

September 2015

The Best Of Times

*“Celebrating Age
and Maturity”*



Entertainment & Life in Shreveport Bossier

Live Here
and
Love
It!



What Are You Waiting For?

Life at The Oaks of Louisiana is far different than you might have imagined. Residents don't give up all they hold dear. They're independent, they're engaged, they make their own decisions.

Why should you consider a move while you're still healthy? Can you think of a better time?

- 🌀 Enjoy the advantages of an independent lifestyle in a safe, secure environment
- 🌀 Free yourself from daily burden of meal planning, home repairs and maintenance
- 🌀 Fill your time with new friends and social, cultural and recreational opportunities

Experience the freedom an Oaks of Louisiana lifestyle can offer.

Live here and love it!



600 East Flournoy Lucas Road • (318) 212-OAKS (6257) • oaksofla.com • 
Private tours available weekdays by appointment • Drop-ins welcome 9 a.m. to 4 p.m. weekdays

September Contents

Medical

- 6 STAT! Medical News & Info

Features

- 9 *Entertainment & Life in Shreveport Bossier*
by Chris Jay
- 14 *Suicide Prevention Starts with Recognizing the Warning Signs*
by Darla O'Brien, MA, PLPC

Advice

- 16 *Laws of the Land* by Lee Aronson
The Law Can Be a Circus at Times
- 18 *Money Matters* by Jason Alderman
Over 50? Supersize Your Retirement Savings
- 20 *From the Bench* by Judge Jeff Cox
Child Custody Disputes Involving Parents Versus Nonparents
- 22 *Dear Pharmacist* by Suzy Cohen, R.Ph.
The Green Tea Pee Connection

Columns

- 24 *Traveltizers* by Andrea Gross
Discovering Maycomb in Monroeville: The Mockingbird Connection
- 26 *Pastimes* by Dr. Terry L. Jones
Alligator Tales
- 28 *The Bookworm Sez* by Terri Schlichenmeyer
So, You're Looking for a Good Book
- 30 *White's Wines* by David White
Australia is Regaining Its Mojo
- 32 *Tinseltown Talks* by Nick Thomas
Shirley Jones and Marty Ingels Remember 9/11

Departments

- 34 *What's Cooking?*
Peanut Butter Perfection
- 36 *Our Famous Puzzle Pages*
Crossword and Word Search
- 39 *Strange but True* by Samantha Weaver
Strange Facts and Unusual Odds & Ends
- 40 *Get Up & Go!*
A September Calendar Filled with When, What, and Where
- 43 *Parting Shots*
Fabulous People Having Fun





SHREVEPORT SYMPHONY ORCHESTRA

MICHAEL BUTTERMAN, MUSIC DIRECTOR

Fill Your Life With Music

WILLIS-KNIGHTON MASTERWORKS SERIES

OPENING NIGHT: RACHMANINOFF PIANO CONCERTO NO. 2 WITH GABRIELA MONTERO

SATURDAY, SEPT. 19—7:30 PM

RiverView Theater, 600 Clyde Fant Pkwy

KABALEVSKY

The Comedians Suite

SHOSTAKOVICH

Symphony No. 9

RACHMANINOFF

Piano Concerto No. 2



Tickets start at \$19; Students \$12

www.shreveportsymphony.com

318.227.TUNE (8863)



WILLIS-KNIGHTON HEALTH SYSTEM



SUPPORTED IN PART BY A GRANT FROM THE SHREVEPORT REGIONAL ARTS COUNCIL WITH FUNDS FROM THE CITY OF SHREVEPORT

The Best Of Times

September 2015 • Vol. 24, No.9

Founded in 1992 as *Senior Scene News*

ISSN Library of Congress

#1551-4366

A monthly publication from:

TBT Multimedia, LLC

P.O. Box 19510

Shreveport, LA 71149

(318) 636-5510

www.TheBestOfTimesNews.com

Publisher

Gary L. Calligas

Gary.Calligas@gmail.com

Editor

Tina Miaoulis Calligas

Editor.Calligas@gmail.com

Design

Jessica Rinaudo

Karen Peters

Account Executives

Patrick Kirsop

kirsop@sbcglobal.net

Mary Driscoll

Ad.TBT.Mary@gmail.com

Webmaster

Dr. Jason P. Calligas

Writers

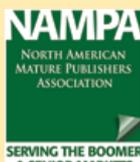
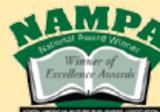
Chris Jay

Darla O'Brien, MA, PLPC

Contributors

Lee Aronson, Suzy Cohen, Judge Jeff Cox, Andrea Gross, Terry L. Jones, Terri Schlichenmeyer, Nathaniel Sillin, Nick Thomas, Samantha Weaver, David White

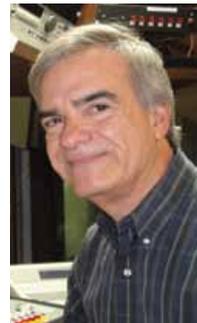
THE FINE PRINT: All original content published in THE BEST OF TIMES copyright © 2015 by TBT Multimedia, LLC, all rights reserved. Replication, in whole or in part by any means is prohibited without prior written permission from the publisher. Opinions expressed are the sole responsibility of the contributor and do not necessarily reflect those of the publication, TBT Multimedia, its publishers or staff. Always consult properly degreed and licensed professionals when dealing with financial, medical, legal or emotional matters. We cannot accept liability for omissions or errors and cannot be responsible for the claims of advertisers.



THE BEST OF TIMES

RADIO HOUR

HOSTED BY
GARY CALLIGAS



Proudly Presented by:

HEBERT'S Town & Country

CHRYSLER • DODGE • JEEP • RAM

www.hebertstandc.com

Sept. 5: Shreveport Symphony Orchestra's 2015-2016 season

Guests: Lois Robinson and Michael Butterman with the Shreveport Symphony Orchestra

Sept. 12: Assisted Living Centers Enhance Their Residents Lives

Guests: Lorrie Nunley with Azalea Assisted Living Center and Tarsha Christopher with Savannah Grand Assisted Living

Sept. 19: Don't Worry about Changing THE World, Change YOUR World

Guest: Butch Bellah, international motivational speaker

Sept. 26: A doctor's prescription for longevity and survival – Part II

Guest: Vincent N. Cefalu, Sr., MD

Oct. 3: Exploring the Space Coast Area of Florida - Broadcasting live from Melbourne, Florida

Broadcasting every **Saturday** morning **9 to 10 a.m. on News Radio 710 KEEL**,

a Townsquare Media radio station in Shreveport, LA.

Streaming live on the internet at

www.710KEEL.com

Listen to previously aired programs at

www.TheBestOfTimesNEWS.com

www.TheBestOfTimesNEWS.com

NEW

“My friends all hate their cell phones... I love mine!” Here’s why.

No Contract

FREE Car Charger

Get 400 monthly minutes for the price of 200 with WE♥TALK.

Say good-bye to everything you hate about cell phones. Say hello to Jitterbug.

“Cell phones have gotten so small, I can barely dial mine.” Not Jitterbug®, it features a larger keypad for easier dialing. It even has an oversized display so you can actually see it.

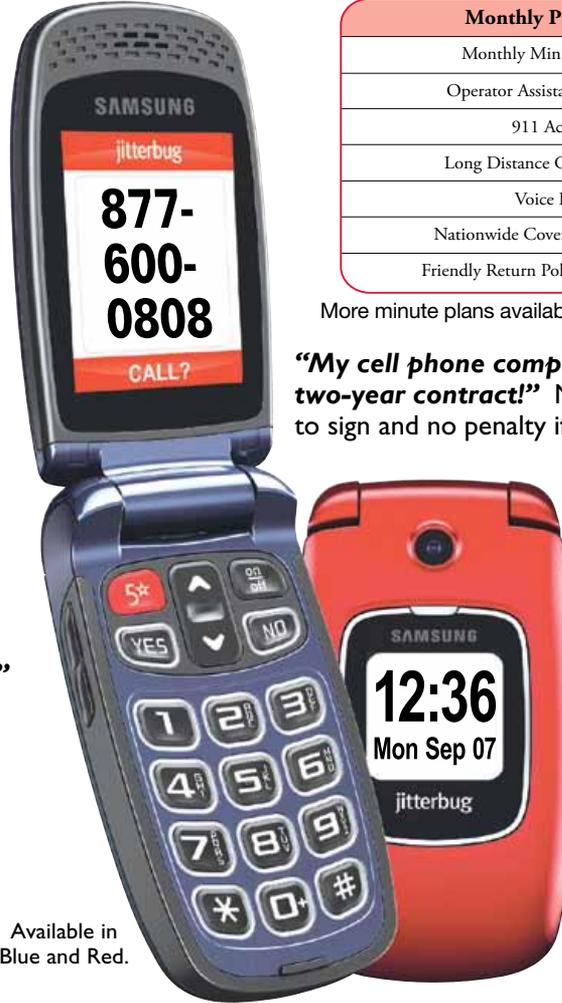
“I had to get my son to program it.” Your Jitterbug set-up process is simple. We’ll even pre-program it with your favorite numbers.

“I tried my sister’s cell phone... I couldn’t hear it.” Jitterbug is designed with an improved speaker. There’s an adjustable volume control, and Jitterbug is hearing-aid compatible.

“I don’t need stock quotes, Internet sites or games on my phone, I just want to talk with my family and friends.” Life is complicated enough... Jitterbug is simple.

“What if I don’t remember a number?” Friendly, helpful Jitterbug operators are available 24 hours a day and will even greet you by name when you call.

“I’d like a cell phone to use in an emergency, but I don’t want a high monthly bill.” Jitterbug has a plan to fit your needs... and your budget.



Available in Blue and Red.

Monthly Plan	\$14.99	\$19.99
Monthly Minutes	50	was 200 NOW 400
Operator Assistance	24/7	24/7
911 Access	FREE	FREE
Long Distance Calls	No add'l charge	No add'l charge
Voice Dial	FREE	FREE
Nationwide Coverage	YES	YES
Friendly Return Policy ¹	30 days	30 days

More minute plans available. Ask your Jitterbug expert for details.

“My cell phone company wants to lock me in on a two-year contract!” Not Jitterbug, there’s no contract to sign and no penalty if you discontinue your service.

“I’ll be paying for minutes I’ll never use!” Not with Jitterbug, unused minutes carry over to the next month, there’s no roaming fee and no additional charge for long distance.

“My phone’s battery only lasts a couple of days.” The Jitterbug’s battery lasts for up to 25 days on standby.

Enough talk. Isn’t it time you found out more about the cell phone that’s changing all the rules? Call now, Jitterbug product experts are standing by.

Order now and receive a **FREE Car Charger** for your Jitterbug – a \$25 value. **Call now!**

NEW Jitterbug5 Cell Phone
Call toll free today to get your own Jitterbug5.

Please mention promotional code 101476.

1-877-600-0808
www.jitterbugdirect.com

jitterbug

firstSTREET
for Boomers and Beyond®
1998 Ruffin Mill Road
Colonial Heights, VA 23834



We proudly accept the following credit cards.



IMPORTANT CONSUMER INFORMATION: WE♥TALK offer valid on 400 minute plan and applies to new GreatCall customers only. Offer valid until plan is changed or cancelled. Jitterbug is owned by GreatCall, Inc. Your invoices will come from GreatCall. All rate plans and services require the purchase of a Jitterbug phone and a one-time set up fee of \$35. Coverage and service is not available everywhere. Other charges and restrictions may apply. Screen images simulated. There are no additional fees to call GreatCall's U.S. Based Customer Service. However, for calls to an Operator in which a service is completed, minutes will be deducted from your monthly balance equal to the length of the call and any call connected by the Operator, plus an additional 5 minutes. Monthly minutes carry over and are available for 60 days. If you exceed the minute balance on your account, you will be billed at 35¢ for each minute used over the balance. Monthly rate plans do not include government taxes or assessment surcharges. Prices and fees subject to change. We will refund the full price of the GreatCall phone and the activation fee (or set-up fee) if it is returned within 30 days of purchase in like-new condition. We will also refund your first monthly service charge if you have less than 30 minutes of usage. If you have more than 30 minutes of usage, a per minute charge of 35 cents will be deducted from your refund for each minute over 30 minutes. You will be charged a \$10 restocking fee. The shipping charges are not refundable. Jitterbug and GreatCall are registered trademarks of GreatCall, Inc. Samsung is a registered trademark of Samsung Electronics Co., Ltd. ©2015 Samsung Electronics America, LLC. ©2015 GreatCall, Inc. ©2015 firstSTREET for Boomers and Beyond, Inc.



**BEYOND DIGITAL
IMAGING, LLC**

MEMORY CATCHERS



**Beyond Digital Imaging:
Restore and capture memories**

Services include:

- Photo Restorations
- Printing
 - Small and large format (up to 44 inches wide)
 - Posters
 - Banners,
 - Personalized note cards
 - Giclee printing from artwork
 - Paper variety including canvas
- Slide Show Compilation
- High Resolution Scans
- VHS-DVD Transfers



318-869-2533

www.beyonddigitalimaging.com

Beyond Digital Imaging, L.L.C. 106 E. Kings Hwy, Suite 103 Shreveport, LA 71104

Stat! Medical News & Info

Herbal Supplement May Successfully Treat Glaucoma

Scientists have found that baicalein significantly lowers eye pressure and may act as an all-natural treatment for glaucoma. The research was presented at the 2015 Annual Meeting of the Association for Research in Vision and Ophthalmology (ARVO) in Denver, Colo. When animals were treated with baicalein, eye pressure was reduced by improving the rate at which fluid drained from the eye. The effect was increased when the drug was administered under nighttime conditions. Baicalein is a natural product found in some plants. Glaucoma is a blinding eye disease where vision is lost due to elevated pressure inside the eye. Current treatments suffer from unwanted side effects, necessitating the search for new treatment options.

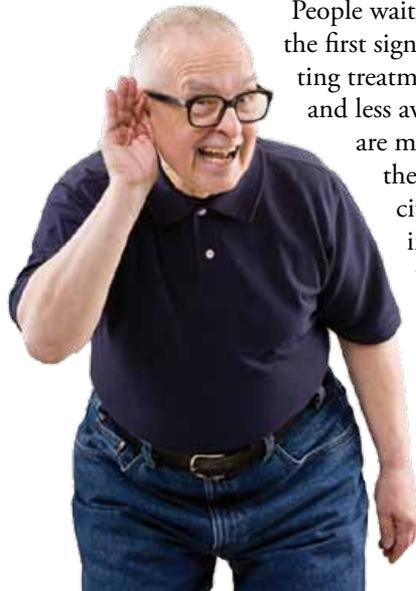
Silently Suffering From Hearing Loss Negatively Affects Quality of Life

Hearing loss in adults is under treated despite evidence that hearing aid technology can significantly lessen depression and anxiety and improve cognitive functioning.

“Many hard of hearing people battle silently with their invisible hearing difficulties, straining to stay connected to the world around them, reluctant to seek help,” said David Myers, PhD, a psychology professor and textbook writer at Hope College in Michigan who lives with hearing loss. “Anger, frustration, depression and anxiety are all common among people who find themselves hard of hearing,” he added.

In a National Council on Aging study of 2,304 people with hearing loss, those who didn't wear hearing aids were 50 percent more likely to suffer from sadness or depression than people who did wear them.

People wait an average of six years from the first signs of hearing loss before getting treatment. Besides denial, vanity and less awareness of how much they are missing are some reasons for the delay, Myers added. He cited another study published in the *Archives of Neurology* that found hearing loss could also be a risk factor for dementia. Scientists who conducted the study said years of sensory loss leaves people more susceptible to dementia.



www.TheBestOfTimesNEWS.com

No one stacks up to Batteries + Bulbs.

We're the one store you can trust to have the exact battery and light bulb you need, right when you need it. All topped off by helpful experts who can repair your smartphone, tablet, and iPod®.

2113 Airline Dr., Ste. 300

Bossier City

318-841-7891

Mon-Fri 8 - 8, Sat 8 - 7, Sun 10 - 5

www.batteriesplus.com

**\$10.00 Off Car/Truck
Batteries**

Limit 2. Offer valid on in-stock products at participating locations. Not valid with other offers or business pricing. Some exclusions may apply. Must present coupon in-store; not valid for online purchases. See store for complete details. Expires 12.31.15. VP012



**\$5.00 Off Cell Phone
Batteries**

Limit 2. Offer valid on in-stock products at participating locations. Not valid with other offers or business pricing. Some exclusions may apply. Must present coupon in-store; not valid for online purchases. No cash value. See store for complete details. Expires 12.31.15. VP007



©2015 DURACELL, a division of the Gillette Company. Duracell, DURACELL is a registered trademark of the Gillette Company used under license. All rights reserved.



Small Fruit Delivers Big Reward

Thinking about topping your morning cereal with a cup of blueberries? Do it. Just one cup of blueberries per day could be the key to reducing blood pressure and arterial stiffness, both of which are associated with cardiovascular disease.

Over an eight-week period, postmenopausal women with pre- and stage-1 hypertension were randomly assigned to receive either 22 grams of freeze-dried blueberry powder - the equivalent to one cup of fresh blueberries - or 22 grams of a placebo powder. Participants, meanwhile, continued their normal diet and exercise routines. At the end of the eight weeks, participants receiving the blueberry powder on average had a 7 mmHg (5.1 percent) decrease in systolic blood pressure, which is the top number in the blood pressure reading that measures the pressure in the arteries when the heart beats. They also saw a 5 mmHg (6.3 percent) reduction in diastolic blood pressure, or the bottom number measuring the pressure in the arteries between heartbeats. Additionally, participants in the blueberry-treated group had an average reduction of 97 cm/second (6.5 percent) in arterial stiffness.

Zinc deficiency linked to immune system response

Zinc, an important mineral in human health, appears to affect how the immune system responds to stimulation, especially inflammation, new research from Oregon State University shows. Zinc deficiency could play a role in chronic diseases such as cardiovascular disease, cancer and diabetes that involve inflammation. Such diseases often show up in older adults, who are more at risk for zinc deficiency. It is naturally found in protein-rich foods such as meat and shellfish, with oysters among the highest in zinc content. Of those 65 and older, close to 40 percent do not consume enough zinc. Older adults tend to eat fewer zinc-rich foods and their bodies do not appear to use or absorb zinc as well, making them highly susceptible to zinc deficiency. The study suggests a potential link between zinc deficiency and increased inflammation that can occur with age. Getting too much zinc can cause other problems. The findings were published in the journal *Molecular Nutrition & Food Research*.



WILLIS-KNIGHTON PHYSICIAN NETWORK
and

Pierremont Cardiology,
Anil Chhabra, MD, FACC, FACP

are pleased to announce the affiliation of

Stuart Blum, MD,
Jonathan Davis, MD, FACC, FSCAI,
Robert Martin, MD, FACC, FSCAI,
Iqbal Singh, MD, MBChB, MRCP, FACC, FASNC,
Paul Stafford, MD, FACC, FSCAI

Pierremont Cardiology

1811 E. Bert Kouns, Suite 110
Shreveport, LA 71105

(318) 212-3858

www.pierremontcardiology.com



Serving patients at both WK Pierremont and
Christus Highland from our new location.



WILLIS-KNIGHTON PHYSICIAN NETWORK
and

South Shreveport Family Practice
James W. Thompson, MD

are pleased to announce the affiliation of

Thanh D. Vo, MD
Family Practice
Certified, American Board
of Family Medicine



**South Shreveport
Medical Plaza**
2520 Bert Kouns, Suite 102
Shreveport, LA 71118
(318) 212-5952
Southshreveportfamilypractice.com

*Dr. Vo accepts new patients
and most insurance plans.*



Now Leasing!

**AFFORDABLE
SENIOR HOUSING**

****Rent based on Income****

**Call Today
318-227-2591 ext. 2**



Returning Independence to Our Patients for More than 100 Years



Warming Hearts

Kristi Hanson has been warming people's hearts ever since she served as a March of Dimes' poster child and started rescuing animals at the tender age of five. She quickly warmed **our** hearts as well.

Caring for others is just part of Kristi's nature. She has been rescuing neglected and abused Papillons, French Bulldogs, and Collies for more than 30 years, so the dogs in her care also indirectly benefit from the work we do. That's exactly the type of heartwarming story that inspires Snell's experienced team of practitioners and technicians to consistently strive to provide the highest quality prosthetic and orthotic devices available.



1833 Line Avenue • Shreveport • (318) 424-4167
Toll-Free 1-800-219-5273

211 Hall Street • Monroe • (318) 388-3126
Toll-Free 1-800-685-2268

1404 Jackson Street • Alexandria • (318) 443-6391
Toll-Free 1-800-289-3260



www.SnellsOnline.com

Entertainment & Life in Shreveport Bossier

story by Chris Jay • photos by Casey Habich

Located in the northwestern corner of the state, Shreveport-Bossier is the third-largest community in Louisiana. Home to a thriving nightlife and entertainment scene, a year-round calendar of festivals and cultural events, a burgeoning culinary scene and opportunities to explore the great outdoors, Shreveport-Bossier is a wonderful place to live where there's always something new to experience.

Culturally, Shreveport-Bossier serves as a crossroads where the Cajun and Creole traditions of Louisiana blend with the wide-open spirit of Texas. This unique combination of two great American heritages can be tasted in the food, where Texas-style barbecue often shares a plate with traditional Louisiana favorites like gumbo, po-boys and crawfish etouffee. It can also be heard in the music pouring out of local nightclubs, where jazz and soul share the stage with blues, country, rock and zydeco. Local festivals, which celebrate everything from crawfish to black history, provide year-round opportunities to become immersed in the fascinating blend of cultures that exists in Shreveport-Bossier.

Music history enthusiasts will find much to explore in Shreveport-Bossier. A National Historic Landmark situated in downtown Shreveport, Shreveport Municipal Auditorium was home to the legendary Louisiana Hayride radio broadcast from 1948 to 1960. Elvis Presley made his performance debut onstage at the Louisiana Hayride on Oct. 16, 1954. Today, a statue of Presley stands outside of the auditorium on Elvis Presley Boulevard and visitors from around the world make the



trek to Shreveport Municipal Auditorium to tour the building.

Blues legend Huddie “Lead Belly” Ledbetter was born and raised in Mooringsport, La., just outside of Shreveport, and his gravesite at Shiloh Baptist Church Cemetery in Mooringsport is a frequent destination for blues aficionados. Other well-known musicians from Shreveport-Bossier include country singer Claude King, guitar legend James Burton, blues guitarist Kenny Wayne Shepherd, country superstar Kix Brooks and jazz drummer Brian Blade.

Shreveport-Bossier’s six riverboat casinos and live horseracing track lend 24-hour excitement to the city’s entertainment offerings. Margaritaville Resort Casino, which opened in June of 2013, is the most recent addition to Shreveport-Bossier’s gaming scene.

Enjoying the great outdoors can take many forms in Shreveport-Bossier, from a relaxing trip down the Red River aboard the Spirit of the Red River Cruise to zip-lining through a swamp filled with live alligators at Gators and Friends Alligator Park and Exotic Zoo. One of Louisiana’s top bird-watching destinations, the Red River National Wildlife Refuge in Bossier City, features a 6.5-mile network of hiking trails, a lake for fishing and an interpretive center offering interactive educational programs for all ages. Walter B. Jacobs Memorial Nature Park in Shreveport also offers an outstanding network of trails, including wheelchair-accessible trails. Those who love to hike, bike or jog should make time to enjoy the scenic riverfront biking and jogging paths that wind their way along Clyde Fant Parkway in downtown Shreveport and Arthur Ray Teague Parkway in Bossier City.

Several Shreveport-Bossier eateries are among the best-known in Louisiana. Strawn’s Eat Shop, a mom and pop diner with celebrated ice box pies, has been featured in

Southern Living magazine on numerous occasions. **HERBY-K’S**, a popular local seafood restaurant, has earned rave reviews in numerous national publications and was included in Garden & Gun magazine’s list “100 Southern Foods You Absolutely, Positively Must Try Before You Die.” The Wall Street Journal has listed Bossier City’s Silver Star Smokehouse among the best barbecue in the United States.

Mardi Gras, known as “the biggest free party on Earth,” is often associated with New Orleans. However, Carnival season – with its parades, parties, and costumed balls – is huge in Shreveport-Bossier. During Carnival season, which officially begins on Twelfth Night and ends on Fat Tuesday, local krewes present enormous parades featuring hundreds of floats,

marching bands and more. A study conducted by Destination Exploration estimated that a combined total of more than 283,120 people attended Shreveport-Bossier’s two largest Mardi Gras parades – the **KREWE OF CENTAUR AND KREWE OF GEMINI PARADES** – in 2014. Despite their enormous popularity, Shreveport-Bossier’s Mardi Gras celebrations remain family friendly and welcoming to visitors, with designated alcohol-free areas, daylight parades and a special tent party known as Mardi Gras Bash designed to welcome visiting groups.

As Carnival season draws to a close, a busy calendar of major festivals commences in early Spring. Holiday in Dixie, one of the oldest annual festivals in the U.S., celebrates the arrival of Spring with a carnival, live music and more. Held each year in mid-April, Holiday in Dixie takes place in downtown Shreveport’s Festival Plaza. Holiday in Dixie concludes with the Ark-La-

... a combined total of more than
283,120 people attended
Shreveport-Bossier’s two
largest Mardi Gras parades
– the Krewe of Centaur and Krewe
of Gemini parades – in 2014.



Tex Ambassadors BBQ Cook-Off, a competitive barbecue event that attracts many of the top barbecue teams in the South. Barbecue lovers can enjoy live music while sampling outstanding barbecue and voting for the winners of top prizes.

Shreveport-Bossier is home to the United States Air Force's oldest bomb wing, which is housed at Barksdale Air Force Base. Each May, the might and power of the U.S. Air Force is showcased during the **BARKSDALE AIR FORCE BASE AIRSHOW**. Many of the world's top aerobatic teams regularly perform at the air show, including the U.S. Navy Blue Angels and the U.S. Air Force Thunderbirds. Visitors to the base should also make time to explore the recently renovated Barksdale Global Power Museum, an outstanding museum showcasing the history of Barksdale Air Force Base and the 2d Bomb Wing.

Each Memorial Day Weekend, the sounds of zydeco music and the scent of boiling crawfish drift through the air in downtown Shreveport as the Mudbug Madness Festival brings four days of music, food and fun to Festival Plaza. Named one of the "Top 100 Events in North America" by the American Bus Association, this festival includes outstanding Louisiana cuisine, three stages of live music, kid's activities and more. More than 80,000 pounds of boiled crawfish are consumed by Mudbug Madness attendees each year!

One of most anticipated events each June is the Let the Good Times Roll Festival, a celebration of black history and culture that features old-school gospel, R&B and funk music as well as an outstanding array of food vendors, art booths and more. The event was named a "Top 20 Event" by the Southeast Tourism Society in 2014.

Other popular June events include the Cross Lake Flotilla, an annual "fun-in-the-sun" boat festival on Cross Lake that is enjoyed by hundreds of boaters and land-dwellers on the shore, and the Sunflower Trail and Festival in nearby Gilliam, La., which includes arts and crafts, live entertainment and festive food as well as opportunities to explore the giant fields of sunflowers that bloom along Highway 3049.

Shreveport-Bossier boasts some of the largest and most popular farmers' markets in Louisiana. The enormous **SHREVEPORT FARMERS' MARKET**, open Saturdays and Tuesdays, June through August, includes hundreds of vendors selling farm-fresh produce, locally made arts and crafts and ready-to-eat artisan foods in Festival Plaza. Live music, cooking demonstrations and more add to the excitement. The all-new Benton Farmers' Market is a huge market that takes place each Sunday afternoon in June and July in downtown Benton. With a playground and rides for children and an uncommon variety of kid-friendly food vendors, the Benton Farmers' Market is especially family-friendly.

As temperatures drop each fall, Shreveport-Bossier's entertainment scene stays hot. Every weekend in September is packed with events, ranging from the Pioneer Heritage Festival in Greenwood to the Highland Jazz and Blues Festival, a music festival held in Columbia Park that regularly attracts top names in jazz and blues music. Fall's most-anticipated event may be the annual Red River Revel Arts Festival, an enormous, eight-day outdoor arts festival featuring hundreds of visual artists and three stages of non-stop live music, children's entertainment and food vendors slated for Oct. 3-10.

Fans of craft beer travel from across the U.S. to sample the acclaimed brews created by Great Raft Brewing, Shreveport's first craft brewery and tasting room, which Gourmet magazine recently named "One of 10 U.S. Breweries to Watch in 2015." Beer lovers should plan to visit Shreveport-Bossier during the third weekend in October, when Great Raft Brewing host their annual anniversary party on the night before Shreveport-Bossier's largest craft beer event, BREW: A Premier Beer Tasting. BREW, an afternoon-long beer tasting featuring more than 150 beers, live music and food from some of Shreveport-Bossier's top restaurants, will be held in Festival Plaza on Saturday, October 17.

The State Fair of Louisiana is held each October and November on the State



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



Fans of craft beer travel from across the U.S. to sample the acclaimed brews created by **Great Raft Brewing**, Shreveport's first craft brewery and tasting room, which Gourmet magazine recently named "One of 10 U.S. Breweries to Watch in 2015."

Fairgrounds in Shreveport. The State Fair of Louisiana has received national acclaim for its unusual variety of food vendors and free entertainment, along with all of the delights of a State Fair midway. The 2015 State Fair of Louisiana will be held October 22 - November 8. The Louisiana Film Prize, a weekend-long film festival in downtown Shreveport during which audience voting determines the winner of a \$50,000 grand prize, will host its third annual festival, October 2 - 5.

Throughout November and December, the Louisiana Holiday Trail of Lights provides countless ways to enjoy the spirit of the holidays "Louisiana style." One of Shreveport-Bossier's best-known holiday events is Christmas in Roseland, a holiday lights extravaganza at the Gardens of the American Rose Center, November 27 - December 23. Other popular events include the Christmas on Caddo Fireworks Festival, a charming, small-town Christmas festival featuring fireworks over scenic Caddo Lake on December 5, and Les Boutiques de Noel, a weekend-long holiday shopping extravaganza at the Bossier Civic Center, November 19 - 21.

"Louisiana's Other Side" is a term used to describe Shreveport-Bossier's location in the state and its unique combination of Louisiana's Cajun and Creole culture and Texas's cowboy heritage. From the glittering excitement of the casinos to the wonderful array of festivals, the mouth-watering local cuisine, fantastic shopping and numerous outdoor activities and attractions - Shreveport-Bossier has all of the necessary ingredients for a memorable getaway.

To learn more about all of the great things to see and do in Shreveport-Bossier, visit www.shreveport-bossier.org or call 800-551-8682.

TIME to clean OUT your CLOSETS.

Superior Dry Cleaning
Affordable Fine Dry Cleaning

THE COURT AT TWELVE OAKS
603 Absinthe Ct.,
Shreveport
(318) 798.6220

WINDRUSH VILLAGE
1023 Provenance Place Blvd.,
Suite 180, Windrush Village,
Shreveport
(318) 671.1919

FREE DELIVERY & PICK-UP

ELDER LAW ATTORNEY KYLE A. MOORE
CALL TODAY TO SCHEDULE AN APPOINTMENT 318-222-2100

AFRAID YOU CAN'T AFFORD TO PAY FOR YOUR LONG-TERM CARE?

WE CAN HELP.

We offer our clients sound legal advice and work with each family to develop an individualized plan to protect their assets from potentially devastating nursing home costs. Whether you are planning for the future or already in the nursing home, we can help. Do not make these difficult decisions alone.

Schedule an appointment with us today.

LONG-TERM CARE PLANNING • MEDICAID/ VETERANS BENEFITS
ESTATE PLANNING • SUCCESSIONS



KYLE A. MOORE



VICKIE T. RECH
Client Care Coordinator

Our family was challenged with finding solutions to the many problems we were facing while handling affairs for our mother. Through the recommendations of a friend, we found our way to Kyle Moore and Vickie Rech. We cannot express sufficiently our deep appreciation for the incredible job they did and are doing for our mother. The many complexities of her financial situation are being handled professionally, in a timely manner and with compassion for our family. We consider them friends as well as legal advisors and highly recommend them!

-Darlene Franks Pace & Carolyn Franks Browning

I cannot even begin to thank you enough for how you took such great care of my parents' affairs and helped us through the tall weeds of wrapping up all of the end of life business concerns.... I was able to focus on what was going on with family without worry because I knew all of the legal things were handled well. I particularly appreciated your compassionate interactions with us. You never made us feel inferior for asking so many questions or even the same questions over and over. It is astounding how cloudy the mind becomes during these times. Thinking clearly was quite a chore. I can tell you that we have highly recommended your office to many others. Hiring your firm was one of the best decisions we made during the past several years. I have tears in my eyes recalling so many of the events of this passage of time and I can assure you we navigated it much more gracefully with your help. Thank you again for everything. Quite sincerely thanking God for you.

-Terri Miller and family

Suicide Prevention Starts with Recognizing the **WARNING SIGNS**



by Darla O'Brien, MA, PLPC



SUICIDE CAN BE PREVENTED.

The emotional crisis that usually precedes suicide is often recognizable and treatable. Suicide needs to be addressed head on so that people get the help they desperately need. The discussion of suicide is frequently avoided - maybe because it is often misunderstood, or maybe because it can force one to address their own inner turmoil.

Suicide can be a scary and complicated subject. I've heard countless questions and statements portraying immense confusion. I believe the biggest struggle people have in regards to understanding self-harm, suicidal ideation and suicidal behavior is directly due to myths and misconceptions that surround us in our society. It is common to have difficulty understanding suicide if you have never been in that dark place in life; as it is also impossible for those with suicidal thoughts and attempts to understand how those in their life suffer from looking on helplessly.

Millions of Americans suffer from clinical depression. Depression, at times, is taken too lightly. Although most people who are depressed are not suicidal, most people who are suicidal are depressed. If you have a family member or friend who you suspect is becoming depressed to the point of needing help, you may feel overwhelmed and wonder what, or if, you should do anything. What I hear the most is "But how do I know for sure?" "What if I'm wrong?" "What if they are suicidal and I upset them even more?" "Is it appropriate to ask if they are suicidal?"

The answer to all questions you may have about someone being suicidal is if you think there might be a chance of the person having suicidal thoughts – ASK them if they are suicidal. If they answer is yes, seek help immediately. If they tell you they are not suicidal but you believe that they are not being truthful, stay with them or call another person they trust to come over or talk with them over the phone. Basically, do everything you can to be sure the person is safe. If having someone be with the person is not an option, perhaps you can suggest some ideas that will likely prohibit self-harm. For instance, suggest something for them to do where they will not be alone. If you feel the person will be offended by you not believing them, these are all things you can do without directly telling them it is due to your concern. Remember, it's vital to do absolutely anything and everything you can do to ensure the person's safety.

One misconception that I hear often is that suicide should not be discussed with someone who is depressed, in fear of it giving the suspected suicidal person the "idea". The truth of the matter is that it is not uncommon for people suffering from clinical depression to have suicidal thoughts at times, some much more severe. Discussing the topic may even motivate the person to seek help. Some people who are suicidal feel that they should not talk about it because other people seem so uncomfortable with the subject in general. When the topic is avoided, sometimes it can bring shame to the suicidal person

"Nothing in life is to be feared, it is only to be understood. Now is the time to understand more, so that we may fear less." - Marie Curie

and in turn further amplify any thoughts or plans.

Most people give or show some type of warning sign prior to attempting suicide. If you are aware of what to look for, you will be more capable of recognizing the problem before it is too late. The signs can be difficult to remember, especially when you are in such a state of ambivalence regarding a life or death situation. One way to learn some of the primary warning signs is through an easy to remember mnemonic: IS PATH WARM:

- I** **Ideation**
- S** **Substance Abuse**

- P** **Purposelessness**
- A** **Anxiety**
- T** **Trapped**
- H** **Hopelessness**

- W** **Withdrawal**
- A** **Anger**
- R** **Recklessness**
- M** **Mood Changes**

Some of these acute warning signs include:

- threatening to hurt or kill him or herself, or talking about wanting to hurt or kill him or herself; and/or
- looking for ways to kill him or herself by seeking access to firearms, pills, or other means; and/or
- talking or writing about death, dying or suicide, when these actions are out of the ordinary.

Remember, suicide can be prevented. We all need to learn the warning signs. If we suspect someone is suicidal, we need to ask them. It's important to never assume someone is not suicidal, just because they don't come out and say it. If someone is having thoughts of suicide, help needs to be sought as soon as possible. In an emergency, call 911 or take them to the nearest emergency room. It is never anyone's fault if someone commits suicide, but there is a possibility we can get them the help they need.

If you are suicidal or are having thoughts of suicide, please seek help immediately. Yesterday could have been the worst day of your life and today looks like it's going to be worse than yesterday, but you are never completely certain what tomorrow will look like. If you need someone to talk to, you can go to your local counseling center or call: 1-800-273-TALK (8255). If you are in crisis call 911 or go to the nearest ER. There is help and hope for you.

Darla O'Brien, MA, PLPC is a counselor with The Center for Families, a nonprofit counseling center serving northwest Louisiana.



WILLIS-KNIGHTON PHYSICIAN NETWORK

and

Hematology/Oncology Associates

Joyce Feagin, MD,
Charles Hargon, Jr., MD
Maxwell "Chip" McDonald, MD,
Michael R. Moore, MD
Robert A. Nickelson, MD,
Anil Veluvolu, MD

are pleased to announce the affiliation of

Nihar K. Patel, MD
Hematology/Oncology



**Willis-Knighton
Cancer Center**

2600 Kings Highway
Shreveport, LA 71103

(318) 212-8620

*Dr. Patel accepts new patients
and most insurance plans.*



Senior Care at Brentwood Hospital

Levels of Care

- Inpatient
- Partial Hospitalization (Day Treatment)
- Outpatient

Call us, we can help!

Brentwood
Senior Care Unit
(318) 678-7500

www.brentwoodbehavioral.com

Warning Signs

That May Indicate the Need for Treatment

- Depression, extreme sadness
- Confused thinking, difficulty concentrating
- Hallucinations; hearing voices
- Misuse of alcohol or medications
- Disorientation
- Numerous unexplained physical ailments
- Difficulties coping with daily living
- Excessive fears, anxieties or suspiciousness

THE LAW CAN BE A CIRCUS AT TIMES

by Lee Aronson

P.T. Barnum (names have been changed) owned a house down in central Louisiana. His business kept him

on the road a lot, and he found himself spending less and less time at home. So he decided to sell his house. Mrs. Bailey, a recent widow, offered to buy the house. P.T. knew that Mrs. Bailey had been a homemaker and a mother and had left all of the financial affairs to her husband. Although Mrs. Bailey was by no means stupid, she had only written one or two checks in her entire life. She never had (or wanted) a credit card and was not what some would call “a modern consumer.”

P.T. told Ms. Bailey that he would take care of

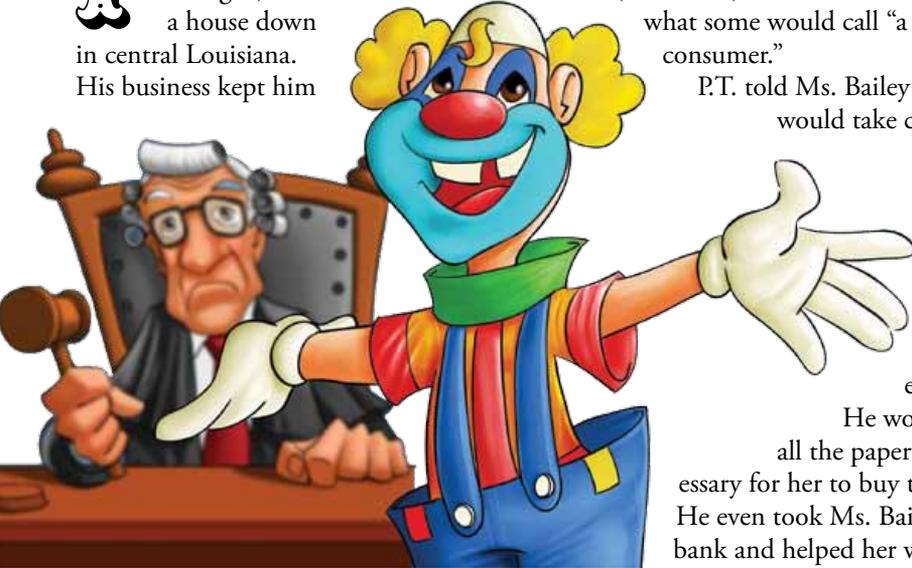
everything. He would handle all the paperwork necessary for her to buy the house. He even took Ms. Bailey to her bank and helped her withdraw

her money to pay for the house. He signed the deed, Mrs. Bailey signed the deed, two witnesses signed the deed and the notary at the bank notarized the deed. P.T. then handed the deed and the key to the house to Mrs. Bailey, congratulated her on her purchase and told her to “take care of it.”

Mrs. Bailey moved into the house and everything was just fine for a couple of years. One day a young couple showed up at the house. The couple was surprised to see Mrs. Bailey because they had just bought the house for themselves from “a nice fellow by the name of P.T. Barnum.”

That’s right: P.T. had sold the house twice. - once to Mrs. Barnum, and a few years later, to the young couple. From a legal point of view, who owns the house now? Mrs. Bailey? She bought it first. The young couple? P.T. Barnum?

Here’s what Louisiana law says: When you buy or sell a house, the deed needs to be filed at the courthouse. If I sell my house to Fred and the deed isn’t filed at the courthouse, then as far as the rest of the world is concerned, I still own the house, not Fred.



YOUR Health... in your hands

“Having quick access to my husband’s health records made a life-saving difference in his care.”

During a crisis, you don’t have time to look through piles of paper health records. An electronic health record can be accessed whenever and wherever you are. Having your records can help you make more informed health care decisions. Ask your doctor about how to access your records.

Visit **MakeMyHealth.me** to make your health personal.

DEPARTMENT OF HEALTH AND HOSPITALS LOUISIANA HEALTH CARE QUALITY FORUM

Mrs. Bailey didn't know that. When P.T. handed her the deed to the house, she didn't take it to the courthouse. She wasn't sure what she did with it and now she couldn't find it. Before the young couple had bought the house from P.T., they had gone to the courthouse and the official court records said that it was true: P.T. Barnum really did own the house. Everybody ended up suing everybody else and the case ended up in front of a Judge. If you were the Judge, what would you do?

P.T. told the Judge that he had given the deed to Mrs. Bailey and told her to "take care of it." He said that it wasn't his fault that Mrs. Bailey hadn't taken the deed to the courthouse. She was the one who had made the mistake and even if she didn't know what the law said, ignorance is no excuse.

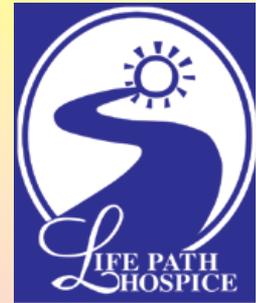
The young couple told the Judge that they had done everything right. They'd gone to the courthouse. They'd done their research. They were innocent victims.

Mrs. Bailey told the Judge that she had paid cash money for the house. P.T. still had her money and it was unfair for someone to be able to sell the same thing

to two different people.

Here's what the Judge decided: "We know of no theory under which a man, who sells the same property to different parties, can or should be protected against the consequences of his own ill-advised acts." The fact that Mrs. Bailey made a mistake by not taking the deed to the courthouse did not mean that she was at fault, but it did mean that she didn't get to keep the house. Because the young couple had recorded their deed after they bought the house from P.T., they got to keep the house. P.T. got to keep the money that the young couple paid him for the house, but he had to return Mrs. Bailey's money. He also had to pay her damages, which in this particular case, ended up being about triple the price Mrs. Bailey paid to buy the house.

Lee Aronson is a Shreveport attorney with Lineage Law, LLC, an estate and business planning law firm serving clients throughout Louisiana.



318-222-5711

8720 Quimper Place, Ste. 100
Shreveport, LA 71105

www.lifepathhospicecare.com

We accept Medicare, Medicaid and most private insurances.

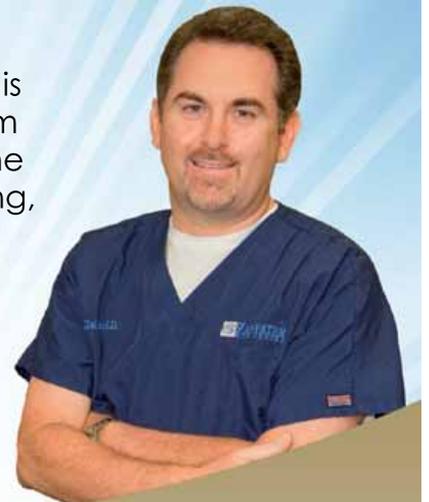
SEE THE CLEAR DIFFERENCE



Trust experienced surgeon,
Norman Zaffater, M.D.

to perform your cataract procedure. He is one of the first in the Ark-La-Tex to perform laser assisted cataract procedures with the option of lens implants that correct reading, intermediate and distance vision!

Call today to schedule an appointment!



318-747-5838

2449 Hospital Drive, Suite 460, Bossier City, LA 71111

One lens can help you see it all, from **NEAR** to **FAR!**

OVER 50?

Supersize Your Retirement Savings

by Nathaniel Sillin

If you're over age 50 and not sure whether you're going to be able to retire, it's time to focus, get advice and build a realistic plan.

You're not alone. The U.S. Government Accountability Office recently reported that most households approaching retirement have low savings, adding that nearly half of households led by individuals or couples aged 55 and older having no retirement savings accounts at all.

The first step is to define where you really stand financially. Consider speaking with a qualified financial and tax advisor to define your present financial circumstances. Such a conversation should take into account your household income, tax situation, debt and retirement assets in any form. Reviewing these factors can help shape your decisions about supersizing your retirement plan for maximum safe returns. While a customized plan is generally the best way to approach shortfalls, here are some general approaches.

Take time to reevaluate your

budget (www.practicalmoneyskills.com/budgeting). To accelerate retirement saving and investing, you need to find the money first. Non-mortgage debt is a major retirement savings obstacle. Better budgeting can help you find the money to pay off debt quicker. Adjust your spending across the board so you can accomplish this while adding more money to savings over time.

Know that you're going to need to accelerate your savings. Estimates vary, but generally, after age 50, it's best to direct at least 10 percent of your gross income in savings and investments to cover living expenses when you stop working. If you are employed, review your contribution and income limits for the most popular self-directed and tax-advantaged retirement savings vehicles. Those include:

- 401(k), 403(b) and most 457 plans, which will have a maximum annual contribution limit of \$18,000 in 2015
- Individual Retirement Accounts (IRAs) – both Traditional and Roth – which will have maximum "catch-up" contribution limits of \$6,500 (the regular \$5,500 limit plus \$1,000 for taxpayers aged 50 or over by yearend 2015)

If after all this effort you're still not able to find enough money to put away, consider making a greater effort on the income side. Many individuals boost their savings through a second job or freelancing from home. Consult qualified financial and tax professionals to make sure you're handling this extra income correctly from a tax perspective and putting it in investments that make sense for you.

Downsizing to a smaller home or an apartment in a lower cost-of-living destination or deciding to move in with friends or family at minimal costs may also provide additional savings for retirement. But first, consider what you might get for your home. If you are able to sell a primary residence at a



Something Wonderful Is Happening Here!

- Retirement living at its best
- Spacious apartment homes
- Countless amenities & service
- Activities to suit every taste



7110 University Drive, Shreveport, LA 71105
www.emeritus.com

Phone - (318) 524-2100 | Fax - (318) 524-2300



TX LIC#000461 An Emeritus Certified Assisted Living Community
 We comply with the Fair Housing Act.

significant profit over your purchase price – above \$250,000 for a single taxpayer and above \$500,000 for married taxpayers filing jointly – speak to a tax professional about ways to avert a significant tax liability.

Finally, put proper financial safety nets in place. Make sure you have an emergency fund (www.practicalmoneyskills.com/emergencycalc) set up so you won't be forced to dip into savings to cover unexpected expenses. And don't forget insurance – having the right amount of property and casualty, health and disability insurance can protect your retirement nest egg from significant risk.

Bottom line: Building a retirement fund after age 50 is challenging, but not impossible. Get solid tax and financial advice, start downsizing immediately and don't forget critical financial safety nets.

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



ON CALL

Medical Alert Systems

by **Acadian Total Security**
Home | Business | Fleet | Video | Medical



On Call by Acadian Total Security provides help 24 hours a day, 365 days a year from Emergency Medical Dispatch-certified EMTs and paramedics at the touch of a button.

HOME + MOBILE GPS MEDICAL ALERT



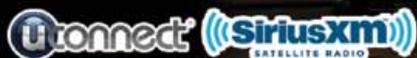
No home phone line required.
Protects you at home or while on the go. Service is nationwide.

800.259.1234 | AcadianOnCall.com

THE NEW FACE OF AN AMERICAN DESIGN STORY.

THE ALL-NEW 2015
CHRYSLER 200 C.

UP TO 36 MPG HWY
NINE SPEED TRANSMISSION!



T&C DISCOUNT - \$2,000
REBATE - \$3,000

SAVE **\$5,000**

CHRYSLER CAPITAL REBATE ... \$500

SAVE **\$5,500**

ON ALL IN STOCK!

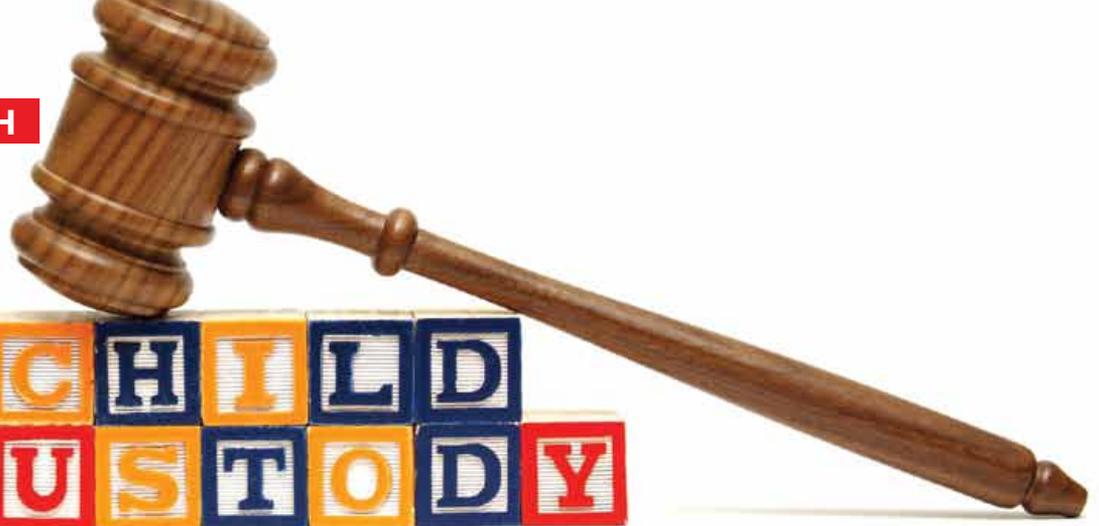
NOW AVAILABLE AT

HEBERT'S
Town & Country

CHRYSLER • DODGE • JEEP • RAM



IN THE SHREVEPORT AUTOMALL! HEBERTSTANDC.COM 318-221-9000



Disputes Involving Parents Versus Nonparents *by Judge Jeff Cox*

In the last few weeks, I have had several custody cases involving parents versus nonparents. Most of these situations involve family members who are trying to get custody of a child from a parent who is not fit to raise the child. The nonparent may be a grandparent, aunt, uncle, or even cousins. In a few of these cases, I have had an unrelated person seeking to gain custody from a parent. In looking at these cases, the Louisiana Civil Code provides guidance.

Louisiana Civil Code Article 133 states: "If an award of joint custody or of sole custody to either parent would result in substantial harm to the child, the court shall award custody to another person with whom the child has been living in a wholesome and stable environment, or otherwise

to any other person able to provide an adequate and stable environment."

The parent of the child is always given preference. In reading the comments under Article 133, the courts have interpreted that a parent has a paramount right to raise their child. This right rises to a constitutional right of the parent to raise the child. In order to take a child from a parent, evidence must show that the child remaining with the parent would result in substantial harm to the child.

According to the cases listed in the comments under Article 133, the evidence must show two factors in order that a child be removed from a parent and given to a nonparent. The first factor that must be shown is that substantial harm would result to the child if they remained in the

custody of the parent. According to the cases listed in the comments under Article 133, substantial harm can be shown by neglect of the parent, behavior of the child when they are with the parent, home of the parent, and fitness of the parent to raise the child and provide for the child's education. If substantial harm can be shown, then the next factor must be considered.

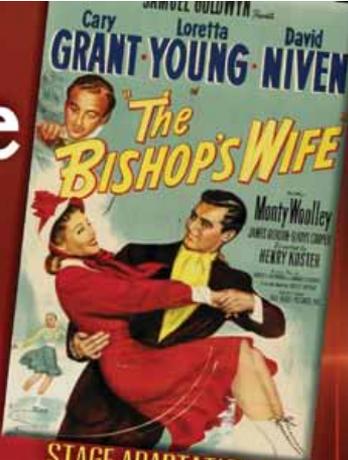
The next factor which has to be considered is the environment of the nonparent and whether placing the child with the nonparent is in the best interest of the child. The nonparent has to provide the child with a wholesome and stable environment. In other words, the nonparent must be providing the child with all the things a parent should be providing the child. These things include but are not limited to education, extracurricular activities, church, adequate meals, and adequate living arrangements.

If the person seeking custody is a nonparent, they have a tough legal battle to prove that they are in a better position to raise a child over a parent. Our law gives the paramount right to parents to raise their children, even if they are marginal in their ability to raise the child and another person may do a better job. Nonparents need to give strong consideration when seeking custody of a child where a parent is involved due to the nature of the law written in this area.

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



A heartwarming Romantic Comedy
The Bishop's Wife
 DIRECTED BY JOE TODARO AND RICHARD FOLMER
 OCTOBER 2, 3, 9, 10 . 7:30 PM
 OCTOBER 4, 11 . 3:00 PM
 BOX OFFICE OPENS SEPTEMBER 21
 318-429-6885
 ONLINE TICKETS AVAILABLE SEPTEMBER 15
 EMMETHHOOKCENTER.ORG



STAGE ADAPTATION OF THE CLASSIC FILM BY JOE TODARO

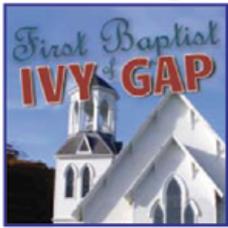
EMMETT HOOK CENTER
 FIRST UNITED METHODIST CHURCH

CHILDREN/STUDENTS \$12,
 SENIORS/MILITARY \$14
 ADULTS \$16. CALL FOR GROUP RATE INFORMATION (10 OR MORE)
 ADDITIONAL INFORMATION 318-429-6887
 550 COMMON STREET - DOWNTOWN SHREVEPORT

THE SHREVEPORT LITTLE THEATRE

94th SEASON 2015-2016

Shreveport Little Theatre... an intimate theatre experience!



September 17-27, 2015



November 5-15, 2015



January 7 -17, 2016



Feb 25 - March 6, 2016



April 21 - May 1, 2016

ALL FIVE MAINSTAGE SHOWS

For only: \$100 (adults) or \$94 (seniors, students, active military)
a savings of \$10 off individual ticket price

SLT

SHREVEPORT LITTLE THEATRE

www.shreveportlittletheatre.com

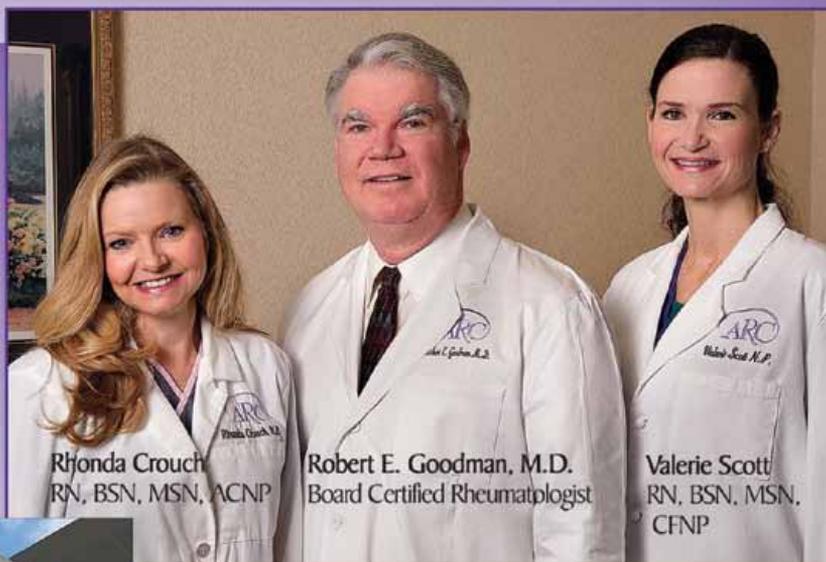
FOR MORE INFORMATION
Call (318) 424-4439

or online at www.shreveportlittletheatre.com

Or visit our Box Office 812 Margaret Place

Noon - 4 p.m. Monday - Friday

Dr. Robert E. Goodman & the ARC Staff



Rhonda Crouch
RN, BSN, MSN, ACNP

Robert E. Goodman, M.D.
Board Certified Rheumatologist

Valerie Scott
RN, BSN, MSN,
CFNP

Caring, compassionate professionals utilizing over 55 years of specialized rheumatology experience, combined with cutting-edge technology and the latest treatment options.

Call 318/424-9240
for an appointment.



ARTHRITIS & RHEUMATOLOGY CLINIC

Board Certified Rheumatology 740 Jordan, Shreveport, LA 71101, www.arthdoc.com, www.facebook.com/arthdoc





The Green Tea Pee Connection

by Suzy Cohen, R.Ph.

There is always some kind of tea in my house, including green tea which millions of people drink every day. Known botanically as *Camellia sinensis*, green tea contains epigallocatechin-3-gallate (EGCG) which provides powerful anti-inflammatory, antioxidant, anti-fibrosis and cell protective benefits. It is well-known for its anti-cancer effects.

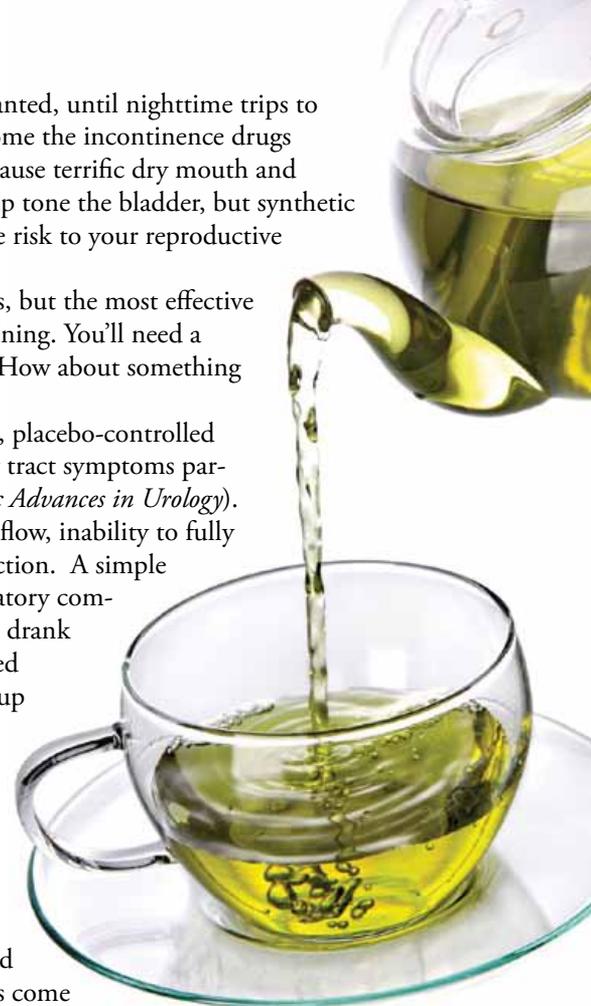
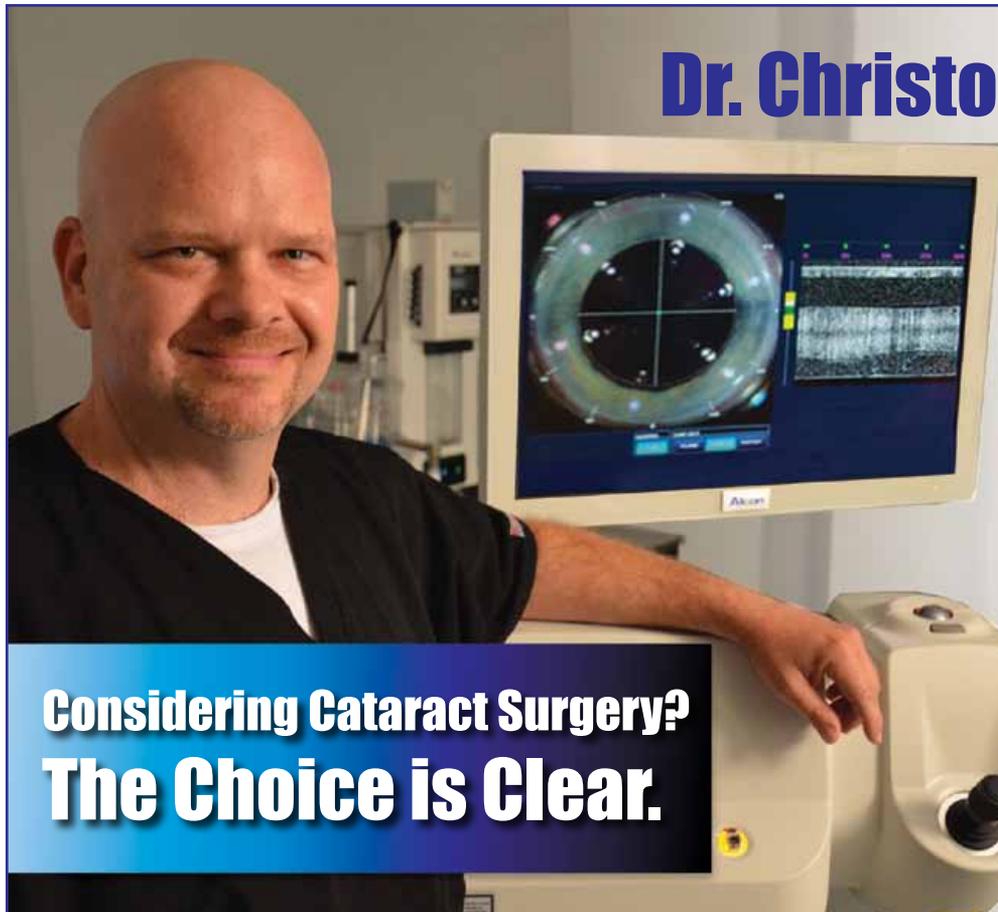
Practitioners frequently use green tea as a diuretic to rid your body of excess fluid. The EGCG and other compounds are super strong antioxidants. Today, I want to focus on the relationship between green tea and your bladder. This is particularly important if you find yourself 'toilet mapping' whenever you go out or need frequent treks to the restroom all day long.

Most people take their bladder for granted, until nighttime trips to the potty begin to ruin your sleep. In come the incontinence drugs such as the anticholinergics which can cause terrific dry mouth and blurred vision. Topical estrogen may help tone the bladder, but synthetic non-bioidentical estrogen carries terrible risk to your reproductive organs.

As a pharmacist, there are many drugs, but the most effective cure I believe is through pelvic floor training. You'll need a certified biofeedback therapist for that. How about something simple like green tea?

In a recent randomized, double-blind, placebo-controlled study, 46 men with bladder and urinary tract symptoms participated in a 3 month trial (*Therapeutic Advances in Urology*). These men had difficulties with urinary flow, inability to fully empty their bladder and erectile dysfunction. A simple lab test evaluated levels of the inflammatory compound C-reactive protein or CRP. Men drank a green tea blend that significantly helped them with their various discomforts by up to 35 percent. Urinary flow improved and CRP was lowered. Symptoms of erectile dysfunction improved as well.

What about UTIs? If you're prone to these, there are many studies including one in *Frontiers in Biology*, that show how green tea acts like an antibiotic killing *E. Coli* in the bladder and urinary tract. These antimicrobial effects come

Dr. Christopher Shelby

▶ FIRST & MOST EXPERIENCED LASER CATARACT SURGEON IN LOUISIANA

You only have two eyes. Trust them to the expertise and knowledge of Dr. Shelby.

Call for your appointment.



Pierremont Eye Institute
7607 Youree Drive
(318) 212-EYES (3937)

**Considering Cataract Surgery?
The Choice is Clear.**

Discovering Maycomb in Monroeville: The Mockingbird Connection

Story by Andrea Gross; photos by Irv Green



(Left) Welcome Sign: Monroeville expects to see even more visitors now that *Go Set a Watchman* has been published.

Monroeville, Alabama may be the most well-known small town in America. Millions of folks have read about it, seen a movie about it, and picture it as the archetypal Southern town, but comparatively few recognize its name. To them it is Maycomb, the place memorably depicted in one of the world's best selling books, Harper Lee's *To Kill a Mockingbird*, as well as in her recently-released novel, *Go Set a Watchman*.

Despite having similar themes (racial attitudes, moral certitude and family relationships) and featuring many of the same characters, there are important differences between the two books. *Mockingbird* takes place in the 1930s while *Watchman* is set in the 1950s. The intervening twenty years have wrought changes in everything from political actions to societal expectations, and the story is told from the perspective of an informed adult rather than an innocent child. But one thing remains the same: in a physical sense the fictional town of Maycomb is strikingly similar to the real town of Monroeville.

Today Monroeville is almost twice as large as it was sixty years ago when Lee wrote both of her books (*Watchman* was actually an early draft of *Mockingbird*), but with a population of just over 6,000, it's still not much more than an outpost midway between Montgomery and Mobile. Yet due to Lee, who has always called it home, and Truman Capote, who vacationed there as a child, in 1997 the state legislature dubbed the town the Literary Capital of Alabama. Twelve years later the 40-acre downtown area was added to the National Register of Historic Places.

My husband and I are eager to see what all the fuss is about. We stop first at the 1903 domed courthouse, a familiar structure to those who have seen the 1962 film of *Mockingbird* starring Gregory Peck or read the early works of Capote. We enter the courtroom where Lee's father, as well as the fictional Atticus Finch, practiced law. I shudder as I see the jury box where twelve white men convicted an innocent black in a pivotal scene in *Mockingbird*.

The upstairs rooms are filled with exhibits pertaining to the town's famous duo. We read about Lee receiving the 1961 Pulitzer Prize, admire photos of a Capote as a chubby-cheeked child, and pause before a giant enlargement of a postage stamp featuring Gregory Peck. I find it strange that the postal service honored a movie star who

A bronze statue titled "A Celebration of Reading" honors Monroeville as Alabama's Literary Capital.

recreated a character on screen rather than the author who created that character in the first place.

But the real importance of Monroeville, as well as the museum, is best represented by a bronze sculpture on the courthouse lawn that depicts three children absorbed by a book. The sculpture is titled “A Celebration of Reading.”

As we stroll the surrounding streets we try to imagine the town as it was when Lee was a child. Her home was only two blocks from the Courthouse; the Faulk home in which Capote summered was right next door to Lee’s and the home of Alfred Boulware, who *Mockingbird* fans will recognize as the likely inspiration for Boo, is around the corner near the elementary school.

These homes are gone now. An overpriced ice cream shack occupies the site of Lee’s home, a rock wall is all that’s left of the former Faulk house, and the Boulware home has been replaced by a gas station. But many of the old buildings remain, although most have been repurposed. Circling back to the Courthouse, we pass the Monroe County Bank, where Lee’s father had his law office, and the RSVP building that now houses a charitable organization but used to be the town jail. Finally, behind the courthouse, the former La Salle Hotel, where Gregory Peck stayed when he was in town preparing for his award-winning role as Atticus, has been turned into the public library.

Then, because travel is as much about meeting people as seeing sights, we go to Radley’s Fountain Grille, where 92-year-old George Jones enjoys talking to visitors about days gone by. “Nelle was four years behind me in school,” he says, referring to Lee by her first name, the one used by long time acquaintances. “She was a notorious tomboy, just like Scout (the main character in *Mockingbird*) and Capote was just like Scout’s friend Dill, who was a smart-alecky kid with a high-pitched voice.”

He also gives us the real scoop on Alfred Boulware. “He stole a 15¢ pack of cigarettes and rather than let the judge send him to reform school, his father kept him under house arrest for life.” George shakes his head. “Nelle portrayed him as a dodo, but he was one of the smartest boys in his class.”

Before we leave, we visit Ol’ Curiosities & Book Shoppe, where we buy a copy of *Go Set a Watchman*. It’s been embossed and certified as coming from the author’s hometown—the Maycomb of Scout and the Monroeville of Nelle.

**For more stories from George as well as a list of Monroeville restaurants favored by Lee, check our companion website, www.TraveltizersPlus.com*



Harper Lee’s lawyer father tried cases in the Old Monroe County Courthouse.

The Future of Your Medicare or Insurance Benefits May Seem HAZY...

But your vision doesn't have to be.

Right now, there are so many unknowns in medicine.

If you're over 50 or a Medicare recipient, it's tough to predict what will happen to your medical care coverage next year.

Right now is the time to visit Planchard Eye & Laser Center for your cataract screening and take advantage of your current health insurance or Medicare plan.

Right now is the time to call Planchard Eye & Laser Center at **318-230-7083** for your cataract evaluation.

PLANCHARD EYE & LASER CENTER

318-230-7083 | www.PlanchardEye.com
Flex Plans, HSAs, Medicare and Most Major Insurances Are Gladly Accepted!

Giving you the hand you need

to live independently at home ...

Companion Home Services provides support services 24/7. From assistance with personal hygiene, mobility and meals to routine house-keeping, grocery shopping, companionship and more, we can provide the support needed to help our clients remain living independently at home!

For more info call 429-7482 today!

COMPANION Home Services

820 Jordan Street, Ste. 240 ♦ Shreveport



Alligator Tales by Dr. Terry L. Jones

Louisiana has long captured America's imagination with its beautiful bayous, delicious cuisine, and abundant wildlife. Television shows such as "Swamp People" have only increased that interest - particularly in Louisiana's famous alligators.

Stories about the alligator (or "crocodile," as the French called them) began to appear in print soon after the Sieur d'Iberville established the Louisiana colony in 1699. In fact, one of the first mentionings of our alligator can be found in Iberville's diary. While exploring Bayou Manchac, he wrote, "We see a large quantity of crocodiles. I killed a small one, eight feet long. They are very good to eat."

Andre Penicaut accompanied Iberville on the expedition, and he claimed that one of the first places in Louisiana the French named was the Riviere-aux-Chiens "because a crocodile ate up one of our

dogs there." This stream is probably modern-day Riviere aux Chenes that forms the western boundary of St. Bernard Parish.

Le Page DuPratz, another early explorer, frequently mentioned the alligator in his memoirs. According to DuPratz, they were not only widespread but downright huge. "Among other things I cannot omit to give an account of a monstrous large alligator I killed with a musquet ball. . . We measured it, and found it to be nineteen feet long, its head three feet and a half long . . . at the belly it was two feet two inches thick . . . M. Mehane told me, he had killed one that was twenty-two feet long." If Mehane's gator was measured accurately, it would have broken the current world record of 19' 2".

The author of an 1854 article in Harper's New Monthly Magazine also commented on the large size of the gators. He claimed a skull was found with jaws that opened up five feet and that a man

once killed a gator in Pascagoula Bay that measured twenty-one feet long. The writer also mentioned that the famous painter James J. Audubon killed an alligator in the Three Rivers area that measured seventeen feet.

This same author claimed the alligator's ability to survive long periods of time without food "almost exceeds belief." While living in Concordia Parish, he received a letter from a European scientist requesting a live alligator to study. The author put the word out, and gators soon started arriving at his doorstep - literally. In the dead of night, a neighbor tied to his porch an alligator "whose huge jaws . . . opened wide enough to swallow any philosopher who would dare to interfere with his habits or dental fixtures."

He finally acquired two alligators he thought would fit the scientist's needs and simply put them in a crate with air holes and shipped them to Europe. Traveling by



Take Control of Your Family's Safety

At Alarmco Security we value your family's health and security.



ALARMCO.
Security . Video . Automation

Call us today! Get a free medical alert with free installation of a home security system.

Alarmco, LLC ■ 5105 Venecia Dr ■ Bossier City La 71111 ■ **318 300 3780**
Lic # F-1708 *Your locally owned and operated company*

steamboat and train, it took the critters nearly five months to reach their destination. They arrived in good condition even though “in all that time, lived on else than faith, sunshine, and the dews of heaven.”

In the eighteenth and nineteenth centuries, alligators seemed to have flourished all over Louisiana, but writers frequently mentioned their abundance in Red River. One author quoted Audubon as saying the number of gators there was “almost beyond conception. He says he has seen hundreds at once, the smaller riding on the backs of the larger, groaning and bellowing like so many mad bulls about to meet in fight. . . .”

In 1876, manufacturers in New York and New Jersey began purchasing Louisi-

ana alligator skins to make boots, shoes, and purses, and other companies bought alligator oil for use in machinery. As a result, professional hunters began killing large numbers of the reptiles. On June 3, 1882, the *Lafayette Advertiser* reported, “Three persons residing in the parish of Assumption, last year killed 9000 alligators, saved the oil and sold the hides. The price of the hides is seventy-five cents apiece.”

The Department of Wildlife and Fisheries estimates that from 1880 to 1933 approximately 3.5 million Louisiana alligators were killed for their skins (or an average of 64,815 per year). The number dropped significantly to 414,126 (or 18,005 per year) between 1939 and

1960. There was growing concern that the Louisiana gator might be killed to extinction so officials initiated a state-wide ban on hunting alligators in 1962.

Ten years later, the gator population had rebounded enough that a commercial season was reopened. Today, thanks to conservation efforts, there are probably more alligators in Louisiana than there were one hundred years ago.

Dr. Terry L. Jones is a professor of history at the University of Louisiana at Monroe and is an award-winning author of outdoor articles and books on the Civil War.



CHRISTUS Provident Internal Medicine Welcomes Dr. Stephen Beene

Pictured left to right: Dr. David Persson, Dr. Stephen Beene and Wanda Haynes, NP

Dr. David Persson welcomes Dr. Stephen Beene to CHRISTUS Provident Internal Medicine. Board-certified in Internal Medicine, each physician brings years of experience in working with patients to educate on wellness and preventative practices as well as diagnose and manage most complex health issues.

Now accepting new patients. Schedule your appointment today!
Call 318.681.1630

Monday-Thursday 8 a.m. to 5 p.m. Friday 8 a.m. to Noon
Accepting most insurances. Same day appointments available.

1453 E. Bert Kouns Industrial Loop, Suite 317
Shreveport, LA 71105
christusphysiciangroup.org/provident

 **CHRISTUS**[®]
Provident Internal Medicine
Highland



So, You're Looking for a Good Book

by Terri Schlichenmeyer

There's too much stuff in your house. Too much stuff leads to frustration. Frustration leads to cleaning. Cleaning leads to finding (more) stuff you forgot you had... like the bookstore gift certificate you got seven months ago. Uh oh.

So now what? You've read all the Buzz Books – so what get with that new-found gift certificate treasure? Read on for some great ideas....

FICTION

Could you survive in the wilderness? That's a question that's asked of a college sophomore after a plane crash in **"Girl, Underwater"** by Claire Kells. Life is good for nineteen-year-old Avery Delacorte but on her way home from school, the plane she's on crashes and she's one of a handful of survivors. So is an irritating fellow member of her swim team... Pair it up with **"Stella Rose"** by Tammy Flanders Hetrick, a book about a woman who tries to raise a teenager after the girl's mother has died. She barely knows the girl... but how much did she really know about the teen's mother?

If you're still in need of a good read, look for **"Soil"** by Jamie Kornegay, the story of a scientist who tries to live off the grid and instead dies. When his corpse shows up on a farm, well, read the book and find out. When you're done with it, try **"Aquarium"** by David Vann, the story of how a friendship between a lonely little girl and an old man who

meet because of their love for the fish at a local aquarium. Hint: what happens is anything but good.

GENERAL NON-FICTION

If you feel as though you can't find even a few minutes for a book, then peek at these. First: **"100 Things You Will Never Find"** by Daniel Smith is a book about lost treasure, lost cities, and lost artifacts. Start it, and you'll lose track of time. Then, find **"Lonely Planet's Instant Expert"** by Nigel Holmes, and learn to do tricks and gain skills to wow neighbors, kids, and your friends.

So you love music. Why not read **"Beale Street Dynasty"** by Preston Lauterbach, a story of Memphis, a rich man who got his money in a surprising way, and the people he influenced who changed the nation.

For the person who wonders what's Out There, **"Secret History: Conspiracies from Ancient Aliens to the New World Order"** by Nick Redfern offers plenty of food for thought. Who really killed Martin Luther King, Jr.? Who – or what – is mutilating cattle, right in the middle of fields? These and other keep-you-up-at-night things can be found here...

HISTORY

You may remember the big things you learned in History Class, but what about the behind-the-curtain things that few knew? In **"A Grizzly in the Mail and Other Adventures in American History"** by Tim Grove, you'll learn a few.

AZALEA ESTATES

ASSISTED LIVING
AND
RETIREMENT COMMUNITY

When it's time to make a decision on Assisted and Retirement living, be sure you make the right choice... Consider Azalea Estates.

516 E. Flournoy Lucas Rd.
Shreveport, LA 71115
Call Lorrie Nunley or Tori Self
318-797-2408
www.azaleaestates.com



What's the deal, for instance, about the cotton gin? How did a mule figure into American history? Read on and learn. Pair it up with **"The Handy American History Answer Book"** by David L. Hudson, Jr., JD, a Q&A book that puts to rest all those things that make you say, "Hmmmmmm..."

If you're a Civil War buff, you can probably rattle off all kinds of dates and battles – but what about the behind-the-scenes people who had a hand in the War? Learn about them in **"Liar, Temptress, Soldier, Spy"** by Karen Abbott. This book tells the story of four women who went undercover on behalf of the Blue or the Grey: what they gave up to do it, and what happened when they did.

There's an election coming up, just in case you hadn't noticed, and **"The Fat Boy with the Bomb and 200 More of the World's Craziest Politicians"** by Brian O'Connell, pictures by Norm Chung will make you want to laugh it off. Best part: it's not just our politicians that get skewered; the whole world gets equal opportunity!

BIOGRAPHY / MEMOIR

If you're a fan of old-time Hollywood, then you'll love **"Hope"** by Richard Zoglin, a huge and sweeping account of the life of comedian Bob Hope. Are there secrets in here? Was the Road to Zanzibar a long one? Pair it up with **"In the Company of Legends"** by Joan Kramer and David Heeley, a compilation of profiles featuring some of the screens biggest stars of yesterday. Bonus: PICTURES!

MEDICAL AND HEALTH

What's in your noggin? A pretty

remarkable organ, that's what, and in **"The Brain's Way of Healing"** by Norman Doidge, M.D., you'll read about the exciting aspects that science is learning about the gray matter between your ears.

Spiders, snakes, being alone, lost. If you've got fears (and who doesn't?) and you can see at least some humor in them, then **"Why Am I Scared of Everything?"** by Bethany Straker is the book for you. Using a fictional character and lots of illustrations, this book pokes gentle fun at the things that frighten us, and offers sage advice that might help you forget your fears – or, at least make you laugh a little.

You might not want to think about it when the sun's shining and the birds are singing, but **"The Conversation"** by Angelo E. Volandes, M.D. is a book to help you plan the end of your life, how you want to be cared for, and what you don't want.

PETS / ANIMALS

Dog owners know what it's like to have that One Dog – and we're always happy to read about that of others, so **"Good Dog"**, an anthology of takes from David

DiBenedetto and the Editors of Garden & Gun is one to try. This is a compilation of tales (or is that tails?) from authors you know and authors you don't. Add to that **"The Rescue at Dead Dog Beach"** by Stephen McGarva, a book about a man who was on vacation and made a startling discovery that changed his life. Bring tissues, that's all I'm saying.

Here's a book to keep by your bedside: **"Horses"** by Bob Langrish and Nicola Jane Swinney. It's a gorgeously-illustrated book filled with dozens and dozens and dozens of portraits of different breeds of equines, plus enough information to whet your appetite. If you have a horse, you can't be without this book. Come to think about it, you can't be without this book if you don't have a horse...

And there you are: a whole bunch of ideas for you to look for or add to your I-want-to-read-this list.

Happy Reading!

The Bookworm is Terri Schlichenmeyer. Terri has been reading since she was 3 years old and never goes anywhere without a book.



TIGER POOLS & SPAS

318-207-6870

tigerpoolsandspas.com






STAR


BULLSEYE


COMBINATION BREAK

WINDSHIELD REPAIR & REPLACEMENT

Satisfaction Guaranteed • Mobile Service • Insurance Claims Welcome
Your Insurance May Waive Deductible to Do Repair

Alan Peery (318) 470-5027 (cell) • P.O. Box 5613 • Bossier City, LA 71171



Australia Is Regaining Its Mojo

by David White

Australian wine has fallen out of fashion. In the late 1990s, Americans became obsessed with wines from the Land Down Under. For most of this millennium's first decade, fruit bombs with quirky names and eye-catching labels flew off the shelves of U.S. retailers. But sales soon began free-falling. Between 2008 and 2013, the U.S. market for Australian wine declined by more than 20 percent.

Finally, though, Australian vintners are beginning to recognize what went wrong -- and working to show America that they make plenty of fine wine. Their efforts could soon pay off.

The collapse is easily explained.

Thanks largely to Yellow Tail, Australia became synonymous with the bargain bin.

That became a liability as consumers grew interested in more serious wine. Aspirational drinkers eschewed Australia's cheerful, sweet offerings and instead looked to California and Europe.

Plus, competition at the bottom end of the market is fierce. Conditions there are impacted by currency fluctuations, trade politics, and agricultural policies. So it's impossible to dominate the bargain bin indefinitely. Indeed, as the Australian dollar strengthened, it became harder for Yellow Tail's many imitators to compete. Consumers spending less than \$7 per bottle were easily satisfied with alternatives from Chile and Argentina.

Consumers also soured on Australia's expensive wines. Consider the wines of Amon-Ra, which retail for \$95 per bottle. Robert Parker, Jr., the world's leading wine critic, awarded the producer's 2012 bottling 97+ points, describing it as "a beast . . . that is densely packed with black fruit." There's an audience for high-octane wines, to be sure. But that market has shrunk dramatically in recent years as consumers have embraced more elegant, food-friendly wines.

Chester Osborn, chief winemaker at d'Arenberg, an iconic Australian winery founded in 1912, has felt Australia's crash. And he agrees with this assessment.

"There are a few wines that have been pointed out as representative of Australia, but they're exactly the




A SILENT EPIDEMIC

HEPATITIS / C

It is estimated that **3.2** million Americans are infected with Hepatitis C. Many do not even know they have the virus and can live with it for decades. Left untreated, it can lead to **liver cirrhosis, liver cancer, and ultimately liver failure.**

CDC recommends everyone born from **1945-1965** should get tested for Hepatitis C.

opposite of what we should be known for," he said last week. "There are thousands of wineries here."

When we chatted about Yellow Tail and its imitators, Osborn pointed to America's cheapest offerings. "It's like saying that the jug wines from California's Central Valley represent the whole of California -- or the whole [of] the United States." A salient observation, considering Australia is about the same size as the continental United States.

At the top end, according to Osborn, "the wines that got lots of reviews were often just the really ripe ones, which is unfortunate because there are so many great wines here that aren't fat and overripe."

Osborn has no reason to be bitter. His wines, which range in price from \$11 to \$99, have always been praised by Parker and other critics. And unlike Australia's most bombastic offerings, Osborn's wines age gracefully.

Fortunately, Osborn is beginning to see renewed interest in his wines -- and brand Australia -- from sommeliers and retailers across the United States. He believes that American consumers will soon take another look.

"[Over the past few years], buyers were telling me, 'no, Australia is not that interesting.' But now, it's completely different," Osborn continued. "The gatekeepers are once again saying, 'yes, I'm really interested in Australia. There are some great wines there that we've really forgotten about.'"

One of those gatekeepers is Andrew Limberg, the general manager of Rose's Luxury in Washington, D.C., one of the nation's hottest restaurants. When adventurous drinkers visit, Limberg loves pouring wines from Anton Van Klopper, a winemaker in Australia's Adelaide Hills who is praised by natural wine enthusiasts for rejecting irrigation, harvesting by hand, and relying on native yeasts for fermentation.

Limberg typically presents one of two wines from Van Klopper: A Sauvignon Blanc that's 50-percent skin fermented or a Pinot Noir that's somewhere between red and rosé. Both wines are cloudy, crunchy, and absolutely captivating -- unlike anything one would expect from Australia.

Take note. From classic wineries like d'Arenberg to upstart operations like Anton Van Klopper's, Australia offers plenty of wines worth drinking.

David White is the founder and editor of Terroirist.com, which was named "Best Overall Wine Blog" at the 2013 Wine Blog Awards. His columns are housed at GrapeCollective.com.



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

Leaving these decisions to your children on the worst day of their lives is a terrible emotional burden.

Call Today To Receive a **FREE** Family Planning Portfolio

Centuries Memorial
8801 Mansfield
Shreveport, LA 71108
(318) 686-4334

Hill Crest Memorial
601 Hwy. 80 East
Haughton, LA 71037
(318) 949-9415

Leading the Plumbing Industry Since 1946

RESIDENTIAL • COMMERCIAL • CONTRACTORS



Sewer Water Jetting •
Water Heaters • Video
Camera Inspection
• Remodeling • Line
Locating • Gas Line
Repair • Licensed Boiler
Installer • Certified
Water Supply Protection
Specialist • Dishwasher
& Disposals

SEWER AND DRAIN CLEANING

631-3844

2705 Linwood Ave.
Vincent F. Giglio, Jr.
EMERGENCY SERVICE

LCL: 50127
LMP: 651-R



Cedar Hills Senior Apartments



Where apartments
become homes
and friends
become family



- Gated Community
- Fitness Center
- Video Security
- Community Room
- Beauty Shop
- On Site Laundry Room
- Social Services
- Barrier Free Apartments

Rent based on income • All utilities paid



Come see what Cedar Hills has to offer.

7401 St. Vincent, Shreveport, LA 71106
318-861-6915, Ext. 2 • fax: 318-868-9936
leasing@cedarhillsseniors.com



Shirley Jones and Marty Ingels Remember 9/11 *by Nick Thomas*

Laughter is often cited as a key ingredient for a successful marriage. Shirley Jones and Marty Ingels would agree. In 1974, Shirley was leaving an art exhibit at Michael Landon's home when Marty bumped into her. Literally.

"I was getting into my car and as Marty was arriving, he knocked me over onto a chez lounge," laughed Jones from the couple's home in Encino, Calif. "That's how we met."

Marty, however, didn't hit and run. The two actors became friends and were married 3 years later. "That was 38 years ago," said Shirley. "He's still making me laugh every day."

But there were few smiles on September 11, 2001 when, like the rest of the world, Shirley and Marty watched in horror as terrorist attacks left almost 3,000 people dead on American soil.

"Like everyone, we were devastated," said Marty. "Just days before the attack, we had purchased some land in Fawnskin, on the north side of Big Bear Lake in San Bernardino County, Calif. We weren't quite sure what to do with it, but after 9/11 decided to turn it into a park to remember the victims. Today, Fawn Park is still the only 9/11 memorial in Southern California."

The couple had purchased a cabin in the area a decade earlier and when a small parcel

of land became available in the center of Fawnskin's main street, Jones and Ingels acquired it to prevent commercial development.

"It's a very small town, only about 300 residents," said Shirley. "They're always nervous about anyone doing anything new and, coming from a small town myself, I understood that. It took a while to get things moving, but the park is now pretty much full with visitors on the weekends, which is wonderful. Marty even contacted former New York mayor, Rudy Giuliani, who sent a 600 lb piece of girder from the World Trade Center to use as a centerpiece in the park. There's a fountain around it and photographs of people who died as well as first responders."

In addition to providing the land for the park and contributing their own money to the project, Jones and Ingels have relied on donations to keep it running. "It costs about a thousand dollars a month to maintain," said Shirley.

Surprisingly, adds Ingels, government support for the park has been non-existent.

"I thought they would at least provide some grant money, but we've been on our own mustering funds," he said. "Clint Eastwood, Charlton Heston, and other friends helped financially to get it started, and we're always looking for more donations. Our coffers are often



close to empty, but we're keeping it alive" (see www.shirleyjones.com).

Visitors to Fawn Park will also see a collection of children's play structures, including a horseshoe pit and giant tire, picnic benches, and a collection of life-sized Americana statues including a fireman, policeman, Indian chief, and cowboy, as well as a sign reflecting Ingel's sense of humor: "Children left unattended and running will be towed away at the owner's expense."

A comedian throughout much of his career, Marty appeared in over 70 films and TV shows, including the short-lived but fondly remembered comedy "I'm Dickens, He's Fenster" from the early 1960s. His wife, however, has claimed more of the entertainment spotlight, being widely recognized for playing the matriarch in the popular musical sitcom "The Partridge Family" and winning an Oscar for her role in "Elmer Gantry." But Marty takes his wife's fame in his stride. Mostly.

"When people call me 'Mr. Jones,' that's a little hard to take," he laughed. "I tell myself they're mistaking me for Tom Jones and I can live with that!"

As they continue to share humor in the everyday aspects of marriage, the couple hopes their park will remain a place to not only celebrate life, but remember a terrible tragedy that took it away from so many.

"It's a small park with a big message," says Jones. "We must never forget what happened on that September day."

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



*Gracious hospitality
in a comfortable and
elegant atmosphere*

- 24-hour access to trained friendly associates
- Restaurant-style dining program
- Linen and housekeeping services
- Scheduled transportation
- Assistance with medication and personalized resident service plans
- Specialized services for those with Alzheimer's disease or related memory impairment
- Fun and meaningful activities

SAVANNAH GRAND
Assisted Living and Memory Support Residence
Savannah Grand of Bossier City
4770 Brandon Boulevard, Bossier City, LA 71111
318-549-1001
www.SavannahGrandBossierCity.com
License #2203782248
Signature Community of Senior Living Management Corporation



PROUD SPONSOR

YOKEM

318-798-3773

THANK YOU FOR MAKING US #1
IN NEW CAR SALES, USED CAR SALES, SERVICE, & COLLISION.

YOKEMTOYOTA.COM

HIGHER STANDARDS, LOWER PRICES!

Peanut Butter PERFECTION

New mash-ups and recipes
your family will love

FAMILY FEATURES

From classic recipes passed down through generations to new creations you wouldn't expect to find on grandma's table, there's no shortage of ways to pack peanut butter into deliciously diverse dishes. Celebrate your enduring love for this sticky staple with these winning entries from Southern Peanut Growers' annual "PB My Way" recipe contest showcasing PB lovers' all-time favorite peanut butter dishes. Find more inspiration for cooking with peanut butter at www.peanutbutterlovers.com.

FAMILY FAVORITE WINNER - Janice Elder, Charlotte, NC

Spicy Peanut Butter Glazed Salmon Skewers with Warm Rice Slaw

- | | |
|---|---|
| 1 (20-ounce) can pineapple chunks in juice, divided | ½ cup creamy peanut butter |
| 1½ pound salmon fillet, skin removed | 2 tablespoons Asian chili sauce (such as Sriracha) |
| 2 tablespoons soy sauce | Juice and grated zest of 1 fresh lime |
| 1½ cups packaged broccoli slaw mix | ¼ cup chopped salted peanuts |
| 2 cups hot cooked rice | Fresh lime slices, cilantro leaves and chopped peanuts, for garnish |
| Salt and freshly ground black pepper, to taste | |

Drain pineapple chunks, reserving juice.

Cut salmon into 1-inch cubes.

Place ¼ cup pineapple juice into bowl with soy sauce; add salmon, tossing to coat. Let stand about 15 minutes.

Gently stir ¼ cup pineapple juice and broccoli slaw into hot rice, blending well. Season to taste with salt and black pepper, then cover and keep warm.

Whisk peanut butter with remaining pineapple juice, chili sauce and lime juice, and zest, blending well. Set aside.

Heat oven broiler; place oven rack 6 inches from broiler element. Line broiler pan with foil and spray with nonstick spray. Thread salmon cubes and pineapple chunks onto 8 metal (or soaked bamboo) skewers, dividing equally. Place on broiler pan. Cook 2 minutes, then brush with peanut butter mixture. Repeat brushing and broiling until salmon is flaky, turning as needed to brown evenly, about 8 minutes total.

Divide warm rice mixture evenly among four serving plates; top with skewers. Sprinkle skewers lightly with chopped peanuts and serve while warm. May be garnished with additional lime slices and cilantro leaves, if desired.



Grand Prize WINNER - Darlene Buerger, Peoria, Arizona

Peanut Butter Noodle Nests with Spicy Orange Shrimp

- | | |
|---|--|
| 1 tablespoon Sriracha sauce | In medium bowl, combine Sriracha, marmalade, soy sauce, vinegar and grated ginger. Stir to combine and add shrimp. Refrigerate 20 minutes. |
| ¼ cup orange marmalade | In large skillet over medium heat, saute onion and pepper in peanut oil until tender. Add garlic and cook an additional minute. Reduce heat and add coconut milk, peanut butter, teriyaki sauce, crystalized ginger, hot pepper flakes and brown sugar. Simmer sauce 2 to 3 minutes, adding additional coconut milk as needed. Pour off 1/4 cup of sauce and add ramen noodles to remaining sauce. |
| 2 tablespoons soy sauce | In large skillet over medium heat, cook shrimp 2 to 3 minutes on each side until tender. Move shrimp to outer edge of pan and cook coleslaw mix in center just until it starts to wilt. Add wilted slaw mix to ramen sauce mixture. |
| 1 tablespoon rice vinegar | Divide ramen among four plates and top with 4 or 5 shrimp. Garnish with reserved sauce, peanuts and scallions, if desired. |
| 1 tablespoon grated ginger | |
| 8 ounces shrimp, peeled, de-veined | |
| ¼ cup onion, diced | |
| ¼ cup red pepper, diced | |
| 2 tablespoons peanut oil | |
| 2 cloves minced garlic | |
| ¼ cup coconut milk, plus extra | |
| ¼ cup creamy peanut butter | |
| ¼ cup island teriyaki sauce | |
| 2 teaspoons crystalized ginger | |
| 1 teaspoon hot pepper flakes (or to taste) | |
| 2 tablespoons brown sugar | |
| 2 (12-ounce) packages ramen noodles, cooked according to package directions | |
| 1 cup coleslaw mix | |
| Peanuts and scallions, for garnish | |

Festive Holidays WINNER - Helen Fields, Paradise, Texas

Peanut Butter Saltine Brittle



- ½ cup butter
- ¾ cup creamy peanut butter
- 1 cup granulated sugar
- 1 sleeve (4 ounces) regular saltine crackers
- 2 cups milk chocolate chips
- ½ cup peanut butter chips
- ½ cup roughly chopped, dry-roasted, salted peanuts

Heat oven to 400°F. Line 10-by-15-by-1-inch pan with aluminum foil. Spray foil with butter-flavored nonstick cooking spray; set aside.

Put butter, peanut butter and sugar in heavy-duty, 1-quart saucepan over medium heat. Stir constantly until butter and sugar are melted; bring ingredients just to a boil. Boil mixture 3 minutes, stirring frequently.

While mixture cooks, lay saltines in single layer on prepared pan. Pour cooked mixture evenly over saltines. Place in oven and cook 5 minutes. Remove from oven and sprinkle chocolate chips over top. Let cool for 3 minutes, then spread chocolate completely over top of saltines.

Sprinkle peanut butter chips evenly over top of chocolate. Return pan to oven for 1 minute to soften chips. Pulling tines of a fork through softened chips, partially cover chocolate. Sprinkle peanuts over top and gently press peanuts down.

Let cool on rack for about 15 minutes, then place in freezer for 3 minutes. Remove from freezer and break into pieces. Store in airtight container.

Breakfast/Brunch WINNER - Christine Yang, Garnerville, NY

Nutty Monkey Granola

- 2 cups old-fashioned oats
- 1 teaspoon baking powder
- ¼ cup coconut flakes
- ½ cup chopped peanuts
- ¼ cup sunflower seeds
- ¼ cup pumpkin seeds
- 3 tablespoons ground flax
- 2 tablespoons chia seeds
- 1 banana
- 1 egg white
- ¼ cup peanut butter
- ½ cup dried cranberries
- ¼ cup chocolate chips

Heat oven to 375°F and line large baking sheet with parchment paper.

Combine first 8 ingredients in large mixing bowl.

Use blender to combine banana, egg white and peanut butter until smooth. Pour peanut butter mixture over oat mixture and stir until incorporated. Pour mixture in even layer on baking pan.

Bake until crisp (about 20–30 minutes), removing from oven and stirring every 10 minutes to allow granola to brown evenly and break up into smaller pieces.

When granola is golden and crisp, remove from oven and stir in cranberries and chocolate chips (chocolate chips should melt a little).

Allow to cool completely before storing in air-tight container.



ANOTHER BEAUTIFUL MORNING AT GARDEN PARK

"A cup of hot coffee on the patio is exactly how I want to begin my day!"

Garden Park
NURSING & REHABILITATION CENTER, LLC

AN OASIS JUST OFF LINWOOD ROAD AT I-49 & LA3132

GARDENPARKNURSINGANDREHAB.COM | 318-688-0961

Dr. Bryan Vekovius is a board certified ophthalmologist, who is one of the only specialists fellowship trained in treating tearing disorders. His innovative approach to treat dry eye and tearing disorders has improved the lives of many by sharpening their vision and improving their quality of life. He is also a recognized expert in cosmetic and reconstructive surgery of the eye, orbit bones, and eyelids. He has pioneered modern eye techniques to focus on the health of the eye as well as on cosmetic appearance.

Bryan Vekovius, M.D.

Oculoplastic Surgery and Neuro-Ophthalmology



Center for Tearing Disorders and Dry Eye Syndrome

450 Ashley Ridge Drive, Shreveport, LA 71106

(318) 675-3733 / Toll Free 877-675-3160 / www.drveko.com

King Crossword

Puzzle answers on
page 38

The Strand **2015-2016 Season**

TICKETS ON SALE NOW!

HOTEL CALIFORNIA
AUGUST 14, 2015
8:00 PM

RICKY NELSON REMEMBERED
SEPTEMBER 25, 2015
8:00 PM

MARSHALL TUCKER BAND
NOVEMBER 13, 2015
8:00 PM

RAGTIME
DECEMBER 10, 2015
8:00 PM

THE PRODUCERS
JANUARY 17, 2016
7:00 PM

ANNIE
FEBRUARY 18, 2016
8:00 PM

JOSEPH AND THE AMAZING TECHNIQUE OF DEFAUNCEMENT
MARCH 11, 2016
8:00 PM

JOHNNY RIVERS
APRIL 23, 2016
8:00 PM

BLUES BROTHERS REVUE
MAY 13, 2016
8:00 PM

318-226-8555

ACROSS

- 1 Campus mil. program
5 Stein or Stiller
8 Carpet style
12 Vicinity
13 George's brother
14 Mimicking bird
15 Tide type
16 Cookie holder
17 Leave out
18 Singer Fats
20 Snatch
22 Orange-flowered impatiens
26 Shade
29 Meadow
30 Biblical verb suffix
31 Hebrew month
32 Carton
33 Destiny
34 Veto
35 Piglet's mama
36 Metallic mixture
37 Unpredictable
40 Sunbeams
41 Royal attendant
45 Clone
47 Heavy weight

1	2	3	4		5	6	7		8	9	10	11
12					13				14			
15					16				17			
18				19			20	21				
			22			23					24	25
26	27	28				29				30		
31					32				33			
34				35				36				
37			38				39					
			40				41			42	43	44
45	46					47	48			49		
50						51				52		
53						54				55		

- 49 Queen of Carthage
6 Historic time
7 Access to a nave
8 Fire sign?
9 Wedding-related
10 Blackbird
11 "Roscoe"
19 Neither partner
21 "I — Camera"
23 Emmett Kelly, for one
24 "Beetle Bailey" dog
25 Yon folks
26 Minimal change
27 Hodgepodge
- 28 Nonessential comforts
32 Bragged
33 Inundated
35 Bashful
36 Candle count
38 Halloween bagful
39 Units of force
42 Muralist Joan
43 Commotions
44 Schnozz
45 Recipe meas.
46 Personal question?
48 Lennon's lady

DOWN

- 1 McNally's partner
2 Sandwich treat
3 Squad
4 Domed landmark
5 Delicate

© 2015 King Features Synd., Inc.

MAGIC MAZE ● — LINE : SPORTS

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

Find the listed words in the diagram. They run in all directions forward, backward, up, down and diagonally

- | | | | |
|--------|------------|-------------|------------|
| Alley | First-base | Half-court | Side |
| Blue | Foul | Midfield | Third-base |
| Center | Free-throw | Restraining | Touch |
| End | Goal | Service | |

©2015 King Features Syndicate, Inc. All rights reserved.

NOW LEASING!



CANAAN TOWERS SENIOR APARTMENTS

"Home is where the heart is. Come be a part of ours!"

- Rent Based on Income
- All Utilities Paid
- Social Services
- Barrier Free Apartments
- Gated Community
- Video Security
- Community Room
- On-site Laundry Room
- On-site Beauty Shop

CALL TODAY (318) 222-4230, Ext.2



Canaan Towers Senior Apartments
400 N. Dale Avenue — Shreveport, LA 71101

LEX PLANT FARM

Garden Center



St. Augustine
WEED & FEED
and CENTIPEDE
WEED & FEED



Come browse our great plant selections
Fresh stock arriving daily

- | | | |
|------------|---|------------|
| Begonias | ● | Impatiens |
| Petunias | ● | Geraniums |
| Peppers | ● | Tomatoes |
| Trees | ● | Shrubs |
| Roses | ● | Herbs |
| Perennials | ● | Evergreens |

**We have everything you need to create
and maintain a beautiful yard.**

Even a professional installation crew
if you don't want to do it yourself.

9045 East Kings Hwy.
Shreveport, LA 71115
Mon.-Sat. 8:30 a.m.-5:30
Sunday 1 - 5 p.m.
(318) 797-6035



Landscaping & Sprinklers

RAIN BIRD

installation and repair.

All Work Guaranteed
Licensed & Insured

ANSWERS FROM THE EXPERTS

How can people partner with health-care centers to make them a better place to live?

Visit, visit, and visit. Choose a health-care center and indicate your interest to the Administrator, Activities or Social Services Director. Indicate if you have any special talent or gift, or if you just want to befriend someone. They can likely find a need you can fill that will give some residents a smile and a sense of gratification for you.



Vicki Ott
NurseCare Nursing and Rehab Center
1736 Irving Place
Shreveport, LA 71101
(318) 221-1983
See our ad on page 48.

My shoulder hurts. Should I play through the pain?

Over 12 million people visit a doctor's office for a shoulder problem annually. Athletes are particularly prone to shoulder injuries due to repetitive, cumulative stress/injuries. Injuries occur during sports, as well as every day home and work activities. Most shoulder problems involve muscles, tendons, and/or ligaments and can be treated effectively with exercises, medications, physical therapy, etc. Steady pain, limitation of motion, difficulties with work activities of daily living or difficulty with sleep should alert you to seek an orthopedic surgeon for help in diagnosing and treating your shoulder pain.



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

I have heard that Glaucoma is a painless disease. How often should I get checked for Glaucoma?

Glaucoma is considered the silent thief of sight. It is painless, progressive, and can cause complete blindness. Every person over the age of 40 should be checked, if they have never had a glaucoma check, and then every 2 - 3 years after that. Glaucoma is more prominent in the elderly, so persons over the age of 65 should be checked yearly, especially if you have a family member with the disease. Glaucoma can be successfully treated with medicine and/or surgery to help prevent the loss of sight.



Chris Shelby, MD
Pierremont Eye Institute
7607 Youree Dr.
Shreveport, LA 71105
318-212-3937;
www.ShelbyEye.com
See our ad on page 22.

(Puzzles on pages 36-37)

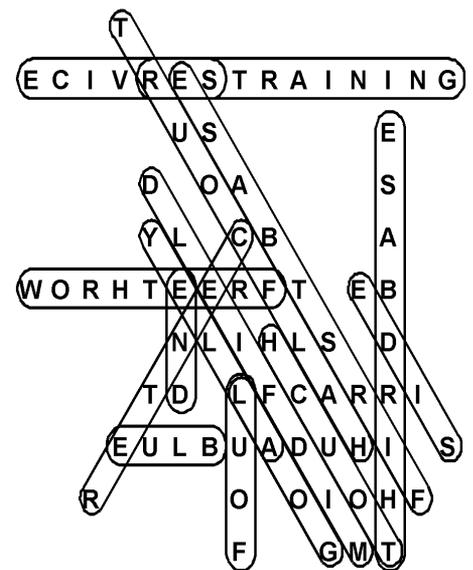
— King Crossword —

Answers

Solution time: 25 mins.

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

— LINE : SPORTS



sci port
LOUISIANA'S
Science Center

On the Downtown
Shreveport Riverfront

318.424.3466
www.sciport.org

Films subject to change.
Call (318) 424-8660
for showtimes.

BEAT THE HEAT

Visit our IMAX® Dome Theatre.

Strange BUT TRUE

by Samantha Weaver

✧ It was noted 18th-century German scientist, philosopher and satirist Georg Christoph Lichtenberg who made the following sage observation: "It is almost impossible to carry the torch of truth through a crowd without singeing somebody's beard."



✧ Famed comedic actor Charlie Chaplin was born in England, but at the age of 19 he came to the United States as a performer with the

prestigious Fred Karno company. Interestingly, Stan Laurel, of Laurel and Hardy fame, emigrated to the U.S. at the same time, as part of the same company -- as Chaplin's understudy.



✧ Sardinia, the second-largest island in the Mediterranean Sea, also is an autonomous region of Italy. If you ever decide to vacation there, keep an eye out for "casu marzu," a cheese that's produced locally. Whether you're keeping an eye out in order to sample it or avoid it depends on whether or not you have an appetite for adventurous eating. The makers of "casu marzu" deliberately introduce into the process the larvae of a particular cheese fly. Though the cheese is sometimes cleaned out before it's served, it's often presented in its original state, wriggling maggots and all.

(c) 2015 King Features Synd., Inc.

★ YOUR CHOICE

CONFUSED?
GOD has only ONE way!!
It is found in The BIBLE!!

**BIBLE
STUDY
IS
IMPORTANT**



To enroll in a free, non-denominational Bible Correspondence Course send your name and mailing address to:
**BIBLE
CORRESPONDENCE
COURSE**
2045 East 70th St.
Shreveport, LA
71105

Voted BEST Plumber by SB Magazine

Rinchuso's

PLUMBING & HEATING INC.

**WITH OVER 50 YEARS OF
CONTINUOUS SERVICE TO
THE INDUSTRY**

- Repairs
- Remodeling
- New Construction
- Water Heaters
- High Velocity Water Jetting
- Sewer & Drain Service
- Dishwashers
& Disposals Installed

**24 HOUR
EMERGENCY SERVICE
671-1820**

**607 Mount Zion Rd.
Shreveport, LA 71106**



LMP-125
L.A. MECH. CONTRACTOR # 19734



Comfort, Peace, Support, Dignity...Now



**ST JOSEPH
HOSPICE**

StJosephHospice.com

JCAHO Accredited

668 Jordan Street, Shreveport, LA 71101 • (318) 222-8723 • Toll Free 1-888-731-3575

Get Up & Go!

CONCERTS

Ricky Nelson Remembered: Starring his twin sons Matthew and Gunnar Nelson. Friday, September 25 at 8:00 PM at the Strand Theatre, 619 Louisiana Avenue, Shreveport. Relive the music and memories of Rock and Roll Hall of Famer Ricky Nelson in this multi-media event. The show features hit songs like "Travelin' Man" and "Hello, Mary Lou," as well as never-before-seen interviews from the artists Ricky Nelson influenced, including Paul McCartney and John Fogarty. Ticket Price: \$52.00. Contact Box Office for ticket information by email: strand@thes-trandtheatre.com or call (318) 226-8555.

Shreveport Symphony Opening Night with Pianist Gabriela Montero: Sat., Sept. 19 at 7:30 PM at Riverview Theatre in downtown Shreveport. Featuring Kabalevsky "The Comedians Suite", Shostakovich "Symphony No. 9" and Rachmaninoff "Piano Concerto No. 2". Free concert conversation starts at 6:40 PM. Tickets are \$59, \$49, \$37, \$19. Call Phone: 318-227-TUNE (8863) or visit www.shreveportsymphony.com.

DRIVER SAFETY

AARP Smart Driver Program: 4 hour classroom refresher course which may qualify participants age 55+ for a 3 year car insurance reduction or discount. Seating is limited. Participants must **preregister**. \$15 for AARP members (AARP card required); \$20 for non-AARP members. Correct change or checks pay-

able to AARP.

- Sept. 9: 11:30 AM - 3:30 PM. Bossier Council on Aging, 706 Bearkat Dr. Bossier City. Contact: Kathy Thomas, 318-741-8302; Instructor: Janet LaBruyere.

EVENTS

American Legion Cross Lake Floatilla: Saturday Sept. 5 at 11 AM to 8 PM at Lowe McFarlane American Legion Post 14, 5315 S. Lakeshore Dr., Shreveport. City wide family fund day. Activities are planned on the lake, as well as on the shore. Family fun for all ages. Activities for children. Food vendors, music, boat parade, carnival games, and more. Everyone is welcome. 636-7261. **FREE.**

Fall & New Fashion for 2015: ST Pius X Ladies Guild/Charity Fund Raiser at Trinity Heights Baptist Church, 3820 Old Mooringsport Rd. 12 noon til 2:00 PM on Oct. 3. Fashions by Dillard's/ St Vincent Mall. Lunch by "Angelwood Catering. Numerous door prizes. Tickets are \$25.00 in advance from any Guild member or contact Earline Davis at 453-5700.

2015 Highland Jazz and Blues Festival: 12 noon - 5 PM on Saturday, Sept. 19 at Columbia Park in Shreveport's Highland neighborhood. Musical artists include headliner performances by Papa Mali with Big Chief Monk Boudreaux and John Lisi and the Delta Funk, as well as performances by Buddy Flett, Matthew

Davidson Band, AJ and the Two-Tone Blues Band, Brian Martin, Cameron Merrell, and Brian Sivils. Admission is **FREE** and open to the public. In addition to two stages of live music, the festival includes art and food vendors, activities for children, and more. For more information, visit www.highlandjazzandblues.org.

KREWE ACTIVITIES

Krewe of Elders Coronation Bal: Friday, September 18 at the Red Cross Building located at 805 Brook Hollow Drive, Shreveport at 6:30 PM. Entertainment will be provided by the Eric Craig Band. Bar-B-Q buffet, BYOB, silent auction, summer/beach attire. Open to public. \$50.00 per person. For info call 752-9175, 631-8865.

MEETING

Ark-La-Tex Genealogical Association Meeting: Saturday, September 12 from 1 to 3 PM at the Randle T. Moore Center, 3101 Fairfield Ave, Shreveport. The featured speaker is historian Mike Montgomery. His presentation will be "The Colonization of America and the Settlement of Louisiana" and will detail the European factors that influenced the colonization of the New World. This program is **FREE** and open to the public. For information call 746-1851 or email jjohnson747@suddenlink.net.

GENCOM Genealogical Society meeting: Sunday, Sept. 27 September from 2:00 to 4:00 PM at the Broadmoor Branch Library, 1212 Captain Shreve Drive, Shreveport. The presentation will be "Searching for Your Ancestors in Arkansas" presented by Jim Johnson,



WIN \$1,000 CASH!
SEPTEMBER 26

Win Pro Football Tickets or a Flat Screen
Every Friday & Saturday
Cash and JackPlay Drawings
Every Friday & Saturday

G A M B L I N G P R O B L E M ?

Genealogist and Past President ALTGA. This program will be of great interest to genealogists and family historians whose ancestors settled in Arkansas or got lost and ended up in Texas. Everyone is welcome and the meeting is **FREE** and open to the public. For more info call (318) 773-7406 or email jgjones09@gmail.com.

MOVIE

Sci-Port's Golden Days Matinee: Weekdays 1 - 4 p.m. On the Shreveport riverfront. Seniors enjoy an IMAX film, **FREE** admission to Sciport galleries and a frozen yogurt. Games & activities available. All for \$9. Groups call (318) 424-8660 to schedule.

RANDALL T. MOORE SENIOR CENTER

Senior Center Fun: Randle T. Moore Center, 3101 Fairfield Avenue, Shreveport. Caddo Council on Aging. Every Thursday and Friday. Coffee and cookies at 9:30 a.m. Thursdays: Program at 10 a.m. Fridays: Senior Tech Talk. **FREE**.

THEATRE

The Bishop's Wife: Oct. 2, 3, 9, 10 at 7:30 PM, Oct. 4, 11 at 3:00 PM. Emmett Hook Center, 550 Common Street, downtown Shreveport. A heartwarming romantic comedy. Building a new cathedral is driving the Bishop to distraction, but divine intervention becomes less than heavenly when an angel comes to visit and the Bishop's wife becomes his special project. Tickets are \$16, Seniors \$14, children \$12. Box office opens Sept. 21 or tickets can be purchased online beginning Sept. 15. For tickets call 429-6885 or emmetTHOOKCENTER.ORG.

711 DiamondJacks Blvd • I-20, Exit 20A
 1-318-678-7777 • 1-866-5JAXMAX (552-9629)
www.diamondjacks.com
 See Rewards Club for details.

CALL 1 - 8 7 7 - 7 7 0 - 7 8 6 7

The Best of Times

The State Fair of Louisiana

SENIOR DAY

at the Louisiana State Fair

THURSDAY, OCTOBER 29, 2015

10:00AM - 3:00PM

**HIRSCH COLISEUM AT THE LOUISIANA STATE FAIR GROUNDS
3701 HUDSON AVENUE IN SHREVEPORT, LA**

Free admission at entry to the event with the donation of canned goods or non-perishable food items for donation to the Food Bank of Northwest Louisiana.

Flu and pneumonia shots will be available. (No charge for Medicare beneficiaries who present their Medicare card. Payment is required for all others.)

Free parking.

Informational exhibits from 100+ organizations, agencies, and businesses

Free admission to the State Fair Midway.

Exhibitors will be selling products and services during this event that are not available on the State Fair Midway.

Attendees of all ages are invited.

Fun and entertainment provided by Louisiana State Fair performers and others.

CONTESTS, GIVEAWAYS AND DOOR PRIZES

Free health care screenings offered.

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

For businesses, organizations, or agencies who wish to exhibit or become a sponsor, please email your request to gary.calligas@gmail.com by October 26, 2015. (Exhibit spaces are subject to availability)

DOOR PRIZE ENTRY FORM FOR SENIOR DAY AT THE STATE FAIR ON OCTOBER 29, 2015.

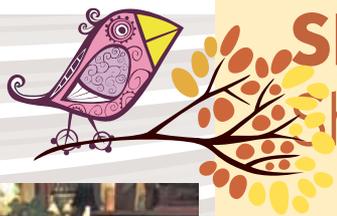
(Must be present to win door prize)

Name: _____

Address: _____

City: _____ State: _____ Zip: _____

Telephone: _____ E-mail Address: _____



SEPTEMBER Parting

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



Holli and Pat Hennessey hosted a Greek inspired dinner party on August 8 upon their return from their Greek Island vacation.



(l to r) Karen and Scott Kennedy with Sheryl and Alan Little



Sue and Al Wyche



Holli and Pat Hennessey



Rob and Vicki Franks with Dianne Turnley



Residents and guests enjoyed fancy ice cream sundaes and an afternoon of amazing jazz when the Shreveport Symphony Jazz Ensemble entertained at Garden Park Nursing and Rehabilitation on July 17th.

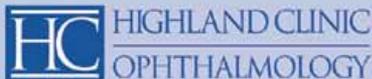
Volunteer Marilyn Griffin and her mother Garden Park resident Eloise Sykes



(l to r) Jazz Violists Michael Ward, Gloria Gipson, Carl Staples and Irma Martin.

2015 Summer Jazz Memory Lane Mix was held at River View Theatre on July 24.

#knowthefacts about *your* ophthalmologist



Bruce C. Henderson, MD

Dr. Bruce Henderson brought his wealth of knowledge to the area over 25 years ago. He is one of the local pioneers in Cataract and Glaucoma treatments in the Ark-La-Tex.

Call Today To Improve Your Vision!

318-795-4770 • 471 ASHLEY RIDGE • OFFICES IN MINDEN AND SPRINGHILL • www.hendersoneyesite.com



TECHNOLOGY SIMPLIFIED – BIGGER AND BETTER

Wow! A Simple to Use Computer Designed Especially for Seniors!

Easy to read. Easy to see. Easy to use. Just plug it in!



“I love this computer! It is easy to read and to use! I get photo updates my children and grandchildren all the time.”
— Janet F.

Have you ever said to yourself “I’d love to get a computer, if only I could figure out how to use it.” Well, you’re not alone. Computers were supposed to make our lives simpler, but they’ve gotten so complicated that they are not worth the trouble. With all of the “pointing and clicking” and “dragging and dropping” you’re lucky if you can figure out where you are. Plus, you are constantly worrying about viruses and freeze-ups. If this sounds familiar, we have great news for you. There is finally a computer that’s designed for simplicity and ease of use. It’s the WOW Computer, and it was designed with you in mind. This computer is easy-to-use, worry-free and literally puts the world

at your fingertips. From the moment you open the box, you’ll realize how different the WOW Computer is. The components are all connected; all you do is plug it into an outlet and your high-speed Internet connection. Then you’ll see the screen – it’s now 22 inches. This is a completely new touch screen system, without the cluttered look of the normal computer screen. The “buttons” on the screen are easy to see and easy to understand. All you do is touch one of them, from the Web, Email, Calendar to Games— you name it... and a new screen opens up. It’s so easy to use you won’t have to ask your children or grandchildren for help. Until now, the very people who could benefit most from E-mail and the Internet are the ones that have had the hardest time accessing it. Now, thanks to the WOW Computer, countless older Americans are discovering the wonderful world of the Internet every day. Isn’t it time

NEW
Now comes with...
Larger 22-inch hi-resolution screen – easier to see
16% more viewing area
Simple navigation – so you never get lost
Intel® processor – lightning fast
Computer is in the monitor – No bulky tower
Advanced audio, Better speaker configuration – easier to hear
Text to Speech translation – it can even read your emails to you!
U.S. Based Customer Service

FREE
Automatic
Software Updates

you took part? Call now, and a patient, knowledgeable product expert will tell you how you can try it in your home for 30 days. If you are not totally satisfied, simply return it within 30 days for a refund of the product purchase price. Call today.

- Send & Receive Emails
- Have video chats with family and friends
- Surf the Internet:
Get current weather and news
- Play games Online:
Hundreds to choose from!

Call now and find out how you can get the new WOW! Computer.

Mention promotional code 101475 for special introductory pricing.

1-877-731-2080



© 2015 firstSTREET for Boomers and Beyond, Inc.

81023



September PARTING SHOTS (continued)

The Caddo Council on Aging hosts guest speakers every Thursday morning at the Randall T. Moore Senior Center.



(l to r) Gwen McDonald, Martha Desoto, and Bobbie Brasher



(l to r) Barbara Wilson, Vernon Varnell, Johnny Covington, and Marilyn Varnell



The Shreveport Farmer's Market was hosted at Festival Plaza every Saturday morning throughout the summer.

Vendors Thelma and John Toews with one of their homemade pies



Vendors Shawn, Linda, and Jimmy Leonard with some of their Cajun Louisiana specialties



The 6th Annual James K. Elrod (JKE) BizCamp Recognition Banquet was held July 23 at Horseshoe Casino and Hotel in Bossier City.

(l to r) David Bradley, James Flurry, Keynote Speaker Croix Sather, Stacy Brown and Roy Burrell

AC Duct Cleaners

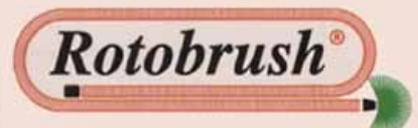
Air Duct Cleaning • Odor Removal • Air Purification System

"Respiratory problems including asthma and allergies are on the rise and is the 6th leading cause of chronic disease in the United States, costing the health care system \$18 billion annually. It can be attributed to dust and mildew spores; pet hair, dander and outdoor pollens that become trapped in your AC duct system."

Call Today For a
FREE Inspection
(318) 218-0770



What you can't see
CAN hurt you





September PARTING SHOTS (continued)

Summer Cruise (l to r) Bobbye Goodman, Pam Kenyon, Dot Nuttall, Earlene Boddie, and Ike Hawkins pose in front of Mt. Vesuvius during their European cruise this summer.

The Best of Times Radio Hour was broadcast live from the WWII Museum in NOLA on Saturday August 15.



WWII veterans Bert Stolier and Jim Weller with Kacey Hill [center]



The Hat Show Benefit was held on August 8 at the Family Center. The annual event raises funds for the family outreach center.



(l to r) Mary Hill, Opal Marshall, Vera Vaughn and Stephanie George.

WILLS SUCCESSIONS ELDER LAW

John E. Settle, Jr.
Attorney at Law
742-5513



ENCOURAGING INDEPENDENCE

303 North Market Street, Suite B
Shreveport, LA 71107

RENTAL, SALES AND SERVICE

Home Medical Equipment • Power Wheelchairs
Mobility Scooters • Vehicle Lifts
Portable and Modular Ramps



*Robert Robinson has over
30 years of experience.*

**We Service All Makes
and Models!**

**Drop by to Visit Us
for the Most
Reasonable Prices!**



318-222-2860 • TOLL FREE 877-602-8109 • FAX 318-222-0893



Vicki Ott

Kacee Ferrier

Chasity Ellis

Angie Hayes

Charlotte McCune

Donnie Flint

NURSECARE
of Shreveport
 A Skilled Nursing and Rehabilitation Facility

The difference is

CARE

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

Some specialty services offered:



- ▶ Nurse Practitioner in-House
- ▶ Wound Care
- ▶ Tracheotomy Care
- ▶ Post Acute Rehab
- ▶ Electrical Stimulation Therapy (E-Stim)
- ▶ IV Therapy
- ▶ Dementia Management
- ▶ Cardiac Care
- ▶ Diabetic Care
- ▶ Dialysis Management
- ▶ Pain Management
- ▶ Restorative Nursing Program

NurseCare of Shreveport highlights:

- ▶ Basic cable television and Wi-Fi offered at no charge
- ▶ Beauty and Barber Shop services
- ▶ Transportation services to and from medical appointments
- ▶ Exciting social events
- ▶ Faith based services
- ▶ Music, crafts, and creative activities
- ▶ Dining prepared for taste, health, and nutritional value
- ▶ Entertainment resources including resident computer system
 IT'S NEVER 2 LATE with internet access

1736 Irving Place
 Shreveport, LA 71101
www.nursecareofshreveport.com
admissions@nursecareofshreveport.com
(318) 841-8704



NurseCare of Shreveport welcomes all persons in need of our services without regard to race, age, disability, color, national origin, religion, marital status, or gender and will make no determination regarding admissions or discharges based upon these factors. We comply with Section 504 of the Civil Rights Act.

