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February Contents

Briefs

- 6 Stat! Medical News & Info
- 10 Odds & Ends

Features

- 8 **Take Control: How managing blood pressure can help save lives**
by Family Features
- 19 **Time to Get Healthier and Smarter at Free Classes and Clubs**
by Kathleen Ward
- 26 **Vacation With the Stars**
by Victor Block

Advice

- 12 **Strategies for Living**
The Most Important Relationship You Will Ever Have
by David McMillian, Ph.D.
- 14 **Eat Well, Live Well**
Coffee Provides Natural Health Benefits
by Abigail McAlister
- 16 **Laws of the Land**
The Dead Man Who Had Two Wives
by Lee Aronson
- 22 **From the Bench**
The U.S. Constitution and the Debates Which Formed It
by Judge Jeff Cox

Columns

- 24 **Page by Page**
Review of "Spells for Forgetting" by Adrienne Young
by Jessica Rinaudo
- 28 **Tinseltown Talks**
Adrienne Barbeau: From Musicals to Monsters
by Nick Thomas
- 30 **Jest a Moment**
Valentine's Day Advice
by Nick Thomas

In Every Issue

- 32 What's Cooking
- 34 Our Famous Puzzle Pages
- 36 Save the Date
- 38 Parting Shots

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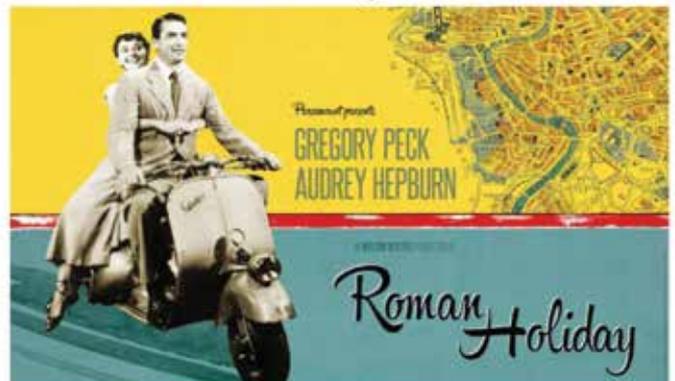


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Protect – a Hospital Violence Intervention Program

Kristi Hylan, AVP with Ochsner LSU Health Shreveport

FEBRUARY 11

Willed Body Program Provides For Teaching and Research

Ms. Allean McGowan Pratt, Director of Anatomical Services at LSU Health in Shreveport

FEBRUARY 18

Where did American Retirees Move in the Past Year?

Miranda Marquit, Spokesperson for this study

FEBRUARY 25

What Healthcare Consumers Need to Know to Make More Informed Decisions

Dr. Firouz Daneshgari, a recognized leader in academic medicine

MARCH 4

Legends and Myths of the Texas Revolution

Tom Pressley, MD and historian

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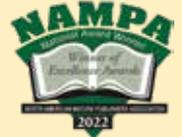
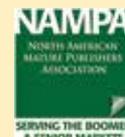
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Stat!

Medical News & Info

Social Connections May Provide Long-Term Health Benefits

According to Harvard Health Publishing, social connections not only give us pleasure, they also influence our long-term health in ways as powerful as adequate sleep, a good diet, and not smoking. Dozens of studies have shown that people who have social support from family, friends, and their community are happier, have fewer health problems, and live longer. Maintaining our ties and connections is not always easy. Here are some actions you can take to care for your important relationships:



- ◆ Send a card to someone letting them know you're thinking of them
- ◆ Call a loved one who has been having a tough time to check in
- ◆ Mail a small gift to someone who recently accomplished something
- ◆ Start a book or movie club with someone you want to spend time with
- ◆ Text or email a favorite photo of you and a friend to reminisce about shared memories

Shingles Associated with Increased Risk for Stroke, Heart Attack

Shingles is caused by the varicella zoster virus, the same virus

that causes chickenpox. After a person has chickenpox, the virus stays in their body for the rest of their life and may reactivate as shingles years later. Almost all individuals aged 50+ in the US are at risk for shingles. A new study by investigators from Brigham and Women's Hospital followed more than 200,000 women and men for up to 16 years. The results showed that people who had previously developed shingles were at 30% higher long-term risk of a major cardiovascular event, including stroke and coronary artery disease, compared with those who had not had shingles, and the elevated risk may persist for 12 years or more after having shingles. (Published in the *Journal of the American Heart Assn.*)



Walking Towards Healthier Knees

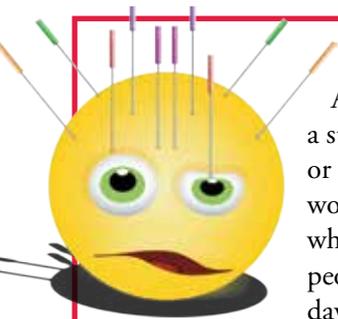
A new study published in *Arthritis & Rheumatology* and led by researchers at Baylor College of Medicine reveals that walking for exercise can reduce new frequent knee pain among people age 50 and older diagnosed with knee osteoarthritis, the most common form of arthritis. Additionally, findings from the study



indicate that walking for exercise may be an effective treatment to slow the damage that occurs within the joint. Those who reported walking for exercise had 40% decreased odds of new frequent knee pain compared to non-walkers. These findings are particularly useful for people who have radiographic evidence of osteoarthritis but don't have pain every day in their knees. This study supports the possibility that walking for exercise can help to prevent the onset of daily knee pain.

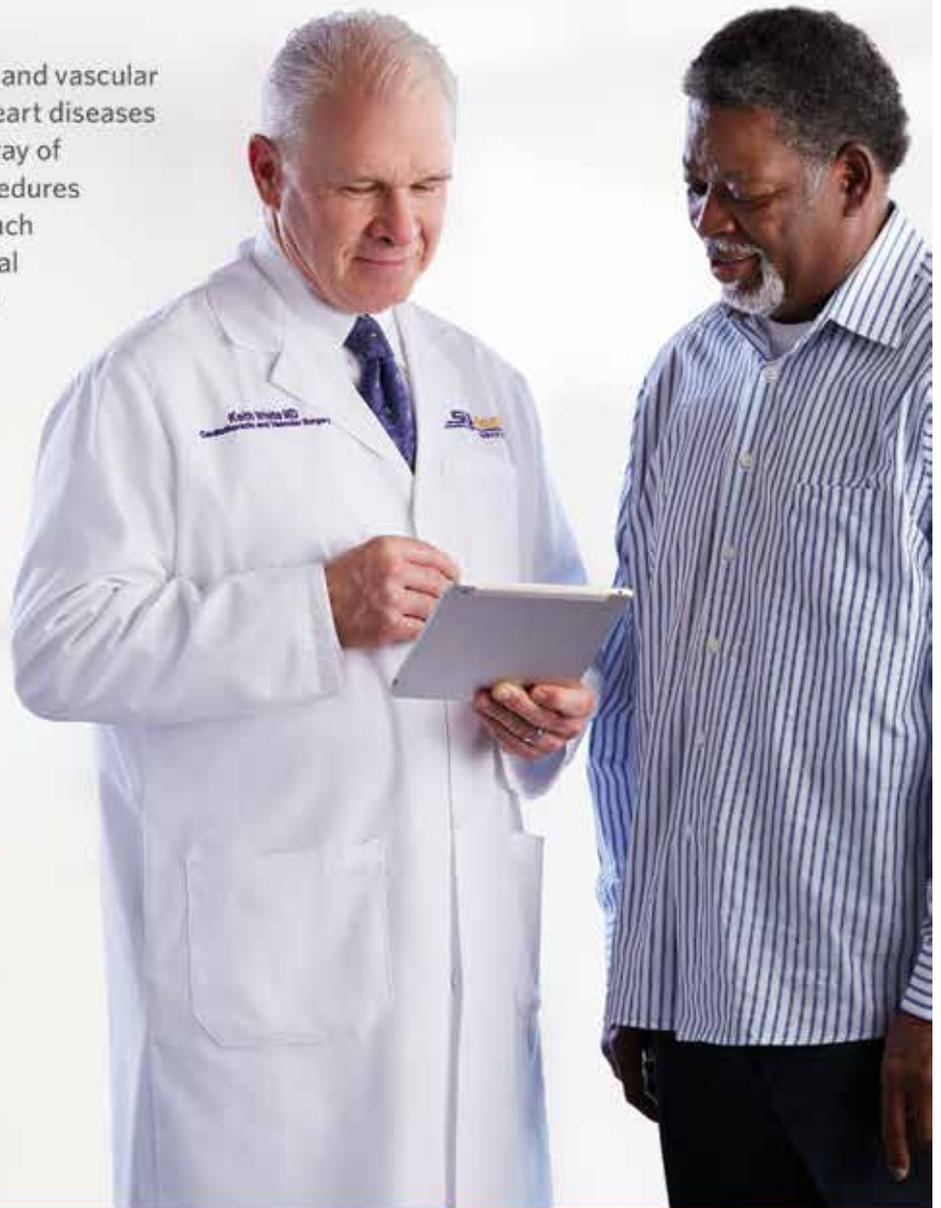
Can Acupuncture Reduce Headaches?

Acupuncture may reduce headaches for people who have chronic tension-type headaches, according to a study published in an online issue of *Neurology*. Tension-type headaches most often involve a pressing or tightening feeling on both sides of the head with mild to moderate intensity. These headaches are not worsened by physical activity, and do not include nausea. Tension-type headaches are considered chronic when they occur at least 15 days per month. The main result measured in the study was that 68% of the people receiving true acupuncture reported at least a 50% reduction in the monthly number of headache days. The only side effects from the treatment were mild and did not require treatment.



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Take Control

How managing blood pressure can help save lives

FAMILY FEATURES

Effectively managing your blood pressure can help reduce your chances of life-threatening medical events, even death.

Gain confidence and learn how to take control of your blood pressure with these tips and resources from the American Heart Association.

THE SILENT KILLER

High blood pressure is often referred to as the “silent killer” because it typically has few, if any, noticeable symptoms but can lead to heart attack, stroke, heart failure and even death. Many people with high blood pressure don’t even know they have it. Some overlooked symptoms can include dizziness, facial flushing and blood spots in the eyes.

UNDERSTAND YOUR READINGS

The only way to know if you have high blood pressure is to regularly take an accurate blood pressure measurement. Understanding your results is key to controlling high blood pressure. Blood pressure numbers of less than 120/80 mm Hg are usually considered within the normal range, yet it is important to talk to a doctor about your healthy range. Even if you fall within a healthy range, it can be beneficial to stick

with heart-healthy habits like following a balanced diet and getting regular exercise. Consider these numbers and ranges to know if it’s necessary to take action:

- Elevated blood pressure is when readings consistently range from 120-129 mm Hg systolic (the upper number) and less than 80 mm Hg diastolic (the lower number). People with elevated blood pressure are likely to develop high blood pressure unless steps are taken to control the condition.
- Hypertension stage 1 is when blood pressure consistently ranges from 130-139 mm Hg systolic or 80-89 mm Hg diastolic. At this stage, doctors are likely to prescribe lifestyle changes and may consider adding blood pressure medication based on your risk of atherosclerotic cardiovascular disease, such as heart attack or stroke.
- Hypertension stage 2 is when blood pressure consistently ranges at 140/90 mm Hg or higher. At this stage, doctors are likely to prescribe a combination of blood pressure medications and lifestyle changes.
- A hypertensive crisis requires medical attention. If your blood pressure readings suddenly exceed 180/120 mm Hg, wait 5 minutes then test again. If your readings are still unusually high, contact your doctor immediately. Seek emergency help if your blood pressure is higher than 180/120 mm Hg and you are experiencing signs of possible

organ damage such as chest pain, shortness of breath, back pain, numbness or weakness, change in vision or difficulty speaking.

KNOW YOUR RISK

While many risk factors for high blood pressure may be related to your age, gender and family history, there are also risk factors you can change to help prevent and manage high blood pressure. People at added risk may be those who engage in lower levels of physical activity, eat a diet high in sodium (particularly from packaged, processed foods), may be overweight or obese, drink excessive amounts of alcohol and may have multiple chronic conditions.

TALK ABOUT IT

Whether you're making changes in your own life to combat high blood pressure or helping someone else, positive feelings and confidence are longer-term motivators to making health changes. If you're talking with friends, loved ones or your doctor, be prepared to ask open-ended questions. Be curious and kind to yourself and others you may be helping.

LOWERING YOUR PRESSURE

You can reduce your risk of heart disease, stroke, heart failure and even death with lifestyle changes and medication.

Watching your weight, especially if you are overweight or obese, can bring health gains; losing as little as 5-10 pounds may help lower your blood pressure. Managing your stress by relaxing for short periods during your workday, at night and on weekends is another productive practice.

If you have diabetes, it's important to work with a doctor to manage the disease and reduce your blood glucose levels.

If you think you could have sleep apnea, getting screened for and treating the condition can also reduce your risk for developing high blood pressure.

When you have high blood pressure, medication may be an important part of your treatment. Follow the recommendations carefully, even if it means taking medication every day for the rest of your life.

When you're discussing high blood pressure concerns with your health care provider, also be sure to talk to your doctor about over-the-counter pain relievers that may raise your blood pressure. Talking with your doctor can help you identify over-the-counter pain medications that won't raise your blood pressure to ensure you're not creating a blood pressure problem while treating other concerns.

GETTING READY FOR YOUR APPOINTMENT

Think about what challenges you face in controlling your blood pressure that you need to share with your doctor to create a plan that works for you. Start by considering the answers to these questions to discuss with your health care provider:

- How often do you check your blood pressure?
- Do you keep a log of your blood pressure measurements?
- Are you taking medications as prescribed?
- What are some things you can do to have less salt in your diet?
- What are some reasons it can be hard to manage your blood pressure?
- What are some things you'd like to discuss during your appointment?

Learn more about monitoring and managing high blood pressure at heart.org/bptools.

BLOOD PRESSURE CATEGORY	SYSTOLIC mm Hg (upper number)		DIASTOLIC mm Hg (lower number)
NORMAL	LESS THAN 120	and	LESS THAN 80
ELEVATED	120-129	and	LESS THAN 80
HIGH BLOOD PRESSURE (HYPERTENSION) STAGE 1	130-139	or	80-89
HIGH BLOOD PRESSURE (HYPERTENSION) STAGE 2	140 OR HIGHER	or	90 OR HIGHER
HYPERTENSIVE CRISIS (consult your doctor immediately)	HIGHER THAN 180	and/or	HIGHER THAN 120

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Odds & Ends



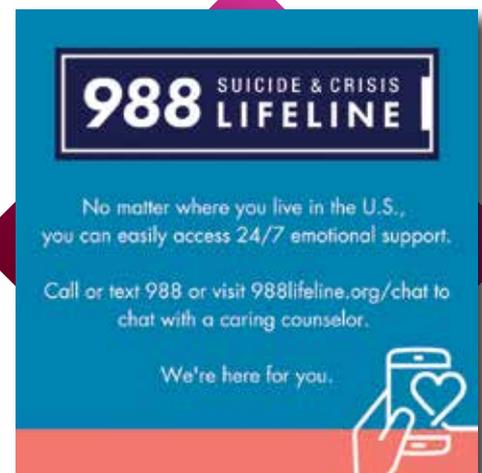
IMPORTANT HEALTH CARE PROVISIONS TAKING EFFECT IN 2023

On January 1, millions of seniors will begin saving on their health care costs thanks to the Inflation Reduction Act. These new provisions will be life-changing for many, particularly seniors, people of color, rural Americans, and people with disabilities. Much of the coverage has been focused on reducing premium costs and empowering Medicare to negotiate drug prices, but two other key measures were also passed:

- The shingles vaccine will be free for seniors.
- Medicare recipients will pay no more than \$35 on insulin per month.

FCC DESIGNATES 988 AS A NATIONWIDE MENTAL HEALTH CRISIS AND SUICIDE PREVENTION NUMBER

The 988 Suicide & Crisis Lifeline (formerly known as the National Suicide Prevention Lifeline) is a United States-based suicide prevention network of over 200+ crisis centers that provides 24/7 service via a toll-free hotline with the number 9-8-8. It is available to anyone in suicidal crisis or emotional distress. The caller is routed to their nearest crisis center to receive immediate counseling and local mental health referrals. The Lifeline supports people who call for themselves or someone they care about. Similar to 911, this line is dedicated for anyone in need of mental health assistance of any kind.



COST CONCERNS KEEP OLDER ADULTS FROM SEEKING EMERGENCY CARE

Worries about what emergency care might cost them have kept some older adults from seeking medical attention even when they felt they might need it, a new study shows. In all, 22% of older adults who may have needed care from the emergency department didn't go because of concerns about what they might have to pay, according to a study from the National Poll on Healthy Aging and published in the *American Journal of Managed Care*. People in their 50s and early 60s, women, those who lack health insurance, people with household incomes under \$30,000, and those who say their mental health is fair or poor were most likely to say they'd avoided getting emergency care because of cost concerns. Even among those who hadn't had a medical emergency, 35% were somewhat concerned, 45% were very concerned, and 18% were not confident they could afford a visit.





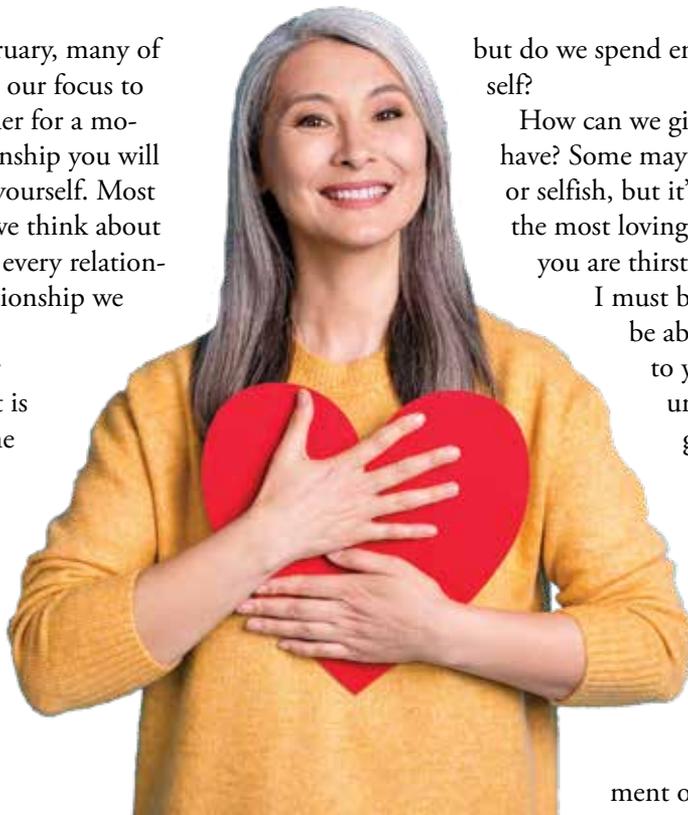
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The Most Important Relationship You Will Ever Have

With the arrival of February, many of us will naturally turn our focus to relationships. Consider for a moment the most important relationship you will ever have: the relationship with yourself. Most of us likely think “other” when we think about relationships, but what sponsors every relationship we are in? Is it not the relationship we have with ourselves?

Over 2000 years ago, a Master Teacher was asked “teacher, what is the greatest commandment in the law?” The reply was “Love God with all your heart and soul and love your neighbor as you love yourself.” I’ve often thought, not picking on any particular denomination, that we do a pretty good job with 2/3 of his recommendation; we emphasize loving God and loving our neighbor,



but do we spend enough time talking about loving self?

How can we give to someone else what we don’t have? Some may think loving self is self-centered or selfish, but it’s actually practical, logical, and the most loving thing we can do in the world. If you are thirsty and I wish to give you a drink, I must be in possession of some water to be able to share with you; I cannot give to you what I do not have. If I am unable to fully love myself, can I genuinely love you?

Many, if not most of us are brought up to seek love outside of ourselves. Perhaps we thought that the only way we could “BE love” was to “GET love;” but suppose we ARE love. Investing time, energy, and effort into knowing ourselves is an acknowledgment of what the Master teacher knew



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fully and completely: “the kingdom is within you.”

Honestly getting to know and love yourself is not for the faint of heart; it takes time and effort. We need the energy of love to “fuel” this important investment in ourselves. What if the people who cause the most problems in this world are actually very confused people who fail to realize they are pure love. We need to learn to recognize true and pure love. The word recognize is to re-cognize; to re-think what we thought we knew. Like the familiar hymn says “Let there be peace on earth, and let it begin with me.”

Hear Life Coach Dr. David McMillian 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; Strategiesfor-Living with David McMillian.



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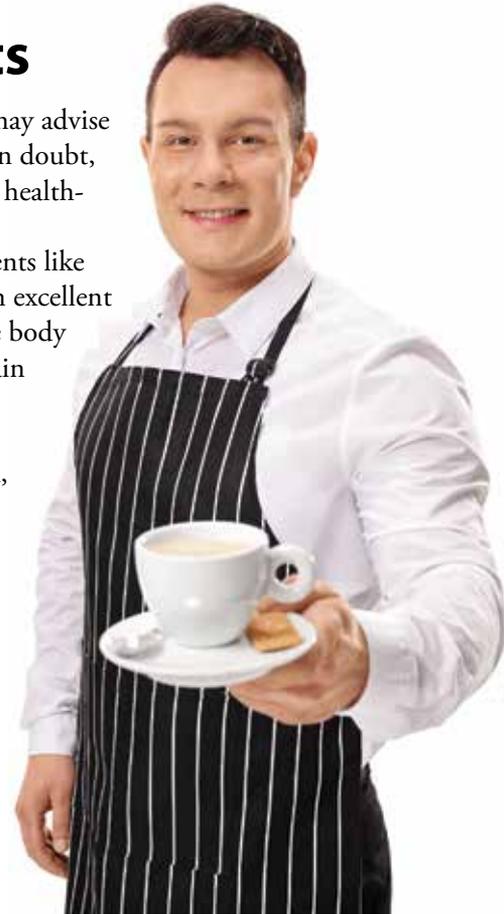
Coffee Provides Natural Health Benefits

Many Americans enjoy a cup of coffee every morning, but have you ever wondered what's in your daily cup of joe? Coffee surprisingly has some health benefits if consumed with a few key things in mind.

The first thing most people think of when it comes to coffee is caffeine content. Caffeine is a natural stimulant that provides an energy boost and can even help the brain with mental function, memory, mood, and reaction times. For some people, caffeine may make them jittery, cause an upset stomach, increased heart rate, or anxiety. Everyone has a different sensitivity level to caffeine, which is the culprit for the wide range of experiences people report from consuming it. If you find that you are sensitive to caffeine or have some unwanted side effects, it may be best to limit your coffee intake. Caffeine can interact with some medications and it may even raise blood pressure, so if you have hypertension

or take certain medications your doctor may advise that you limit your coffee intake. When in doubt, this is a great topic to bring up with your health-care provider at your next visit.

Coffee also has small amounts of nutrients like magnesium, potassium, and niacin. It's an excellent source of antioxidants, which work in the body to reduce inflammation and prevent certain cancers and other chronic diseases. The exact nutrient content of your cup of joe may vary depending on the beans brewed, as every type slightly varies in what they contain. Emerging research suggests that drinking coffee regularly is linked to a lower risk of cardiovascular disease, Type 2 diabetes, depression, Parkinson's and Alzheimer's diseases. Keep in mind that coffee is not the cure-all, though! There are several factors that influence your risk for these conditions. For those who have a Parkinson's diagnosis, some research suggests that coffee may help cut down on the frequency of tremors.



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While coffee is naturally low in calories, be mindful of what you are adding to it. Cream, flavored syrups, and other added sweeteners can really make the calories add up quickly! If you cannot tolerate the bitter taste of plain coffee, try cutting back on cream and syrups slowly or choose low-calorie options.

How much coffee should we drink each day? It's recommended to consume no more than 400 milligrams of caffeine daily, and even less if you have certain conditions, take certain medications, are sensitive to caffeine, or your doctor has advised you to do so. To put this recommendation into perspective, a cup of coffee has about 80-100 milligrams of caffeine, there are 50 milligrams in soda, and 250 in energy drinks.

Coffee can be a real pick-me-up on days when you need a caffeine boost, and it provides some natural health benefits too! Always proceed with caution if you take certain medications, have hypertension, or your doctor has given you a specific recommendation. If you ever start getting undesirable effects after light or moderate coffee drinking, you may be sensitive to caffeine and might need to limit it. And remember to cut back on sneaky sources of added calories to your cup of joe to reap the most benefits.



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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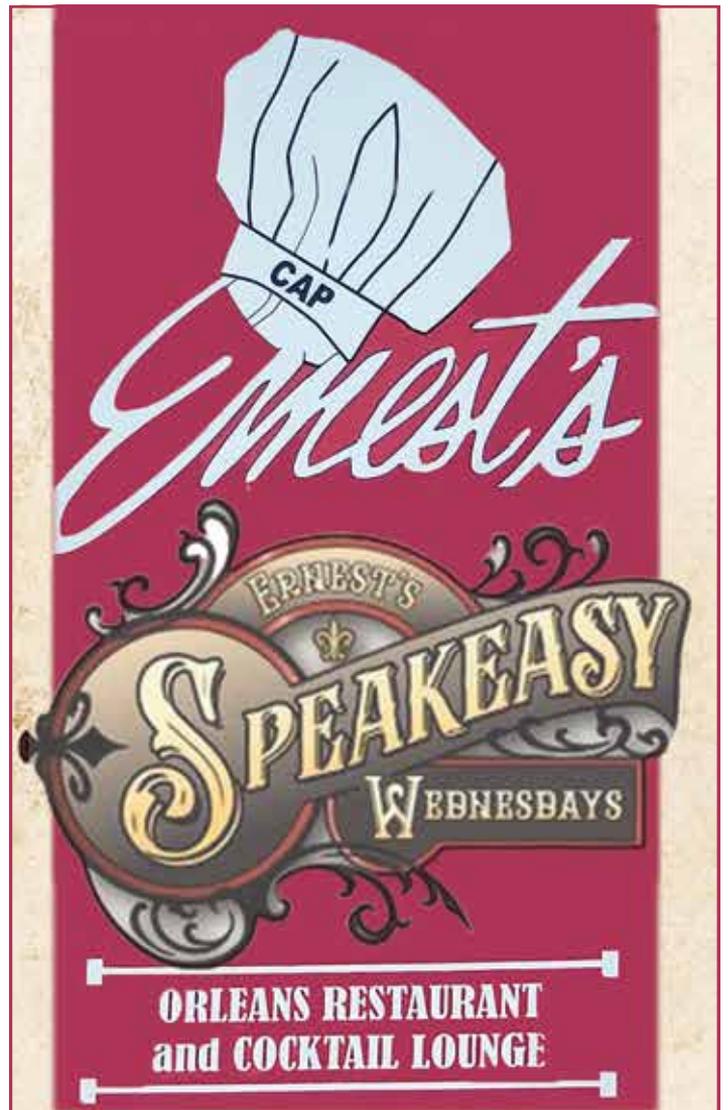

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The Dead Man Who Had Two Wives

There was a man in Claiborne Parish who had 2 wives. At the same time. And yes, that's illegal. But it happened. If you look in the Louisiana law books, it must happen a lot more than anyone would think. That's because there are all kinds of laws that talk about what happens when people end up with 2 spouses at the same time. When I was in law school, they spent weeks teaching us about these laws. The whole thing seemed like a giant waste of time to me, but back then, I didn't realize the types of things Louisianians got themselves into.

This guy in Claiborne Parish, let's call him Henry even though all the names in this column have been changed, married a woman I'll call Anne in 1959. They had 3 children together, but they broke up in 1966. In 1967, Henry talked to a lawyer about getting a divorce. Apparently, Henry thought that merely going to see a lawyer was all it took to get divorced. Soon after going to see the lawyer, thinking himself divorced,

Henry married a second wife who I'll call Jane.

Henry and Jane then had 2 kids together. Their marriage, which ended when Henry died, had lasted 45 years. Would you care to guess what happened after Henry died? Both Anne and Jane showed up at the courthouse claiming to be Henry's surviving spouse and heir. Because Henry did not have a will, Louisiana law says that his surviving spouse, whoever that may be, would inherit part of his estate. So, the Judge had to decide who was Henry's surviving spouse.

Anne told the Judge that people in America are only allowed to have one spouse at a time. If a Louisianian marries someone else while still married to his or her first spouse, then the second marriage is absolutely null and void.

Therefore, Anne felt that she should be the surviving spouse.

Jane, on the other hand, told the Judge that she had done nothing wrong. Before she married Henry, he had promised her that his divorce was final and that



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she had believed him. Jane felt that because she was in good faith for 45 years, she should be considered Henry's surviving spouse.

The case recently went all the way to the Louisiana Supreme Court. The Supreme Court said that both "wives" were kind of right.

Anne was correct when she said that Henry's marriage to Jane was an absolute nullity because Louisiana law says, "a married person may not contract another marriage." But Louisiana law goes on to say that even though such a marriage is absolutely null, if the second spouse is in good faith, then even though the second marriage is absolutely null, the innocent second spouse still gets certain rights, including the right to inherit from the deceased so-called spouse. In this case, because Jane "had an honest and reasonable belief" that her marriage to Henry was valid, she was in good faith and therefore got all of the inheritance of the surviving spouse.

But the Judges were quick to point out that it would have been a completely different story if Jane hadn't had been in good faith. If she knew that Henry hadn't officially divorced Anne, she would have been out of luck.

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



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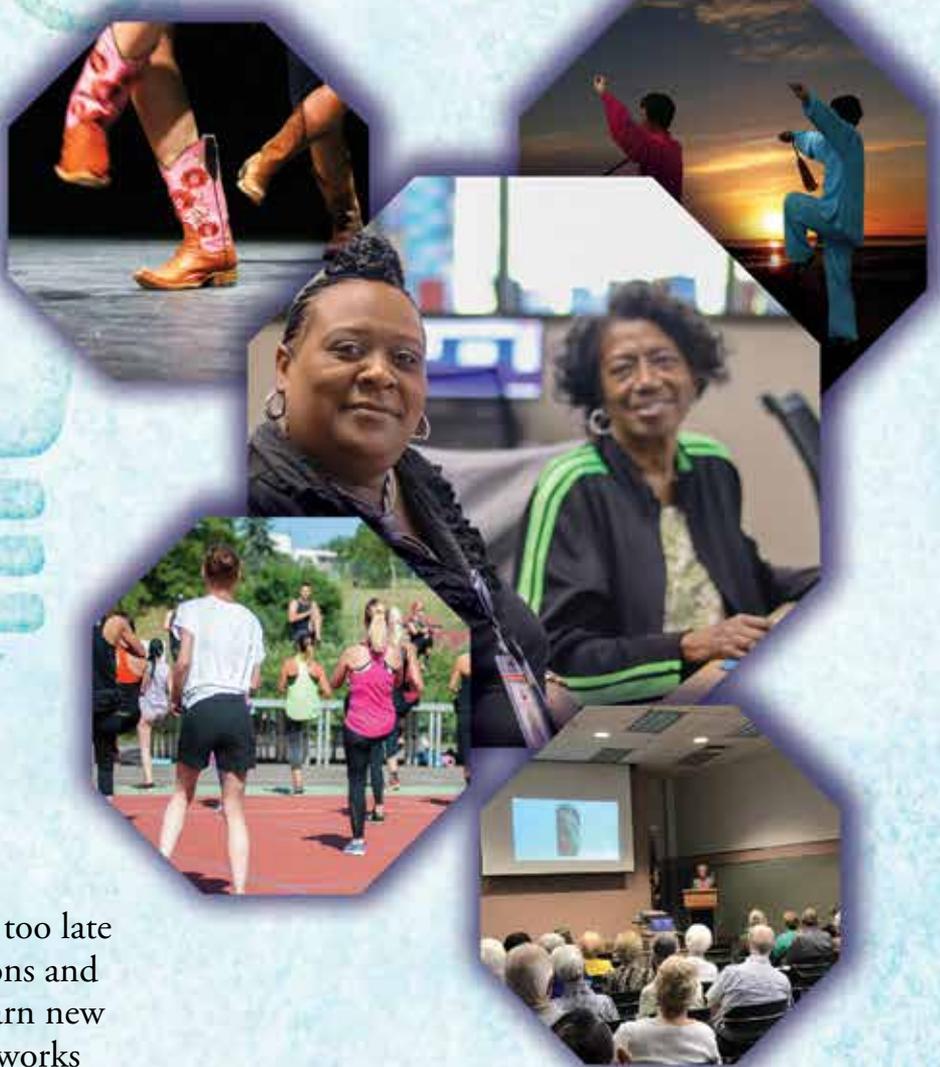
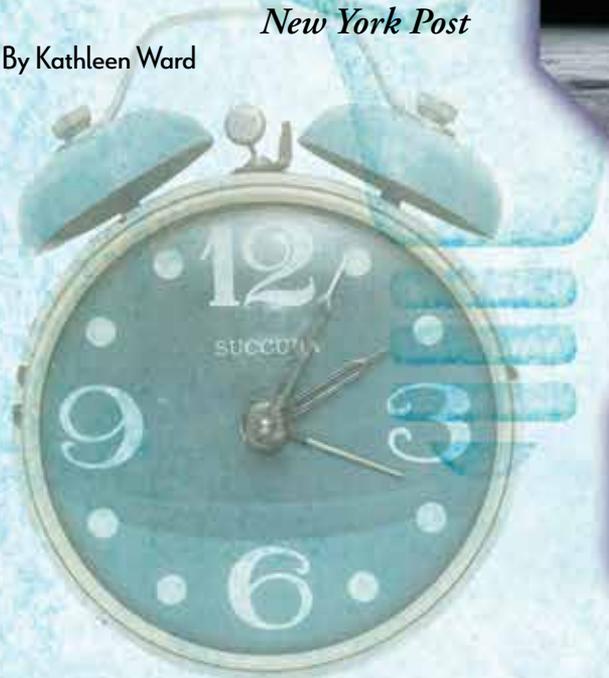
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MEMORIAL

Time to Get Healthier and Smarter at Free Classes and Clubs!

"It's official: February 1 is the day we call it quits on our New Year's resolutions, according to new research."

New York Post

By Kathleen Ward



The good news is that it's not too late to revise that list of resolutions and improvement our health, learn new skills, train for a better job and create works of art, all while making new friends.

Health and Fitness

Each year more than 3,000,000 older people are injured so badly in a fall they have to go to an emergency room, according to the Center for Disease Control. The Caddo Council on Aging offers a class on preventing falls twice a year, said Monica Wright, Executive Director. **Balance Does Matter** classes are from 9:30-11:30 a.m. for four Tuesdays starting March 7 and ending March 28 in the building facing the parking lot at St. Mark's Cathedral.

"We will also offer **Tai Chi** classes March 2, 6, 9, 13, 16, 20, 23 and 27 from 10:30-11:30 a.m. at St. Mark's. Dr. Paula Fenter, retired Physical Therapy associate professor from LSU

Health's School of Allied Health Professions, will teach both classes," said Wright. "The classes encourage individuals aged 60 and older to increase their daily activity, become more aware of fall hazards, and increase their balance and strength."

Chair Yoga (10 a.m. Mondays and Wednesdays) and **Zumba Class** (5:45 p.m. Mondays and Wednesdays) are both held at Bossier Council on Aging's Senior Center on Bearkat. The BCOA also offers craft classes, games, yoga and chair exercises several times a month. Bossier Central library's **Line Dancing** class meets each Tuesday at 2 p.m.

Learn a New Skill

Shreve Memorial Library Marketing and Development Manager Samantha Bonnette said 120,000 people of all ages

attend classes offered by Shreve Memorial Library each year, including beginner and intermediate level computer classes in all the major Microsoft applications (**Word, PowerPoint, Excel, Outlook, etc.**).

“The library offers a wide variety of classes to help with workforce development, including resume writing workshops, job interview skills classes and online job search assistance to ensure that job seekers are familiar with the technology needed in the workplace,” said Bonnette. To find out more about Shreve Memorial’s computer classes go to <https://www.shreve-lib.org/96/Computer-Classes>.

“Patrons also have access to a great online tool called **Pronunciator** through which they are able to learn any of 80+ languages as well as **English as a Second Language** at their own pace,” said Bonnette.

Research and History

Both libraries offer hands-on help from experts that make research easier and more focused for patrons interested in genealogy and history.

“At the History Center, our monthly **Genealogy SOS** classes help family historians just starting to search for ancestors or those who hit a brick wall in their research. Our staff are always available to guide you in using our genealogy resources,” said Marisa Richardson, Bossier’s Central Library and History Center Manager.

“**The Pages Past Book Club** focuses on books about American history. If you enjoy learning about the people and events that shaped our nation, this is the club for you. No need to be an expert historian - this is an informal and entertaining group.” **World War II** day, which meets from 10:30-11:30 a.m. the second Tuesday of each month is open to anyone interested in World War II.

Arts, Crafts and More

“Our most popular classes are usually creative ones, like **Central Paint Night** and **Get Crafty**,” said Richardson. “Both classes require registration on our online calendar.” **Paint Night**, 5-6:30 p.m. the third Thursday of each month, and **Get Crafty**, 11 a.m.-12 p.m. the second Tuesday of each month, are taught by professional artist Larry “Taz” Sanchez, who works in Adult Services at Bossier Central.

“I love to see people having fun while learning a new skill that enriches their lives. I’ve been an artist all my life and it’s one of the main things I live for,” said Sanchez, who has taught arts and crafts for 10 years.

Carol Jeter of Shreve Memorial Library’s Hamilton branch leads the popular **Crafternoon** craft classes from 2-3:30 p.m. the third Tuesday of each month.

“I love creating and it is so much fun for me to help put together something they really like and listen to them say how much fun they had.”

“We have had everything from wreaths to lavender bath



Local libraries and Councils on Aging offer many opportunities to learn.





- ◆ *Fitness classes*
- ◆ *Crafting*
- ◆ *Book Clubs*
- ◆ *Software Instruction*
- ◆ *Genealogy Lectures*
- ◆ *History Studies*
and more



salts to making terrariums and many painting classes, which seem to be the most popular,” said Jeter. “We want patrons to go home with a nice craft item they can be proud of making.”

Painting With Friends at Shreveport’s Benton library meets the second Tuesday of every month from 2-5 p.m. Both Shreveport and Bossier libraries furnish the supplies needed and there is no charge for attending.

“Our most popular classes for adults are **First Friday Craft Classes** (10:30-11:30 a.m. the first Friday of each month), **Spanish Classes** (taught by Gilda Rada, 6-7 p.m. each Tuesday), and **Senior Game Days** (10:30 a.m. the third Friday of each month),” said Maureen Fitz-Gerald, Cedar Grove-Line Avenue library Branch Manager. “We are very excited to offer these classes and you do not need to have any previous Spanish experience to attend.”

Games and Fun

Bossier’s Central library’s **Chess Club** meets twice a month. All ages and skill levels are welcome. BCOA on Bearkat’s **Bingo Games** (10:15 a.m. Thursday mornings) generally has 30 or more players.

Ed Gayle’s Olde Tyme Music Jam draws musicians and singers to Bossier’s 80 East branch from 1-3 p.m. each Thursday to play Bluegrass, Country and more.

“The library branches offer book club meetings and craft group meetings such as **Twisted Stitchers** at Broadmoor, the **Crochet Academy** at Hamilton/South Caddo, the **Adventures in Crochet** group at North Shreveport, the **Not Your Mother’s Book Club** at Mooretown, the **Grounds for Murder Book Club** at Broadmoor, and the **Red River Readers Book Club** at Cedar Grove-Line Avenue to name a few. The attendance varies, but there is always room for more to join us,” said Bonnette.

“Our February title for **Shades of Hue Book Club** (2:30 p.m. the last Saturday of each month) is *Of Love and Dust* by Ernest J. Gaines and our March selection is *The Light We Carry* by Michelle Obama,” said Fitz-Gerald.

So put away those excuses! There’s still plenty of time to recharge those resolutions and move more, learn something new and make a beautiful work of art.



Check the online calendars for dates, times and specific locations or call for information. Some activities require preregistration.

For classes at branches of the **Bossier Library** go to <https://www.bossierlibrary.org/events/month>.

To see what is happening at all **Shreve Memorial Libraries** visit <https://www.shreve-lib.org/521/Attend-a-Program>, <https://www.shreve-lib.org/Calendar.aspx> and <https://www.facebook.com/shrevestemorial>.

For events at **Caddo Council on Aging** phone (318) 676-7900.

For **Bossier Council on Aging** phone (318)-741-8302.

The U.S. Constitution and the Debates Which Formed It

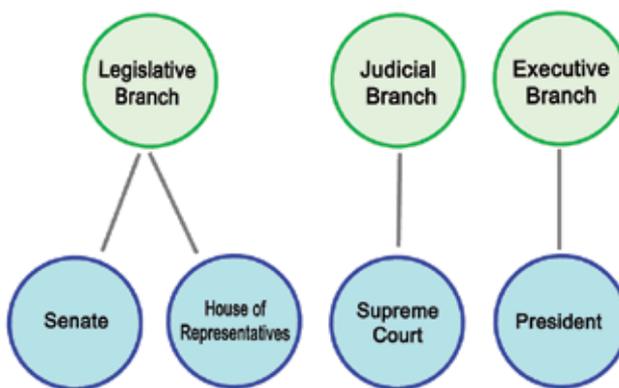
Last month, I started a series on the United States Constitution. I detailed the problems, we, as a new nation, faced under the Articles of Confederation. When the delegates were called to originally participate at the Constitutional Convention, they had no idea they would be forming a new government. Many of the delegates thought they were attending to draft amendments to the Articles of Confederation. James Madison arrived early to the convention and began drafting ideas for the new government.

One of the first difficult steps of the convention was determining how the government would be formed. James Madison believed there needed to be a strong central government that could handle the nation's problems as a whole. Based on discussions with the other members of the delegation, and

with help from delegates in Pennsylvania and Virginia, the delegates settled on three separate branches of government. The branches that were formed were the Legislative, Executive, and Judicial Branches. The delegates had to determine how these branches would operate. This was a monumental task for the delegates as they were attempting to form a new government that had never been seen by the world.

First, the delegates had to address how persons in the Legislative Branch would represent the people. A debate raged that nearly broke the convention apart based on representation at the federal level. The big states, where there were huge populations, wanted representation based on population. The smaller states, where there was less population, wanted equal representation. After weeks of debate, the delegates determined the

United States Constitution





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legislature would be bicameral, meaning that it would be divided into two different chambers. The upper chamber, known as the Senate, would have equal representation from each state, and two Senators was chosen as the number. Each Senator would be elected for six years. The Senators would be on a staggered term meaning that no two Senators from the same state would be on the same ballot at the same time. This allowed at least one Senator with seniority to remain representing the state. The lower chamber, which would be known as the House of Representatives, would be based on a state's population. The Representatives would all be on the same ballot every two years. By entering this compromise, the delegates were able to keep the convention moving forward.

The next issue was the Executive Branch. Debate raged about whether there would be a three-person Executive Branch or a one-person Executive Branch, how the person to head the Executive Branch would be chosen, how long their term would be, and if they could be removed from office. After a lengthy debate, the delegates determined that one person, called the President, would be elected by the people, that the President would serve for a term of four years, and the President could be impeached if they did any type of bad acts while in office. The Constitution did not put a term limit on how many times a President could be elected. This amendment was not added to the Constitution until after President Franklin Roosevelt's death.

The final branch of government that had to be debated was the Judiciary. The delegates spent considerable time debating whether the judges would be appointed or elected. In the end, they determined the judges at the Federal level would be appointed by the President and approved by the Senate. The delegates determined that the judges would be appointed for life and could only be removed if they did bad acts while in office. The appointment for life was supposed to free the judges from politics and allow them to make rulings on the letter of the law without regard to influence or passion.

Each branch of government was to act as a Check and Balance on the other branch of government. No branch was supposed to be more powerful than the other branch of government. If one branch became more powerful, the other two branches were designed to step in and make sure all branches acted according to law.

The Constitutional Convention was not an easy task and required the delegates to leave their homes for many months. Debate often turned hostile and many times the convention and the nation could have failed. But out of the debate, compromise won and we have the greatest government and Constitution the world has ever seen.



Next month, I will start discussing the Bill of Rights.
Judge Jeff Cox is judge of the Louisiana Circuit Court of Appeal for the Second Circuit.

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Review of "Spells for Forgetting" by Adrienne Young

Years ago, Emery's best friend Lily was found dead. Most of the people on the close-knit Saoirse Island off the coast of Oregon, believed Emery's boyfriend, August, killed her. The mounting pressure to convict him, despite any evidence, forced August and his mother to flee the island without a trace.

Now, nearly 14 years later, Emery notices that the island is acting strangely. Trees are turning colors and lingering past when they should. Birds appear as if in warning. And then, suddenly, August is back to bury his mother's ashes on the island, but the locals aren't happy about it. His arrival reopens old wounds and suspicions, and makes island members question what actually happened all those years ago.

On top of dealing with the emotions of a simmering and unsettled community, Emery is battling with anger and desperation over her long-held love for August Salt. She's furious at him for leaving without a trace, abandoning her to a quiet life on the island she's not sure she ever really wanted. But the longer August is there, the more mysteries begin to unravel about Lily's death and the orchard fire that nearly destroyed the island the same time Lily died.

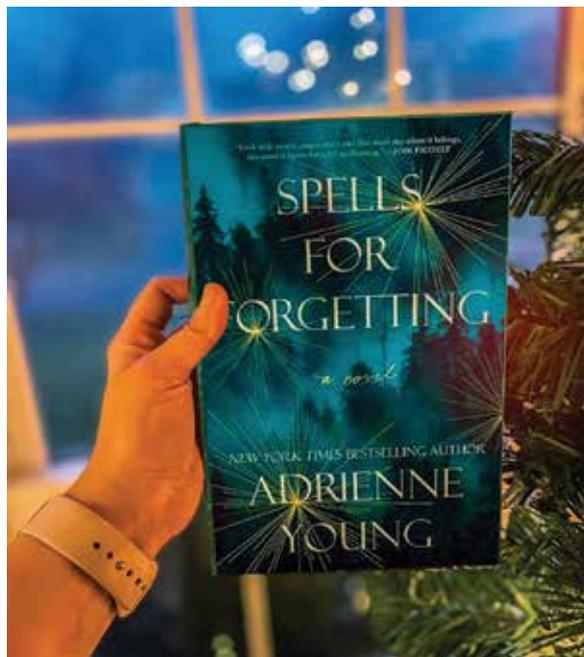
Though the story is told primarily through Emery's point of view, Young also sprinkles in the points of view of August,

other community members, and even the island itself. It broadens the story and manages to impart empathy on morally gray members of the community. The book unfolds in such a way that the reader is left in suspense from chapter to chapter. There's also a touch of magic that threads through the pages, and it made me wonder how much of what happened was real, and how much was supernatural.

Spells for Forgetting is not at all what I expected. It's magical realism, suspense, mystery and a look at the lengths people will go to in order to protect their way of life and those they care about. Underneath it all, it's also a second chance romance. I couldn't put it down and have already told many of my friends that they need this book in their lives.

If you are looking for a mystery with suspense and magic and a touch of love, then this is your book.

Rating: ★★★★★



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



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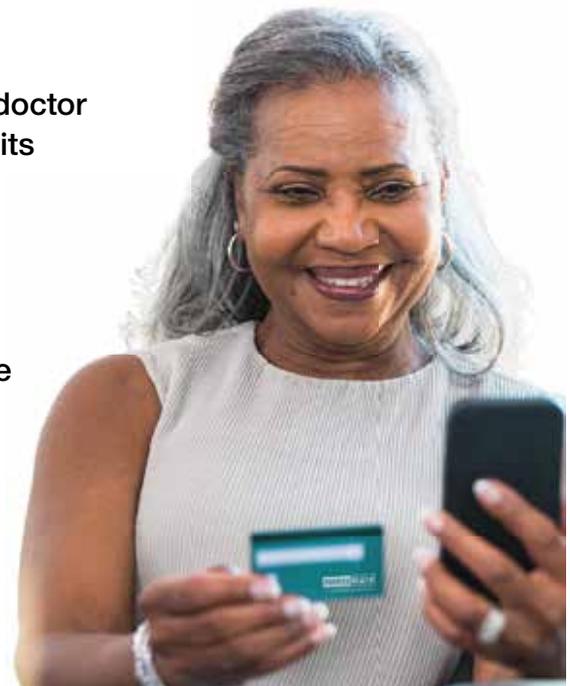
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Vacation With the Stars

By Victor Block

Four people walk into a tavern: Oprah Winfrey, Owen Wilson, Britney Spears – and you. If this sounds far-fetched, it could be true – IF you are vacationing on Maui.

That Hawaiian island is among destinations that attract Hollywood A-listers and other famous people when they're seeking some R and R. Whether you're a star-struck movie fan or a lucky traveler, it's possible to cross paths with the rich and famous at destinations that range from likely to less anticipated.

Stretches of golden sand beaches and graceful waterfalls are among touches of Mother Nature that attract travelers to Maui. Active pursuits include hiking and mountain biking, surfing and snorkeling, fishing and finding other favorite pastimes among a long list.

It's not clear how many of these interests appeal to Oprah, Owen and Britney. What is known is that they're among celebrities who have spent downtime on the island. Others include Kate Hudson, Ben Affleck and Selena Gomez.

Other views, and vibes, greet visitors to **Miami Beach**, and Jennifer Lopez and members of the Kardashian clan have been spotted checking out what it has to offer. They usually focus their attention on South Beach and the eclectic list of appeals there.

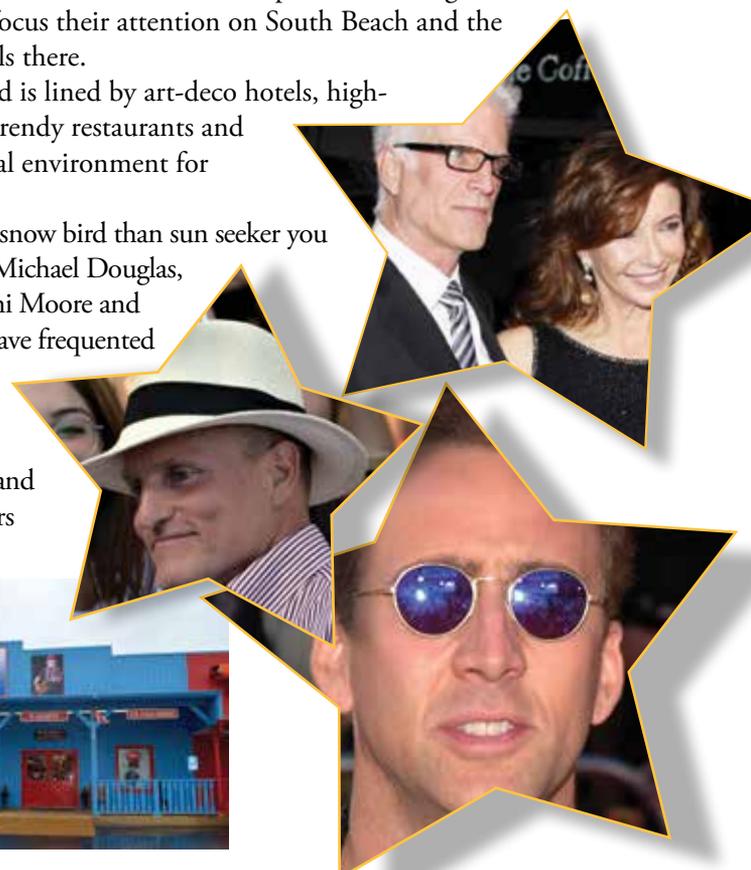
The sparkling sand is lined by art-deco hotels, high-end boutiques and trendy restaurants and bars. This is a natural environment for people-watching

If you're more of a snow bird than sun seeker you might prefer to join Michael Douglas, Jack Nicholson, Demi Moore and Mariah Carey who have frequented **Aspen, Colorado**.

Along with breathtaking slopes that challenge skiers and snowboarders, it offers



Nashville



other activities including mountain hiking, biking, whitewater rafting, boating and climbing.

Some familiar faces seeking an escape from the exclusive luxury ambience of Aspen opt for Sun Valley, Idaho. It became the first destination ski resort in the United States when it opened in 1936 and continues to appeal to a swanky clientele who prefer its more laid-back atmosphere. Among those for whom that has appeal are Tom Hanks, Harrison Ford and Richard Dreyfuss.

Wagering replaces outdoor winter activities in Las Vegas, Nevada. Much of the action in that city of lights and night-life, games of chance and glittering entertainment takes place indoors. Savvy savers who stay away from the lure of cards and dice can enjoy a variety of vacation activities without blowing their bank account. It's not known if that applies to Taylor Swift, Miley Cyrus and Gwen Stefani, who are among entertainers who have been spotted along The Strip.

Night life also gets top billing in New Orleans, Louisiana. That's only natural for a city nicknamed the Big Easy and Birthplace of Jazz. While fun and frivolity are abundant there, it also offers fascinating history, a rich cultural mélange, and an A (Art) to Z (zoo) list of things to see and do. That inviting choice is among reasons why Sandra Bullock, Nicolas Cage and Brad Pitt purchased homes there, and Beyonce, Serena Williams and Harry Connick, Jr. are among celebs who have visited.

While New Orleans may be where jazz music was born, Nashville, Tennessee is known as the Birthplace of Country Music. No wonder Carrie Underwood, Keith Urban and Blake Shelton own homes there. A number of now-famous singers got their start warbling tunes at the Bluebird Café, and other celebrity hang-outs include The Pancake Pantry and Capitol Grille.

Some stars who prefer New England set their sights on Cape Cod, Massachusetts, a maritime magnet for seafarers since Norse voyagers showed up around 1000 AD. It became a summer haven for city dwellers beginning around the end of the 19th century, and more recently for Meg Ryan, Reese Witherspoon and Jake Gyllenhaal.

As long as he's in Cape Cod, Jake Gyllenhaal has been known to make the short trip to nearby Martha's Vineyard. That island, believed to have been named for a relative of an English explorer who traveled there in 1602, is a popular, affluent summer colony.

Today's visitors stroll through its quaint towns, enjoy inviting beaches and check out the five lighthouses that have marked its shoreline since "the Vineyard"

was a fishing and whaling hub in the 1800s. They may recognize singer-songwriter Carly Simon or actors Ted Danson and Mary Steenburgen, who have houses there, or President Barack Obama who has been known to drop by.



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Adrienne Barbeau: From Musicals to Monsters

Before “Grease,” the hit 1978 movie, there was “Grease” the musical theater production first performed in Chicago in 1971 before moving to Broadway a year later for over 3,000 performances.

Adrienne Barbeau, who played Rizzo during the first five months of the show’s run, helped commemorate the 50th anniversary of the production as a co-editor of the 2022 book: “Grease, Tell Me More, Tell Me More – Stories from the Broadway Phenomenon That Started It All.” It features personal anecdotes from the Broadway cast and crew.

“It stemmed from a Zoom meeting that the original cast had when the pandemic first shut everything down,” recalled Barbeau from her home in Los Angeles. “The stories everybody told were just so delightful and touching and funny and most of them all new to me because I left the show early on.”

Barbeau and two others involved in the production began assembling the stories.

“We sent out a questionnaire to over 100 actors, musicians, and crew members who had been involved in the

show asking them to write down their stories of working on the production,” said Barbeau. “We put it all together in a terrific tribute to the show.”

Despite her strong connection to “Grease” which opened on Valentine’s Day, 1972, to this day Barbeau still has not watched the popular 1978 movie version which has many differences, including some of the music, from the original play.

“I happened to hear one of the songs from the movie a long time back, which was one of my songs,” she recalled. “It was lovely what they had done with it, but it just was not what we had done. So, I decided never to watch the film so I could keep the memory of our show and not cloud it with another version.”

Though her career began in musical theater, Barbeau left “Grease” to co-star in the TV comedy “Maude” throughout the 70s. But in the early 80s, the actress starred in several horror/sci-fi films (“Swamp Thing,” “The Fog,” “Escape from New York,” “Creepshow”) forever cementing her movie status as a horror sex symbol (see www.abarbeau.com).

“I started out in musical theater and comedy, and the transition to more



dramatic roles was never by design,” Barbeau explained. “It’s just that somebody offered me something I wanted to do or needed to do to pay bills. I ended up playing strong women who were not victims and they were often interesting and challenging roles.”

“People always say, oh you were a sex symbol,” she adds. “But I like to remind them my first love scene in film was with a swamp monster!”

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.



*Above: Adrienne Barbeau and the creature in **Swamp Thing** (Embassy Pictures)*

*Left: A scene from the original New York production of **Grease**, Adrienne Barbeau in center (provided by book publisher)*



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Valentine's Day Advice

Lovers beware. Forgetting your sweetheart on February 14 may invoke a tsunami of fury that makes the 1929 Chicago Valentine's Day Massacre look like a church picnic.

And even if you do remember to buy a gift, choose judiciously. I once alerted a girlfriend she would be receiving a special bunch of 'flowers' for Valentine's Day. Yes, in my attempt at romantic humor, I surprised her with bags of all-purpose, whole wheat, and self-rising flours – which, I hasten to add, were all lovingly hand-picked by me from the shelves of our local high-end supermarket. Nevertheless, I quickly learned how easily a flour bag ruptures when hurled across a room.

Obviously, real flowers as well as candy or perfume are traditional Valentine's Day gifts for ladies. However, in today's nervous health-conscious society, personal protection apparel might be acceptable practical gifts, too. This was not the case in my youth. Once upon a pre-viral time, giving your beloved even a designer face mask and suggesting she wear it on a public date might have landed you in the ER faster than you could say "and here's some rubber gloves, too."

Even if you don't buy a gift, be sure

to remember a Valentine's Day card and – very importantly – after receiving yours, keep it on prominent display for at least a week. Otherwise, the source of those love arrows may quickly shift from Cupid to Robin Hood.

Cards, of course, are a convenient way to send a message on that special day, although not always a welcome one.

I remember early one February, many years ago, baking a 'make-up' apple and rhubarb pie and leaving it on the doorstep of a girlfriend during our short and sometimes turbulent relationship. A hand-made Valentine's Day card later arrived on the 14th in the mail. I wish it had read: "Roses are red, violets are blue. Your cooking rocks, and so do you" followed by "Good pie!" In reality, the words were not quite so encouraging: "Roses are red, violets are blue. Your cooking sucks, and so do you Goodbye!"

As for the origins of Valentine's Day, no, it was not created by a greeting card company CEO named Val N. Tyne. According to history.com, it's traced to several early Christian martyrs named Saint Valentine. Most came to a rather gruesome end, all presumably failing to present their sweethearts with gifts. That always bears remembering.



The same source also explains that the actual connection of romance to Valentine's Day is usually credited to medieval English writer Chaucer. In "Parliament of Fowles," the poet refers to the mid-February day as a time when birds (and presumably other creatures including humans) look for a mate: "For this was sent on Seynt Valentyne's day, Whan every foul cometh ther to choose his mate" (old Geoff was a terrible speller).

However, I recommend you approach the topic of mating in any February 14 conversation with caution, especially if it's a first date.

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

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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

What is a "floater" and can they be treated?

A floater is debris in the vitreous fluid behind your lens. Vitreous is a clear fluid that allows light to pass all the way from your lens to your retina. Everyone has a little debris in the vitreous that floats around. When this debris passes through light it casts a shadow onto your retina and you see that as a floater. Some floaters are black dots, some look like strings and others can look like clouds that float across your vision. If we can see the floaters in the vitreous fluid and they are not too close to your retina, we can use a laser to break them up so you don't see them as much.



Chris Shelby, MD
WK Eye Institute
7607 Youree Dr.
Shreveport, LA 71105
(318) 212-3937
See our ad on page 34.

Is Osteoarthritis (OA) hereditary?

OA does have a genetic predisposition. Common forms of OA of the hands has a familial component. Obesity is a modifiable risk factor for bilateral (both) knee OA and weight loss will reduce the risk of OA in the knee. Obesity, surprisingly, does not show an increased risk of hip OA, but does show increased risk of hand OA. Whether adipose tissue releases OA-causing growth factors or hormones is not known at present, but what is known is that weight loss does have an identifiable improvement in OA of the knee.



John J. Ferrell, M.D.
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What are the advantages of home care?

Research shows that elderly adults recover faster, with fewer complications at home than in a hospital. Being at home allows older adults to stick to their routines in familiar surroundings and maintain a sense of normalcy in their lives. By managing their health conditions at home, elderly adults may be able to avoid unnecessary hospital visits. Home care allows seniors and their families to enjoy their time together, knowing that the senior is well cared for.

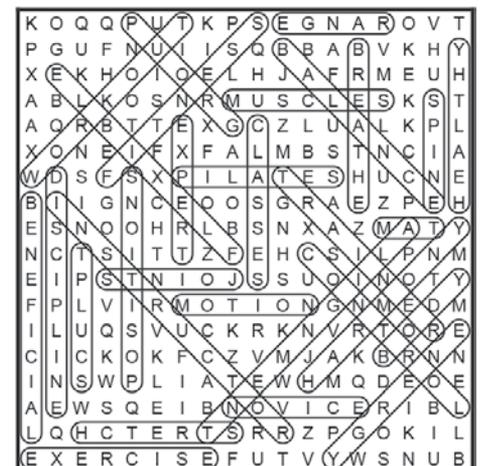
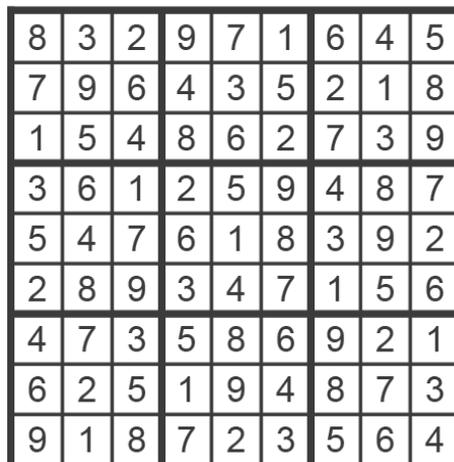


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There are many other advantages to home care as well, including:

- Peace of mind knowing that you or your loved one is receiving the best care available
- Personalized one-to-one care
- Caregivers who encourage independence and foster a sense of self-worth
- Companionship and engagement for older adults

PUZZLE answers (from pages 34 - 35)



Party-Worthy Wine Pairings Perfect for Easy Entertaining

FAMILY FEATURES

Red or white, sweet or dry, wine lovers are often entertainers at heart. The next time you find a wine party on your schedule, consider these simple yet delicious recommendations from sommelier and founder of “The Lush Life,” Sarah Tracey, who partnered with Fresh Cravings to create “Dips and Sips.” Aimed at reinventing wine and cheese parties, the movement focuses on simplistic recipes, easy dip pairings and suggested wines. Find more recipe and pairing ideas perfect for enhancing your next party at FreshCravings.com.

Hummus-Stuffed Mushrooms

Total time: 15 minutes; Servings: 6

Nonstick olive oil spray

16 ounces cremini mushrooms, stems removed and gills scooped out
salt, to taste

pepper, to taste

1 container Classic Hummus

1 jar manzanilla olives stuffed with pimientos, cut in half

1 jar roasted red pepper strips

Oregon Pinot Noir

Preheat oven to 375° F. Prepare sheet pan with nonstick olive oil spray.

Place mushroom caps on sheet pan, spray with olive oil and season with salt and pepper, to taste.

Roast 7-8 minutes then let mushrooms cool to room temperature.

Fill each mushroom cap with hummus and top each with one olive slice.

Thinly slice roasted red pepper strips and arrange around olive slices.

Pair with lighter bodied pinot noir with cherry tones from Oregon.



Cheesy Tortilla Cutouts with Salsa

Total time: 20 minutes; Servings: 6

Nonstick cooking spray

6 large flour tortillas

16 ounces pepper jack cheese, grated

1 can (4 ounces) green chiles, drained

1 bunch fresh cilantro, finely chopped

1 container Restaurant Style Salsa,

Medium

New Zealand Sauvignon Blanc

Preheat oven to 350 F. Prepare sheet pan with nonstick cooking spray.

Place large flour tortilla on sheet pan. Top with handful of grated cheese.

Sprinkle chiles on top of cheese layer. Add chopped cilantro. Sprinkle with additional cheese.

Top with another tortilla. Bake until cheese is melted, about 10 minutes. Work in batches to make three sets of cheese-filled tortillas.

Cut out desired shapes with cookie cutters.



Polenta Rounds with Pico de Gallo Salsa and Crab

Servings: 6

1 tube (16 ounces) prepared polenta	crabmeat
nonstick cooking spray	1 container Pico de Gallo Salsa, Mild
salt, to taste	1 bunch fresh mint, finely chopped
8 ounces jumbo lump	Mateus Rosé

Heat oven to 400° F.

Slice polenta into ¼-inch thick rounds. Arrange on baking sheet sprayed with nonstick cooking spray and bake 20-25 minutes until golden brown and crispy. Sprinkle with salt, to taste, and let cool.

Combine jumbo lump crabmeat with salsa.

Top each polenta round with crab salsa mixture.

Garnish with finely chopped fresh mint and pair with vibrant, fruity rosé.

Spiced Butternut Squash Naan Flatbreads

Time: 25 minutes; Servings: 6

1½ pounds butternut squash	pepper, to taste
2 tablespoons olive oil	1 container Roasted Garlic Hummus
1 tablespoon maple syrup	1 package mini naan dippers
½ teaspoon cumin	1 bunch fresh rosemary, minced
½ teaspoon chili powder	La Vieille Ferme Rosé
salt, to taste	

Preheat oven to 425° F.

Chop butternut squash into ½-inch chunks.

Toss squash with olive oil, maple syrup, cumin and chili powder.

Spread on sheet pan, sprinkle with salt and pepper, to taste, and roast until tender, about 20 minutes.

Spread hummus on naan dippers and top each with squash and fresh rosemary.



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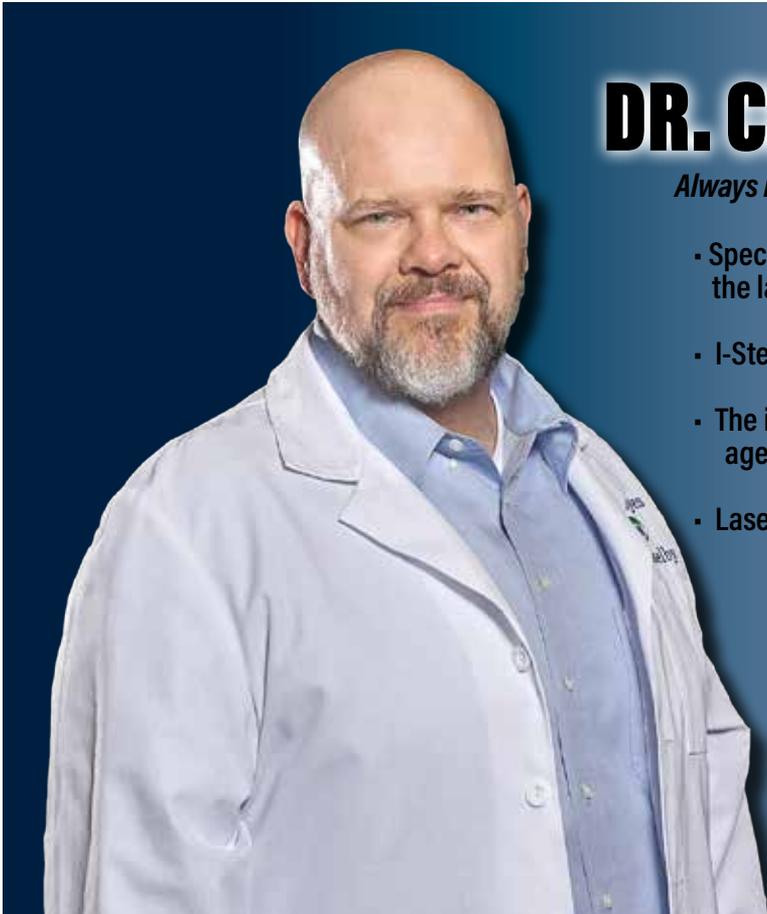
WORD SEARCH

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

Pilates

- | | |
|------------|------------|
| ALIGNMENT | HEALTHY |
| BALANCE | INSTRUCTOR |
| BENEFICIAL | JOINTS |
| BODY | MAT |
| BREATHE | MOTION |
| CLASSES | MUSCLES |
| CONTROL | NOVICE |
| DISCIPLINE | PILATES |
| ENERGY | POSITIONS |
| EXERCISE | RANGE |
| EXPERT | SCULPT |
| FITNESS | SPINE |
| FLEXIBLE | STRETCH |
| GROUP | TRAINER |
| HARMONY | WORKOUT |

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

Across

- 1 "Ta-ta!"
- 5 As well
- 8 Expires
- 12 Open, in a way
- 14 Tough test
- 15 Certain tide
- 16 Blunder
- 17 Jail
- 18 Tibetan monk
- 19 Collector's goal
- 20 Skedaddled
- 22 Watered-silk materials
- 24 Reduced a sail
- 26 Creative work
- 27 Brewed drink
- 28 A state of conflict
- 32 Basilica part
- 34 Juicy fruit
- 35 Blast maker
- 36 Foul mood
- 37 Businessman (slang)
- 38 Kind of support
- 39 Beehive State native
- 40 Stuff to the gills
- 41 Main Web page
- 42 Sheets and pillowcases
- 44 Evergreen
- 45 Encourage
- 46 Vague idea
- 49 Rub elbows
- 52 Disease cause
- 53 Microwave
- 55 Awestruck
- 56 Surefooted goat
- 58 Came to
- 60 Yield
- 61 Litter's littlest
- 62 Fair-sized musical group
- 63 Custodian's collection
- 64 Coloring material
- 65 Joins

Down

- 1 Swear
- 2 Word with ear or peace
- 3 Diminish
- 4 Buffoon
- 5 Walked (on)
- 6 Common deciduous tree
- 7 Athletic competitions
- 8 Sign up
- 9 Close
- 10 Notre ____
- 11 Watering holes
- 13 Fluff up
- 14 Newspaper's ____ page
- 21 Filmmaker Spike
- 23 Cry of pain
- 25 Toward sunrise
- 26 Speak from a soapbox
- 28 Pretend
- 29 Tabloid twosome
- 30 A single time
- 31 Advanced degree?
- 32 Chip in
- 33 ____ Piper
- 34 Thick soup
- 36 Stand in
- 37 Warbler
- 38 Actress Spelling
- 40 Copter's forerunner
- 41 Gun for hire
- 43 Thrusts
- 44 On behalf of
- 46 Call in a bakery
- 47 Kind of layer
- 48 Au naturel
- 49 Mediocre writer
- 50 S-shaped molding
- 51 Torso
- 52 It may be dominant
- 54 Vets' concerns
- 57 Purchase
- 59 "Awesome!"

1	2	3	4				5	6	7		8	9	10	11
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16						17					18			
19				20	21				22	23				
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55					56	57				58	59			
60					61					62				
63					64						65			

SUDOKU

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

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

SAVE the *Date*



CADDO COUNCIL ON AGING

■ Presentations

CCOA will be offering the following on **Thursdays at 10 a.m.** in February. All programs are presented at Caddo Council on Aging/Valencia Community Center, 1800 Viking Drive, Shreveport. For additional information call 318.676-7900. **FREE.**

- **February 2** - A Taste of Mardi Gras & The Krewe of Elders
- **February 9** - Exploring CenterWell Primary Care by Elle Watson & Misty Armstrong
- **February 16** - COVID – 19, What to Know About the Latest Updates” by

LaTausha Eddings

- **February 23** - A Safety Plan, YWCA, by Debra Hildreth

CONCERTS

■ Dvořák and Bruch

Presented by the Shreveport Symphony. **Saturday, March 4 at 7:30 p.m.** at Shreveport Riverview Theatre, 600 Clyde Fant Parkway in downtown Shreveport. Renowned violinist William Hagen returns to Shreveport to perform Bruch's beautiful *Scottish Fantasy*, followed by **Dvořák's Symphony No. 8**. Tickets are \$20 - \$63. Call 318-227-TUNE (8863) or visit www.shreveportsymphony.com.

■ The Texas Tenors

Presented at the Strand Theatre, 619 Louisiana, Shreveport on **February 4 at 8 p.m.** The Texas Tenors are the third highest selling artist in the history of America's Got Talent! Recently, they were honored to be included among the top 50 acts in the world. Tickets: \$57, \$49, \$39, \$30 (student). Visit www.thestrandtheatre.com or call 318-226-8555.

MARDI GRAS

■ Krewe of Centaur Parade

The Krewe of Centaur Mardi Gras Parade will begin at the corner of Lake St. and Clyde Fant Parkway in downtown Shreveport on **Saturday, February 11 at 3 p.m.** The parade will travel south on Clyde Fant Parkway to Shreveport Barksdale highway. From there the parade continues west until it makes a left at East Kings Highway, ending at East Preston St. For more info

visit www.kreweofcentaur.org. **FREE.**

■ Krewe of Gemini Parade

The Krewe of Gemini Parade will be held in Shreveport, starting at the intersection of Clyde Fant Parkway and Lake Street on **Saturday, February 18 at 3 p.m.** The parade will travel south on Clyde Fant Parkway to Shreveport Barksdale highway. From there the parade continues west until it makes a left at East Kings Highway, ending at East Preston Street. For more information visit www.kreweofgemini.com **FREE.**

■ Krewe of Highland Parade

The Krewe of Gemini Parade will be held on **Sunday, February 19 at 1 p.m.** The parade rolls through the historic Highland neighborhood, beginning at Gilbert and Ockley Drives in Shreveport. For more info visit www.kreweofhighland.org. **FREE.**

■ Mardi Gras Party

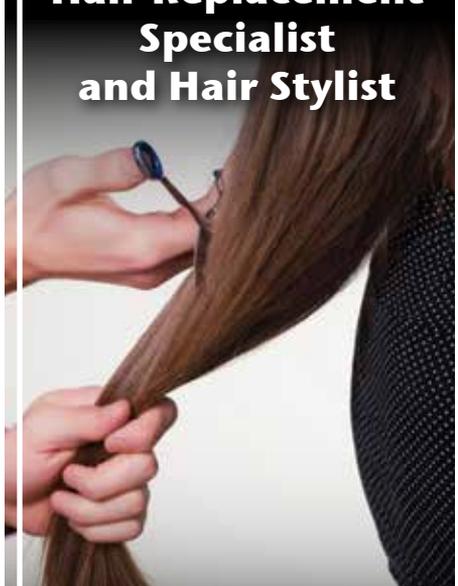
Bossier Council's on Aging Mardi Gras Party will be held at 706 Bearkat Dr. in Bossier City on **February 21 at 9:30 a.m.** Food, drinks, and costumes. Call Cheryl to RSVP at 318-741-8302.

MOVIES

■ Movies for Grownups

AARP Louisiana will host the movie “I Wanna Dance with Somebody” as part of Movies for Grownups on **Wednesday,**

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February 22nd at 10 am at the Regal Louisiana Boardwalk Theatre, 2 River Colony Drive in Bossier City. This film concerns Whitney Houston rise from obscurity to international fame in the 1980s to become one of the greatest singers of her generation. This film screening will be offered **FREE**, but registration is required and seating is first-come first served. Information about registration will be posted in early February at www.aarp.org/LA.

■ **"Roman Holiday"**

February 21 at 10:30 a.m. Robinson Film Center, 617 Texas Street in downtown Shreveport presents a Silver Screening of "Roman Holiday". This 1953 American romantic comedy film stars Audrey Hepburn as a princess out to see Rome on her own and Gregory Peck as a reporter. Silver Screenings feature a matinee and luncheon for senior citizens showcasing a classic film. RFC presents the series on the third Tuesday of each month. The 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. For info or tickets, visit www.robinsonfilmcenter.org or call call (318) 459-4122.

SEMINAR/WORKSHOP

■ **First Wednesday Alzheimer's/ Dementia Caregiver Workshops**

Monthly educational mini workshops for caregivers of those with Alzheimer's and dementia. Presented by The Bridge Alzheimer's & Dementia Resource Center at 851 Olive St., Shreveport on **Wednesdays at 11 a.m.** Supervised activities for your loved one with dementia are available during these workshops. For more information visit www.alzbridge.org or call 318-656-4800. **FREE.**

- **Wed. February 1** - Johnett Watterman, LCSW, "Let's Talk About It-Home Health and Hospice"

- **Wed. March 1** - Becky Homminga, RN, "Fun At-Home Activities to En-

lighten Your Day"

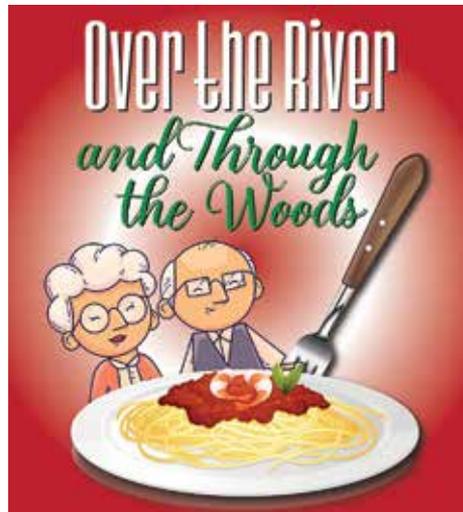
- **Wed. April 5** - Jeff Overdyke, MD, Retired from Geriatric Psychiatry, "House Calls with Dr. Jeff Overdyke: What Can Your Doctor Help You with In Your Alzheimer's Journey"



■ **Welcome to Medicare Seminar**

Turning 65 Soon? What you need to know about Medicare at Shreve Memorial Library Atkins Branch, 3707 Greenwood Road, Shreveport on **Tuesday February 21, 5:30 - 6:30 p.m.** Call Caddo Council on Aging 318.676.7900 for more information. **FREE.**

THEATRE



■ **"Over the River and Through the Woods"**

February 23, 24, 25, March 3, 4, at 7:30 p.m. and February 26, March 5 at 2 p.m. at the Shreveport Little Theatre, 812 Margaret Place, Shreveport. When Nick announces he is moving to Seattle, his four Italian-American grandparents quickly concoct a series of hilarious schemes to keep Nick from moving.. Tickets are \$23 - \$25. For tickets please visit www.shreveportlittletheatre.com or call 318-424-4439.

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FRIDAY, NOV. 18, 2022 – 7:00 P.M.

A Christmas Carol
THURSDAY, DEC. 1, 2022 – 7:00 P.M.

My Fair Lady
THURSDAY, DEC. 8, 2022 – 8:00 P.M.

2023

The Texas Tenors Celebrate Broadway and America
SATURDAY, FEB. 4, 2023 – 8:00 P.M.

Chicago the Musical
SUNDAY, MARCH 19, 2023 – 8:00 P.M.

Music City Hit-Makers
SUNDAY, APRIL 23, 2023 – 8:00 P.M.

The Black Jacket Symphony Presents The Dark Side of the Moon
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RiverView Theater

Kermit Poling, conductor

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Parting Shots

BIRTHDAY CELEBRATION

A surprise 70th birthday celebration was held for Former Mayor of Cullen Bobby Washington at the Evergreen Center in Shreveport.



Jerry Welch with Gwen and Bobby Washington

RED HAT CHRISTMAS

Red Hat Society Divas held their Christmas party at the home of Nan Edwards



(front row, l to r) Judy Doty, Syble Fritz, Ruth Taffi; (back row) Queen Ginny Bates, Santa, Betty Prince, Jayne Conrad, Gail Quinn, Nan Edwards & Claudia Beene

SILVER SCREENINGS -

Over 100 people attended the Silver Screening of the classic movie "The African Queen", followed by a delicious buffet lunch at the Robinson Film Center on Tuesday, January 17.



Sue Baker, Barbara Conly, and Earnestine Williams



Anne Evers, Phyllis Guler, Barbara R. MacRoberts, and Hilda Holder



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