farm displays classic block of green and yellow that colorfully suggests the sweet corn and green beans

ers on design, colors and concept.

The Hovering Hawks block on the Simpson Century Farm – a farm that is not only 100+ years old but has been inhabited by the same family for that long -- was the first block to go up in December 2014 and where, under the watchful eye of owner Bev Hess, all of the quilt blocks are now built, painted and assembled, a very arduous, labor-intensive task fully manned by a dozen very skilled volunteers. Beth's own choice reflects an old quilt design from the Oregon Trail that also pays homage to the many hawks that inhabit their land.

Reasons different farmers choose a particular pattern range from having a favorite quilt to a favorite crop or animal, personal family history, a kinship to a sunset or other natural vista or just some intrinsically appealing color combination. The quilt blocks are as diverse as the farms and farmers to which they belong.

Currently, the quilt barns have been divided among four routes throughout Tualatin Valley -- and the mapping out of directions is still in process. I mainly traveled the route through Forest

Grove, visiting a wide variety of visually delightful, colorful and meaningful quilt barn participants from a windmill paying tribute to the farm owner's Dutch heritage to a covered wagon celebrating the family's grandfather who traveled over the treacherous Oregon Trail. Along the rural routes are vineyards and fruit orchards as plentiful throughout the countryside as Starbucks are on city street corners.

Among the farms and quilt blocks we visited were the Foehlinger Farm which replicates the first quilt block the owner had made with her grandmother. The Blooming Farm, built in 1882, sports a sunflower block that commemorates their favorite flower that grows in their own garden. The Walta Farm displays a classic block of green and yellow that colorfully suggests the sweet corn



Block workshop

and green beans grown on the farm. The 1930's barn on the Rohrer property honors the six tribes of Native Americans who made their home near the site.

And in case you tire a bit of gawking at pretty barn doors, stop at Plum Hill whose block shares its home with a vineyard. So, of course, wine tastings are in order. The quilt block itself is a traditional pattern often used in quilts given as wedding gifts and aptly named Double Wedding Ring, a favorite of the farm's co-owner Juanita, a quilter herself. The wines, however, proved a favorite of mine, especially the white made from the Schonburger grape -- and Plum Hill is the only winery in the U.S. to grow it. In addition to wines, the property is extremely pet-friendly -- dogs are everywhere -- with a shrine to Juanita's yellow Lab named Ghost. His passing is noted in a sign announcing a recent "Yappy Hour" memorial celebration. Dog quotes vie with wine quotes throughout the shop: "Love is a fur-legged word..."

As travel writers, we've been on commercial wine-making tours around the world and I cringed at the thought of another. But was I glad we took Juanita up on her offer. This was an intimate, hands-on personal exposure to wine-making at its most primitive level. Old-school hardly adequately defines it. Un-mechanized, labor-of love intensive, we were literally one with the grapes at multiple levels of fermentation, pressing, aging and bottling. Everything done by hand. Plum Hill produces 2500 cases a year while its neighbor produces 90,000 -- a fairly different process, I suspect...

But time now to visit some more quilt blocks. The aforementioned great-grandfather of the owner of the Spiesschaert Farm came to Oregon from Illinois via the tortuous Oregon Trail in 1884. The 100-year-old farm houses the original Conestoga wagon that carried 3 adults and 7 children across the trail and the block -- a picture of the wagon -- commemorates that history. And the beautiful blue star design at the L Bar T Bison Ranch celebrates quilts developed by women who also crossed the Oregon Trail.

Driving away from Tualatin Valley, I was not surprised to see other Barn Quilts peeking through the trees that beckoned -- no, practically begged -- us to drive by if only just for a moment.

For more information, visit quiltbarnswc.blogspot.com.



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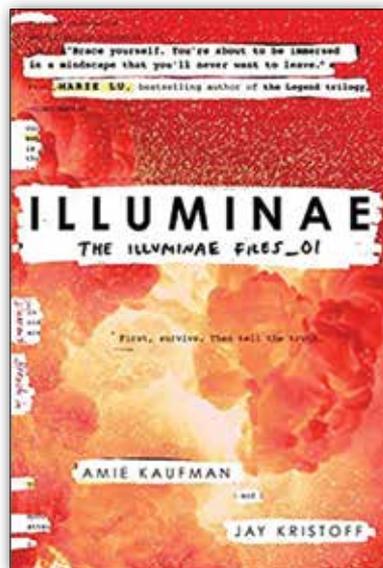
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Illuminae

by Amie Kaufman and Jay Kristoff

Reading *Illuminae* by Amie Kaufman and Jay Kristoff is one of the most creative reading experiences you will encounter. From the outset, it's a sci-fi story of two teens, Kady and Ezra, on the heels of a breakup, living on a tiny insignificant planet on the far edge of the galaxy. But when a corporation moves in intent on destroying everyone who lives there, the two help each other escape onto two rescue space ships.



Rinaudo

Their story is told through a series of different formats including emails, instant messages, military files, ship schematics, interviews, descriptions of videos, audio transcripts and briefing notes, with words and sections blacked out. It's the equivalent of what I imagine reading through an evidence file must be like.

Following their rescue, Kady, a computer prodigy, teams up with a fellow hacker to tap into the ships' systems and learn more about their planet's attack. She begins to share her revelations with Ezra, who is on the other ship, through instant messaging. As the horrifying details of the

attack become clear to Kady, the stakes escalate. Not only are they being pursued by one of the destroying ships, but a terrible, mind-altering virus has begun to spread with terrifying consequences across the ship. And that's not all, it turns out that the ships' artificial intelligence has begun to take on a life of its own, and they aren't sure of its intentions.

While this story may sound wild - and it is - it was truly one of the most moving books I've read all year. It's thrilling, terrifying and emotional. But, most importantly and endearingly, it's a story of courage and sacrifice from ordinary people.

And as amazing as the print version of this book is, I highly recommend the audiobook. It's a full cast production, complete with sound effects. Listening to it feels real, like it's something that actually happened in history. Even better? *Illuminae* is the first of a trilogy and the other two in the series - *Gemina* and *Obsidio* - are already in print.

Grade: A

Jessica Rinaudo is an editor and writer who has fostered a love of reading since childhood. She lives in Cincinnati with her husband and four children.

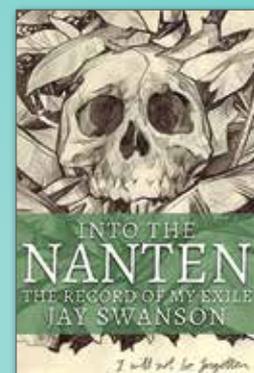
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A family moves into a home that's larger on the inside than the outside and something creepy lurks inside.



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Snapshot SLEUTH

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

The Best of Times has partnered with Archives and Special Collections of the LSU Shreveport Library to identify individuals and events in their collections. Please email Tina at editor.calligas@gmail.com or Laura at laura.mcmemore@lsus.edu if you have any memory or comments about these images.



1. Woman and two children in cowboy costume, circa 1950s. (J Frank McAneny)

2. Staged photo found in J. Frank McAneny Collection labeled "Unidentified People."

3. Goldwater Girls when Republican presidential candidate, Barry Goldwater, visited Shreveport. July 1, 1964. In the shopping center were an A&P grocery store (background left), a T.G.&Y. dime store (forerunner of the dollar stores), and a Dixie Store (clothing and dry goods) - all no longer in existence. (Don Graham)

4. Shreveport Journal Carriers in the newspaper offices, circa 1960s. (Don Graham)





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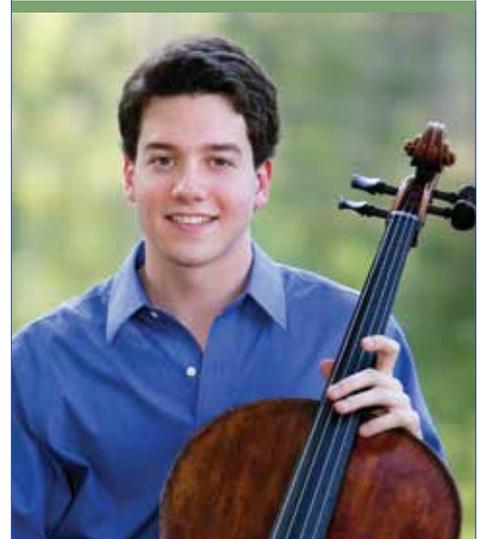
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SHREVEPORT *Then & Now*

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Barksdale Drive In Theater (below) was located at the corner of Old Minden Road and Northgate Road in Bossier City. It opened in 1952. One screen could hold 650 cars. Hot Wheels Skating Palace currently sits at this location.

Showtown USA Drive In (right), located at 4822 Monkhouse Drive in Shreveport, was built by Gulf States Theaters Inc. and featured state-of-the-art 1500 car twin drive in theatres. It opened around 1968 and was Shreveport's last Drive In.



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➤ **Did you know that if you have a spouse who needs long-term care that it's almost always possible to save practically everything with proper planning even if they're already in a nursing home?**

➤ Do you know why you **SHOULD NOT** have your children's names listed on your accounts? It's amazing how many unexpected problems it can cause!

➤ **Do you know what can go wrong with a trust?**

➤ Do you know why your Living Trust will likely make you ineligible for long-term care benefits, and what to do about it?

➤ Do you know what estate planning documents are needed and, most importantly, what they need to say to help protect your estate from courts and unintended consequences?

➤ Do you know there are benefits available to many **veterans and widows of veterans** that can help pay for long-term care and that many VA employees aren't aware of them?

➤ Do you know the common mistakes many families make when they have a loved one that is qualified for Medicaid that can knock them off their benefits?

➤ Did you know that the state has the right to recover money they spent on your care after you die and before it goes to your heirs? Do you know how to keep this from happening?

➤ Did you know that the nicest facilities in the area accept Medicaid patients and that you can choose your facility, not Medicaid?

➤ Have you implemented an estate plan that not only protects assets while you are alive but also passes them to your heirs in an efficient, low-cost, and tax-preferred manner?

➤ Do you have someone to guide you in the process of obtaining the benefits you deserve who can get results?

➤ If you or a family member is in a nursing home, do you want to have someone cut through bureaucracy and red tape to help you save thousands of dollars a month on their care?

➤ **Do you know about the changes in 2019 and 2020?**



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Go BIG on Brunch

FAMILY FEATURES

Building out a full menu to please your brunch guests with simple, tasty recipes can help create a fun, flavorful atmosphere when it's time for a morning bite. By making a variety of dishes to accommodate an array of personal tastes, you can give friends and family the flavors they desire. Find more brunch recipes at Culinary.net, watermelon.org, and simplypotatoes.com.

Apple Strudel Pancakes *(Reprinted with permission from the American Institute for Cancer Research)*

Servings: 8

Apple Strudel

Mixture:

- 1 cup water
- ¼ cup raisins
- 1 tablespoon butter
- 2 tablespoons brown sugar
- ½ teaspoon ground cinnamon
- ⅓ cup thoroughly chopped walnuts
- 1 large apple, peeled, cored and chopped

Batter:

- 1 cup buckwheat flour
- 1 cup unbleached all-purpose flour
- 2 tablespoons sugar
- 1 teaspoon ground cinnamon
- 1 teaspoon baking soda
- ½ teaspoon salt
- 2 eggs
- 2 cups 1 percent buttermilk
- ¼ cup safflower oil
- ½ teaspoon vanilla extract
- nonstick cooking spray
- maple syrup

To make apple strudel mixture: Boil water; add raisins. Remove from heat and let steep until raisins are plump and reconstituted, about 10 minutes. Drain and set aside.

In shallow pan over medium heat, add butter. Once butter melts and is bubbling, stir in brown sugar and cinnamon. Cook about 3 minutes until sugar starts to dissolve. Add walnuts, apples and raisins. Cook apples until just tender when pierced with fork, about 4 minutes. Set aside to cool completely.

To make batter: In large bowl,

mix flours, sugar, cinnamon, baking soda and salt. In separate bowl, beat eggs lightly and mix with buttermilk, oil and vanilla extract.

Pour wet ingredients into dry, mixing as little as possible. Add apple strudel mixture and fold all ingredients together. Set aside.

Heat nonstick pan or griddle over medium heat. Grease pan lightly with nonstick cooking spray. Once pan is hot, ladle about ¼ cup batter per pancake taking care not to overcrowd pan. After 2-3 minutes, flip pancakes once.

Serve pancakes warm with syrup.



Watermelon Bloody Mary

Recipe courtesy of the National Watermelon Promotion Board

Yield: 4 cocktails

- | | |
|---|---|
| 2 cups seedless watermelon, cubed | hot sauce, to taste |
| 1 medium jalapeno pepper, stem removed, chopped | 1/3 cup vodka |
| 2 limes, juice only | lime wedges |
| 6 ounces low-sodium tomato juice | chili lime salt |
| 1 teaspoon salt | ice |
| 1/2 teaspoon black pepper | 4 bamboo skewers (6 inches long) |
| 1 teaspoon fish sauce | OPTIONAL: watermelon wedges, prosciutto, cucumber slices, jalapeno slices, green olives |
| 1 teaspoon horseradish | |

In blender, blend watermelon cubes and jalapeno pepper until completely smooth. Pour mixture through fine sieve set over pitcher.

Add lime juice, salt, pepper, fish sauce, horseradish and hot sauce, to taste, to pitcher; stir to combine. Taste and adjust seasoning as needed. Add vodka and stir.

Line rims of four glasses with lime juice from lime wedges; dip in chili lime salt poured on plate. Carefully put ice in each glass and divide Watermelon Bloody Mary mixture evenly.

Add garnishes, as desired, by skewering watermelon wedges, prosciutto, cucumber, jalapeno and green olives. Place garnishes in glasses and serve.



Mini Hash Brown Casseroles

- | | |
|---|-------------------------------|
| Servings: 24 | 3 tablespoons butter, melted |
| 1 package refrigerated Shredded Hash Browns | 1 cup ham, cubed |
| 1 pound Original Sausage Roll | 1 cup red pepper, diced |
| 4 large eggs | 1/2 teaspoon black pepper |
| 1/2 cup milk | 1 cup shredded cheddar cheese |

Heat oven to 350 F.

Remove hash browns from refrigerator and let rest.

In skillet, cook sausage according to package directions.

Lightly grease two 12-cup muffin tins. In bowl, whisk eggs and milk. Add hash browns, butter, ham, red pepper, black pepper and cheese; mix.

Fill muffin tins 2/3 full. Bake 27-30 minutes. Serve warm.

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PUZZLE pages

Crossword

Turn to page 47 for all puzzle solutions.

Across

- 1 Engrossed
- 5 Rand McNally book
- 10 Frisbee
- 14 Banned spray
- 15 Percolate
- 16 Sans purpose
- 17 Mentor
- 18 Royal card game
- 19 Calf's meat
- 20 Serious collision
- 22 Raise
- 24 Foofaraws
- 26 Not clerical
- 27 Measured portions of medicine
- 30 Gullible one
- 32 Abnormal mass of tissue
- 36 Maintenance
- 38 Fraternity letter
- 40 Do roadwork
- 41 Drop in on
- 42 Japanese massage
- 45 Barbie's beau
- 46 Barbra's "A Star Is Born" co-star
- 48 Slip into
- 49 Prince of Monaco
- 51 NY team, familiarly
- 53 Puppy's bite
- 55 Flings
- 56 Beast of burden
- 58 To go stealthily or furtively
- 60 Filling material
- 64 Some pots
- 68 Sanctuary
- 69 Sends packing
- 71 Infinitesimal amount
- 72 Consumer
- 73 Pontificate
- 74 Unwanted e-mail
- 75 Kind of top
- 76 Shade of green
- 77 Unit of length

Down

- 1 Maid's cloths
- 2 Reunion attendee
- 3 Prefix with graph
- 4 Part of a board
- 5 Vocally
- 6 Musical times
- 7 Chemist's workplace
- 8 Big plot
- 9 Beach souvenir
- 10 Portion out
- 11 It comes to mind
- 12 Bed board
- 13 Actor MacLachlan
- 21 Flexible pipes
- 23 Consume
- 25 Demonic
- 27 Somewhat dark
- 28 Drama set to music
- 29 Coil of yarn
- 31 Butter serving
- 33 Constructs
- 34 Blatant
- 35 Lets out
- 37 Third degree?
- 39 Can. neighbor
- 43 Charged item
- 44 Stomach woe
- 47 High-flying singer
- 50 Religious ceremony
- 52 Hang loosely
- 54 Easy on the eyes
- 57 Shish ____
- 59 Painting holder
- 60 Border on
- 61 Big butte
- 62 Call from the flock
- 63 "Encore!"
- 65 Arizona Indian
- 66 Abbr. at the end of a list
- 67 Handle
- 70 Paddle

1	2	3	4		5	6	7	8		9	10	11	12	13
14					15					16				
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47	48	49					50	51				52	53	54
55							56				57			
58							59				60			
61							62				63			

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Sudoku

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

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

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

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Word Search

DOT THE "I"'S AND CROSS THE "T"'S

IDEAL	TABLEAU
IDENTITY	TACKLE
IDIOT	TADPOLE
IGNITE	TAVERN
IGUANA	TELESCOPE
ILLEGAL	TEMPLE
IMAGINE	THEATER
IMMENSE	THRIFT
INANE	TIGER
INCISIVE	TORMENT
INSECT	TRAFFIC
INTENT	TREASURE
IRON	TUNIC
IRRIGATE	TWIST
IVORY	TYPHOON



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Richard Marx

Richard Marx • Sept. 6

Methodist Church, 500 Common Street, Shreveport. **FREE** and open to the public. Presented by Texas Street Arts Series.

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September 21 at 7:30 PM at First Baptist Shreveport, 543 Ockley Dr, Shreveport. Presented by Shreveport Symphony Orchestra. All Tchaikovsky spectacular. Shreveport native son John-Henry Crawford returns to the SSO stage with the ever-popular Rococo Variations. Tickets are \$20 - \$63. Call 318-227-8863 or visit shreveportsymphony.com.

Richard Marx

Friday, September 6 at 8:00 PM. Strand Theatre, 619 Louisiana, Shreveport. Richard Marx is a contemporary pop/rock performer, songwriter and



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- Fridays, September 6, 13, 20, 27. 10 a.m. Senior Tech Talk. Introduction to Laptops, tablets and smart phones.
- Thursday, September 5. 10 a.m. "Bingo Under the Stars", Taylor Jerome, PrimeSTAR
- Thursday, September 12. 10 a.m. "The History of Sound & Color in Cinema", Meghan Hochstetler, Robinson Film Center
- Thursday, September 19. 10 a.m. "Fall Gardening & Winter Prep", Mark Wilson, LSU AG Center



\$19.99

SATURDAYS

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

• Thursday, September 26. 10 a.m. “Golden Years: Paws for Thought”, Kimberly Warren

EVENTS

10th Annual Super Safety Saturday

Saturday, September 21 from 9 am to 12 noon at Sheriff’s Safety Town, at 8910 Jewella Avenue in Shreveport. Admission and parking is **FREE**. Enjoy family fun and educational activities in five Safety Pit Stop areas: (1) Car Seat Safety Check, (2) Touch a Truck, (3) Health and Safety Fair, (4) Family Fun Zone, and (5) Sheriff’s Safety Town. Bring children and grandchildren. Food Trucks on site. Hosted by Junior League of Shreveport-Bossier

and Sheriff’s Safety Town.

33rd Annual Bayou Truckers Car & Truck Show

Saturday, September 28. Music, motors, and food at Shreve Memorial Library Mooretown Branch, 4360 Hollywood Avenue, from 9 a.m. to 5 p.m. Car enthusiasts will display their trucks, cars, SUV’s, motorcycles, and bikes, including antique cars and trucks. **FREE** and open to the public. For information visit www.shreve-lib.org.

33rd Annual Book Bazaar

Friday, September 6 and Saturday, September 7 in the Gold Dome on the campus of Centenary College in Shreveport. Friday 4 to 9



Centenary Book Bazaar • Sept. 6-7

pm, and Saturday 9 am to 4 pm. 50% off on Saturday after 1 pm. Featuring over 80,000 new and used books, compact discs, videotapes, DVDs, records, and cassettes. Bring bags or boxes to carry out purchases. Carryout assistance available. Sponsored by the Centenary Muses. Proceeds fund programs for Centenary students. For info, please call 318-219-3409.

Attendees must show their ID to receive insurance paperwork for obtaining any potential discount. Reservation required. Call (318) 741-8302.

Balance Does Matter

4 week class that teaches participants how to prevent falls, improve balance, and increase activity and strength. Presented by LSU Health’s School of Allied Health Professions and Caddo Council on Aging. Tuesdays, September 17, 24, October 1, and 8. 9:30 – 11:30 a.m. St. Marks Garden Room, 2785 Fairfield Ave, Shreveport. **FREE** and open to the public. For information or to register, call 318-676-7900.

AARP Smart Driver Course

Presented by Bossier Council on Aging with AARP. September 18. 12:30 – 4:30 p.m. at the Bossier Council on Aging, 706 Bearkat Drive, Bossier City. \$20 for non AARP members, and \$15 for AARP members.



Bossier Night Market • Sept. 7

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SAVE the *Date*

Bossier Night Market

Saturday, September 7, 4 - 9 p.m. Pierre Bossier Mall south parking lot, 2950 E. Texas, Bossier City. 150+ vendors featuring goods, food trucks, shopping, live entertainment, produce, prepared food items, arts & crafts, and free kid's activities. **FREE** admission and parking.

Health and Wellness Fair

Wednesday, Sept. 25, 9 a.m. to noon. Bossier Council on Aging, 706 Bearkat Drive, Bossier City. Open to seniors 60+ and their caregivers. Medicare Card required for vaccinations.

Highland Jazz and Blues Festival

Presented by Lagniappe P.R.I.M.E., LLC. 11 a.m.-6 p.m., Saturday, Sept. 14 at Columbia Park in Shreveport's Highland neighborhood. Nonstop live music on two stages. Family-friendly festival. More than 70 local food and art vendors and a Kid's Zone will offer free activities. A free shuttle will provide rides to and from the festival's additional offsite parking at Mall St. Vincent. **FREE** For details, visit www.highlandjazzandblues.org.

Louisiana Country Jamboree's History of Country Music

Friday, September 6 from

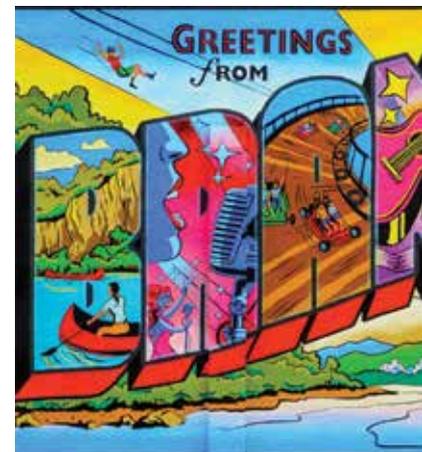
7:00 to 9:30 pm at the VFW Post located at 4588 Jeter Street in Bossier City, LA. This show will trace the roots of Country Music going all the way back to the beginning. Admission is \$10.

Operation Stop Scams

An AARP Louisiana on-site document shredding event to combat fraud and scams. Saturday, September 21 at Caddo Parish Sheriff's Safety Town (8910 Jewella Avenue) from 9 a.m. - 11 a.m. The Louisiana Attorney General's Office will also be on-hand to provide information on fraud prevention. Suggested items for shredding include: bank statements, cancelled checks, credit card junk mail, receipts with identifying information. **FREE**. Register online or call toll free 1-877-926-8300.

QuickWitz Brain Fitness Course

Presented by The Braintrain



MACULAR DEGENERATION

Imagine A Pair Of Glasses That Can Help You See Better!

Ever look through a pair of field glasses or binoculars? Things look bigger and closer, and easier to see. Dr. Mona Douglas is using miniaturized binoculars or telescopes to help people who have decreased vision, to see better.

In many cases, special telescopic glasses can be prescribed to enhance visual performance. She can often help people read, watch TV, see the computer and sometimes drive.

Telescopic glasses cost between \$1900-\$2600. It is a small price to pay for the hours of enjoyment with better vision and more independence.

For more information and a **FREE** telephone interview call:
1-888-243-2020



Dr. Mona Douglas, Optometrist

Shreveport . Monroe . Lafayette

www.IALVS.com

Learning Solutions. Bethel Assembly of God Church, 5801 Bert Kouns Industrial Loop, Shreveport. 6:30 to 7:30 p.m. beginning the first Wednesday of September thru the first Wednesday of December. **FREE** For more information, call 318-655-3884.

Shreveport Aquarium Thursdays for Seniors

601 Clyde Fant Pkwy, Shreveport. Seniors age 55+ can enjoy \$5 admission on Thursdays through November from 2 to 5 p.m. Shreveport Aquarium has more than 3,000 animals, representing about 300 species of fish and invertebrates. 601 Clyde Fant Parkway in Shreveport. For more info visit www.shreveportaquarium.com, or call 318-383-0601.

THEATRE

Who's in Bed With the Butler

September 5, 6, 7, 13, and 14 at 7:30 pm; September 8 and 15 at 2:00 pm. Shreveport Little Theatre, 812 Margaret Place, Shreveport. This hilarious comedy tells the story of the very complicated love life of a butler named Clifton.



Branson Tour • Nov. 10-14



Sept. 5-8, 13-15

Adults \$22, Seniors/military \$20. For tickets call 318-424-4439 or visit www.shreveportlittletheatre.com.

TOUR

Branson, MO Trip

Visit Branson with Tri-City Tours, November 10 to 14. Includes round-trip transportation aboard a luxury motor coach, 4 nights hotel accommodations, 2 hour guided tour of Branson, a Gifts of Lights drive through display, admission to 7 fabulous Branson shows, 8 meals, a side trip to Table Rock Dam and visit to Branson Landing. Tour departs at 7 am from Longview and 8 am from Bossier City. Seats are limited. For more info and reservations, call 903-663-5514 or visit www.tricitycharter.com

WORKSHOP

Estate Rescue

Thursday, September 12, 10 a.m. to 12 noon and Thursday, November 7, 6 – 8 p.m. Broadmoor Branch Library, 1212 Captain Shreve Dr, Main meeting room, Shreveport. Presented by SAFE Planning. Learn ways to protect your estate from nursing home costs without buying insurance. **FREE** and open to the public. Reserve your seat by calling 318-869-3133 or visit safeplanningseminars.net/event.

Caddo Parish Early Voting October 12th Election

Early voting for the **Saturday, October 12th** election will be held at the Caddo Registrar of Voters office, 525 Marshall Street, Suite 103, at the corner of Milam and Marshall Streets across from the courthouse in downtown Shreveport during the following dates and times:

**Open Saturday, September 28 through Saturday, October 5 (Closed Sunday, September 29)
8:30 a.m. – 6:00 p.m. each day**

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

Registrar of Voters

The Best of Times
September, 2019



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**See your independent Trane Dealer for complete program eligibility, dates, details and restrictions. Special financing offers or rebates up to \$1,000 valid on Qualifying Equipment only. Offers vary by equipment. All sales must be to homeowners in the United States. Void where prohibited.

TRANE Offer Expires 5/15/19

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The Best Of Times

September 2019 43



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

How important is it to have my carpet cleaned every 18-24 months?

One of the biggest unknown facts about carpet warranties are that you must get your carpet professionally cleaned every 18-24 months by a licensed floor cleaner, preferably with the hot water extraction method. Across the board of manufacturers this is to be found in the fine print of their warranty guides. Even though your carpet may not appear to be dirty after just 2 years, the professional cleaning process does remove debris that gets trapped down into the fibers and through the backing of the carpet. This will make your carpet last longer and hold retention better and result in the life of the carpet lasting longer.



Trey McGee
Henson Carpet One
1609 Jimmie Davis
Highway
Bossier City, LA 71112
(318)746-3886

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

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



Toni Camp
Regional Hospice Care
Group
8660 Fern Avenue, St. 145
Shreveport, LA 71105
(318) 524-1046
See our ad on page 33, 48.

I have heard of a new lens implant for cataract surgery that will eliminate glasses. Does Medicare pay for it?

This is an exciting time to have cataracts. There is a new Multifocal Lens Implant called Restor that allows a wide range of vision without glasses. 80% of patients who have received the lens never have to use glasses, ever! Medicare and/or insurance covers part of the lens and surgery, the rest will have to be paid out of pocket. If you think you have cataracts and would like to learn more about the Restor Lens, call us at 212-3937.



Chris Shelby, MD
WK Eye Institute
7607 Youree Dr.
Shreveport, LA 71105
318-212-3937;
See our ad on page 16.

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 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

What can a homeowner do to help keep ducts clean?

I tell everyone the most important thing is using a good quality pleated paper filter and changing it regularly. The old grocery store type filters simply keep larger particles from clogging the AC System. They are not designed to help you breathe better.



Mike Thomas
AC Duct Cleaners
9803 Hastings Court
Shreveport, LA 71118
(318) 218-0770
See our ad on page 43.

parting Shots
 Share your photos with us.
 Email to editor.calligas@gmail.com

Catholic Charities of North Louisiana

Catholic Charities of North Louisiana hosted their 4th annual Bingo on the Bayou fundraising event on August 17th at East Ridge Country Club. A capacity turnout enjoyed the fun event which included a fabulous dinner buffet, silent auction, and BINGO! Proceeds help fund the organization's area philanthropic social services.

Very Rev. Rothell Price, Dominique Benn, and Meg Goorley



Michelle Brown, Adam and Louise Sistrunk



Claudia and Ted Lyles with Leah and Todd Muslow



Rebecca Miller, Sue Wyche, Rev. Rothell Price, Al Wyche



Rob and Vicki Franks with Audra and Alan Hicks

Taste of Culture Event

The 15th Annual Taste of Culture Event was held Saturday, July 27 at DiamondJacks Casino in Bossier. The event celebrated the diverse cultures found in north Louisiana

Multicultural Center of the South Board member Dottie Bell with Candy Welch of the Shreveport Bossier Convention and Tourist Bureau.



Cozette Jones and Janice Gatlin, Executive Director of Multicultural Center of the South.

There is a **real need** in the community for the service called *Meals on Wheels*. Not only is the meal *essential* to the senior, but the daily contact with the meal driver is vital to their safety and well being.

Sometimes we have to count on each other

Please help support this community resource by sending a donation to

Meals on Wheels Program
Caddo Council on Aging
 4015 Greenwood Road
 Shreveport, Louisiana 71109

Meals on Wheels Program
Bossier Council on Aging
 706 Bearkat Drive
 Bossier City, Louisiana 71111



●●● Ernest's Orleans Restaurant

Ernest's Orleans Restaurant hosted "The Best of Times Senior Appreciation" dinners on Thursdays in August. Loyal readers enjoyed a delicious meal, drinks, and wonderful entertainment.



Pam Calhoun,
Kay Moore,
and Judy Doty



Dave and Claudette Powell (center) with
Linda Chavies



Judy Bonner, Marion Gentry,
Claudia Beene, and Brenda Grisham



●●● Wine, Art, and Music

The Bossier Arts Council hosted its quarterly Wine, Art, and Music (WAM) event on Wednesday, August 7 at Boomtown Casino and Resort in Bossier City. Local artists with the Creative Art Connection were featured.



Joan Cole



Billie Brown



Michelle Burke



Lauri and Tommy Wallace





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Ajaya K. Tummala, MD, FACC
Basel Kasabali, MD, FACC
Paul G. Cole, MD, FACC
William Britton Eaves, II, MD, FACC
Wenwu Zhang, MD, PhD, FACC
Amber M. Shah, MD, MPH
Sai Konduru, MD, MPH
Jagan Beedupalli, MD, MPH, FACC
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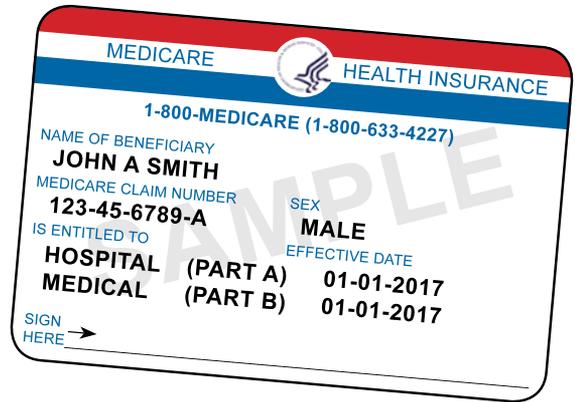


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