

August 2022

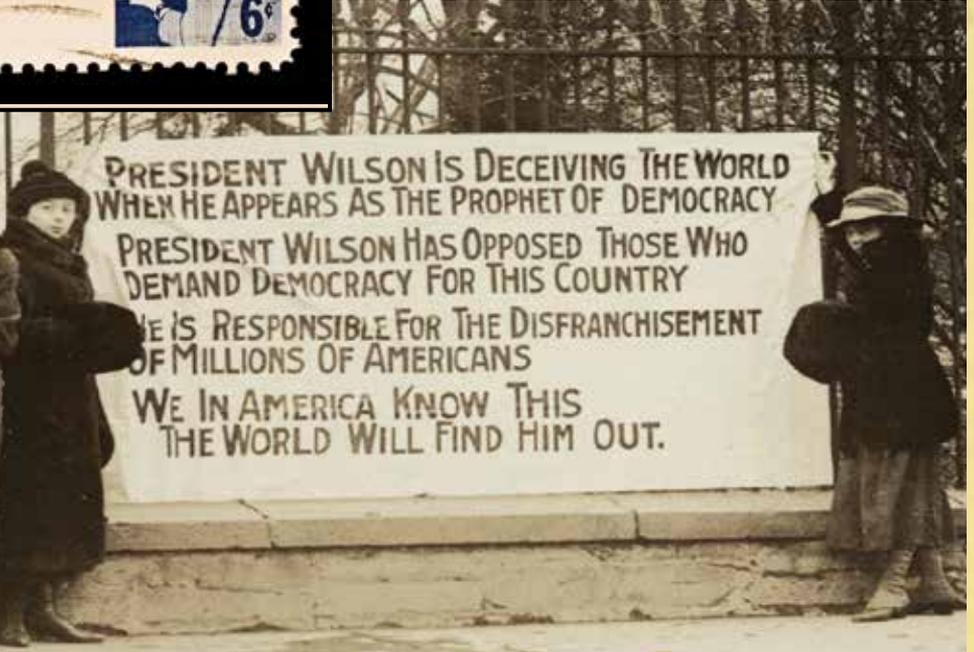
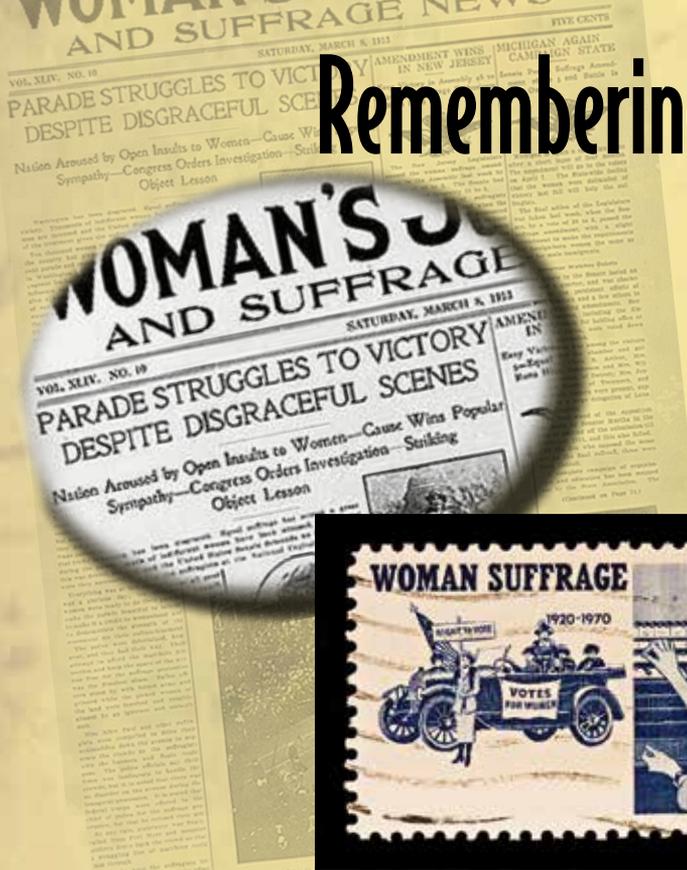
*"Celebrating Age and Maturity"*

# The Best Of Times

WOMAN'S JOURNAL  
AND SUFFRAGE NEWS

## Remembering Shreveport Suffragette

# Willie Grace Johnson



# Make Room for Adventures with Friends!



Live Here and  
*Love*  
It!

Friends enrich life, making it more meaningful and memorable. The Oaks of Louisiana offers a warm community of residents who are happy to welcome you to your new neighborhood of people 55+.

As you connect with others and expand your circle of friends, you'll enjoy an enriching social life, things to do to keep you healthy, involved and entertained. And you'll have plenty of people who share your interests as you embark on this new adventure.

- ☞ Share a meal: The food is great. The company is even better!
- ☞ Have fun: Choose what you love to do. Super Bowl or Kentucky Derby parties, fascinating lectures by local experts, book reviews, concerts and more.
- ☞ Take a trip: Your new address is close to food, shopping, theaters, and regional excursions are available too, so get ready to roll.

Life is an adventure. Share it with friends at The Oaks of Louisiana.



For tours and information, call  
**(318) 212-OAKS (6257)**  
oaksofla.com • 

Private tours available by appointment  
Drop-ins welcome 9 a.m. to 4 p.m. weekdays

# August Contents



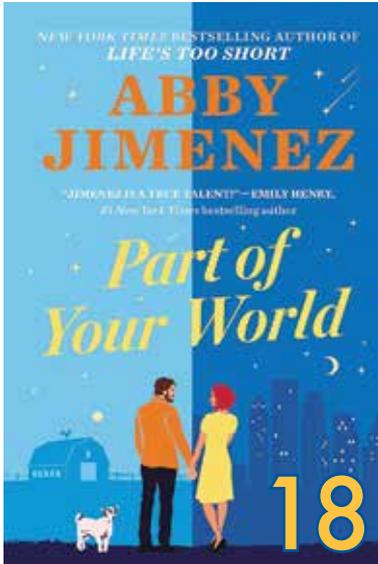
## Features

- 7 **Remembering Shreveport Suffragette Willie Grace Johnson**  
*by Sarah (Sally) Hamer*
- 20 **Experience Egypt**  
*by Victor Block*



## In Every Issue

- 26 **Our Famous Puzzle Pages**  
Crossword, Word Search, and Sudoku
- 28 **Snapshot Sleuth**
- 30 **Shreveport Then and Now**



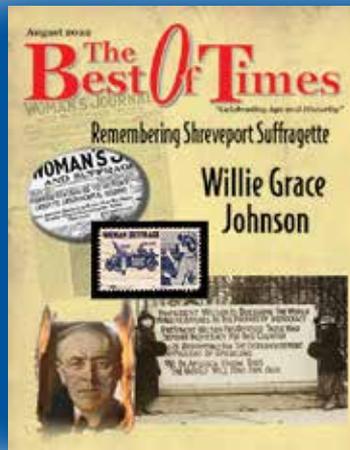
## Columns

- 18 **Page by Page**  
Review of "Part of Your World" by Abby Jimenez  
*by Jessica Rinaudo*
- 22 **Tinseltown Talks**  
Northern Exposure's Cynthia Geary Heads to Hospice in New Series  
*by Nick Thomas*
- 24 **Jest a Moment**  
Greetings!  
*by Nick Thomas*



## Advice

- 10 **Laws of the Land**  
Do Elephants Have Rights?  
*by Lee Aronson*
- 12 **Eat Well, Live Well**  
Set and Achieve Personal Health Goals  
*by Abigail McAlister*
- 14 **From the Bench**  
Three Things in Life are Certain  
*by Judge Jeff Cox*
- 12 **Strategies for Living**  
We Can AFFORD to Listen  
*by David McMillian, Ph.D.*



## On the Cover

Clockwise, starting at top left: Front page of *Woman's Journal & Suffrage News*; 6¢ Woman Suffrage stamp; Party watch fires burn outside White House (January 1919); President Woodrow Wilson, National Portrait Gallery, Smithsonian (1919)



THE BEST OF TIMES

# RADIO HOUR

HOSTED BY GARY CALLIGAS



Proudly Presented by:



### AUGUST 6

**Shreveport Little Theatre  
2022 - 2023 Season**

*Robert Darrow, PhD, Managing  
and Artistic Director*

### AUGUST 13

**Elvis Presley – Destined to  
Die Young**

*Sally Hoedel, author and  
historian*

### AUGUST 20

**A Program of All-inclusive Care for  
the Elderly (PACE)**

*Elizabeth Adkins, Deputy Assistant  
Secretary of the Office of Aging and  
Adult Services and Allison Vuljoin,  
Quality and Research Division Director*

### AUGUST 27

**Avoid Being a Victim of the American  
Healthcare System**

*Dr. David Wilcox, author and consultant*

### SEPTEMBER 3

**The Strand Theatre 2022 - 2023 Season**

*The Strand Executive Director Jenifer Hill and Board Member Jodi Glorioso*

Broadcasting every **Saturday** morning **9:05 to 10 a.m. on News  
Radio 710 KEEL**, a Townsquare Media radio station in Shreveport.

Streaming live on the internet at [www.710KEEL.com](http://www.710KEEL.com)  
and on Radio Pup App and KEEL App

Also broadcasting live on 101.7 FM

Archived programs at [www.TheBestOfTimesNEWS.com](http://www.TheBestOfTimesNEWS.com) and  
on APPLE Podcasts at The Best of Times Radio Hour

# The Best Of Times

August 2022 • Vol. 31, No. 8  
Founded 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](http://www.TheBestOfTimesNews.com)

### Publisher

Gary L. Calligas  
[Gary.Calligas@gmail.com](mailto:Gary.Calligas@gmail.com)

### Editor

Tina Miaoulis Calligas  
[Editor.Calligas@gmail.com](mailto:Editor.Calligas@gmail.com)

### Design

Karen Peters

### Layout

Katherine Michelle Branch

### Webmaster

Dr. Jason P. Calligas

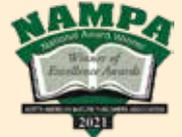
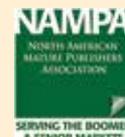
### Writers

Sarah (Sally) Hamer  
Victor Block

### Contributors

Lee Aronson, Judge Jeff Cox,  
Abigail McAlister, David McMillian,  
Nwla Archives, Jessica Rinaudo,  
Nick Thomas, Puzzle Junction,  
Twin Blends Photography

**THE FINE PRINT:** All original content published in THE BEST OF TIMES copyright © 2022 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 Free Podcasts

Now in the  
Apple iTunes Store!

over 200 previously-aired broadcasts available,  
with a new broadcast added weekly.

**ALL NEW** mobility technology

# Introducing the world's lightest wheelchair with all of these safety features

*The revolutionary portable wheelchair with dozens of standard features*

For years, the millions of Americans with mobility issues had a choice when it came to wheelchairs: convenience or comfort. Wheelchairs have been around since the 17th century, but there have not been significant improvements to their design . . . until now.

Thanks to the So Lite™ Wheelchair, individuals with mobility challenges and their caregivers no longer need to choose between wheelchairs that are comfortable and those that can be easily transported. First, the frame crafted using magnesium, is known for its combination of light weight and strength. This has resulted in a chair frame that weighs only 16.5 pounds, but can easily handle a person weighing as much as 250 pounds. This lesser weight makes it easier to maneuver, whether by the person sitting in it or the person pushing it. The seat and the back feature comfortable yet durable cushions that can be removed easily for cleaning. The rear wheels, footrests and anti-tippers all feature easy quick-release, no-tool removal. The backrest folds for convenient storage in a closet, underneath a bed or in a car trunk, and the armrests flip back, so you can roll up close to a desk or table. The tires feature flat-free design that do not require maintenance, and there is a dual braking system featuring manual locks and handbrakes.

Why spend another day struggling? Call now and a helpful, knowledgeable



Available in Black (shown), White or Blue



## Why So Lite™ is better:

- Chair frame weighs only 16.5 pounds
- Frame crafted using magnesium for light weight and strength
- Easy quick-release rear wheels, footrests and anti-tippers
- Flip-back armrests for the ability to roll up close to a desk or table
- Folds for convenient transportation and storage
- Dual braking system featuring manual locks and handbrakes
- **FREE** stylish and comfortable back and seat cushions

product expert will answer any questions you have. The So Lite™ Wheelchair comes with a one-year manufacturer's warranty and our exclusive home trial. We'll even give you **FREE** back and seat cushions. Don't wait . . . Call now.

## So Lite™ Wheelchair

Call toll-free now **1-888-671-0510**

Please mention code 116931 when ordering.

**Journey**  
HEALTH & LIFESTYLE

© 2021 Journey Health and Lifestyle



85614



ARTHRITIS & RHEUMATOLOGY CLINIC  
**ROBERT E. GOODMAN, MD**  
*Board Certified Rheumatology*

740 Jordan Street · Shreveport, LA · 71101  
318.424.9240 · arthdoc.com



# Remembering Shreveport Suffragette Willie Grace Johnson

By Sarah (Sally) Hamer

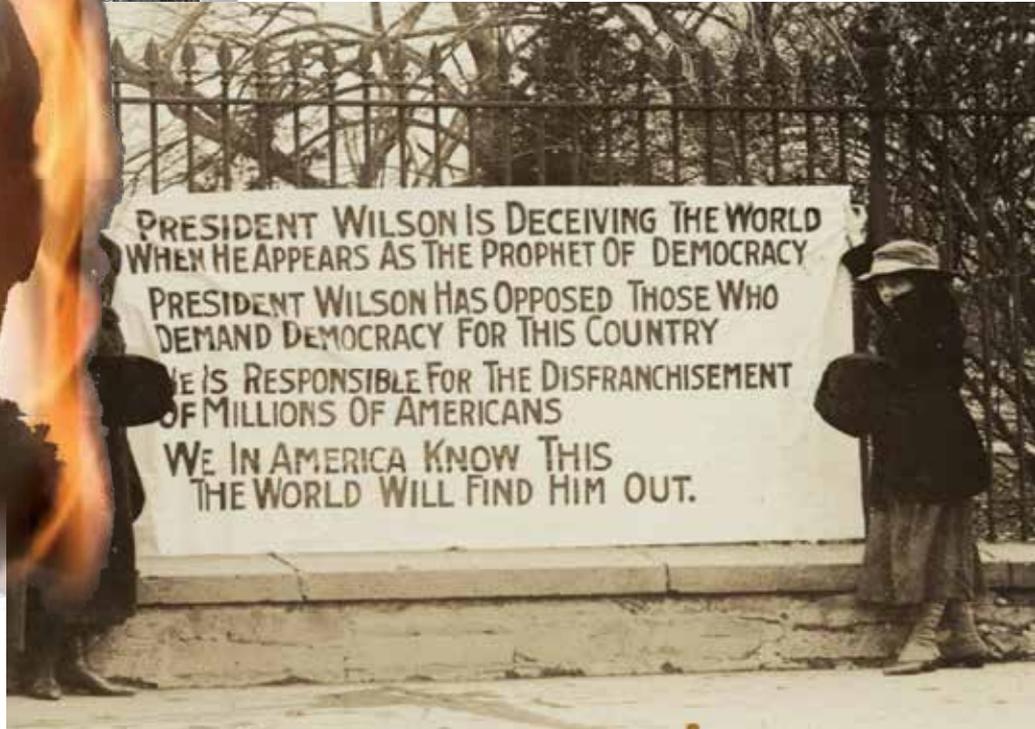


**D**id you know that there's a difference between Suffragettes and Suffragists? I didn't, until I spoke to two lovely ladies, Sonja Webb and Paula Roper, who are members of the Arklatex Genealogy Society here in Shreveport. They are also members of the local Daughters of the American Revolution (DAR), Pelican chapter, and did research on a Suffragette, Miss Willie Grace Johnson, who was quite a character. Miss Johnson, and the movement to give women the vote, merits a mention in Shreveport history.



Miss Willie Grace Johnson

The turbulent time of the Suffragette movement created heroines who sacrificed not only their "good name" but also – at least for a short time – their freedom. **Willie Grace Johnson**, "a member of a prominent Shreveport





The **suffragists** were considered people who worked within the law and constitution to achieve their goals.

**Suffragettes** were the more militant side of the equation, willing to break the law to make their point.

Shreveport family and well known in local society circles” was one of them, according to *The Times* in an article from February 26th, 1919. Johnson joined a group of both women and men who had started demanding the right for women to vote right after WWI. The Suffragette movement spread across the country and Miss Johnson traveled to Washington, D.C., to “protest against the leader of the administration [Woodrow Wilson] going abroad to spread the gospel of democracy while leaving twenty millions of the women of this country disenfranchised.” She joined the “band of so-called militants of the National Woman’s Party” who, on February 9th, participated in a march on the White House.

Later, when Johnson sat down with a reporter, she said that “a feeling of horror came over me when I first learned that the women proposed to burn an effigy of President Wilson. But I knew they had been burning the president’s words [speeches about democracy] and, as I felt that such methods were for the good of the cause, I overcame my own personal feelings and joined the demonstration willingly.” It must have been quite a sight as they marched down Pennsylvania Avenue to picket the White House, carrying signs and banners and the American flag.

Along with the other women, Johnson lit her “watch fire of freedom” and a two-foot tall straw-stuffed effigy of President Wilson was thrown into the flames. Sixty-

four protesters were quickly arrested. Johnson stated that “with her left hand holding the staff of an American flag on the rear of the patrol wagon,” she held the tricolor of the National Women’s party in her right on the trip to “the Bastille,” as the *New York Times* styled the police station. Told they were to pay a \$5 fine or spend five days in jail, they all refused to “give bonds” and were taken to the D.C. workhouse. Condemned and abandoned some time before, the workhouse was filthy, unsanitary, and smelled of gas from a break in a pipe, but the women not only planned to stay through their five-day-long prison sentence, they also went on a hunger strike, refusing to ingest anything except water. “It was a bit trying the first two days, but after that I did not mind doing without food,” explained Johnson. However, the odor of gas overcame her after a couple of days and she fell, hitting her head on the iron cell door, causing a gash above her eye.

The women were finally released after their sentence had been served, and twenty-four of them immediately made arrangements for a transcontinental “Prison Special” train tour “in advocacy of immediate action on the national suffrage amendment,” according to the *New York Times*. The previously jailed women wore “duplicates of the prison costumes ... [which were] made for all those traveling on the [prison] special”. This triumphant bunch of brave women weren’t allowed to have any “outside evidence of the character of the tour on the car,” since the Railroad Administration refused “to carry the car over its lines if there were any bars or prison insignia” visible but they stopped in Charleston, S.C., Jacksonville, Florida, and Chattanooga, Tennessee, to hold rallies and speak their minds. Johnson debarked in New Orleans, where she found transportation back to



Advertising mass meeting and band concert for August 21 - suffrage campaign

Library of Congress:master-pnp-cph-3a00000-3a00000-3a00200-3a00266uy.

Shreveport. She stated that “the special was greeted by large and courteous crowds all along the trip.”

Once home, Johnson told *The Times* in Shreveport during her interview that her intention was to help “organize a Shreveport branch of the National Woman’s party, which has only one platform and that is enactment of the Susan B. Anthony amendment.” Her philosophy was simple: “I was persuaded of the wisdom of the militants’ ideas...I was convinced of the necessity of the women doing something startling, so as to get through to the press, to the people of an idea of what the Suffrage Movement meant and to get the people thinking...I am anxious to do all that I can to bring pressure to the leaders of the party to get action in favor of the Susan B. Anthony Amendment.”

Although her name isn’t mentioned in the August 24th, 1920 *Journal* article entitled “Local Suffragists Stage Parade to Celebrate Victory,” she probably was involved in the organization of it. According to the article, the parade was to form at Commerce Street and proceed up Texas Street to “pass through the residential districts of the city. Featured in the parade were three floats: The

Voter of Yesterday, The Voter of Today, and The Voter of Tomorrow, led by a detachment of mounted police.”

Johnson and her compatriots were, of course, ultimately successful in their quest for women’s rights with the 19th Amendment being passed by Congress on June 4, 1919 and ratified on August 18, 1920. In 1921, she and other supporters proposed legislation in Louisiana that “would grant women the same suffrage rights and privileges as men, also the same privileges as to holding office and disposing of separate property, but Louisiana didn’t pass that legislation or even ratify the 19th Amendment until 1970.

Johnson’s obituary in 1952 tells us that she was active in social welfare work and that she adopted a daughter at some point in her life, but nothing about her participation in the Suffrage Movement. It’s unfortunate that very little information exists on Miss Willie Grace Johnson beyond the few newspaper clippings that describe her Washington D.C. adventure in 1919 and subsequent local activities. Regardless, we honor her and the other women and men who went against cultural convention and fought for voting equality.

**Sarah (Sally) Hamer, B.S., MLA**, is a multi-award-winning author who teaches creative fiction at LSU in Shreveport. She is fascinated by how people tick and loves to explore the world around her.



Missouri Gov. Gardner signing resolution ratifying amendment to U.S. Constitution granting universal franchise to women  
Library of Congress: LOT 5543 [item] [P&P]

## Do Elephants Have Rights?

You're not going to believe this real-life case out of New York. That's why, as much as I could, I've quoted the case directly.

A non-profit brought suit in New York asking a Judge to release Happy the Elephant from the Bronx Zoo.

Here is a direct quote from the lawsuit: "Noting that Happy is an 'extraordinarily cognitively complex and autonomous nonhuman' animal, [the non-profit] argued that she should be 'recognized as a legal person with the rights to bodily liberty protected by the common law' and immediately released from 'unlawful imprisonment' at the Zoo. [The non-profit] acknowledged, however, that Happy could not safely be released to wander the city streets or even to the wild, requesting instead that she be transferred to an 'appropriate sanctuary.'"

It took the Judges 109 pages to explain their reasoning, but here's what it came down to: "While no one disputed the impressive capabilities of elephants...[the law is] intended to secure the liberty rights of human beings who are unlawfully restrained, not nonhuman animals."

But not all of the Judges agreed. One Judge wrote, "In 1906, [the Bronx Zoo] placed Ota Benga, a member of the Mbuti people [from Africa], on display in the Zoo's monkey



# A JEEP CHEROKEE FOR EVERY ADVENTURE.



2020 JEEP  
CHEROKEE LIMITED



2020 JEEP  
CHEROKEE TRAILHAWK

NOW AVAILABLE AT

HEBERT'S  
**Town & Country**

CHRYSLER • DODGE • JEEP • RAM



CUSTOMER FIRST  
AWARD FOR EXCELLENCE  
2018 RECIPIENT

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

house, behind iron bars...the Zoo's attendance doubled...Mr. Benga never was returned home; he shot himself in the heart several years later."

This Judge went on to reason that "As with our society's changed understanding of the rights of enslaved persons, women and children, our understanding of the cognitive and emotional makeup, needs and capabilities of elephants is far different than it was in bygone times...All can agree that an elephant is not a member of the homo sapiens species. At the same time, an elephant is not a desk chair...So the correct question becomes: given what we know about the qualities an elephant has-and in particular, the qualities Happy has-should the law afford her certain rights? This Judge went on to conclude, "Animals can and do bear rights, and courts can use [the law] to grant rights to anyone regardless of their legal status as a person, even when positive law says otherwise."

Another Judge pointed out that Happy the Elephant is confined in an elephant barn "the same area that a human, walking at a moderate pace, would cross in about 30 seconds. Happy has limited access to an even smaller, walled outdoor area."

This Judge went on to conclude "that history, logic, justice, and our humanity must lead us to recognize that if humans without full rights and responsibilities under the law may invoke [the law] to challenge an unjust denial of freedom, so too may any other autonomous being, regardless of species. Such an autonomous animal has a right to live free of an involuntary captivity imposed by humans, that serve no purpose other than to degrade life."

Here's what the Judge is getting at: in the past, women did not have "full rights under the law." Instead, women were "legally subservient to their husbands, subject to violence without legal recourse." But they were still allowed to sue for wrongful confinement "in their abusive husbands' homes or private insane asylums."

Finally, the Judge said that Happy "is held in an environment that is unnatural to her and that does not allow her to live her life as she was meant to: as a self-determinative, autonomous elephant in the wild. Her captivity is inherently unjust and inhumane. It is an affront to a civilized society, and every day she remains a captive-a spectacle for humans-we, too, are diminished."

I wonder if a chicken farmer would feel the same way.

In the end, a majority of the Judges ruled that elephants don't have rights and that Happy would stay at the zoo. Do you think, given the opportunity, if Happy would choose the same fate as Mr. Benga from Afria?



*Lee Aronson is an attorney in Shreveport, Louisiana, with Gilsoul & Aronson, LLC. He does not practice elephant law. Instead, his practice areas include estate planning and elder law.*



**Lex**  
Plant Farm

Residential and  
Commercial  
Landscaping and  
Irrigation Services

## "Celebrating 38 years in business"

- ☀ Call us just when you need us or participate in our 3 visit per year maintenance service program.
- ☀ Maintenance program is hassle free. You don't have to remember to call us.
- ☀ Free estimates available for any new sprinkler system installation.
- ☀ Save time and water by investing in a new system today.
- ☀ Fast, friendly service.
- ☀ Authorized Rainbird installer.



**RAIN BIRD**

9045 East Kings Highway Shreveport, LA 71115

**Call us today! 318-797-6035**



## Sip & Learn with SMP

Join Senior Medicare Patrol (SMP) in the fight against Medicare fraud, errors, and abuse. Listen to our podcasts and learn about current scams and fraud trends that affect Medicare beneficiaries today.

Topics include:

- Introduction to SMP & Fraud, Waste and Abuse
- Medicare Open Enrollment Fraud
- Durable Medical Equipment (DME) Fraud
- Genetic Testing Fraud, and more

Now available at  
[www.stopmedicarefraud.org](http://www.stopmedicarefraud.org)

Call 877-272-8720 for more information.



Sponsored by AdviseWell, Inc. and funded through a grant from the U.S. Administration for Community Living (Nos. 90MPPG0023, 90MPPG0024 and 90MPPG0049).



## Set and Achieve Personal Health Goals

Are you wanting to get healthier but don't know exactly where to start? Think of a time when perhaps you started a diet and quit shortly after, or maybe you made a structured fitness plan and realized it just didn't work for you. It's easy to get discouraged when our well-intended plans to get healthier don't pan out. Instead of throwing in the towel, consider the health goals you set for yourself. It might not be that you're lacking motivation, but maybe your personal goals need to be modified to meet your needs.

People who are successful in accomplishing their goals tend to do a few things different from the status quo. First, their goals often focus on achievement instead of avoidance. For example, instead of saying "I am going to stop sitting around and watching TV so much,"

they may set a goal to exercise for 30 minutes every day. This changes the goal from focusing on what you're not doing to what you can do. In other words, keeping your "eye on the prize" leads to better results. People who are successful with their goals also write them down. If you want to achieve something, write it down, post it where you can see it every day, and tell the world about it! Tell your friends, family, neighbors, or coworkers about your new goal. This helps with accountability.

Be specific with you want to accomplish when planning health goals. While eating healthy is a noble goal, think of something more specific to move you towards eating healthier, like increasing your fiber intake, adding vegetables to your meals, or eating more whole grains. Once you've narrowed down to a more specific goal, don't stop there! Make your goal measurable.



### ELDER LAW ATTORNEY – KYLE A. MOORE

CALL TODAY TO SCHEDULE AN APPOINTMENT AT 318-222-2100

**DO YOU FEEL LIKE YOU ARE PARENTING YOUR PARENTS?  
WE KNOW THIS IS A STRESSFUL TIME AND WE KNOW THAT HAVING A PLAN CAN HELP!**

- DECIDING IF THEY CAN STAY AT HOME OR IF THEY NEED TO MOVE TO AN ASSISTED LIVING/NURSING HOME?
- ASKING THEM TO STOP DRIVING?
- WONDERING HOW TO PAY FOR THE CARE THEY DESERVE?



KYLE A. MOORE



VICKIE T. RECH  
CLIENT CARE COORDINATOR  
CERTIFIED MEDICAID PLANNER™

We are committed to helping seniors, individuals with disabilities, and their families to make informed choices with their long term care. 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 your family. Do not make these difficult decisions alone. **Schedule an appointment with us today.**

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

**WEEMS, SCHIMPF, HAINES, SHERWELL & MOORE, APLC**

**912 KINGS HIGHWAY, SHREVEPORT, LA 71101**

**[WWW.WEEMS-LAW.COM](http://WWW.WEEMS-LAW.COM)**

If you want to increase fiber intake, you may want to make an initial goal to eat at least 15 grams of fiber each day. Once you've accomplished this consistently for a week or two, your next goal may be to eat 20 grams of fiber each day. After you've planned out a specific and measurable goal, take a moment to reflect. Is your goal realistic for what your lifestyle currently looks like? If you want to eat more vegetables but haven't touched a vegetable for over 2 months, be realistic and start small. This may look like adding a vegetable to a meal 2 times a week. Once you've achieved your small goal, then start to grow over time with more intensive goals. Break your big goals into smaller goals to build momentum with small wins. Finally, our goals should have a timeline. When do you want to accomplish your new goal by? Set a deadline for yourself and be sure to work towards that goal consistently.

In a perfect world we would set our goals, follow the plan "to the T", and accomplish everything we planned. Unfortunately, that's not what life looks like. The unexpected happens quite often - sickness, time constraints, family emergencies, financial issues, or even simple barriers like your family inviting you to a birthday dinner at your favorite Mexican restaurant after you've just started a healthy eating plan. A good goal should be flexible and should accommodate your needs when life happens. When planning out your goal, think about what you will do when life gets in the way. Your "backup plan" will depend on your situation and what works for you. And remember, life will continue to throw curve balls in the way, and that's okay. If you end up backsliding, don't get discouraged! Each day is a new day to start fresh.

Setting and achieving personal health goals not only helps us physically, but it's good for our mental health too. Setting goals gives us purpose, and accomplishing our goals increases confidence and builds motivation. Feeling confident and motivated encourages us to keep growing, and the healthy cycle continues! Whatever the reason, setting strategic health goals for ourselves can result in life-changing achievements.



*Abigail McAlister is a Registered Dietician and nutrition agent with LSU AgCenter for Caddo and Bossier Parishes. Her focus is adult nutrition education and promotion. Contact her at [amcalister@lsu.edu](mailto:amcalister@lsu.edu).*

## Support Our Seniors!

Your TAX-DEDUCTIBLE \$100 donation provides a BIG BOX of food every month for an entire year.

### WE NEED YOUR HELP!

Volunteer at the FOOD BANK to **PACK** food boxes for seniors.

**(318) 675-2400**

Food Bank of Northwest Louisiana  
P.O. Box 65150  
Shreveport, LA 71136



## BEYOND DIGITAL IMAGING

106 E. Kings Hwy. STE 103 Shreveport, LA 71104

318-869-2533

### Restore memories



Transfer your old home movies into a **DVD VIDEO**



Scan to preserve the past or make prints for family. The choice is yours. From Slides, Negatives, Old B&W negatives, Photo Albums

### Photo Restorations and Printing



Memorial Videos with quick turn around time.



[www.beyonddigitalimaging.com](http://www.beyonddigitalimaging.com)



**Always Best Care**  
senior services®

**Serving Shreveport/Bossier With Compassionate In-Home Care Services**

### Services Include...

- Alzheimer's/dementia care
- Companionship
- Bathing & grooming
- Incontinence/toileting
- Grocery shopping
- Light housekeeping/meal prep
- Mobility assistance
- Medication reminders
- Activities of daily living

Ask about our **VIP** assisted living referral service!

**Always Best Care of Shreveport/Bossier**

**(318) 424-5300**

[www.abc-shreveport.com](http://www.abc-shreveport.com)

Dedicated to exceeding your expectations ... *always!*

## Three Things in Life are Certain

**B**enjamin Franklin made a famous quote about life. He stated that only two things are certain in life: death and taxes. I hate to disagree with Mr. Franklin, but there are three things certain in life: death, taxes, and change. I will not discuss the death and taxes in this article, but I will be discussing changes.

At this time, the Louisiana Legislature has ended its session. The legislature made numerous changes to our laws during this term. The Governor has reviewed these laws and is now in the process of completing all his vetoes which will be completed by the time this article is published. As these laws are finalized, I will attempt to give you an update on any changes that have occurred in the law that might be of interest to you, the reader.

As with each session, the judges across the state will have to

become familiar with revisions in the law so that we can apply these changes in our courtroom. Usually, after a legislative session, numerous statutes will be amended or changed. Some will have to be challenged in court and the judges of the state will be called on to determine the applicability of these laws. It is a never-ending process that requires constant reading and study to determine how these laws will apply.

On a more personal note, my wife and I are having some changes take place at home. Both my daughter and son will be soon entering their final year of law school. It seems just like yesterday that I was pulling them down the driveway in a wagon, watching them ride their bicycles for the first time, or watching them drive on their own for the first time. It is hard to see them so grown up and ready to enter the working world. I can tell you that I am not ready





**Forest Park Funeral Home  
and Cemeteries**

**Forest Park Funeral Home: 318-221-7181**

**Forest Park Cemetery: 318-861-3544**

**Forest Park West Cemetery: 318-686-1461**



# *Here For All Your Needs*

*Special Programs for your Cremation, Cemetery and Funeral Arrangements*

for this change as I like having them at home and spending time with us, but it is great to see them becoming such wonderful young adults. I now know how my parents felt when the house was empty. Both of them probably think I'm being silly, but they won't understand this feeling until they have children and understand how quickly life changes.

Many of you reading this column have already faced the change of children growing up and leaving your home. In fact, a great number of you have no children at home. I have been told by many in this group that being a grandparent is the greatest thing beside having your own children. Many grandparents tell me they get to spoil their grandchildren and then send them home. I can honestly say that I saw this change from my own parents. My mom and dad let my children get away with things they would never let me do as a child.

In writing this article, I thought about all the changes in life. Some are good and some are bad. We all have to adapt to change and move forward. Even though there are no constants, we can be thankful that we have the ability to be a part of change and hopefully make things better than worse. Change is one thing that will always be certain.



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



 Parkinson's Foundation



This FREE series of self-paced online courses, created for anyone caring for someone living with Parkinson's. The course showcases care partners and experts on the topics most important to you, including mood, cognition, caregiver burnout and more.

## Parkinson's Foundation Care Partner Program

[Parkinson.org/CarePartnerProgram](https://Parkinson.org/CarePartnerProgram)

**Move In Specials Available!**

Call today to schedule your tour

# SAVANNAH GRAND

of Bossier City Assisted Living and Memory Support

**Come have fun with us!**



(318) 219-5342

[www.slm.net](http://www.slm.net)



License# 2203782248

## We Can AFFORD to Listen

**L**istening is a skill that we can all improve upon these days; maybe it's becoming a "lost art." Who of us can't benefit from enriched communication? Communication is not just about sharing our thoughts, but also *hearing* what the speaker is saying and *having* real dialogue.

We can AFFORD to listen! That is a good way to recall active listening skills. Consider this:

**A Attention** - Give the speaker your full attention, make eye contact, and give indications you are listening like head nodding, saying "yes" and facial expressions. Fully engage in the conversation.

**F Focus** - Focus on what the speaker is saying, don't think about your argument back or what you will say next, just on the message you are receiving.

**F Feelings** - Identify the feeling behind the message. Identify how the speaker feels about the topic. Note the feelings that are evoked within you.

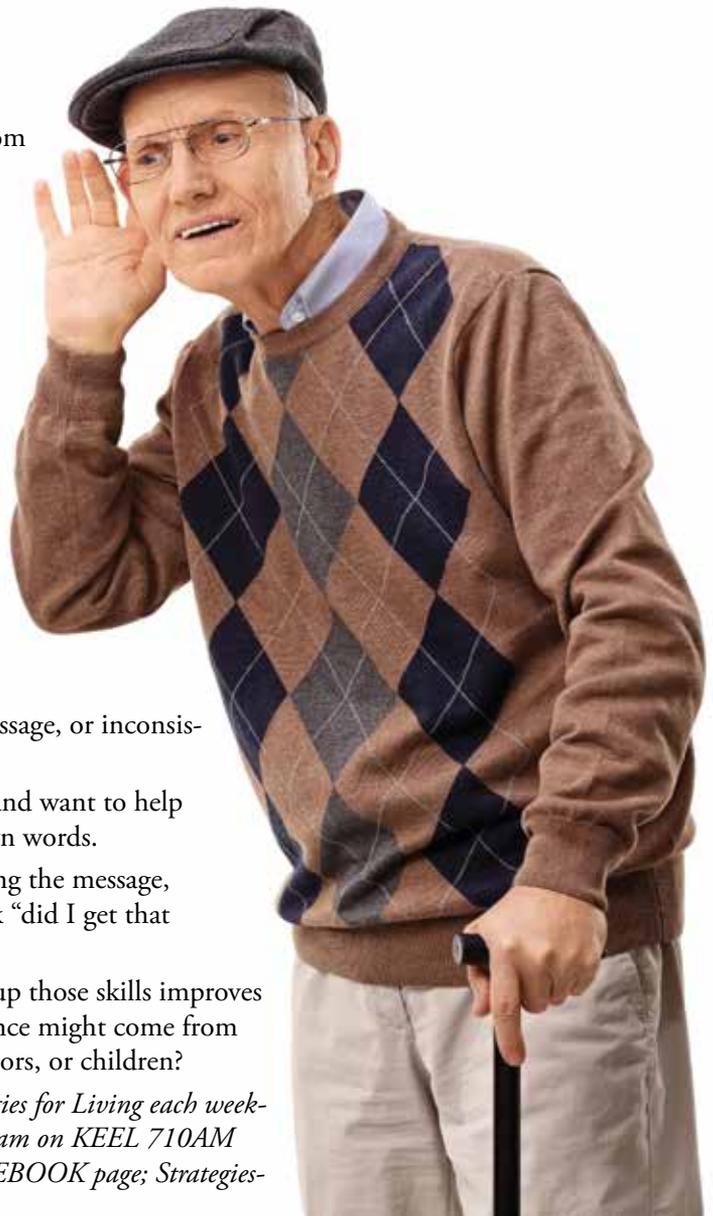
**O Observe** - Watch body language to see if it reinforces the message, or inconsistent with what the speaker is stating.

**R Restate or Rephrase** - If you want the speaker to feel heard, and want to help remember the message, restate or rephrase the message in your own words.

**D Determine** - Verify that you understand correctly by repeating the message, in your own words and verbalize it. After paraphrasing, simply ask "did I get that correct?" If not, ask for clarification.

Listening is an underrated skill and building up those skills improves our ability to communicate. How much difference might come from *really* listening to our spouse, coworkers, neighbors, or children?

Hear Life Coach Dr. David McMillian on *Strategies for Living* each week-night 7pm-8pm and Sunday morning 9am to 10am on KEEL 710AM and 101.7FM, on the KEEL app. or on our FACEBOOK page; *Strategies-forLiving with David McMillian*.



# 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](http://www.azaleaestates.com)



Choose a physician who really listens

# Better health begins with caring doctors



## Dr. Ravi Gupta, CenterWell Bossier City

- Dr. Gupta is board certified in Family and Community Medicine
- Completed his residency at the University of Texas Southwestern Medical Center
- He is a leader in senior primary care



Call now to schedule a tour

**504-618-8716**

Monday - Friday, 8am - 5pm

[SeniorFocusedLouisiana.com](http://SeniorFocusedLouisiana.com)



Visit our Bossier City center located at 2900 E. Texas St., Suite 100, plus 6 other locations in Louisiana.

Plans accepted

We accept Aetna, Humana and Wellcare Medicare Advantage plans.



Follow us @CenterWellPrimaryCare to learn about activities and events

CenterWell™ does not discriminate on the basis of race, color, national origin, age, disability or sex. ATENCIÓN: Si habla español, tiene a su disposición servicios gratuitos de asistencia lingüística. Llame al 1-877-320-2188 (TTY: 711). 注意:如果您使用繁體中文,您可以免費獲得語言援助服務。請致電 1-877-320-2188 (TTY: 711). GCHLKSZEN

# Review of *Part of Your World* by Abby Jimenez

Abby Jimenez, of Nadia’s Cupcake fame, has made a name for herself in the world of fiction. With several smart romantic comedies under her belt, it should come as no surprise that her latest book, *Part of Your World*, hits all the right notes.

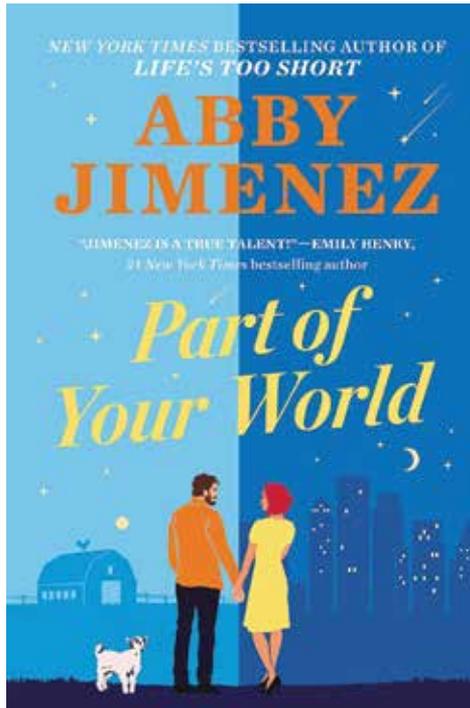
Within its pages is the story of Alexis, who comes from a famous legacy line of Montgomerys. The family is famous for establishing a world-renowned hospital. Not only that, but all Montgomerys are doctors, and surgeons specifically. Alexis, however, is an Emergency Room physician and the spare heir, of sorts, to her older brother. But when her brother marries a celebrity and leaves the country to be with her, he vacates both his medical legacy and place in the family. This leaves the legacy’s burden to fall into the hands of an unwilling Alexis.

It doesn’t help that Alexis just broke up with her rockstar surgeon boyfriend, much to her parents’ dismay, and he refuses to go away.

One evening, on Alexis’ drive home from a funeral, a raccoon runs her off the road in a town so small that there is only one guy who owns a tow truck. Daniel, the town mayor, bed and breakfast owner, and carpenter extraordinaire, spots her and comes to her rescue. He’s handsome and charming, and inspires Alexis to break all of her personal rules when it comes to relationships. Despite what both intend to only be a one night fling, Alexis and Daniel forge a powerful

connection and can’t seem to let go of one another.

The two come from different worlds and backgrounds and can’t imagine a path forward that includes a future together, but Daniel’s small hometown of Wakon has a mind of its own—literally.



When I finished this book I was in tears, struggling to find the words to adequately describe what it made me feel. It’s romantic. Daniel is book boyfriend perfection. It’s hilarious. There’s a bawdy scene with a ring light that literally had me laughing out loud, and the town’s mascot, a pig named Kevin Bacon.

But *Part of Your World* also tackles difficult topics like emotional and physical abuse, as well as narcissism and enabling behaviors. It’s easy to see pieces of people we know and love dearly in those difficult characters. It’s jarring, but it also gives me hope.

And the dusting of magic of the town was like the perfect ribbon to wrap this beautiful story in.

This story is heart, it’s love, it’s real. And it may just be the best book I’ve read this year.

★★★★★

Jessica Rinaudo is a Shreveport-native who works as a writer and editor in Cincinnati, OH. She has a passion for books and regularly reads, reviews and photographs them on her instagram account, [instagram.com/readbelievelove](https://www.instagram.com/readbelievelove).



**THE SHREVEPORT LITTLE THEATRE**  
**101st SEASON 2022-2023**  
 Shreveport Little Theatre...  
 101 Years of Great American Theatre!  
**ALL FIVE MAINSTAGE SHOWS**  
 For only: \$120 (adults) or \$112 (seniors, students, active military)  
*a savings of \$10 off individual ticket price*

**SLT** FOR MORE INFORMATION  
**Call (318) 424-4439**  
 or online at [www.ShowTix4U.com](http://www.ShowTix4U.com)  
 Or visit our Box Office 812 Margaret Place  
 Noon - 4 p.m. Monday - Friday

SHREVEPORT LITTLE THEATRE  
[www.shreveportlittletheatre.com](http://www.shreveportlittletheatre.com)

50th Season Sponsor  
 WALLIS-KIRKINGTON HEALTH SYSTEM

**OUR TOWN** (Dorothy Will's)  
 A Play by Three Acts  
 September 1-11, 2022

**POPCORN FALLS**  
 October 13-23, 2022

**HONKY TONK ANGELS**  
 December 8-18, 2022

**Over the River and Through the Woods**  
 Feb. 23 - March 5, 2023

**DRIVING MISS DAISY**  
 April 20 - 30, 2023



## Cremation with remembrance.

By selecting a permanent memorial after cremation, you give future generations a connection to their past. Even if you opt to keep a loved one's ashes at home or scatter them someplace special, you can still create a beautiful and lasting legacy in a cemetery so that family and friends have a place to reflect and remember.

Cemetery offerings may vary.

**HILL CREST MEMORIAL  
FUNERAL HOME**  
HILL CREST MEMORIAL PARK  
HAUGHTON  
318-949-9415

**HILL CREST MEMORIAL**  
BLANCHARD CHAPEL  
SHREVEPORT  
318-309-4755

**CENTURIES MEMORIAL  
FUNERAL HOME**  
CENTURIES MEMORIAL PARK  
SHREVEPORT  
318-686-4334

*Every Detail Remembered™* | **Dignity**  
MEMORIAL

# Experience Egypt

By Victor Block



Village along the Nile River

Many people travel to Egypt to see the pyramids, Sphinx and other storied monuments. This has been true since the Ancient Greeks and Romans went there to goggle at the magnificent man-made monuments.

As my wife and I learned during our recent visit, equally intriguing is that country's rich millennium-long history and present-day life, which keeps one foot planted firmly in the past. We returned home with enduring memories of Egypt's people and their way of life.

During our trip, Fyllis and I encountered a multi-layered culture that accords equal respect to things both ancient and modern. The Overseas Adventure Travel tour company with which we went makes "Learning and

Discovery" part of their tours, and that manifested itself repeatedly.

Our guide went out of his way to establish ad hoc encounters with everyday Egyptians. Several times, he approached a group of locals, asked if they would speak with visitors from the United States, and served as interpreter. Among results of those chance meetings, we learned about topics ranging from education (the accomplishments and aspirations of young people we met speak well for Egypt's future) and women's rights (they are slowly improving).

We spent one day with a family in a small village. Subsistence farming remains the staple industry in tiny towns of modest mud brick and concrete houses, where everyone knows their neighbors and the addition of modern amenities like television and air conditioning hasn't changed ages-old practices.

We watched women grinding seeds into flour between two stones and men planting crops using tools that might have been passed down for generations. At the same time, change is coming.

Some *fellahin* (farmers) now rent and use a tractor, and diesel-powered irrigation pumps have replaced many ox-driven water wheels.

Transformation also is taking place in the attire, especially of women. While

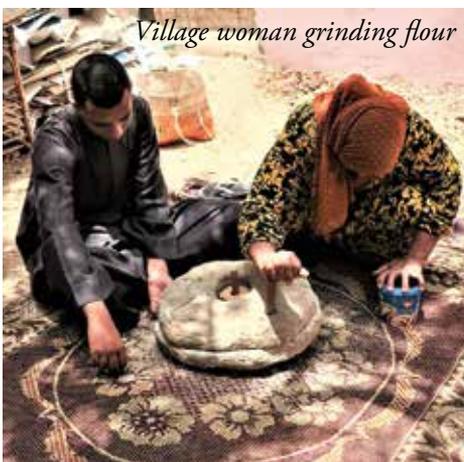
public modesty continues to be valued in this Muslim-majority country, we saw few women wearing a *burka*, which covers the entire body and face. Many more sported a *hijab* cloth wrapped round their head and neck, and when asked they gave a variety of reasons for doing so. These ranged from personal religious respect to satisfying the preferences of family members. We didn't have an opportunity to question one woman whose head scarf was topped by a New York Yankees baseball cap.

Visitors who take a cruise on the Nile River, which flows near a number of Egypt's most revered archaeological treasures, are introduced to other important aspects of life in Egypt. Our week-long voyage was aboard the OAT-owned boat *Nefertiti*.

We came to understand how important the Nile is, and long has been, in the lives of Egyptians. Without the river, there would be no fertile land, a scarcity of food and little electricity.

Rainfall is scarce in Egypt, and the Nile irrigates a narrow stretch of verdant soil along its banks, which quickly gives way to barren desert just behind the slim strip of green. No wonder over 90 percent of the people live along the Nile, on 3 percent of the country's territory.

Throughout history, the Nile flooded



Village woman grinding flour

each summer, leaving behind deposits of rich silt as the water receded. This fertile soil, combined with irrigation methods devised by ancient Egyptians, provided ideal conditions for growing cotton, wheat and other crops.

Completion of the Aswan High Dam in 1970 brought an end to the flooding and provided a new source of much-needed electricity. At the same time, it has resulted in a decline in the fertility and productivity of riverside farmland.

The cruise provided a passing parade of classic Egyptian scenes. Seated on our stateroom balcony, we waved back to villagers who greeted us as we floated by, spotted fishermen in tiny boats and admired *felucca*, traditional wooden sailboats that continue to be used to ferry goods and people. We saw men sitting in the sun enjoying their morning tea and shisha (hookah) pipe, and admired the graceful minarets that look over each low-rise village.

The world-famous relics remaining from Egypt's historic heyday, which will be introduced in next month's story, provide more than enough reasons to visit there. Experiencing the local lifestyle and centuries-old routines in ancient villages adds much to its allure.

*Fyllis and I visited Egypt on our sixth trip with Overseas Adventure Travel, which offers "small group adventures on the road less traveled" to 80 countries around the world. For information about Overseas Adventure Travel call (800) 221-0814 or log onto oattravel.com. For information about Egypt log onto egypt.travel.*



Miramon Law, Inc.



- Probate & Succession
- Estate Planning
- Wills
- Trusts
- Interdictions
- Powers of Attorney
- LLCs
- & More

(318) 869-0055  
www.miramonlaw.com



**5% DISCOUNT ON FULL ROOF REPLACEMENT FOR SENIOR CITIZENS, MILITARY AND FIRST RESPONDERS!**

**PHOENIX ROOFING SOLUTIONS LLC**  
Licensed & Insured

**Residential & Commercial**

**Roof Replacement**

**Roof Repair**

**Storm Damage Restoration**

**Insurance Claim Assistance**

**LIFETIME LABOR WARRANTY**

**CALL TODAY FOR YOUR FREE ROOF INSPECTION AND ESTIMATE!**

9710 Paxton Rd., Unit B Shreveport, LA 71106

**318.759.7691**

www.phoenixroofingsolutions.com




## Northern Exposure's Cynthia Geary Heads to Hospice in New Series

Emmy-nominated actress Cynthia Geary was immediately drawn to her latest character Charley Copeland, a Hospice nurse in the compelling new drama series "Going Home." Season one began streaming in June on Pure Flix, a faith and family-friendly media service (see [www.pureflix.com](http://www.pureflix.com)).

"The death of a loved one is something we will all experience, but I feel like the show sends a positive message in a sad but cathartic way," said Geary from Palm Springs while traveling from her home in Seattle.

Set in a Hospice care center with Geary as head nurse, the staff tackle the emotional, spiritual, and physical challenges facing end-of-life patients and their families, to ensure the loved ones pass on with compassion and dignity. Geary says the scripts attracted her to the role.

"They are challenging, demanding, and emotional, but so well-written," she said. "We all cried a lot on the set because I think the actors and crew could relate to the stories."

Shot in Spokane, Washington, Geary visited a local Hospice facility to prepare for the role.

"I was fortunate to meet many of the Hospice nurses whose job is to provide patients with a peaceful transition from this life," she said. "I learned how important it was not to project personal issues into the situation to avoid putting any additional stress on the patients or their families who are

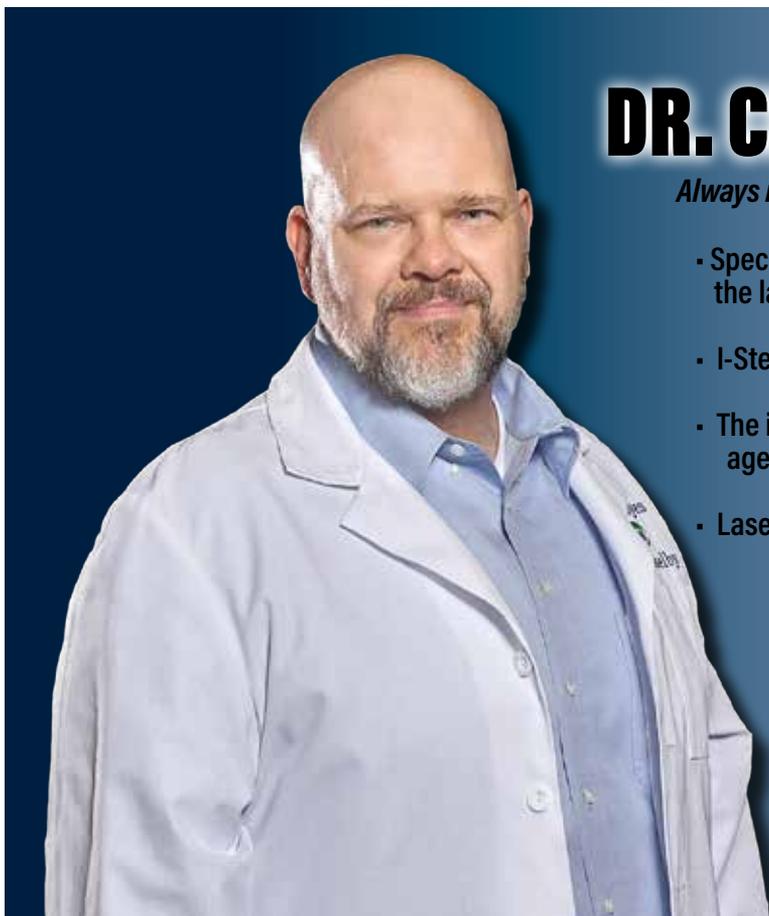


*Cynthia Geary as a Hospice nurse in an episode of "Going Home"*

already suffering. I tried to bring that to Charley, my character, who will be evolving with her own back-story in the coming episodes."

Geary's own career back-story dates back to 1990 when she starred in the quirky CBS comedy-drama "Northern Exposure." Her character, Shelly, appeared in all episodes over the show's six-season run, the series remaining a cult favorite today.

"I just loved everything about that show and



## DR. CHRISTOPHER SHELBY

*Always incorporating the newest technology for clearer vision.*

- Specializing in cataract surgery techniques with the latest in multifocal and toric lenses
- I-Stent technology for glaucoma
- The implantable miniature telescope for age-related macular degeneration
- Laser treatment of floaters

Dr. Shelby sees patients at  
North and Pierremont.  
North: (318) 212-2020  
Pierremont: (318) 212-3937  
[wkeyinstitute.com](http://wkeyinstitute.com)



**WKEY EYE INSTITUTE**  
NORTH • SOUTH • PIERREMONT

would have been happy to do more seasons for years,” she recalled. “There’s been talk of a reunion or new series for a long time, but nothing definite yet – I would love, love, love to do it!”

Meanwhile, despite the potentially gloomy theme, Geary is loving her new series.

“I know a show sending a message that death can be a positive experience sounds weird, but it can be an uplifting one,” she says. “Death is inevitable, but we don’t have to be afraid of it. Being part of the series has changed my perspective – if you have someone in a Hospice setting, at least you can prepare for what’s coming and have that time with them.”

*Nick Thomas teaches at Auburn University at Montgomery, in Alabama, and has written features, columns, and interviews for numerous magazines and newspapers. See [www.getnickt.org](http://www.getnickt.org).*



"Northern Exposure" cast

# Rinchuso's

PLUMBING & HEATING INC.

**Serving Shreveport-Bossier City**  
Since 1980

## REPAIRS

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

**24 HOUR  
Emergency Service**  
**318-671-1820**



607 Mount Zion Road  
Shreveport, LA 71106  
[www.rinchusosplumbingandheating.com](http://www.rinchusosplumbingandheating.com)  
Licensed, Bonded, Insured Contractors  
LMP-125 ● L.A. MECH  
CONTRACTOR #19734

# Highland Place

Rehab & Nursing Center

Home of Transitions Rehab  
Post Acute Rehabilitation  
& Skilled Nursing



## Caring from the Heart

We hope you never will need the services of any rehab and nursing center, but if you do, come by and tour in person.

You will see why so many make Highland Place their choice for rehab and nursing care.

We work hard to get you or your loved one home as quickly as possible.

*In Your  
Neighborhood* **Call today for  
more information  
at (318) 221-1983.**



*Angie Hayes*  
Administrator

*Highland Place Rehab &  
Nursing Center*

1736 Irving Place,  
Shreveport, LA 71101  
[www.highlandplacercnc.com](http://www.highlandplacercnc.com)

**Main Number: (318) 221-1983**  
**Admissions: (318) 841-8704**



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

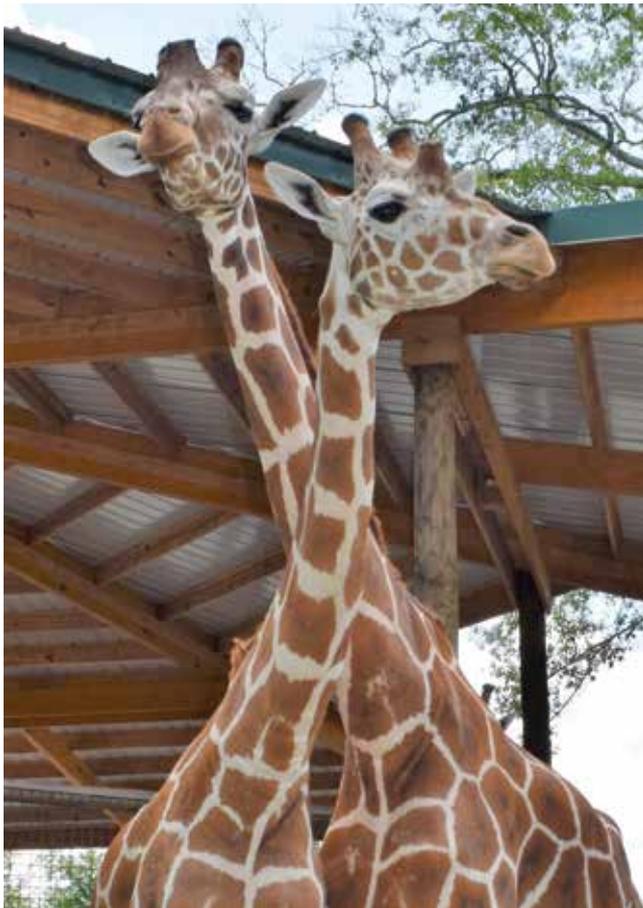
## Greetings!

Within the animal kingdom, ways of greeting members of one's own species vary considerably. For instance, wild dolphins welcome their pals using unique whistle signatures in order to recognize one another. Lions and other large cats generally rub their heads and bodies together.

Giraffes say "hi" by pressing their necks together, horses rub noses, wolves lick each other's faces, and penguins tap bills. Elephants entwine their trunks.

Fortunately, humans are generally more reserved when they greet. I doubt entwining your trunks with a stranger's would be appreciated during an initial meeting.

So humans have kept



the whole meet and greet thing pretty basic and non-threatening – a simple handshake will normally suffice. However, even before the COVID scourge, some people were not fond of this accepted practice. The thought of a gazillion bacteria and viruses hitching a ride on our skin during a handshake remains unsettling for some.

Possessing actual hands is rare amongst animals. While it might be appropriate for giraffes to give each other a high-five, the use of that appendage is restricted in nature. Not so for other primates, of course, and some such as chimpanzees do greet by touching hands, although they rarely reach for antiseptic wipes.

Clearly, there is a biological component associated with greeting rituals since it is so



## Ernest's Orleans Restaurant

*is proud to offer Senior Appreciation Early Dining Discount for readers of The Best of Times*

Hosted by **The Best of Times**

**Every Thursday beginning at 4:30 p.m.**

Delicious special menu with a variety of great quality food at a discounted price for those of us age 55 and older. To receive this discount, please bring a copy of this ad or simply tell us that you saw the ad in The Best of Times magazine.



*Ernest's "Serving the Finest"*  
• Seafood • Steaks • Italian •

**OPEN**  
Dinner 4:30 - 10:30 Tues. - Sat.  
PRIVATE PARTIES - Anytime

• Complimentary valet parking.

**Delightful entertainment by Mike Gintella.**

**For reservations and more information, please call (318) 226-1325.**

1601 Spring Street, Shreveport, LA 71101  
[www.ernestSORLEANS.com](http://www.ernestSORLEANS.com)

widespread amongst animals. But in the case of humans, when you really think about it, handshaking is a rather odd custom. How did it begin?

The origin possibly dates from Roman times when men carried daggers and similar weaponry for protection as they traveled the long, lonely roads. Upon meeting a stranger, it's plausible travelers may have reached for their daggers and brandished them as a warning to potential assailants. However, once it was established that the new acquaintance posed no threat, blades would be re-sheathed and open hands extended to demonstrate friendship. Gripping hands eventually became a universal greeting ritual between humans.

As uncomfortable as handshaking is for some, it's preferable to less sanitary greetings displayed in the animal world – canine tailgating obviously comes to mind.

Other animal species behave even worse, such as lobsters who greet by squirting urine at each other. Apparently, when two boisterous males bump claws, their urine carries a record of who's the boss and this helps to avoid fights. By comparison to this crustacean greeting gesture, handshaking may not seem quite so bad.

Some mammals, too, are clearly in need of salutation etiquette lessons. When two hippos meet, they may display aggressive and territorial behavior by hurling excrement at their rival.

If this practice sounds somewhat familiar, it should. You may have observed it in human society, particularly by opponents during another odd human ritual known as "political campaigning."

*Nick Thomas teaches at Auburn*

*University at Montgomery, Ala., and has written features, columns, and interviews for numerous magazines and newspapers. See [www.getnick.org](http://www.getnick.org)*



**MEDICARE SUPPLEMENT INSURANCE**

**Need help with your Medicare Supplement Choices?**

**We can help.**

**Cornerstone Financial Services, LLC**  
Independent Sales Agency  
[info@cornerstonefinserv.com](mailto:info@cornerstonefinserv.com)  
[www.318medicare.com](http://www.318medicare.com)

Call **(318) 221-8888** to speak to a licensed agent.

**Cornerstone**  
Financial Services LLC

Not connected with or endorsed by the U.S. government or the federal Medicare program. This is a solicitation of insurance and your response may generate communication from a licensed producer/agent.

 **WHEELCHAIR RAMPS, LIFTS & MORE**

MAKING LIFE ACCESSIBLE

**Free evaluation, installed in days**  
**Rentals available**



**800-649-5215 | [WWW.AMRAMP.COM](http://WWW.AMRAMP.COM)**

**★ 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 70<sup>th</sup> St.  
Shreveport, LA  
71105

**WORD SEARCH**

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

**Elvis**

- Army
- Awards
- Career
- Charisma
- Concerts
- Costumes
- Elvis
- Entertainer
- Fame
- Fans
- Films
- Gospel
- Graceland
- Icon
- Las Vegas
- Legend
- Lisa Marie
- Memphis
- Music
- Perform
- Presley
- Priscilla
- Radio
- Records
- Rock N Roll
- Sideburns
- Talent
- The King
- Tour
- Tupelo

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

# AC Duct Cleaners



"Rid your home of **DUST** and **BREATHE HEALTHIER** too."

## 318-218-0770

In appreciation to all Medical Personnel, Military and Seniors we offer a 10% Discount.  
 All Credit Cards Accepted








**ROBINSON FILM CENTER**

SILVER SCREENING PROGRAMMING

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



**MURDER ON THE ORIENT EXPRESS**  
 AUGUST 16, 10:30AM



**THE QUIET MAN**  
 SEPT. 20, 10:30AM

PRESENTED BY: **AARP**  
Louisiana

617 TEXAS STREET  
 TICKETS AVAILABLE AT:  
[ROBINSONFILMCENTER.ORG](http://ROBINSONFILMCENTER.ORG) OR 318.459.4122

# CROSSWORD

## Across

- 1 Kind of shot
- 4 Sword lilies, for short
- 9 Captain of the Nautilus
- 13 Feel awful
- 14 China grass
- 15 Argus-eyed
- 17 Morse code signal
- 18 Motivate
- 19 Luxurious residence
- 20 Conundrum
- 22 \_\_\_ Day
- 24 Period in the earth's history
- 25 Closemouthed
- 26 Petty quarrel
- 28 Longings
- 29 Missouri Compromise politician
- 31 Neighbor of Ger.
- 32 Horse-and-buggy \_\_\_
- 34 Illuminated
- 35 Pool contents?
- 37 Publicist's concern
- 41 Easily tamed bird
- 42 Nonsynthetic
- 44 Called the shots
- 45 Kind of ray
- 47 Unoriginal
- 48 Mattress problem
- 49 Bullfight cheer
- 51 \_\_\_ out a win
- 52 Diversify
- 53 File
- 56 Was a passenger
- 58 Billboard listing
- 59 In the past
- 60 Shade of green
- 61 Yellowstone sight
- 64 Tall narrow wineglass
- 66 Commence
- 69 Escort's offering
- 70 \_\_\_ cotta
- 71 Collapsible shelter
- 72 Touch of frost
- 73 Bygone despot

74 British guns

75 Letters of distress

## Down

- 1 Lose color
- 2 Pride member
- 3 Final peremptory demand
- 4 Fairy tale brother
- 5 Holy man
- 6 Current unit
- 7 Fizzle out
- 8 1965 march site
- 9 Military organization
- 10 Yale student
- 11 Ruckus
- 12 Sweater material
- 16 Beach shades
- 21 Chap
- 23 Broke bread
- 26 Ditties
- 27 Like some skirts
- 28 Sweet potato
- 29 Horse fly
- 30 City founded by Pizarro
- 31 Apiece
- 33 Food grain
- 35 Hockey score
- 36 Chinese zodiac animal
- 38 Some German shepherds
- 39 Equipment
- 40 Nervously irritable
- 43 Nouvelle Caledonie, e.g.
- 46 Unruly head of hair
- 50 Bard's "before"
- 52 Kind of treatment
- 53 Huck Finn's conveyance
- 54 Lace tip
- 55 Whiskey drinks
- 57 Kilns
- 58 Can't stand
- 60 Orchard item
- 61 Wee warbler
- 62 The Bee Gees, e.g.
- 63 Troublemakers
- 65 "La-la" lead-in
- 67 Asian occasion
- 68 Gibbon, for one

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			56	57				58				
59				60					61				62	63
64			65			66	67	68				69		
70						71						72		
	73					74						75		

# Regional Hospice

Hospice

Your *Hometown* Hospice

Honoring *Hometown* Heros

Locally Owned & Operated



**Minden 318.382.9396**

**Coushatta 318.932.9465**



**WE HONOR VETERANS**

**Homer 318.927.9217**

**Shreveport 318.524.1046**

# GRAND STRAND Season 38

2022  
2023



## 2022

Melissa Errico - Sondheim  
Sublime: The Music of  
Stephen Sondheim

FRIDAY, SEPT. 30, 2022 — 8:00 P.M.

Anastasia the Musical

FRIDAY, NOV. 18, 2022 — 7:00 P.M.

A Christmas Carol

THURSDAY, DEC. 1, 2022 — 7:00 P.M.

My Fair Lady

THURSDAY, DEC. 8, 2022 — 8:00 P.M.

## 2023

The Texas Tenors Celebrate  
Broadway and America

SATURDAY, FEB. 4, 2023 — 8:00 P.M.

Chicago the Musical

SUNDAY, MARCH 19, 2023 — 8:00 P.M.

Music City Hit-Makers

SUNDAY, APRIL 23, 2023 — 8:00 P.M.

The Black Jacket Symphony  
Presents The Dark Side of the Moon

SATURDAY, MAY 13, 2023 — 8:00 P.M.

THE STRAND THEATRE

(318) 226-8555 or thestrandtheatre.com

# Snapshot SLEUTH

**Do you recognize any of the people or recall anything about the events in these photographs?**

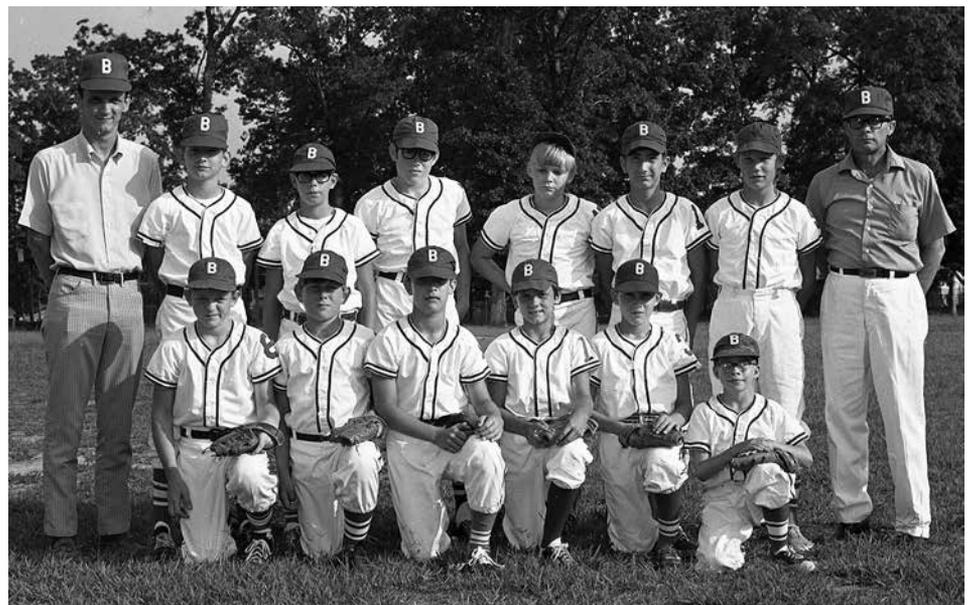
*The Best of Times* has partnered with Northwest Louisiana Archives at LSU to identify individuals and events in their collections. If you can help, please email Tina at editor.calligas@gmail.com or Laura at laura.mcmore@lsus.edu.



Both of these images are from Lawrence Lea collection.

(above) Little is known but it appears to be high school singers, with a double bass player in the middle, on a stage with sets. The photo sleeve is labeled "Copy for Bolch of Singers." April 1970.

(below) The handwriting on the sleeve is difficult to read but appears to read as "M&L baseball team at Forest Hills". July 1970.



# Answers from the Experts

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

## *Does Macular Degeneration cause you to go completely blind?*

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

## *Who is Always Best Care and what areas do you service?*

Always Best Care is a licensed, bonded and insured non-medical in-home care agency with a passion for helping people maintain a safe, independent and dignified lifestyle. We provide senior care services in many communities around Northwest Louisiana, including Caddo, Bossier, Webster, Claiborne, Bienville, and Red River. We offer 24/7 care, but can provide any schedule to fit the client's needs.

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

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

## *What are the symptoms and treatment of torn cartilage?*

Meniscus tears are the most common surgical condition involving the knee. Medial meniscus (inside) tears are 3 - 4 times more common than lateral tears (outside). The meniscus support 50% of the body weight with the knee extended and 90% with the knee flexed 90°. Because the meniscus supports body weight every attempt should be made to repair or maintain as much meniscus tissue as possible. Popping, giving way, locking, tenderness at the joint line, stiffness, and swelling are some of the signs/symptoms of cartilage tears. Arthroscopic surgery is generally done on an outpatient basis and recovery is from a few days to a few weeks.



**Chris Shelby, MD**  
 WK Eye Institute  
 7607 Youree Dr.  
 Shreveport, LA 71105  
 (318) 212-3937  
 See our ad on page 22.



**Keith Carter, CEO/Owner**  
 Always Best Care  
 4700 Line Avenue, Suite 111  
 Shreveport, LA 71106  
 (318)424-5300  
 See our ad on page 13.

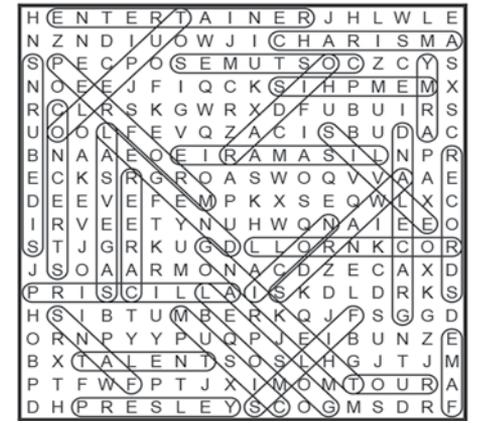


**Toni Camp**  
 Bristol Hospice Shreveport  
 8660 Fern Avenue, St. 145  
 Shreveport, LA 71105  
 (318) 524-1046  
 See our ad on page 27, 32.



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

## PUZZLE answers (from pages 26 & 27)



**Sam Stroope**  
**Hair Replacement**  
**Specialist**  
**and Hair Stylist**



**990 Quail Creek Rd.**  
**(Inside Element Fitness)**  
**Shreveport**  
**318-868-8708**

## Save the Date!

2022 Senior Day Expo  
 Thursday, October 27; 10 a.m. to 2 p.m.  
 Hirsch Coliseum  
 Hosted by the State Fair of Louisiana and *The Best of Times*

# SHREVEPORT *Then* & Now

Photos blended and used with permission by **Mike and Mark Mangham** of **Twin Blends Photography**. Vintage photos courtesy **LSUS Archives and Special Collections**. For more blended photos, visit [www.facebook.com/twinblendsphotography](http://www.facebook.com/twinblendsphotography).



*The beautiful building at 717 Crockett Street in downtown Shreveport was home to the Howard Motors Company until 1931 when its name changed to the Andress Motor Company under the management of R. T. Andress. Today it is home to the Andress Artist & Entrepreneur Center. A huge thanks to Jim Malsh for restoring this building back to its former glory!  
(Photos courtesy of NW Louisiana Archives at LSUS, Menasco Studios Collection.)*





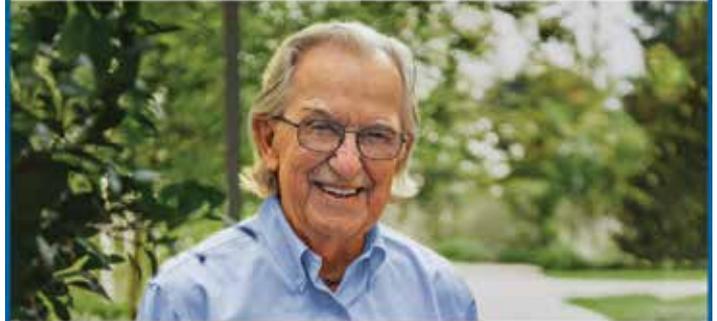
## Basic and **ADVANCED** Life Support

- Medicare and Medicaid Approved
- Known for Quality and Caring

# (318) 222-5358

3516 Mansfield Road, Shreveport, LA 71103

Here, you're 100% in charge.  
Please let it go to your head.



### Take Charge at Waterview Court Senior Living

When to dine? It's up to you. When to exercise?  
Up to you. Who to see? Your call. There are a million  
choices to make every day and they're truly all yours.



Call to schedule  
your personal tour!

(318) 216-4470 • [waterviewcourtseniorliving.com](http://waterviewcourtseniorliving.com)  
2222 E Bert Kouns Industrial Loop  
Shreveport, LA 71105



## We're in Your Corner

People today can spend nearly half their lives over the age of 50. That's a lot of living. So, it helps to have a wise friend and fierce defender like AARP in your community.

Find us at [aarp.org/la](http://aarp.org/la).

 /AARPLouisiana  @AARPLouisiana

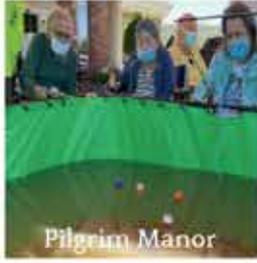




Heritage Manor  
Haynesville



The Bradford



Pilgrim Manor



Colonial Oaks



Meadowview



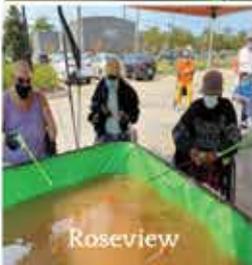
Harmony House



Magnolia Manor



Progressive Care



Roseview



Old Brownlee



The Guest House



Springhill Post Acute  
and Memory Center



Presbyterian Village



Spring Lake



Ringgold Nursing Center

# Regional Hospice

Locally Owned & Operated



## Fishing Tournament Tour

When you need Hospice care...  
ask for the "reel" team in green!



**Minden 318.382.9396**

**Homer 318.927.9217**

**Coushatta 318.932.9465**

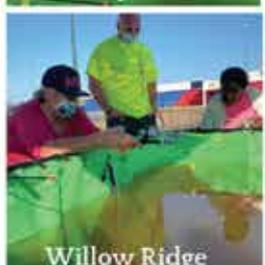
**Shreveport 318.524.1046**



Booker T. Washington



Shreveport Manor



Willow Ridge



Claiborne Rehab Home



Claiborne Healthcare