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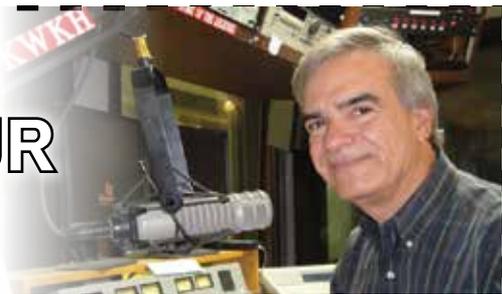
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JUNE 10

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Dr. Alexander Gomelsky, Ochsner/Regional Urology

JUNE 17

Loose Cannons - A Memoir of Mania and Mayhem

Diana Cannon Ragsdale, author, retired therapist and mental health advocate

JUNE 24

Pre-planning Your Funeral Eliminates Stress on Your Family

Andy Shehee, Director of Rose-Neath Funeral Homes

JULY 1

The Culper Spy Ring Helped Gain American Independence

Robert Folsom, historian

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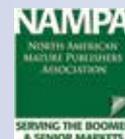
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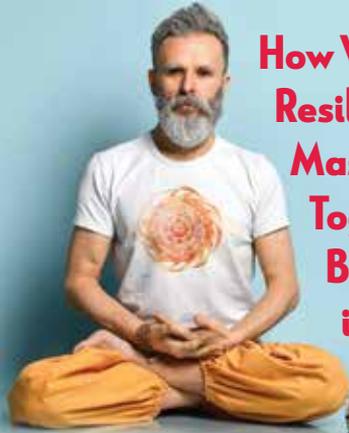
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Medical News & Info



How Wisdom, Resilience and Mastery Work Together to Boost Well-Being in Old Age

It's not just wisdom that gives some people a sense of well-being as they age. A new study published in *Practice of Clinical Behavioral Medicine and Rehabilitation* shows that while wise people tend to be more satisfied with their lives, wisdom also works to strengthen resilience and mastery to reduce stress and enable a person to better handle late life adversity and aging-related losses. Wisdom was assessed using cognitive, reflective and compassionate dimensions - an interest in life's deeper meaning and acceptance of life's uncertainties; being able to perceive events from multiple perspectives; and having sympathetic love and compassion for others. Resiliency was defined as older adults' perceived ability to bounce back after adversity and their sense of mastery or control over their environment, life and future. The study found that wisdom in old age tends to enhance resilience and a sense of mastery and to reduce perceptions of stress directly and indirectly through greater resilience and mastery. Those who scored high in wisdom also tended to be more resilient and to have a stronger sense of mastery over their lives. And these 3 characteristics might reinforce each other, leading to

greater wisdom, resilience and mastery as adverse events are encountered and overcome.



"Deprescribing" Medicines for Older Adults Catches On

As the movement toward "deprescribing" medications among older adults grows, a new poll from the University of Michigan National Poll on Healthy Aging shows strong interest in this idea. A full 80% of adults aged 50 to 80 would be open to stopping one or more of the prescription medicines they've been taking for more than a year, if a health care provider said it was possible. Already, 26% said they have done so in the past two years. Of those willing to stop a medicine, 67% said they would likely ask for advice about doing so at their next visit with a provider. The poll has implications for many older adults, because it finds that 82% of people age 50 to 80 take at least one prescription medicine regularly. Of them, 28% say they believe they take too many medicines. More than half of those polled take three or more prescription medications. In addition, 11% of those polled regularly take three or more over-the-counter medicines and 38% take three or more vitamins, minerals or supplements.



Osteoarthritis Sufferers Swing Their Way to Better Health

Golf is acknowledged as a sport allowing players to blow off steam and enjoy the outdoors, but a new study led by the University of South Australia (UniSA) shows it may have serious benefits for people with chronic disease osteoarthritis. UniSA researchers found that golfers with the degenerative condition experience lower psychological distress and better general health compared to the general population. The same was found with golfers without osteoarthritis. In a survey of golfers with osteoarthritis more than 90% of participants rated their health as good, very good or excellent, compared to just 64% of the general population with the condition. The findings are reported in the *Journal of Science and Medicine in Sport*.



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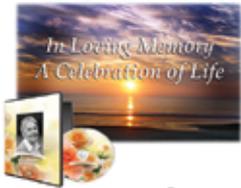


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Do you have interests you don't fully pursue because you go it alone? As writer Jack London said, "You can't wait for inspiration. You have to go after it with a club." (Going for irony here!) *The Best of Times* found four clubs that have nothing in common except friendly, enthusiastic and knowledgeable members who want to keep learning and improve their skills while having fun and contributing to the community.

The Red River Street Rod Association

The RRSRA, the first, oldest and largest street rod club in Louisiana, was formed 51 years ago by Ron Elliott, Eddie Sangid and Ed Chopin, all big fans of the 1922 Ford T-Bucket driven by the character Kookie in the TV show *77 Sunset Strip* (1958-1964). Many of the group's 260 members, their friends and families drive their vehicles on regional roads for miles to gather for weekends at "Rod Runs and Cruise Nights" sponsored by other car clubs all over the area, including the more than 20 clubs in Shreveport/Bossier. RRSRA cars and trucks are at least 30 years old or are modified or built vehicles based on antique designs.



Founder Ron Elliott

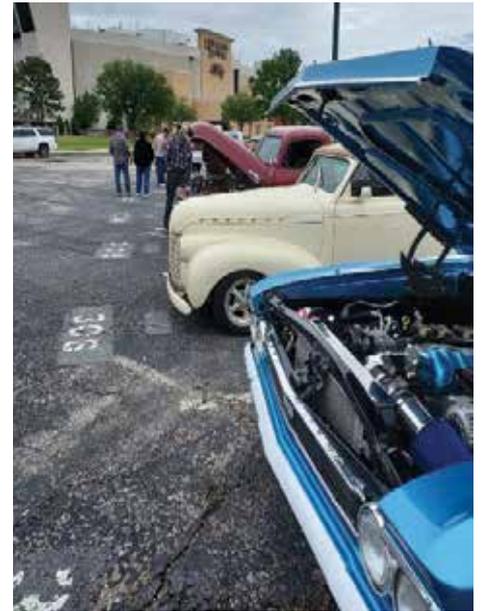
“ I completely built one and have helped with several others,” said Elliot. “Most parts come from catalogs and swap meets. An entire car can be built from a catalog. I can build the main part of a car minus the electrical, upholstery and paint.” **”**



1923 Ford T-Bucket owned by Jim Tolbert



1934 Ford Cabriolet owned by Mike Parsons



Recent RRSRA event



Recent RRSRA event

RRSRA secretary Tony Hudgins said more than \$150,000 the group has raised through frequent events, including the World of Wheels Car Show, Street Rod Reunion Car Show and the Santa Fun Run, has been donated to the Shreveport-Bossier Rescue Mission and the Shriners Children's Shreveport hospital.

"We have 'Drive-N-Dine' summer socials from May through October, and club meetings at 6 p.m. the first Tuesday of the month (June 6th) at Shane's Seafood & BBQ, 9176 Mansfield Road. We invite all local car enthusiasts to our meetings to eat, visit, talk cars, and everyone is encouraged to drive their classic cars or street rods," said Hudgins.



Sue Chase and Sandy Jones



"November Nova" by Charles Hicks

Red River Quilters

The Red River Quilters group was formed 40 years ago to promote the appreciation and preservation of quilts, encourage beginners, share quilting techniques, and provide a forum for quilters and quilt lovers. In the process, the group has grown to more than 250 members and subdivided into eight "Tributaries".

"Tributaries are the same as 'bees' in other quilting guilds: small groups of quilters who share their love of quilting," said member Linda Allsup. "Meetings are held in the Shreveport/Bossier area and Atlanta, Texas. Each Tributary sets its own meeting dates and times. There is an educational program at each meeting. In addition, workshops are held several times during the year."

The main group meets at 1 p.m. and/or 6 p.m. the first Monday of each month (June 5th) at Broadmoor Pres-

byterian Church, 1915 Grover Place. They are preparing for their largest event of the year, the 2023 Quilt Show, September 8th and 9th in the Louisiana State Fairgrounds Agricultural Building. More than 200 quilts will be on display, with member Peggy Bishop as featured quilter.

Members contribute quilted work to several local organizations as part of their outreach to the community. Each year, hundreds of "Love Wrappers" (quilts made by members and donated to numerous organizations as gifts for babies, children, and teens in need), "Comfort Caps" (for cancer patients undergoing chemotherapy), "Black and White Quilts" (given to LSU Children's Learning Center for visually impaired children), and construct and donate other useful items to other organizations serving the community.

Northwest Louisiana Master Gardeners

Started 25 years ago by Dr. Joe White, the Master Gardeners provide more than 10,000 hours of service each year to the people of Northwest Louisiana, working together at numerous events and sites including the Pioneer Heritage Center, The American Rose Center, food banks, community gardens, schools, and Habitat for Humanity homes.

Members must volunteer at least 20 hours a year, but many volunteer hundreds of hours. Mary Dark was recently recognized for volunteering 638.5 hours in one year. More than 150 Master Gardeners will be on hand this weekend to answer questions and help host the *Le Tour des Jardins* (June 3rd and 4th), the group's largest event of the year.

Ticket holders will be given maps to set their own schedules and routes to walk through six private gardens in the Benton area, South Bossier, Broadmoor and South Shreveport, as well as a "Vendors' Market" at the

Red River Research Station in South Bossier (at 262 Research Station Drive, headquarters of the Master Gardeners), where crafts, plants and food are for sale under beautiful old shade trees.

"We have large gardens and smaller, more intimate spaces that will appeal to everybody. One has a lakeside view, one's a rose lover's delight, some are very whimsical with amazing yard art, and one garden is an entertainer's delight with an incredible outdoor kitchen," said Master Gardener Michele Wiener.

The Master Gardeners' program is open to adult residents of Caddo, Bossier, Desoto and Red River Parishes who have successfully completed the 10-week educational program of The LSU AgCenter. Registration ends in November and classes start January 2024. More than 750 people have completed the program and 200 continue to be active, said Mark Wilson, Regional Horticultural Agent.



Master Gardener Lou Osborn presents Le Tour yard plaque to gardener Ford Stinson



Master Gardener Michele Wiener

Southern Swingers Square Dance Club

The Southern Swingers have been doing the Allemande, the Do-si-do, and swinging their partners since 1965. It is the largest group of its kind in the state (one of four states that call Square Dancing the state's official dance). Dances are held at 7 p.m. Tuesdays at Promenade Hall, 5400 Benton Road in Bossier City, with events and demonstrations throughout the year," said Carole Baker, club secretary. There are around 44 members ranging from age 13 to 93 and visitors and new members are welcome.

A square dance begins with four couples facing one another in a square. As the music starts, they execute a series of more than 100 possible steps and formations that are shouted out by "callers". Although square dancing is associated with the West

and Cowboys, Southern Swingers plays a wide variety of dance music from Country to popular songs. Some dress in traditional outfits and some wear casual clothes.

Members have formed friendships that have lasted for decades, often traveling together to other clubs to dance. "Every Christmas we collect toys for the Goldman School and cleaning and personal items for Woody's Home for Veterans," said Baker.

Baker said the group especially looks forward to the July Dance (6:30-9:30 p.m. Saturday, July 8th) at Promenade Hall. Everyone is welcome, a cover charge of \$8 is charged for dancing, with spectators and members admitted free. Expect to see some swinging and twirling dancers in wild red, white and blue square-dancing attire.



To learn more about **street rods**, visit www.redriverstreetrods.com/ or www.facebook.com/RedRiverStreetRod; **gardens**, www.nwlamg.weebly.com/; **quilting**, www.redriverquilters.com/; and **square dancing** www.facebook.com/people/Southern-Swingers-Square-Dancers/100064404143648/.

Protect Yourself from Medicare Scams

Learn how to spot and report Medicare fraud

Family Features

More than 65 million people in the United States were enrolled in Medicare as of February 2023, with more people becoming eligible and enrolling each year. Anyone on Medicare is at risk of Medicare-related fraud, and the Medicare program continues to warn people to watch out for scammers who steal Medicare Numbers and other personal information to exploit beneficiaries' benefits.

Broadly speaking, Medicare fraud occurs when someone makes false claims for health care services, procedures and equipment to obtain Medicare payments. Medicare fraud costs taxpayers billions of dollars and puts the health and welfare of beneficiaries at risk.

"Anyone on Medicare can be a target of Medicare fraud," said Centers for Medicare & Medicaid Services (CMS) Administrator Chiquita Brooks-LaSure. "But there are steps you can take to protect yourself and your loved ones by using CMS' fraud tips to recognize and report potential scammers. Let's all work together to make sure you're not a victim of Medicare fraud."

HOW TO SPOT MEDICARE SCAMS

There are many types of Medicare scams, taking the form of unsolicited emails, phone calls, text messages, social media posts and phony websites. Scammers often claim to be from

the Medicare office, an insurance company or a government office. They'll ask for your personal and financial information, such as your Medicare or Social Security Number, so that they can submit false claims for payment.

Remember that Medicare will never call, text, email or contact you through social media asking for your Medicare Number.

Some common Medicare scams to watch out for include:

- Offers of "free" genetic testing
- Calls or emails about free medical equipment, such as a knee brace, walker or cane
- Solicitations for other services, such as offers of "paid" clinical research trials

While this is not a comprehensive list, these examples give you an idea of how to spot potential Medicare fraud. Scammers will do their best to present these services and products as genuine in exchange for your Medicare Number.

HOW TO PROTECT YOURSELF

You'll also need to know how to protect yourself from potential fraudsters. Remember to:

- Guard your Medicare Number just like your Social Security card and credit card
- Share your Medicare Number only with trusted health care providers

- Review your Medicare statements, watch for services billed that look suspicious and ask questions if something looks wrong

HOW TO REPORT SCAMMERS

Reporting Medicare fraud protects you and millions of other people with Medicare and those with disabilities. If you or someone you know have experienced Medicare fraud or suspect an offer you've received is a scam, report it as soon as possible.

To learn more about Medicare fraud, visit [Medicare.gov/fraud](https://www.medicare.gov/fraud). To report potential Medicare fraud, you can call 1-800-MEDICARE (1-800-633-4227) or report the scam to the Federal Trade Commission at [ReportFraud.ftc.gov](https://www.ftc.gov/report-fraud).

Information provided by the U.S. Department of Health and Human Services.





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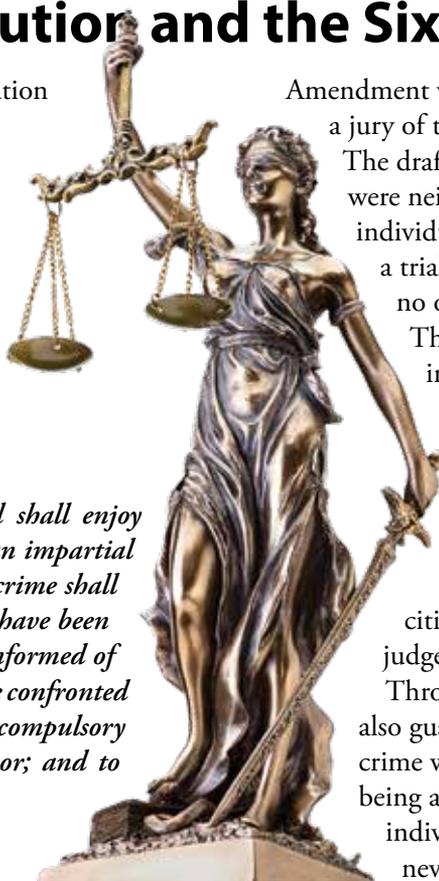
The U.S. Constitution and the Sixth Amendment

The Sixth Amendment to the Constitution talks about the individual's rights in criminal prosecutions. Many people who have seen a criminal trial, movie, or television show in the United States may not understand the reason behind all the proceedings in the criminal trial. The drafters of the Constitution were very careful to detail the rights an accused was insured to have during the course of any criminal type proceedings.

The Sixth Amendments provides:

In all criminal prosecutions, the accused shall enjoy the right to a speedy and public trial, by an impartial jury of the State and district wherein the crime shall have been committed, which district shall have been previously ascertained by law, and to be informed of the nature and cause of the accusation; to be confronted with the witnesses against him; to have compulsory process for obtaining witnesses in his favor; and to have assistance of counsel for his defense.

The first right the drafters of the Constitution insured under the Sixth



Amendment was the right to a speedy and public trial by a jury of the district where the crime was committed. The drafters, as colonists, had witnessed trials that were neither public nor speedy. They witnessed individuals that had been held months without a trial and saw trials held at odd times where no one was there to witness the proceedings. The drafters wanted to make sure that any individual accused of committing a crime had the ability to clear their name as soon as possible. The drafters did not want secret trials being held and wanted citizens, chosen as jurors, to determine whether or not an individual was guilty of a crime. The drafters felt individual citizens were in the best position to sit and judge the evidence presented to them. Through the Sixth Amendment the drafters also guaranteed that the person charged with a crime would be informed of the crime that were being accused of having committed. Many times, individuals in the colonies were arrested and never told the nature of the charges they were



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alleged to have committed. Without knowing the nature of the charges, it was difficult for a person to mount any type of defense as they were not advised of what they were accused of doing until they were brought to trial. The drafters of the Constitution wanted to make sure that anyone accused of a crime had the right to mount a proper defense to the charge they had been accused of committing.

The Sixth Amendment also provides that the person accused of a crime has the right to confront his accusers and obtain witnesses on his or her behalf by compulsory process. This right means that an accused has the right to confront, or cross examine, the witnesses against him or her, hopefully showing the person did not see or hear what they thought they saw or heard or show the witness is biased in some way. The accused also has the right to compel witnesses to come to court to testify in their trial. This means that an accused can subpoena a witness to court to testify in a court proceeding. It does not mean the witness will always testify favorably for the accused, but the accused has the right to have a person testify at their trial.

Finally, the Sixth Amendment guarantees the person accused of a crime the right to assistance of counsel. The United States Supreme Court stated in the case of *Miranda vs. Arizona* that a person investigated for or arrested for a crime must be advised that they have the right to assistance of counsel, or an attorney, at every stage of a criminal proceeding. The drafters of the Constitution saw too many colonists face criminal proceedings without any assistance of an attorney and wanted to make sure that individuals had assistance of someone who understood court proceedings when that person was facing the possibility of the loss of their freedom.

As you can see, the drafters of the Constitution wanted to guarantee individuals the right to fair proceedings when they were accused of criminal acts. This article is only a brief synopsis of the rights guaranteed under the Sixth Amendment as numerous articles and cases have been written on the rights guaranteed under this amendment.



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

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Remain Aware of Living in a Three Room House

In previous columns, we have considered energy and what impacts personal energy. Today, we consider a major impact of our personal energy. Psychologically, we live in a three-room house. Three rooms are what we all have in our conscious minds. It does not matter how rich or poor we are; we all live in a three room house. The three rooms are the past, the present, and the future.

The choice to remain aware of being in three rooms, and how much time, focus, and attention will be spent in each room produces a tremendous difference in personal energy. Failure to remain mindful of living in three rooms makes us very susceptible to living reactively.

Hanging out in the past is enticing because we can review what was, hopefully learning what to do and what to avoid moving forward. In the past room, it is almost as if someone turns on the "spotlight." We can see very clearly in here, but we cannot change a single thing. Nothing

can ever be moved or changed in this room. Hanging out too much in the past can lead to frustration, anger, and depression.

Hanging out in the future is like driving in a heavy fog. You may know

change. This is the "big room," a place of power and creation. If I spend 60% of focus in the past and 25% in the future, I am limiting myself to only 15% creative power. We choose which room we are in and how long we stay.

Simply remaining mindful of living in a three-room house and asking myself "which room am I in?" can lead to dramatic increase in personal energy. We use all three rooms, but we want most of our attention in the present. I was, I will be, or I am. "I am" has THE power!

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exactly where you are, however, the low visibility evokes anxiety and stress. Hanging out too much in this room perpetuates a great deal of fear in our lives.

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Try Flavoring Your Food with Fresh Basil

In Louisiana, around 40% of adults suffer from hypertension (high blood pressure), which is higher than the U.S. average of 32%. One of the major ways to prevent hypertension comes from changing what we eat. Eating a healthy diet and reducing salt intake can help lower blood pressure. To cut back on sodium at home without sacrificing taste, try using herbs and spices to flavor your dishes. This month we are highlighting basil, which is a versatile herb that can pack a lot of flavor.

Basil is a delicate herb that will turn black if it gets too cold and lose its flavor if it gets too hot. For this reason, it's recommended not to refrigerate basil, but instead leave it at room temperature in a glass with ¼ inch of water, stem end down. To avoid losing flavor when cooking with fresh basil, be sure to add it towards the end of cooking. The longer it is cooked, the less flavor you will get from this tasty herb.



If you're wanting to preserve fresh basil, it can be frozen or dried. To freeze it, place the whole leaves in a freezer bag, seal shut after removing air, and pop it in the freezer. Another way to freeze basil is to chop the leaves, place them in an ice cube tray, and add either water or olive oil to the tray. Freeze the basil into cubes, then when it is frozen, store the cubes in a freezer bag in the freezer. When using either method, be sure to label the freezer bag with the name of the contents and the date that they were frozen.

To dry fresh basil, place the leaves on a cooling rack in a warm, dry area that is well-ventilated and away from sunlight, or place the leaves in a dehydrator. Once the leaves are crisp and dry, you can store the whole or crushed leaves in an airtight container in a cool, dry, dark place, like a spice cabinet or pantry.

Basil can be used in a variety of different dishes. We may think of pesto, caprese, spa-

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ghetti sauce, tomato basil soup, or margherita pizza when we think of basil, but have you tried it chopped and added to your favorite salad? Or how about adding basil to fruit? Basil surprisingly pairs well with fruits like strawberries, watermelon, lime, lemon, and mango. Try adding a touch of fresh basil with a fruit salad, grilled fruit, or in infused water. Vegetables that pair well with basil include tomatoes, eggplant, zucchini, squash, peas, spinach, and corn. Basil also makes for a great garnish for bruschetta, baked fish or chicken, scrambled eggs, omelets, or a pasta dish. Pairing basil with other herbs and spices can help enhance the overall flavor of your dish. Basil tends to go well with paprika, oregano, garlic, sage, thyme, parsley, marjoram, mustard, and rosemary. Common cuisines that add basil to their dishes include Thai, Mediterranean, and Italian.

The American Heart Association recommends that we consume no more than 2,300 milligrams (mg) of sodium per day, but most adults should stay under 1,500 mg, especially if you have high blood pressure. A great way to start with reducing sodium is in the kitchen. Try flavoring your food with basil this month!



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

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The Case of the Serious Scar

Gladys was a nosy neighbor. Although that's not her real name, everything else about this case is true. About 3 years ago, in a small Alabama town, Gladys noticed a suspicious looking car parked in front of her house. Gladys, who was 70 at the time, decided to investigate further. She grabbed a pen and a notepad and went outside to write down the car's license plate number. As she was going back into her house, a man got out of the car and demanded to know why Gladys had written down his license plate number. The man, let's call him Larry, grabbed Gladys' arms, twisted them, and made her drop the notebook. Larry scooped up the notebook, ran back to his car, and drove off.

Gladys, whose arms were bruised and bleeding from the attack, went to a neighbor's house for help. The neighbor

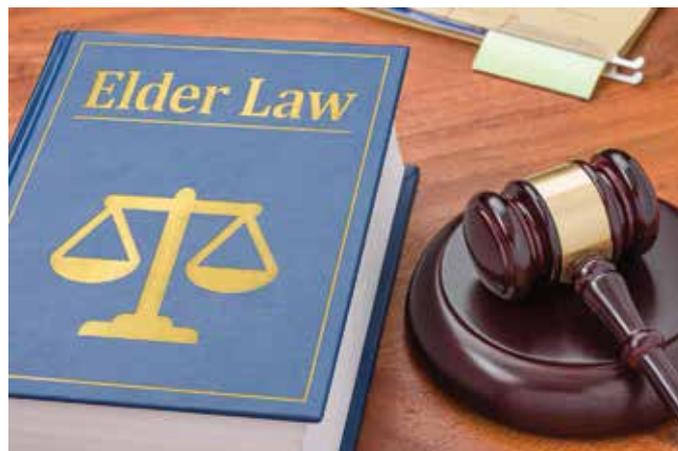
called the police and after officers arrived, they called for an ambulance. The ambulance came and determined that neither of Gladys' arms were broken. Rather than going to the hospital, Gladys called her son and he came over and took Gladys to his house.

Larry was later found, arrested, and charged with First Degree Elder Abuse. But before the criminal trial could be held, Gladys died from unrelated causes. The DA brought the case to trial anyway and the jury found Larry guilty and sentenced him to 15 years in prison.

Care to guess what Larry did next? He appealed. He admitted that he had grabbed Gladys' arms, but he was sure

that he had not hurt her.

In Alabama, in order to be found guilty of First Degree Elder Abuse, there must be proof of a "serious physical injury." And Alabama law has a very specific definition of "a serious physical injury." An injury is serious if it "creates a substantial risk of death." That certainly wasn't what happened to Gladys. But "a serious physical injury" also means an injury that causes "serious and protracted disfigurement."



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Gladys's son had testified that Larry's attack had left a scar on his mother's forearm, and she had that scar until the day she died. So, the question for the appellate judges was whether a scar on the forearm was a "serious and protracted disfigurement."

The judges pointed out that proof of any scar is not good enough to prove First Degree Elder Abuse: you need proof of a serious and protracted disfigurement. The judges decided that a scar could be a disfigurement, but it would have to be pretty bad in order to be considered a "serious disfigurement."

Then the judges looked up the term "serious" in a law dictionary and found this definition: "dangerous, potentially resulting in death or other severe consequences."

The judges looked at a picture of Gladys' injuries and saw a scar about an inch long on her forearm. But according to the judges, the scar did not make Gladys' "appearance distressing or objectionable to a reasonable person

observing her."

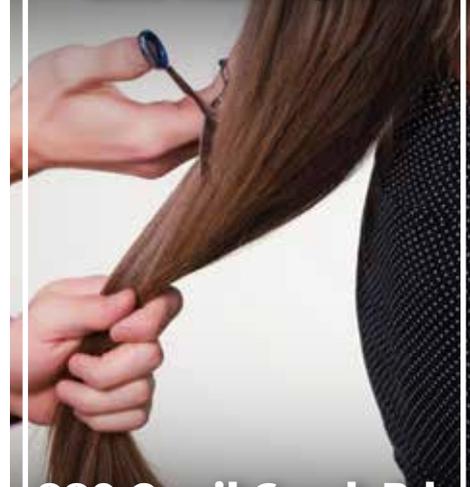
Larry's attorney then found an older Alabama case where the jury found that a scar from a bullet wound was not a serious physical injury, which apparently means that you could shoot an old person in Alabama and still not be guilty of First Degree Elder Abuse!

As a result, Larry's conviction of First Degree Elder Abuse was reduced to Elder Abuse in the Second Degree, which only requires proof of a "physical injury." Although this case has been going on for quite a while, Larry has yet to be resentenced. Elder Abuse in the Second Degree is punishable by 2 to 20 years in prison. Which means that after all of this, Larry could end up with the same 15 year sentence.



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

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A Guide to Current Congressional Names

There are several distinct ways for observers to categorize Washington politicians – by party affiliation, gender, race, or those elected officials deemed most likely to complete their terms incarcerated rather than in Congress. Here’s another rather unique approach to breaking down members of the current 118th U.S. Congress – by name.

Of the 535 voting Congressional members, the most common last names are Johnson and Scott (5), followed by Smith (4), then Carter, Davis, Garcia, Kelly, Miller, Thompson, and Williams (3 each). Some more unusual last names include Hickenlooper, Ruppersberger, Reschenthaler, and Luetkemeyer. Try reciting that list three times fast without seizing up your tongue.

Every Congress usually contains a few individuals who contribute to the broad spectrum of colorful lawmakers and this batch is no exception with several Greens and Browns. There’s also a Golden, Rose, Blackburn, and Whitehouse, while one

senator (even when not blushing) is Allred.

Then there are members who exemplify the wilder side of Washington life, including Reps. Foxx, Crow, Crane, Doggett, Fischbach, Lamborn, and Horsford, as well as Senator Duckworth.

Others may even sound a tad presidential since the group boasts several Carters and Johnsons, an Adams, Bush, Buchanan, Hayes, Kennedy, and Wilson. And for historical U.S. military buffs, there’s a Lee, Sherman, and Kuster. When fearlessly defending the passage of a bill, Texas Senator Crockett may cite the Alamo.



The current Congressional roll also includes members who are Kean, Blunt, Wild, Young, Strong, and Harder, but only one Representative is considered an actual Payne. Another is merely a Guest while a couple are Good and Dunn. And despite boasting several Bishops, there hasn’t been a Christian (first name) in

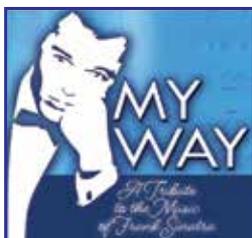
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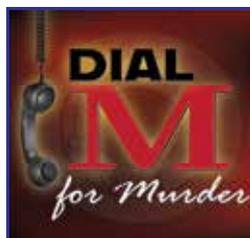
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Congress since the 1950s. There's even a senator from Maine who expects to be called King.

We can also play the fame name game with members since in this Congress there are plenty of Tom & Jerrys, a Bonnie and Clyde, a Jack and Jill, a Holmes and Watson, a Roy and Rogers, and a John, Paul, George (but no Ringo). There are a couple of Mr. Rogers, a Daniel Webster, a Sen. Warren and Rep. Beatty, as well as Reps. Neal and Armstrong. Past Congresses have included a bunch of Bradys, too, but only one remains in the current House.

The international crowd is represented by Daines, several Scotts, a Correa, and one Senator who's Welch. Rep. Jordan misses lively debates with his old buddy retired Rep. Israel, as they were on opposite sides of the aisle.

Rep. Cleaver's wit can cut an opponent down to size. Rep. Bowman attempts to be a straight shooter, although along with Rep. Hunt the pair can make Rep. Buck nervous. And when debates become challenging, Reps. Nickel and Steel show their true mettle. Sen. Reed is often found in a comfy Congressional Library chair, relaxing with Sen. Booker or Rep. Magaziner. And despite serving in different states, there are two Congressmen from the same party who agree on all issues, Barr Nunn.

Although rare these divisive days, some members can briefly put aside political differences over social pot-luck meals. At such gatherings, there is bipartisan support welcoming Reps. Bacon and Bean (former Reps. Franks, Salmon, and Rice are missed at such events). When required, Rep. Fry steps in for grilling duty and you can always count on Rep. Duncan to bring donuts. The presence of Senator Budd is always appreciated and generally complements the food.

Finally, after considering the above House and Senate members, some unanswered questions may still remain:

Why isn't Sen. Sinema in charge of overseeing the motion picture content rating system?

Shouldn't Rep. Flood serve on the House Select Committee on the Climate Crisis?

Why doesn't Rep. Banks chair the House Budget Committee?

And if Rep. Boyle gets into a heated argument with Rep. Waters, does the latter steam?

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

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Calling all Knuckleheads: Touring with New Three Stooges Book

Despite extensive on-screen credits throughout their long careers, the Three Stooges comedy team only spent about a month or two a year in front of the cameras, rarely producing more than 10 of their beloved comedy shorts a year. According to long-time Stooges fan Gary Lassin, the slapstick legends were on the road for up to 6 months a year, crisscrossing the country to perform largely vaudeville-like acts on stage.

Those journeys, from the 1920s to the 1960s are now recounted in exquisite detail in more than 750 pages of Lassin's new book, "A Tour De Farce: The Complete History of the Three Stooges on the Road."

As president of the Three Stooges fan club and owner/curator of a Three Stooges museum (The Stoozeum, see www.stoozeum.com) in Ambler, Penn., Lassin began assembling touring data over two decades ago.

"I just opened a blank Excel spreadsheet and began going through my Stooges memorabilia – playbills, programs, ticket stubs, photographs – to compile their travel history," said Lassin from his suburban Philadelphia home.

He also began searching newspaper archives back in the day before online databases existed. "Twice a year I'd drive to the Library of Congress in Washington to search their archives of



major newspapers stored on microfilm."

The book, currently available directly from the author (see www.tourdefarce.net), is also crammed with over 1,400 images mostly from Lassin's private collection, hundreds being published for the first time.

Comprising the two Howard brothers Moe and Curly (Curly being later replaced by third brother Shemp, followed by Joe Besser and Joe DeRita) and Larry Fine, the Stooges are famous for the 190 short films produced by Columbia Pictures from 1934-1959. The trio of turmoil were masters of vintage Hollywood madcap mayhem, famous for brutalizing each other with any heavy object at hand, initiating food fights, and flattening their surroundings faster than a professional demolition team.

So what would audiences attending their live stage shows have experienced?

"Nothing like their films, really," said Lassin. "They didn't have the benefit of movie special effects or other actors



The Three Stooges: Larry, Curly and Moe in the 1937 short "Dizzy Doctors" (Columbia Pictures)

The Three Stooges: Moe, Shemp and Larry with Emil Sitka in "All Gummed Up", 1947 (Columbia Pictures)

they could play off. So they usually did a 10-15 minute act consisting of two basic routines. There were skits where they'd play roles and act out a little and the other was called patter where they would go back and forth with silly jokes."

An example of the latter, says Lassin, is when one would ask, "You goin' fishing?" To which another would respond, "Yeah, you got worms?" followed by the punchline, "Yeah, but I'm going anyway."

Lassin estimates his book documents up to about 95% of live appearances by the Stooges. "We'll never come up with all of them," he said. "They also visited hospitals, military bases, and other places that weren't advertised to the public."

The author, who is related to Larry through marriage, has amassed over 100,000 pieces of Stooges memorabilia with thousands of items displayed in his museum. Like many adult Stooges fans today, he originally became enamored by the comedy troupe as a child.

"We only had three TV channels to watch when we came home from school," he recalled. "So it was impossible for a kid not to see them and like them."



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

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Across

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- 6 Medicine bottle
- 10 Render speechless
- 14 Mirror ____
- 15 Big oil company
- 16 Nozzle site
- 17 Parish priest
- 18 Waterfront walk
- 19 Extended periods
- 20 Back in the day
- 21 Mayberry sot
- 23 Snow White had seven
- 25 Solicited
- 27 "____ I care!"
- 28 Hotel amenity
- 29 European coal area
- 30 River to the North Sea
- 33 Rand McNally book
- 36 Physicist Curie
- 37 East Indian tree
- 38 Ticks off
- 39 Summarize briefly
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- 44 Established
- 45 Computer operator
- 46 Island chain?
- 47 Milldam
- 48 Drifting
- 52 Signs of life
- 55 Face-off
- 56 Assembled
- 57 Pervasive quality
- 58 Mountain pool
- 60 Where to hear an aria
- 62 Cried
- 63 Final notice
- 64 Welsh dog
- 65 Insolence
- 66 Sales force
- 67 Excited, with "up"

Down

- 1 Competitor
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- 3 One of the brothers Grimm
- 4 ____ Khan
- 5 Brave acts
- 6 Flavorless
- 7 Rainbow goddess
- 8 Duffer's dream
- 9 British title
- 10 Bundle
- 11 Unit of pressure
- 12 Military grp.
- 13 Famed loch
- 22 Informal wear
- 24 Race's end
- 26 Civil rights concern
- 27 Atmospheres
- 29 Speed demon
- 30 Barbara of "I Dream of Jeannie"
- 31 Cleopatra's love ____ Antony
- 32 Kind of terrier
- 33 Helps
- 34 Orchard unit
- 35 Mardi Gras follower
- 36 Taxi feature
- 39 Electrical device
- 40 Wedding wear
- 42 Energy producer
- 43 Poisonous drug
- 46 Golfer's concern
- 47 Skin blemishes
- 48 Some wedding guests
- 49 Kind of wheel
- 50 Twilled fabric
- 51 Strait-laced
- 52 Promises
- 53 Concept
- 54 Spinning toys
- 55 Plumbing problem
- 59 Honest one
- 61 "The Murders in the Rue Morgue" writer

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Minor

- Thursday June 8. Bill Cockrell Community Center, 4109 Pines Road, Shreveport. Featuring: "Medicare Bingo".

- Friday, June 9 at North Caddo Library, 615 North Pine, Vivian, LA. Featuring: "Caddo Council on Aging Services", Monica Wright

- Thursday, June 22. Featuring: "Fall Prevention", Allegiance Home Health

- Thursday, June 29. Featuring: "What You Need to Know About Choosing a



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CONCERT

■ Jam on the Red Concerts

Jam on the Red will be held at the Shreveport Aquarium on **Thursdays in June at 5:30 pm**. Experience the electrifying sounds of some of the most talented regional pop and rock artists. Admission is **FREE**. There



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space is limited. To attend, call 318-213-3555 to RSVP.

- Genealogy 101 on June 13
- Eighth Air Force and Barksdale Field history on July 11
- Metro Aviation on August 8
- Performance by members of the Shreveport Symphony on September 12.

■ **Prepare to Care - Creating a Caregiver Plan**

Tuesday June 14 at 10 a.m., Shreve Memorial Library - Cedar Grove/ Line Ave. Branch, 8303 Line Ave, Shreveport. During this session, we will share a framework to help you make plans to care for friends, family members, or loved ones. You will have the opportunity to connect with other fam-

ily caregivers, exchange tips and advice, and learn about resources available to you and your loved ones. This event is **FREE** and open to the public. Registration is suggested but not required. Register: <https://events.aarp.org/PrepareToCare>.

EXHIBIT

■ **Project Talent**

An exhibition of artwork created by Caddo Parish students, from Tuesday, **June 6 through Friday, June 26** at the Louisiana State Exhibit Museum. The exhibit will display a variety of artwork. "Project Talent" will open with a reception honoring the artists and their teachers on **Tuesday, June 6 from 4:30 - 7 p.m.** Admission is **FREE** and tours are available by appointment. Call (318)

632-2020 or visit <http://laexhibitmuseum.org/> for more info.

MEETING

■ **Ark-La-Tex Genealogical Association Meeting**

Saturday June 10 from 1 to 3 PM at the Broadmoor Branch Library, 1212 Capt Shreve Dr., Shreveport. Guest speaker is Sarah Hamer, Author and Instructor. Her topic is "Using DNA to Find a King". **FREE** and open to the public. For more info call 746-1851 or visit www.altgenealogy.com.

MOVIE

■ **"To Catch a Thief"**

June 20 at 10:30 a.m. Robinson Film Center, 617 Texas Street in downtown Shreveport presents a Silver Screening of "To Catch a

Thief". Silver Screenings feature a matinee and luncheon for senior citizens showcasing a classic film on the 3rd Tuesday of each month. Movie begins at **10:30 a.m.** and is followed by a buffet lunch. Cost is \$16 for movie and lunch. For persons 60 and older, there is a senior discount of \$5, compliments of AARP Louisiana. *To Catch a Thief* is a 1955 American romantic thriller. The film stars Cary Grant as a retired cat burglar who has to save his reformed reputation by catching an impostor preying on the wealthy tourists (including the daughter of a wealthy widow, played by Grace Kelly) of the French Riviera. For info or tickets, visit www.robinsonfilmcenter.org or call (318) 459-4122.



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Snapshot SLEUTH

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

The Best of Times has partnered with Northwest Louisiana Archives at 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.mclemore@lsu.edu.



This was an AAMCO open house in March 1972 in Shreveport. (Lawrence Lea Collection)



Students in front of newly constructed Apollo Elementary School in Bossier in January 1970. (Lawrence Lea Collection)

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Answers from the Experts



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

How do we request home care services?

Just call us at 318-424-5300. The first step in our process includes a personal consultation with a Care Coordinator at no charge to you. In our meeting, we will thoroughly discuss the care needs, create a detailed care plan, and work with you or family members on financing and logistics. We can begin services quickly if necessary.



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Will I need glasses after cataract surgery?

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



Chris Shelby, MD
WK Eye Institute
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Shreveport, LA 71105
(318) 212-3937
See our ad on page 7.

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

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



John J. Ferrell, M.D.
Mid South Orthopaedics
7925 Youree Drive
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PUZZLE answers (from pages 26 - 27)





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