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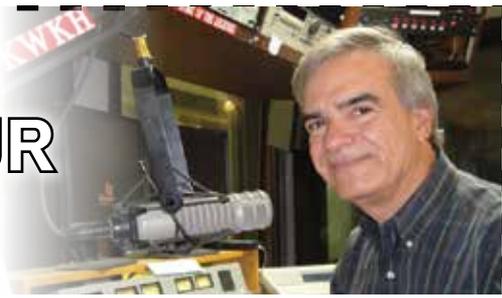
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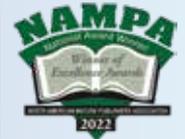
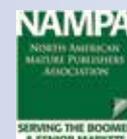
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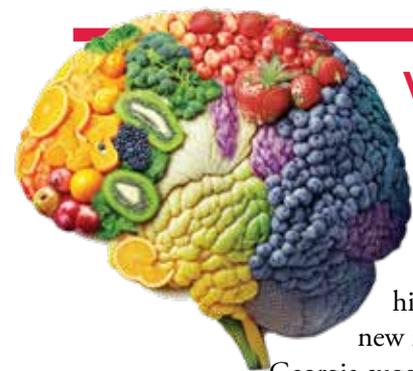
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Medical News & Info



Walkable Neighborhoods Help Adults Socialize

Adults who live in walkable neighborhoods are more likely to interact with their neighbors and have a stronger sense of community than people who live in car-dependent communities, report researchers at the Herbert Wertheim School of Public Health and Human Longevity Science at University of California San Diego. The findings of the study, published online in the journal *Health & Place*, support one of six foundational pillars to address a public health crisis caused by loneliness, isolation and lack of connection in this country. In May 2023, the Surgeon General stated that loneliness and isolation can lead to a 29% increased risk of heart disease, a 32% increased risk of stroke, a 50% increased risk of developing dementia among older adults, and increases risk of premature death by more than 60%. To address this public health crisis, the Surgeon General recommends strengthening social infrastructure by designing environments that promote connection.



Women Can Live Better with an Improved Diet

Women tend to live longer than men but typically have higher rates of illness. Now, new research from University of Georgia suggests these higher rates of illness can be improved by a better diet, one that is high in pigmented carotenoids such as yams, kale, spinach, watermelon, bell peppers, tomatoes, oranges and carrots. These bright-colored fruits and vegetables are particularly important in preventing visual and cognitive loss.

Sleep Apnea, Lack of Deep Sleep Linked to Worse Brain Health

People who have sleep apnea and spend less time in deep sleep may be more likely to have brain biomarkers that have been linked to an increased risk of stroke, Alzheimer's Disease and cognitive decline, according to new research published in an online issue of *Neurology*. The study does not prove that these sleep disturbances cause the changes in the brain, or vice versa. It only shows an association.





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STALKER ON THE PROWL!

MY NARROW ESCAPE AND PERSONAL SAFETY TIPS FOR WOMEN

by Kimberly Blaker

IT WAS AROUND 5:00 P.M. ON NEW YEAR'S EVE when there was a knock at my door. I expected company that evening, so I opened it without any thought. To my surprise, a clean-cut, graying man was standing in my entryway.

After a moment, he broke the silence and asked, "Are you Lynn?"

"Sorry," I replied, "you must have the wrong apartment."

"Are you the one selling furniture?" he continued, gazing into my sparse, worn living room.

"No, it isn't me. Maybe the manager's office can help," I suggested, pointing in the direction of the clubhouse. Then I stepped back inside, politely waiting for him to leave.

Still, he lingered. As I contemplated closing the door, he swiftly stepped in, flipping an oversized switchblade to my face.

Instantly, I froze, staring in a trance into his eerie, steel blue eyes that danced in jubilee. My mind raced for what seemed like minutes with my eyes locked on the queer expression on his face and glimpsing the curvaceous 6" steel blade with my peripherals.

Then suddenly, out of nowhere, I caught my breath and sprinted toward the bedroom, shrieking, "Terry, Terry, help!" Quickly, I slammed the door behind me and locked it as my fiancé started to rouse.

Gasping for breath, I hurriedly relayed what happened. When Terry came to the realization I was serious, he leaped out of bed and darted to the living room. But it was empty. The front door was closed, and the living room was unscathed. A quick search proved the intruder was gone.

Trembling, I called the police. Within a short few minutes, I noticed our complex security guard walking toward our unit. Quietly, he pointed to a black pickup truck parked directly in front of my apartment. It appeared empty.

Moments later, an officer arrived at the scene. He stood near the truck, held up his badge, and hollered, "Put your hands in the air, and step out of the truck."

The intruder popped up in the driver's seat. The officer quickly moved toward the front of the truck. Then the suspect revved the engine and floored it. The truck struck the officer knocking him to the ground and swiping the car parked in front of it, then the truck catapulted into a tree.

By now, more officers had arrived on the scene. Police did a brief search of the truck and turned up the knife. The

no sense because we never open the windows. In fact, after spotting the man under my kitchen window and the strange phone calls, I had begun routinely checking the window locks just as a precaution.

As the strange events over the previous few months came to



mind, it finally all made sense. The New Year's Eve incident wasn't a freak chance. The intruder had stalked me for months, learning everything about me: my name, when I'd be gone or home alone.

Most terrifying, had my fiancé not come home two hours early from work to take a nap for our New Year's Eve party, my fate would have been very different. I would never have screamed Terry's name, which undoubtedly is what drove off the intruder, realizing I wasn't alone.

But to my horror, several weeks following the knife attack, the intruder pleaded 'no contest' and was slapped with a short probation. He was free to stalk more young women, free to assault, rape, and perhaps murder – but with a valuable lesson behind him – take better precautions in the future!

To this day, I wonder the extent of what the intruder had in store for me. The look on his face and the dazzle in his eyes – still ingrained in my mind decades later – was demented, sinister, and psychopathic.

KIMBERLY BLAKER IS A FREELANCE WRITER. SHE ALSO OWNS AN ONLINE STORE, SAGE RARE & COLLECTIBLE BOOKS, SPECIALIZING IN OUT-OF-PRINT, SCARCE, SIGNED, AND FIRST EDITIONS; FINE BINDINGS; EPHEMERA AND MORE AT SAGERAREBOOKS.COM

PERSONAL SAFETY SHOULD ALWAYS BE A TOP PRIORITY

Regardless of where you live, sociopaths and psychopaths are among us. Because of their narcissism and inability to feel empathy, either one is capable of violence. So play it safe, and follow these tips to protect yourself.

- Always keep your doors locked when you're at home, and lock them behind you when you leave.
- Lock ground floor windows, as well as any second-story windows where a tree, trellis, porch, or balcony could be scaled to get in.
- Install a peek hole, and never unlock your door to someone you don't know or expect. Don't be fooled by a uniform of a police officer or repairman if you aren't expecting one.
- Be aware of your surroundings, particularly when you're out alone. Report any suspicious behavior. Also, never exercise outdoors after dark, and avoid secluded areas when you're alone even during the day.



- If you're attacked inside your home, scream a male's name to create the illusion you're not alone. If you're in a public place, scream 'fire,' otherwise, bystanders are usually reluctant to help.
- If you receive a phone call, make sure of the caller's identity, and never offer personal information to an unknown caller.
- Take a self-defense course, and practice the techniques regularly until they're second nature.
- Carry pepper spray, and keep it in your hand when walking alone.
- Call 911 from a landline rather than a cell phone, if possible. Cell calls to 911 are directed to a central rather than local dispatch. Better yet, program your local police number on your cell phone.

Odds & Ends



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Half of all Medicare beneficiaries - nearly 30 million people - live on \$29,650 or less per year, and one quarter live on \$17,000 or less and cannot afford high and rising costs. The Medicare Saving Program (MSP) helps people with limited income pay for their Medicare premium(s). Medicare provides access to health care for millions of senior citizens and people with disabilities. Individuals who are enrolled in Medicare Hospital Insurance (Part A) may be placed in one of four groups if they meet the program eligibility requirements. Eligible individuals receive help with the payment of their Medicare premiums (Part B) and all or part of their Medicare Prescription Drug Plan (Part D). In some cases, the Medicare part A premium, deductibles and co-payments are covered. Eligibility rules for each program differs. For more information, please visit www.ldh.la.gov/page/236.

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The National Elder Fraud Hotline has received reports that the Hotline's name and phone number are being used as part of a scam. These scammers falsely represent themselves as Hotline staff and attempt to obtain personal information or money through threats, including a claim that the caller is filing a suit against the call recipient. Do not provide personal identifiable information (PII), such as a social security number, or money in response to these false claims. If you have received a scam phone call, email, or message, you may report it to the Federal Trade Commission online or by calling 877-FTC-HELP (877-382-4357). After reporting the incident to the FTC, contact the Hotline at 833-372-8311 so that scam frequency can be tracked.



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Albert, Buddha and Willie Agree: Are We Listening?

Are you open and ready for some good news? Here it is; our body is made of energy. This has been known by science for over one hundred years, however we don't hear much about it. Perhaps it's because we are so focused on the body, which certainly does appear to be solid matter. What's the matter with that you ask? Let's listen to Albert:

Concerning matter, we have been all wrong. What we have called matter is ENERGY whose vibration has been so lowered as to be perceptible to the senses. There is no matter.
~Albert Einstein

So, if matter is energy, then what is energy made of? Quantum Physics has provided the answer. Energy is comprised of awareness and intelligence,

and therefore of thought. (See the double-slit experiment). Now, that's great news! The energy that makes up the cells of our bodies is made of intelligence or thought. Do you realize how much potential power that means we have concerning our bodies and our health? Could better health be as simple as changing our mind? That idea may be a little scary at first, but it's also very empowering. Recall a time where you thought one particular way for a while, and then you changed your mind. How many times throughout history have we collectively believed something for a very long time that turns out to be false? Of course, the earth is flat and is the center of the universe!



Our body is shaped by our mind, for we become what we think.
~Buddha



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Obviously, we have some work to do to take full advantage of this. In order to utilize the power we possess, we must be open and willing to change our minds. In the meantime, consider this:

- Our bodies are made up of somewhere between 30 to 40 trillion cells.
- Our minds create the very cells of our body.
- Our body causes two million new cells to be created every second.
- Our body is made of intelligence, of thought.

But how? How do we begin to make this shift? Have you heard Willie Nelson's new song *Energy follows Thought?* It just may be the roadmap beginning to form:

*Imagine what you want
Then get out of the way
Remember, energy follows thought
So be careful what you say
Be careful what you ask for
Make sure it's really what you want
Because your mind is made for thinking
And energy follows thought
Your mind is in control
Even when you do not know
And if you let it idle
Ain't no telling where it'll go
Imagine what you are
And get out of the way
Remember, energy follows thought
So be careful what you say*

~ Willie Nelson

Seems to me that Albert, Buddha, and Willie are all singing the same song. Are we listening?



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

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Tips for a Healthy Road Trip

Tis the season for end-of-summer road trips! Is your family planning to hit the road this month or even this fall? Check out these tips for staying healthy on the road.

PACK YOUR SNACKS

Packing healthy snacks is essential for long road trips! Consider packing a small cooler with lighter, healthy snacks like fresh fruit, string cheese, yogurt, pre-cut veggies and dip, hard-boiled eggs, or even a healthier sandwich with lean meats, vegetables, and whole-grain bread. Pre-portion your snacks, so grabbing them and practicing healthy portion sizes is easier. There are also a variety of options to pack without having to keep them cool too, including nuts, trail mix, popcorn (light on the salt and butter), granola bars, pretzels, whole wheat crackers, dried fruit, sunflower seeds, and peanut butter. Don't forget to pack drinks, too! Water is the best choice, but drinks like unsweetened tea, infused water, or 100% juice can be good choices too. Packing healthy snacks for the road can prevent overindulging on convenience store foods like chips, candy, cookies, and soft drinks.

PLAN AHEAD

If you know you will need to stop for breakfast, lunch, or dinner, plan where you will eat ahead of time. Planning will allow you to look at the options on a map and select healthier restaurants instead of rely-



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ing on when you feel hungry and choosing the first fast-food joint you stumble upon. Planning your stops will also allow you to spend time on the road looking at the menu and planning what you eat. If you are taking a longer road trip, plan for meals where you can dine at a restaurant. This will not only break up the trip but also allow for a break to walk around and stretch your legs.

KEEP IT SAFE

If you plan to pack a cooler with meals or snacks, it's essential to keep the food safe so you don't have to make a stop for food poisoning. When packing a cooler, remember that a full cooler will stay cold longer than a half or partially full one. If you don't plan to pack a lot of food, opt for a smaller cooler and fill the rest of the space with ice packs and bags of ice. Blocks of ice keep frozen longer than ice cubes do. Frozen water bottles are a great option because you can use them as a drink when they thaw. When storing perishable foods, be sure

they are kept in watertight containers, so they do not get in contact with melting ice. When deciding on a location to store the cooler, keep it in the car instead of the trunk. This will help keep the cooler colder, especially during the blistering summer months. Cover the cooler with a heavy blanket or bath towel for added insulation.

It's easy for our healthy habits to fall to the wayside during road trips, but they don't have to! If you plan on indulging at your actual destination, it may be a good idea to focus on healthy options during your route to and from your destination so that you don't arrive or return home feeling sluggish. A little planning can go a long way and may even save you a few bucks, too!

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



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The Case of the Injured Professional Football Player

In my mind, I'm about to become a football player in the NFL. So I was really interested when I found a case involving a New Orleans Saints player. Frank (not his real name) was a football player with the Saints who had gotten hurt and ended up on the practice squad. Before reading this real-life case, I had no idea how much practice squad players got paid, but Frank made \$136,000 for the season.

While on the practice squad, Frank got hurt again, so the Saints' team physician performed surgery on his knee. A few weeks after the surgery, Frank was medically cleared to return to normal training. Frank continued to have problems with his knee but he "did not report them to the Saints because he was a practice squad player trying to make the team."

A few months later, the Saints fired Frank. Now I've never played for the Saints (at least yet), so I have no idea what a "you've been fired by the NFL" letter looks like, but here's

what Frank's said: "In the judgment of the Club, your skill or performance has been unsatisfactory as compared with that of other players competing for positions on the Club's roster."

A few months after getting fired, Frank went to see an orthopedic surgeon trained in sports medicine because his knee was bothering him daily. After examining Frank, the surgeon told him that the injury was bad, and that Frank would never play football in the NFL ever again. That's when Frank decided to move to Hawaii and buy some land because of "a calling from the Lord to get into farming."

Then Frank decided to sue the Saints for worker's compensation (i.e., give me money because I was injured on the job.) The Judge heard the case and said that it was clear that Frank had gotten injured while on the job. Therefore, workers compensation law says that the Saints have to pay for Frank's ongoing medical treatment for the knee injury.



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But Frank didn't just want his ongoing medical bills to be paid. He tried to convince the Judge that he should "be compensated for the wage-earning capacity he lost as a result of the injury." In other words, Frank was saying that he was making good money as a practice squad player, but because of his work-related injury, he couldn't be a practice squad player any more. And any new job he could get certainly wouldn't pay as much as being a practice squad player. Therefore, Frank wanted the Saints to pay him the difference. Workers compensation law sometimes allows for that. It's called "supplemental earnings benefits." But an injured worker can only get these benefits if he can prove that he is unable to earn 90% of his pre-injury wage.

Frank explained that 90% of his pre-injury wage was \$122,400 and there was no way he could get a job that paid that much. The Judge wanted to know why not. After all, Frank was a college graduate with a degree in business

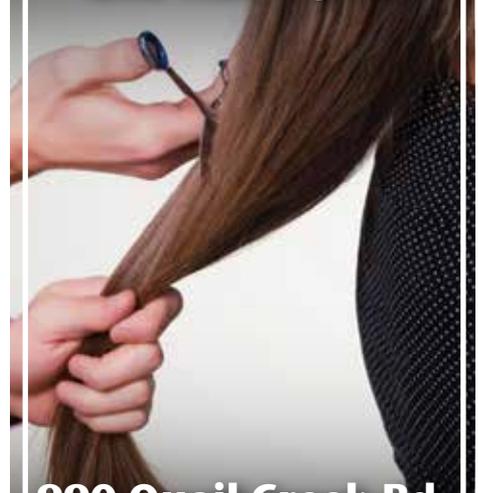
administration. The Judge wanted to know what business jobs Frank had applied for after the Saints fired him.

That's when Frank told the Judge that he hadn't really looked for a job since leaving the Saints because God had called him to move to Hawaii and become a farmer. If you were the Judge in this case, what would you do? In this real-life Louisiana case, the Judge said that because Frank had not looked for work after getting injured, he could not prove that he could not get a job that paid 90% of his pre-injury job. And if you can't prove that you are unable to earn 90% of your pre-injury wage, then the law says you can't get "supplemental earnings benefits." In other words, Frank lost that part of his case.



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

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3 Ways Older Adults Can Pay It Forward

Redefine retirement through community connection

FAMILY FEATURES

Everyone benefits when older adults remain engaged, independent and included. Instead of letting age define their circumstances, older Americans are embracing change, pushing boundaries and transforming their communities through creativity, commitment and service.

Volunteering is one way older adults can improve their quality of life through connections with others, and it's also been proven to make measurable improvements in the mental and physical health of the volunteers themselves. In fact, 84% of volunteers report stable or improving health after one year of service and 88% report lower levels of feelings of isolation, according to a study conducted by AmeriCorps Seniors.

As a first step for anyone looking to explore volunteer opportunities, AmeriCorps and AmeriCorps Seniors connect individuals and organizations through service and volunteering. AmeriCorps Seniors matches Americans 55-plus with opportunities to improve their communities through the

contribution of time, passion, skills and experience.

“AmeriCorps Seniors is tailor-made for those aged 55 and older,” said Atalaya Sergi, director, AmeriCorps Seniors. “It provides a space for older adults to take charge of their ‘second act’ and use their time in valuable and impactful ways. All of our volunteers share a goal of making a difference in their communities, and many see their involvement as a chance to make friends and form meaningful connections.”

More than 140,000 Americans are matched with volunteer opportunities each year through three programs: RSVP, the Foster Grandparent Program and the Senior Companion Program.

“Our programs offer varying levels of involvement, interaction, time commitments and work with a diverse set of partners,” Sergi said. “We believe there’s a good fit for everyone and many opportunities for volunteers to meet like-minded peers who share their interests or pursue volunteer opportunities that can involve their families, too.”

Consider these ways older adults can get involved in their communities.

RESPOND TO THE NEEDS OF YOUR COMMUNITY

With more than 115,000 volunteers, RSVP is the largest of the programs. It is a popular choice due to its flexible time commitments and diverse ways to serve. The program partners with national, state and local organizations to offer volunteers a wide range of service opportunities, from building houses to delivering food.

“All the people you meet when you’re a volunteer tell you their stories and experiences,” said Srini Srinivas, a volunteer serving with the RSVP program. “You find that very rewarding and it enriches your life. Doing this service is a way of paying it forward. It supports the community. It keeps me active, which is a good thing. You also feel useful.”



is, whatever they’d like to achieve – if I can execute the task, follow it through and accomplish it then it makes my day.”

While it may mean different things to different people, the idea of choosing our own paths as we age provides one overarching sentiment: growing older can and should be empowering.

“We know there are stereotypes surrounding older adults, but we want people to shift their thinking,”

Sergi said. “See the ways older adults continue to contribute to your life and communities, appreciate their wisdom and lived experiences, and join them in new endeavors. When the older adults in our communities are engaged, valued and genuinely included, we all benefit.”

For more info visit AmeriCorps.gov/YourMoment. For the local Foster Grandparents Program, email Neva Jones at njones@susla.edu.

SERVE AS MENTORS

For older adults interested in working with children, the Foster Grandparent Program pairs volunteers with local schools and other programs focused on children, caring for and working with classes, groups or individual students. Volunteers serving with the Foster Grandparent Program serve between five and 30 hours each week based on their availability and may be eligible for a small monetary stipend to offset the cost of volunteering.

“My motto is, ‘There is never a never, you can always accomplish something.’ I’m here to help the kids learn, be there for them and teach them as much as I can,” said volunteer Priscilla Tsethlikai, who has been involved with the program since 2016. “They’re teaching me, and at the same time, I’m teaching them.”

PROVIDE A HELPING HAND TO OTHER OLDER ADULTS

Fostering relationships with other older adults is also a rewarding, and needed, option. Volunteers serving with the Senior Companion Program give about 20 hours each week and spend time with older adults in need of companionship or help with day-to-day tasks such as grocery shopping, getting to appointments or paying bills. Volunteers may also provide respite to family members caring for loved ones with chronic illnesses. The program may offer a small monetary stipend for volunteers who qualify.

“Volunteering has changed me, it keeps me grounded,” volunteer Carmen Swanson said. “When you help others and do for others, you enrich your life. My favorite part is being available and of service to them. Whatever their desire

SUPPORT OLDER ADULTS IN YOUR COMMUNITY

Though many older adults remain independent and engaged as they age, some may find they are no longer able to complete daily tasks and require assistance. By looking for ways to assist older adults with tasks and engage with them intellectually, you can help them continue to live fulfilling lives. Consider these ways you can make a difference in the lives of older adults in your area:

Offer your services. This may be especially useful if you are a skilled tradesman, such as a plumber, carpenter, electrician or mechanic, or have technical skills and can assist with navigating devices such as computers and cell phones.

Volunteer at an older adult living community. Assisted living, skilled nursing and memory care communities often rely on volunteers to host game nights and social events to help residents socialize and stay active.

Assist with household chores. While many older adults choose to age in their own homes, they may require assistance with cooking, cleaning, and yardwork.

Help with transportation. If you have a car and a valid driver’s license, driving older adults can help them complete their errands more quickly and safely. They may need to get to a doctor’s appointment, go to the grocery store, visit the post office or complete other tasks outside of the home that a driver can assist with.

The U.S. Constitution and the Eighth Amendment

As I stated in my previous article, the Eighth Amendment to the United States Constitution is a very important amendment to all citizens of the United States even though we hear less about it. The Seventh Amendment, as previously discussed, affects persons when money is in controversy. The Eighth Amendment is more in the criminal context involving punishment of an individual convicted of a crime or bond where an individual has been accused of a crime.

The Eighth Amendment to the United States Constitution provides:

Excessive bail shall not be required, nor excessive fines imposed, nor cruel and unusual punishments inflicted.

The Eighth Amendment starts with no excessive bail shall be required. The drafters of the Constitution had seen the persons in the colonies forced to post excessive amounts of bail, if they were allowed to post bail, to get out of jail if they had been accused of a crime. The drafters did not want citizens to be held in jails on excessive bonds. They made sure that the United States Constitution granted a person accused of a crime the right to a reasonable bail to be able to get out of jail until the time their trial commenced.

The second portion of the Eighth Amendment provided that a person who is convicted of a crime shall not have an excessive fine or forfeiture imposed. The United States Supreme Court in the case of *Timbs v. Indiana* addressed this issue in 2019.

Mr. Timbs was convicted of dealing drugs. Prior to his conviction, he had received an inheritance from his deceased father and bought a new vehicle worth approximately

\$50,000. When Mr. Timbs was arrested, he was using this vehicle to ferry his drugs. The judge presiding over the case sentenced Mr. Timbs to jail time and a fine of \$10,000. Law enforcement officers seized Mr. Timbs' vehicle under the Asset Forfeiture Law as the vehicle had been used in the commission of a crime and sold the vehicle to pay Mr. Timbs' fines and court

costs. Mr. Timbs argued that the vehicle was worth more than the fine and as such, seizure of all the proceeds was an excessive fine and forfeiture. The United States Supreme Court agreed with Mr. Timbs and stated that law enforcement exceeded the amount they were entitled to collect under the Eighth Amendment and ordered amounts seized over the amount of the fine imposed be returned to Mr. Timbs.

The final section of the Eighth Amendment provides no



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A collage of images for Azalea Estates. It includes a large brick building with a green lawn, a couple (a woman in a pink shirt and a man in a light blue shirt) talking on a mobile phone, and several smaller images showing the interior of the community, including a living area with a sofa and a dining area.

cruel or unusual punishment shall be inflicted. The drafters of the Constitution had citizens of the colonies subjected to all types of punishments. Some of these punishments included torture in the worst types of ways. The drafters did not want to see this type of treatment become part of the fabric of the new nation and specifically provided that there shall be no cruel or unusual punishment inflicted.

Most of the time, we see these arguments regarding capital punishment. In the past, capital punishment has been inflicted by hanging, firing squads, gas chamber, or the electric chair. At the present time, most states are using lethal injection for their executions. Persons on death row argue that these chemicals cause cruel and unusual punishment as they do not always work as intended. The United States Supreme Court has addressed most of these claims on a case -by-case basis. We will be looking for guidance from the United States Supreme Court in the future on whether or not this is an acceptable method of execution.

As you can see, although short in words, the Eighth Amendment covers a number of rights. The drafters of the United States Constitution ensured that each citizen was protected from an overreaching government.



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

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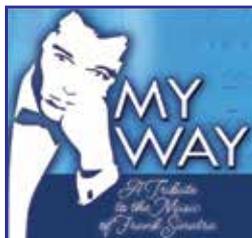
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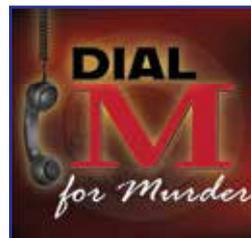
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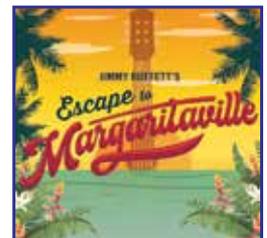
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The Power of Touch

Rebecca woke up screaming.
 “Henry, where are you?!”
 I took both of her hands in both of mine.
 “Right here, Rebecca. I’m right here.”
 Her breathing slowed. Her pulse slowed.
 “Hold me, Henry. Hold me till I fall asleep.”
 I did.
 A few hours later, Rebecca will wake again.
 Screaming again.
 Calling for Henry to hold her.
 My name is William but for several nights a week, my name is Henry. My job is to sit by Rebecca’s bedside - to be there when her dementia snaps her awake like the tip of a whip snapping at her brain causing her to scream from deep within the darkness of her new reality into the darkness of an unknown reality - the real world. My job is to hold her hands in mine and softly tell her that I, Henry, am right here and I will hold her until she falls asleep, tumbling yet again into the abyss that was once her mind.

To hold her hands in mine.

The power of touch.

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Owen Darnell's *Alzheimer's Poem*, inspired by his wife:

*Let me rest and know you're with me
Kiss my cheek and hold my hand*

The power of touch.

My father fought Alzheimer's for years. One night, I found him at the window, shaking his fist at the first snow of the season. When he was himself, he would wake me and say, "It's snowing. Let's get out there and clear the sidewalk." When we finished he would cup my face in his hands, smile into my eyes and nod. I read somewhere that cupping someone's face in your hands is a sign of strong feelings. It's not something you decide to do, it just happens with an outpouring of emotion.

The power of touch.

A caregiver I know was walking past a resident in an assisted living home when she stumbled and fell forward. He got her before she fell to the ground. She wrapped her arms around his waist and said to him, "Please let me hold you until I am not afraid to walk again."

"Touch signals safety and trust; it soothes. Basic warm touch calms cardiovascular stress." Dacher Keltner, Ph.D./ professor of psychology at the University of California, Berkeley.

The power of touch.

"Soon after my mother died I developed a case of "frozen shoulder". It causes stiffness and pain in the shoulder joint and often occurs for no known reason."

Her doctor sent her to a physical therapist.

"As soon as she put her warm hands on my bare shoulder, tears welled up in my eyes. She continued examining me and I relaxed and found that I enjoyed it. It felt like a massage. She did various exercises with me that I was advised to do at home. As I followed her instructions, I thought and felt a great deal about my mother, with whom I had a complex and ambivalent relationship. I stretched and cried, cried and stretched, wrote about what I was feeling, and after a few months I was better. The pain of my loss had lodged itself in my body, and the therapist's warm touch on my shoulder was lubrication for my soul, needed for me to let go and feel the loss" Sharon K. Farber/psychotherapist/psychoanalyst, clinical social worker, author, teacher, and independent scholar.

Nearly 3,000 years ago a prophet named Daniel wrote about being touched by an angel ... "Then this one with human appearance touched me again and strengthened me."

The power of touch.

Safe to say it is even holy.



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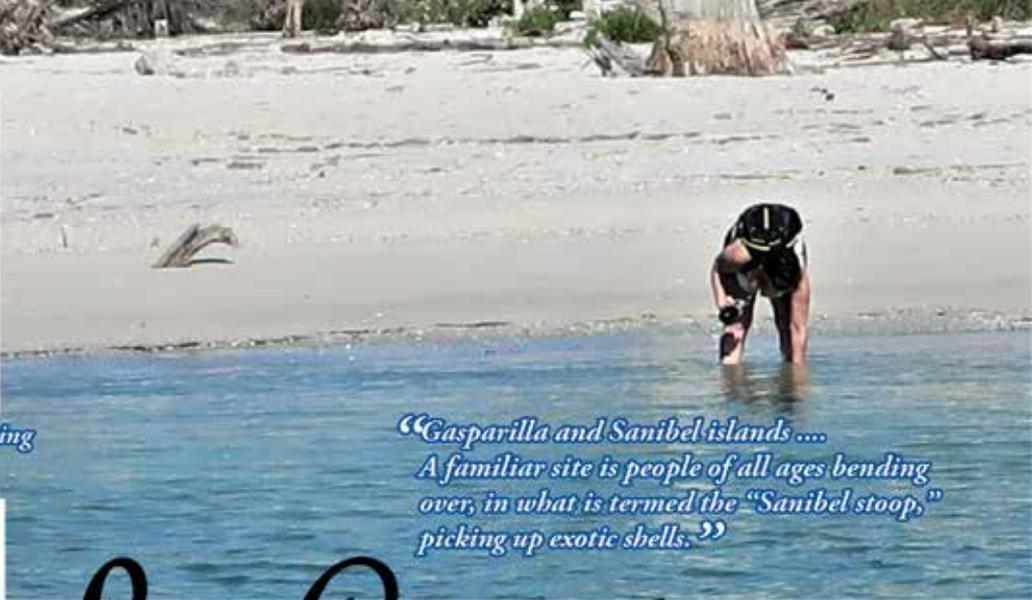
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*Hiker enjoying Lee County's magnificent setting
Wildlife - alligator and cautious hiker*



*"Gasparilla and Sanibel islands
A familiar site is people of all ages bending
over, in what is termed the "Sanibel stoop,"
picking up exotic shells."*

Lee County:

*A lesser-known, but no less inviting,
jewel of the Sunshine State.*

By Victor Block

Arriving in Lee County, Florida only weeks after Hurricane Ian devastated the destination, my wife and I expected the worst. Despite signs of destruction caused by high winds and water, concern about how we would spend the next few weeks soon disappeared.

Stretches of beach were being reopened to sun worshippers. A few blocks from the Gulf of Mexico shoreline there were few indications of damage that was centered along the coastline.

We discovered that the appeals of that area of southwest Florida provide a variety of diversions that can fill delightful days and enjoyable evenings. Lee County is a lesser-known, but no less inviting, jewel of the Sunshine State.

The list begins with the setting itself, a place of pine woods, cypress swamps and mangroves. Bays, rivers and streams have long played an important role in the local way of life.

The Calusa Native Americans were drawn to this environment over 6,000 years ago, when they built shell mound complexes, seasonal campsites and canal systems. Contact with Spanish explorers, and their diseases, eventually decimated the indigenous population. Among places where evidence of this chapter of history remain are Mound Key in Estero Bay, the former Calusa capital; the Calusa Heritage Trail, which is lined by informative interpretive signs, and Cabbage Key, where an inn and restaurant sit atop a large shell hill.

The Calusa focus upon fishing continues today in a state that is ranked among the best in the country for that activity.

The year-round warm climate, diverse ecosystems and variety of aquatic settings offer options ranging from deep sea and reef fishing to backcountry and fresh water angling.

Gasparilla and Sanibel islands are known as the best shelling spots among a number of them, which make Lee County a virtual Mecca for those seeking to collect shells in an assortment of colors, shapes and designs. A familiar site is people of all ages bending over, in what is termed the "Sanibel stoop," picking up exotic shells.

Edison Museum - Edison statue and early phonographs



Visitors interested in checking out the towns face an equally welcome choice. The county seat of Fort Myers encircles a brick-lined main street, long residential thoroughfare lined by towering royal palm trees and historic traditional Florida houses. Paintings, humorous metal sculptures and other street art add a touch of humor to the scene, and the Edison & Ford Winter Estates relate the fascinating story of two of America's industrial icons.

Thomas Edison first visited Fort Myers in 1885 and built a winter retreat. Henry Ford came to town at Edison's invitation in 1914 and bought an adjacent bungalow. Today the complex they share includes botanical gardens and the laboratory in which Edison tested plants seeking a substitute for natural rubber. A 15,000-square-foot museum is packed with his innovative inventions and other displays.

Boca Grande became a winter escape before roads were built for northerners, who arrived by train. That time is evoked by old Florida homes and tree-framed streets. The calm is disrupted each spring by fishermen seeking their luck in one of the best tarpon hideouts in the world.

Bonita Springs, a personal favorite, traces its birth to the mid-1800s, but the Calusa had lived in the area long before then.



Fort Myers street sculpture 2

Banners proclaiming "Small town charm" are displayed throughout the historic downtown neighborhood. Early 20th century frame cottages and unpretentious food shops that sell local honey, Gulf fish and quail eggs are among examples of the down-to-earth appeal.

Surrounding these towns and historic sites are natural places, and spaces, that themselves would warrant a visit.

The Bird Rookery Swamp Trail leads through wetlands inhabited by alligators, otters, bobcats and other water and land dwellers and a virtual aviary of colorful, and colorfully named, birds.

The Six Mile Cypress Slough Preserve is a narrow wetland which serves as a home and safe travel route for a variety of wildlife, including endangered species. A boardwalk provides easy access and convenient viewing areas.

These are among Florida parks which are the only state system in the country to have won four "Best of" gold medals from the National Recreation and Parks Association. They add to appeal of Lee County as a vacation destination.



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Gary Puckett 's Powerful Voice Still Delighting Fans



The line up for today's Gary Puckett and the Union Gap. (l to r) Woody Lingle, Gary Puckett, Jamie Hilboldt, and Mike Candito (photo provided by Gary Puckett)

Currently traveling the U.S. on the 2023 “Happy Together Tour” with classic pop acts such as The Turtles, The Cowsills, and Little Anthony, (see www.happytogethertour.com), Gary Puckett never tires of performing the songs made famous with his Union Gap bandmates.

The hugely popular 5-man pop-rock group, remembered for their string of late 60s hits including “Woman, Woman,” “Lady Willpower,” and “This Girl is a Woman Now,” now features all new members but retains one of the most distinctive musical sounds of the era with Puckett delivering his characteristic soaring vocals infused with emotion and perfect pitch.

Famous for often performing in Civil War Union Army costumes and named after a town near where Puckett once lived in Washington state, the original

Union Gap disbanded in 1971 but Puckett says the current group creates a sound as close as possible to the classic songs.

“The original recordings featured string and horn sections, but there’s just four of us in the group now so our keyboard player is tasked with recreating those sounds,” said Puckett while traveling to New York from his home in Florida. “I think we’ll give fans what they want to hear.”

Turning 80 last year, Puckett says he was around 8 or 9 when his family realized he could carry a tune.

“My folks would get a tape recorder and we would sing songs and record Christmas messages to my grandparents,” he recalled. “Then they would make a little record of it. My voice was way, way ‘up in the sky’ back then, and I remember my mother

telling me at one point she just thought all little boys could sing like that!”

Young Gary’s mother wasn’t alone in appreciation of her son’s vocal talents. While later attending college in San Diego, Puckett and the group toured the West Coast playing small clubs and were visited by Columbia Records producer Jerry Fuller.

“He came down to see us in San Diego,” Puckett remembered. “He liked my voice and the idea of wearing the outfits and walked up to the stage at midnight and said let’s go make a record.”

That record became their first hit, “Woman, Woman,” one of several Fuller would produce for the band.

“When he first played it to me it was written as a country song,” recalled Puckett. “So he added a 30-piece string, horn, and rhythm section and turned

it into the pop record that established me as a singer in the music world.”

The band amassed six gold records in the space of about 3 years during the late 1960s. But musical tastes were changing as the 70s began closing in and for a decade there was little interest in the group’s music.

“Then in the early 1980s, radio stations began proliferating throughout the United States and featuring 60s music once again,” said Puckett. “I started getting calls from disc jockeys who were playing our songs and promoters who wanted us back on the road giving concerts.”

Puckett has continued to tour either solo or with the band ever since, releasing another nine solo albums over the years (see www.garypuckettmusic.com). Interacting with audiences remains a joy for the singer who is usually available at concerts to meet with fans to sign items they may bring along.

“I love to get out with the fans, it’s always great to see them smiling and enjoying the music we created way back when,” he says. “They are still appreciative of it all and the fact that they are there just honors me and the music.”



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.

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FAMILY FEATURES

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Mexinut Dip

Recipe courtesy of the Georgia Peanut Commission; Yield: 4 cups

- 1 can (11 1/2 ounces) condensed bean with bacon soup
- 1 cup shredded cheddar cheese
- 1 can (10 ounces) tomatoes and green chiles
- 2 tablespoons finely chopped onion
- 1 tablespoon hot chili powder
- 1/2 cup peanut butter
- corn chips or crackers

In 2-quart microwave-safe container, combine soup, cheddar cheese, tomatoes and green chiles, onion, chili powder and peanut butter. Cover with glass or plastic lid.

Microwave on high 2 1/2 minutes; stir. Microwave 2 1/2 minutes, or until cheese is melted.

Stir before serving with corn chips or crackers.



Peanut Butter Banana Pops

Recipe courtesy of registered dietitian Annessa Chumbley on behalf of the Georgia Peanut Commission; Yield: 8 pops

- Craft sticks
- 4 firm, ripe bananas, peeled and halved crosswise
- 1 cup melted chocolate wafers
- 1/2 cup finely chopped peanuts

Toppings:

- unsweetened coconut flakes (optional)
- chopped dried pineapple (optional)
- chopped dried strawberries (optional)
- melted peanut butter chips (optional)

Insert one craft stick into each banana half. Place eight banana pops in single layer on small tray covered with parchment paper. Place tray in freezer at least 4 hours or overnight.

Pour melted chocolate into bowl. Dip each frozen banana into bowl, turning to coat. Lay chocolate-covered bananas back on parchment paper. Sprinkle with chopped peanuts. Sprinkle with coconut flakes, pineapple and strawberries, if desired. Drizzle with melted peanut butter chips, if desired.

Serve or wrap individually in plastic wrap and store in freezer.



Beef and Peanut Empanadas with Chimichurri

Recipe courtesy of "Set the Table" on behalf of the Georgia Peanut Commission; Yield: 30-40 small empanadas

Empanadas:	salt and pepper, to taste
2 Tbs. olive oil	2 packages pie crust
1 small yellow onion, chopped	1 egg white, in small bowl
1 teaspoon red pepper flakes	Chimichurri:
1 large garlic clove, minced	1/3 cup flat leaf parsley
1/3 cup golden raisins	1 teaspoon dried oregano
1/2 cup raw Georgia Peanuts	3 garlic cloves, peeled and roughly chopped
2 Tbs. pickled jalapenos, chopped	1/4 cup red wine vinegar
1 pound ground beef	1 Tbs. red pepper flakes
1 Tbs. Worcestershire sauce	1/2 cup olive oil
1 Tbs. water, plus additional for sealing dough	salt, to taste
	pepper, to taste

To make empanadas: In large skillet over medium-high heat, heat olive oil. Add onion, red pepper flakes, garlic, raisins, peanuts and jalapenos. Cook until onion and garlic are soft and fragrant. Add ground beef and brown thoroughly. Stir in Worcestershire sauce and 1 tablespoon water. Cook 2-3 minutes, stirring to prevent burning. Season with salt and pepper, to taste; transfer filling to large bowl and cool.

Preheat oven to 375° F.

Unroll pie crusts on lightly floured work surface. Using round cutter at least 3 inches in diameter, cut out rounds.

Using rolling pin, roll out edges of each circle, leaving center of circle at its original thickness.

Holding one round of dough in palm of hand, scoop about 1 tablespoon filling into center. Using fingertip, line edge of dough with water, fold into half moon shape and pinch to seal. For extra ease, use fork.

Place filled empanadas on parchment-lined baking sheet and brush tops with egg white.

Bake 20-25 minutes on upper rack.

To make chimichurri: In blender or food processor, pulse parsley, oregano, garlic, red wine vinegar, red pepper flakes and olive oil 2 - 3 times. Season with salt and pepper, to taste, and serve in small bowl for dipping.



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WORD SEARCH

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

Stamp Collecting

- Album
- Block
- Booklet
- Cachet
- Cancellation
- Catalog
- Collection
- Condition
- Cover
- Expert
- Face Value
- Hinge
- Hobby
- Issues
- Magnifier
- Mint
- Mounts
- Pane
- Philately
- Proofs
- Rare
- Selvage
- Sheet
- Stamps
- Stock
- Tongs
- Watermark

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

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MILLION DOLLAR MERMAID
 AUGUST 15, 10:30AM

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CROSSWORD

Across

- 1 Nights before
- 5 Terminal
- 10 Ponzi scheme, e.g.
- 14 Loathsome
- 15 Enlighten
- 16 ___ San Lucas, Mexico
- 17 Tennis great Lendl
- 18 French Riviera resort
- 20 Chem class
- 21 Newborn
- 22 Hot coal
- 23 Small egg
- 25 Juice ingredient, at times
- 27 House style
- 29 1944 Boyer, Bergman classic
- 33 Manila envelope feature
- 34 Music genre
- 35 Future fish
- 36 Kind of bag
- 37 Repellent
- 38 Kind of paper
- 39 North Yorkshire river
- 40 Measuring device
- 41 Clutch
- 42 Canoer's activity
- 44 Beasts
- 45 Habit
- 46 Put to the test
- 47 Grouchy Muppet
- 50 Aquatic bird
- 51 Old greeting
- 54 Novel plots
- 57 From square one
- 58 Goldbrick
- 59 Astrological ram
- 60 Dad, in France
- 61 Chooses
- 62 Trifling
- 63 Old autocrat

Down

- 1 Bad to the bone
- 2 Cheer starter
- 3 Got into more detail
- 4 D.C. bigwig
- 5 Distaff
- 6 Hacienda brick
- 7 Pint-sized
- 8 Away from the bow
- 9 Strong cleanser
- 10 Seafood entree
- 11 Low-___ diet
- 12 Qualified
- 13 Drop anchor
- 19 Prison parts
- 21 Collide with
- 24 Bud holder
- 25 Intermission
- 26 Operates
- 27 Misbehave
- 28 Plant life
- 29 Scandinavian punch
- 30 Large powerful dogs
- 31 Gymnastics apparatus
- 32 Casual workers
- 34 Main impact
- 37 Acquire
- 38 Not false
- 40 State of high honor
- 41 Sheepish look
- 43 Gnomes
- 44 Cheap
- 46 Sound from a nest
- 47 Christiania, now
- 48 Knock off
- 49 Jacket
- 50 Huffy state
- 52 Actress Miles
- 53 Water holder
- 55 Race unit
- 56 Hot temper
- 57 Pertinent

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SUDOKU

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

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

SAVE the Date

CADDO COUNCIL ON AGING

■ Medicare

• **Wednesday, August 2 at 10 a.m.** at The Bridge Alzheimer's & Dementia Resource Center, 851 Olive St, Shreveport. Featuring: "Let's talk About Medicare (Q & A)", Laphelia Johnson. **FREE.**

• **Friday, August 25 at 10 a.m.** "Welcome to Medicare" Virtual Seminar. If you're turning 65: What you need to know for all income brackets. Call Caddo Council on Aging @ 318.676-7900 to register & for zoom link. **FREE.**

■ Presentations

CCOA will be offering the following

programs this month. For info call 318.676-7900. **FREE.**

• **Thursday, August 17 at 10 a.m.** at Caddo Council on Aging/ Shreve Memorial Library, Wallette

Branch, 363 Hearne Ave, Shreveport. Featuring: "What's The Scoop?", Laphelia Johnson

• **Thursday, August 24 at 10 a.m.** at Caddo Council on Aging/ Shreve Memorial Library, Wallette Branch, 363 Hearne Ave, Shreveport. Featuring: "Acadiana Legal Services, Disaster Assistance", Christopher Breaux, Disaster Unit Attorney.

• **Thursday, August 31 at 10 a.m.** at Caddo Council on Aging/ Valencia Community Center, 1800 Viking Drive, Shreveport. Featuring: "Throwback Thursday Bingo".

CONCERTS

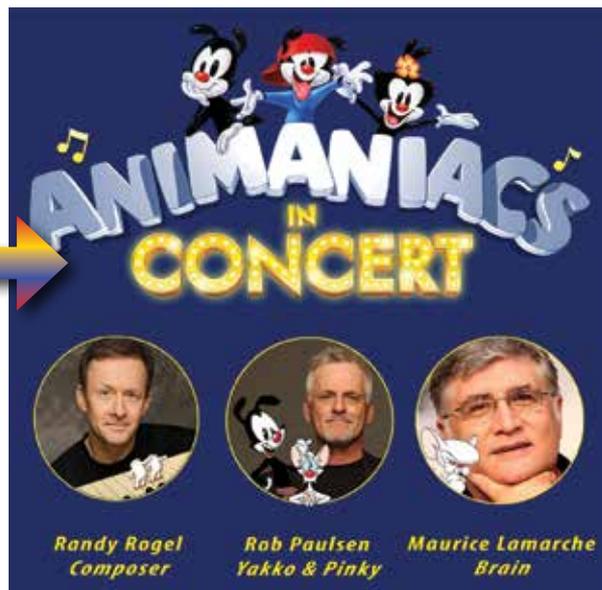
■ Animaniacs in Concert

Friday, September 8 at 7:00 p.m. at The Strand Theatre, 619 Louisiana Ave., Shreveport. Join the voices of ANIMANIACS – the iconic animated Warner Bros. series (produced by Steven Spielberg) – for a "zany, animany and totally insanity" evening as they perform the world-famous songs from the beloved cartoon series backed by the original projected animation. Tickets are \$52, \$45, \$35 and can be purchased by calling 318-226-8555 or visiting www.thestrandtheatre.com/tickets/

EVENTS

■ CATS: Events on Culture, Arts, Technology and Science

Hosted by The Glen. 3 p.m. at The



Glen at 403 East Flournoy Lucas Rd., Shreveport. **FREE** and open to the public; however, space is limited. To attend, call 318-213-3555 to RSVP.

- **August 8** - Metro Aviation
- **September 12** - Performance by members of the Shreveport Symphony

■ Exercise in Caddo Common Park

Recurring weekly on Saturdays, 8 to 11:30 AM at Caddo Common Park Pavilion, 869 Texas, Shreveport. Three exercises will be led every Saturday by professional trainers and are designed to cater to participants of all fitness levels. Super Saturdays are scheduled on the first Saturday of every month and features five exercises plus food trucks, an arts market, DJ, live painting, and more. **FREE** and open to the public.

■ GloFests at the Bakowski Bridge of Lights

Join the Shreveport Regional Arts Council (SRAC) on the **first Friday of every month, 7:30 p.m. to 9 p.m.** at Riverview Park, 601 Clyde Fant Parkway, Shreveport. Featuring light shows on the Bakowski Bridge of Lights on the Texas Street Bridge, an arts market, food truck court, street performances, and more! **FREE.** Park in the Bally's Garage or across the street between Sci-Port and the J. Bennett Johnston Visitor Center. For more info, visit www.shrevearts.org.

The advertisement shows a hand pointing at a tablet displaying the magazine's content. The text reads: "The Best of Times", "Read our entire magazine online!", and "TheBestofTimesNews.com".

■ Red River Quilters Annual Quilt Show

The theme of this year's show is Ruby Anniversary – celebrating 40 years of quilting and friendships. **Friday September 8, 9 a.m. to 6 p.m. and Saturday September 9, 9 a.m. to 4 p.m.** at Louisiana State Fair Grounds Ag Building, 3721 Hudson Ave, Shreveport. Admission is \$10 ages 11 through adult, \$5 ages 5-10, free under 5. The show features 200+ quilts and quilted items, silent auction of quilted items, handmade items for sale in the Guild Booth, merchant mall. Tickets for “Friendship Bouquet,” a 74” X 92” hand stitched, hand quilted floral quilt will also be available – proceeds fund community service projects. For more info visit www.redriverquilters.com.

MARKETS

■ Bossier City Farmers Market

Saturdays through November. 9 a.m. - 1 p.m. South parking lot of the Pierre Bossier Mall in Bossier City. Fresh fruits and vegetables and other handmade goods from over 100 vendors. **FREE.** For more info, follow Bossier City Farmers Market on Facebook.

■ Shreveport Farmers Market

Every **Saturday, 7:30 AM - 12:30 PM** in Festival Plaza, 101 Crockett Street, Shreveport. Handicapped parking available on Commerce Street. Fruits, vegetables and other food artisans. Visit www.redriverrevel.com/farmers-market.

MOVIE

■ "Million Dollar Mermaid"

August 15 at 10:30 a.m. Robinson Film Center, 617 Texas Street in downtown Shreveport presents a Silver Screening of *Million Dollar Mermaid*. 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. *Million Dollar Mermaid* is a 1952 American biographical drama film about the life of Australian swimming star Annette Kellerman. The film stars Esther Williams, Victor Mature, and Walter Pidgeon. For info or tickets, visit www.robinsonfilmcenter.org or call (318) 459-4122.

SEMINAR

■ Ark-La-Tex Genealogical Association Annual Seminar

Saturday August 12 from 9 a.m. to 3:30 p.m. at the University Center, LSUS campus, One University Place, Shreveport. The speaker will be Patti Smith, professional genealogist and lecturer. Her lectures will include “Overview of Genetic Genealogy”, “Why Use DNA in your Genealogy Research?”, “How to use Ancestry.com ThruLines”, and “Introduction to GEDMATCH”. Advance registration recommended. Registration fee is \$40 and includes coffee, pastries and lunch if pre-regis-

tered. For further info and registration instructions go to www.altgenealogy.com, contact Jim Johnson at 746-1851 or email altgenassn@gmail.com.

THEATRE



■ Always Patsy Cline

September 1, 2, 8, and 9 at 7:30 PM; September 3, 9, and 10 at 2:00 PM. Presented by Shreveport Little Theatre, 812 Margaret Place, Shreveport. This heartfelt revue tells the true story of the country music legend's unlikely friendship with a fan, Louise Seger. The show features a wealth of Cline's beloved hits. Tickets are \$30 and can be purchased by calling 318.424.4439 or visit www.shreveportlittletheatre.com.

VOLUNTEER OPPORTUNITY

■ The Strand

Want to be a member of The Strand's great volunteers? You're invited! Ushers must be comfortable with standing for long periods of time, welcoming patrons, and most of all, representing the Strand! Find out more at orientation **August 3rd at 6 p.m. or August 8th at 6 p.m.** at the Strand Theatre, 619 Louisiana Ave, Shreveport. Please contact Mary at 318-226-1481 or email Mary@thestrandtheatre.com for additional information.

HISTORY
Made right here.
Louisiana State Exhibit Museum
3015 Greenwood Road, Shreveport

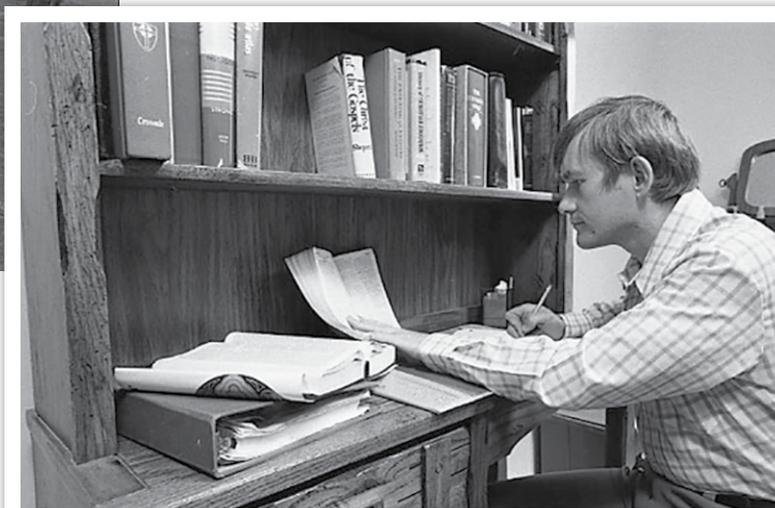
Snapshot SLEUTH

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.mclmore@lsus.edu.



These images are from the Lawrence Lea collection and are truly a mystery. All that is known about these pictures is they were taken in 1978 and were in the same negative sleeve.



(above) Guitar players in a park. We would love to know the names of the musicians and which park.

(right) Man studying. There are books on Christian topics on the shelf above the desk.

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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 can families determine if their loved one needs in home care services?

Older adults may not admit they're struggling because they don't want to lose their independence. There are many warning signs that indicate that a loved one may need in-home care. These signs may include memory problems, accidents such as falling in the home, or struggling to perform daily tasks such as bathing, dressing, toileting, cooking, etc.

What does it mean when your cataract is "ripe"?

A cataract is simply a cloudiness of your eye's lens. When you were first born, your lens was crystal clear like a glass of water. As you age it's like someone slowly pours coke into that clear glass of water, it slowly turns yellowish brown. When the symptoms of the cataract get to the point that it is reducing your quality of life, then the cataract is "ripe". It is at this point that the only way to get you seeing better is to have the cataract removed.

My shoulder hurts. Should I play through the pain?

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



Keith Carter, CEO/Owner
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See our ad on page 38.



Chris Shelby, MD
WK Eye Institute
7607 Youree Dr.
Shreveport, LA 71105
(318) 212-3937
See our ad on page 18.



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

PUZZLE answers (from pages 32 -33)

E	V	E	S		F	A	T	A	L		S	C	A	M	
V	I	L	E		E	D	I	F	Y		C	A	B	O	
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C	I	P	E	X	U	B	L	E	O	W	A	I	B	T	B	S	D
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