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March 2021

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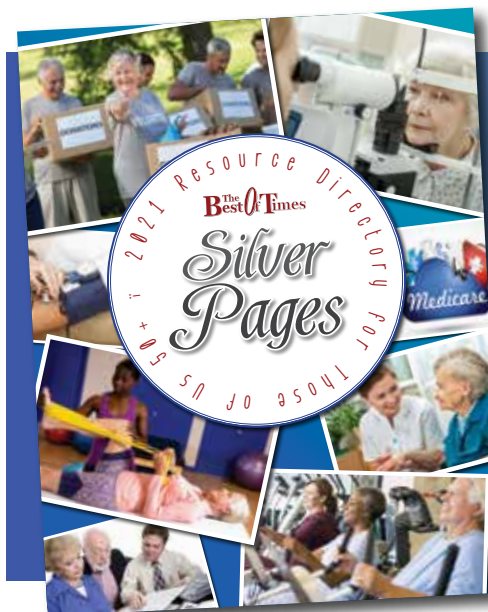
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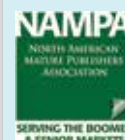
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# Stat!

## Medical News & Info

### Covid Lockdown Loneliness Linked to More Depressive Symptoms



Loneliness in adults aged 50 and over during the COVID-19 lockdown was linked to worsening depressive and other mental health symptoms, according to a large-scale study. Loneliness emerged as a key factor linked to worsening symptoms of depression and anxiety in a study of people aged 50 or over led by the University of Exeter and King's College London. They also found that a decrease in physical activity since the start of the pandemic was associated with worsening symptoms of depression and anxiety. Other factors included being female and being retired. The study found that before the pandemic, lonely people would report an average of two symptoms of depression for at least several days over the previous two weeks. During lockdown, lonely people reported either an increase in frequency of depressive symptoms, to more than half the days in the two week period, or a new symptom for at least several days in that time-frame. In people who were not lonely, levels of depressive symptoms were unaffected.



### Instant Death From Heart Attack More Common in People Who Do Not Exercise

An active lifestyle is linked with a lower chance of dying immediately from a heart attack, according to a study published in the *European Journal of Preventive Cardiology*. The beneficial impact of physical activity in stopping heart disease and sudden death on a population level is well documented. This study focused on the effect of an active versus sedentary lifestyle on the immediate course of a heart attack - an area with little information. The study included a total of 28,140 individuals. Overall, a higher level of physical activity was associated with a lower risk of instant and 28-day fatal heart attack. Patients who had engaged in moderate and high levels of leisure-time physical activity had a 33% and 45% lower risk of instant death compared to sedentary individuals. At 28 days these numbers were 36% and 28%, respectively. Guidelines recommend that healthy adults of all ages perform at least 150 minutes a week of moderate intensity or 75 minutes a week of vigorous intensity aerobic physical activity.



### 'Aging Well' Greatly Affected by Hopes and Fears for Later Life

If you believe you are capable of becoming the healthy, engaged person you want to be in old age, you are much more likely to experience that outcome, a recent Oregon State University study shows. Researchers noted that how we think about who we're going to be in old age is very predictive of exactly how we will be. Previous studies on aging have found that how people thought about themselves at age 50 predicted a wide range of future health outcomes up to 40 years later — cardiovascular events, memory, balance, will to live, hospitalizations; even mortality.



## Bleeding Gums May be a Sign You Need More Vitamin C in Your Diet

Current advice from the American Dental Association tells you that if your gums bleed, make sure you are brushing and flossing twice a day because it could be a sign of gingivitis, an early stage of periodontal disease. And that might be true. So if you are concerned, see your dentist. However, a new University of Washington study suggests you should also check your intake of vitamin C. The results showed that bleeding of the gums on gentle probing, or gingival bleeding tendency, and also bleeding in the eye, or retinal hemorrhaging, were associated with low vitamin C levels in the bloodstream. And, the researchers found that increasing daily intake of vitamin C in those people with low vitamin C plasma levels helped to reverse these bleeding issues.



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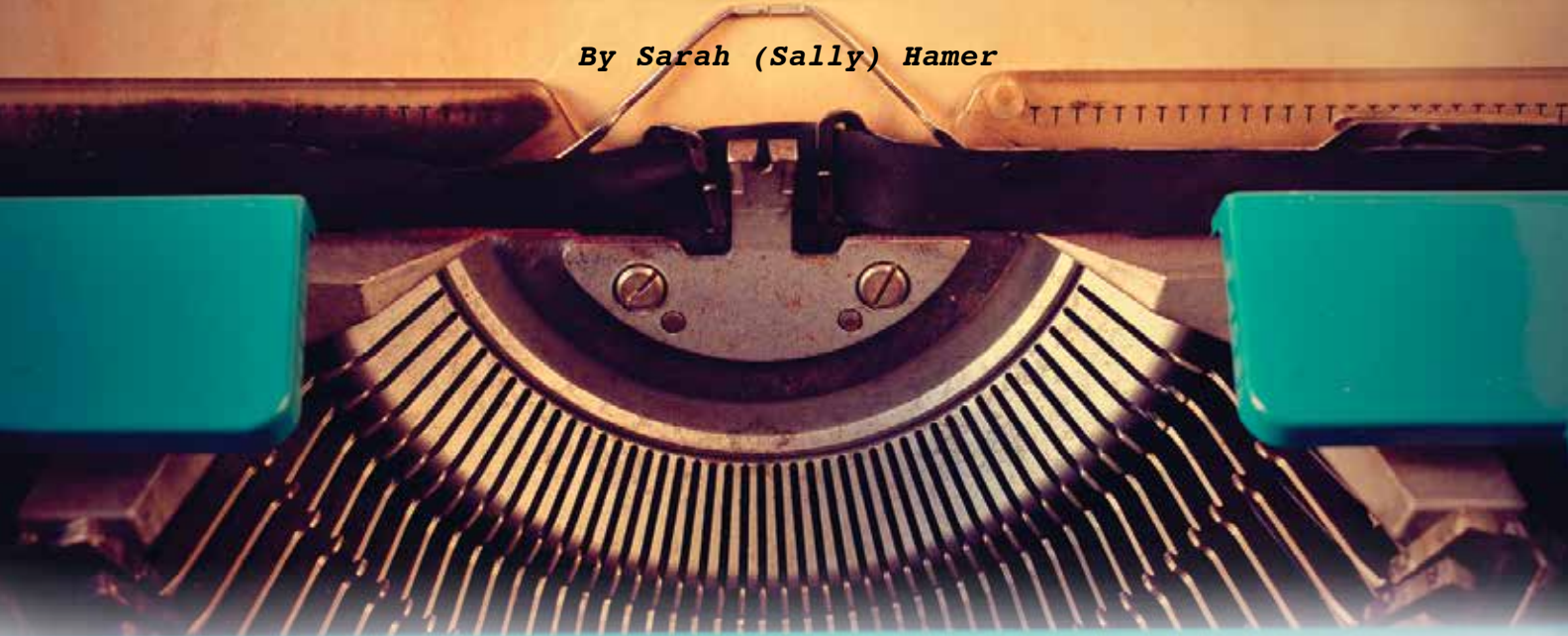
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# Do You Want to Publish a Book? *Here's How!*

By Sarah (Sally) Hamer



**D**o you want to publish a book? Times are changing, as Bob Dylan famously sang. In long years past, most people sold the rights to their books to a commercial publisher, who paid them royalties on each book sold. This still is the way many books are produced throughout the world.

But a growing number of people publish their own books instead. I met a man years ago at a library in Shreveport who carried the books he'd had printed around in a briefcase, selling them to anyone who was willing to buy. It was my first experience with "indie publishing" but not my last.

Today, independent publishing – also known as self-publishing and "vanity" press – is a booming business, with millions of people sticking their toes into the water and a select few doing very well in the process. "Indie publishing isn't

for everyone," as local author Liz Talley, explains. Multi-published with two major traditional publishers, she's recently decided to self-publish because, "It is a viable option for authors, especially ones who have a non-traditional book, something that doesn't fit into the standard guidelines of most publishing houses."

Traditional publishers, such as Penguin Random House, Hachette Livre, HarperCollins, Macmillan Publishers, and Simon & Schuster, also known as The Big Five, purchase the right to publish an author's manuscript. These companies control every aspect

of publishing. They pay the author in the form of royalties, which usually is a percentage of the cover price of each book sold. The author has limited input as to how the book will look, where it will be sold, and the royalty percentage. The advantages to publishing through The Big Five or any of their multiple subsidiaries is that there are few decisions for the writer to make and all costs are covered by the publisher.

Talley's opinion is that "pursuing a publishing contract is no walk in the park. The field is crowded, agents are picky, and an author has to know the



market and what publishers are pursuing. Publishers are increasingly interested in established authors and manuscripts that don't need extensive editing. It's essentially like buying a lottery ticket and praying...a lot."

Indie publishing probably involves some praying too. But one of the great advantages according to Phylis Caskey, a local author who has published her own book, is that "the author maintains control over the novel, from font to cover." This includes taking on all costs of publication as well as making choices on:

**Subject of the book** – some stories don't "fit" within the rigid guidelines of traditional publishing. For instance, the preponderance of romances are published by either Harlequin or Silhouette, both under the umbrella of HarperCollins. They are very specific about which stories they will publish and many writers with more unique books choose to go with indie publishing to get their books into print.

**Length of book** – Indie publishing allows for both shorter and longer stories, an option that may not be available in the more traditional venue, since books that don't conform with length guidelines can cost more per book to print. For instance, books of under 25,000 or over 100,000 words are not always considered, especially if the author is unknown. Indie authors can make their books almost any length they choose.

**Print run** – Traditional publishers decide how many of each book will be printed, anywhere from less than five thousand for a niche book all the way to millions for an autobiography of a major political figure or celebrity. Of course, they only print what they think will sell and, if they underestimate, they can always print more. These books are usually warehoused and, when a bookstore chain (usually through a wholesaler) orders, they are shipped.

Instead, indie books are normally printed as they are ordered through a Print on Demand (POD) process. For instance, if you purchase a single book from Amazon, they don't pull it from a shelf. It will be printed at the time of the order and shipped to you. This saves publishers of any kind a lot of money, since they don't have unsold books sitting around.

**Distribution** – One of the major advantages of traditional publishing is that the market has already been established. Publishers work with book stores through a wholesale house, and can distribute books across the world. Indie authors must find their own distribution channels, since most major book stores won't stock their books. However, this situation allows a lot of leeway, in that an author can place books in areas a more traditional publisher cannot.



**Marketing** – Years ago, a traditional publishing house did all of the marketing and promotion. They still do for celebrity authors. But now, even an established author needs a platform of social media and fans to attract many of The Big Five. Caskey suggests that “with Indie publishing the author does all the work but reaps all the benefits, gaining a larger piece of the pie. There is no sharing with an agent or publisher,” for work a writer would be expected to perform.

**Editing, price, book size, cover art** – these are under the control of the indie author, who makes the choices as to how much a book will cost, and how the cover will look. A traditional publisher allows little to no input by the author.

**Does this seem overwhelming? It can be. Basically, indie publishing requires that a writer become a business person, with all of the skills needed to make that happen.**



Another choice is a hybrid between the two, where the author has more control than with a traditional publisher but someone else takes care of the details. Publication packages are offered by multiple companies, even some of the larger traditional houses, at varying costs. It's still considered indie publishing and the author will still be responsible for many of the choices. Amazon KDP, Lulu, Barnes & Noble Press, and Smashwords are a few of the many companies who bundle services and allow a writer to let someone else do the editing, cover art, formatting, and promotion. But it's like ordering an a la carte meal. Each item has a cost and, if you're not careful, you can be eating much more than you planned.

I also want to add a caveat: “Writer Beware!” There are lots of people out there who are very willing to separate you from a large amount of your money and they play on the desire writers have to be published. Do your research. Find a reputable business who produces a great product. Ask lots of questions. Read the fine print. And go into the process like you would when selling any type of product, not just a book.



If you do decide to go the indie route, Talley recommends you ask yourself a few questions. “What is your reason for publishing? What are your goals for the book? How much control do you want over your story?” In fact, she says, “The decision to pursue a publishing contract or embark on an indie publishing career isn't one to make lightly, yet an author isn't locked in. They can do both, which many mid-tiered authors do. Many have found a balance between writing for a publisher and publishing their own stories, controlling the direction of their own destiny.”

The good news is that writing is rewarding, and the people you meet on the journey worthwhile. And, as Talley admits, “nothing says ‘I did it!’ like holding something you've written and thumbing through it.”

Ultimately, while indie publishing may never make traditional publishing obsolete, it certainly is a choice any writer can benefit from.



Many thanks to Liz Talley, whose new women's fiction book, *Adulting*, will be available on April 1st, and to Phylis Caskey, whose book, *Skinny Dipping in Cane River*, is available now on Amazon.

Sarah (Sally) Hamer is a teacher of memoir, beginning and advanced creative fiction writing, and screenwriting at Louisiana State University in Shreveport. She is also a book coach, with many of her students and critique partners becoming successful, award-winning authors. You can find her at [sallyhamer.blogspot.com](http://sallyhamer.blogspot.com).

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## Body, Don't Fail Me Now

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One year ago I was told I have congestive heart failure (CHF) and should not do any activity that raises my heart rate over 100 including vacuuming and exercising. I left with the feeling that heart failure was only minutes away, and I needed to walk slowly and softly for the rest of my short life. I had a finger monitor that kept track of my heart rate, and it was hard to believe that the same heart that had served me well through premature births, five grandchildren, river rafting and the cancer and death of my beloved husband would fail me now. Deciding I didn't want to sit around waiting for my heart to peter out and needing proof that my life wasn't totally over, I promptly went for a horseback ride in the Ozarks better suited to surer-footed mules, I decided, as we slid down rocky trails not for the faint of heart. When I survived that ride, I went with three of my grands to experience a 2,000 foot zip line across a deep canyon.

That was my first time to zip line. I got to noticing that I was the only person over 25 paying to strap themselves on a hook attached to a cord, whizzing across the canyon floor 350 feet deep. About the time I was thinking I ought to rethink this heart testing activity, the kid in charge strapped this big (in my case) diaper-like contraption between my legs and buckled it to a steel bar. I was concentrating on getting the diaper wedgies out of a critical area when he

told me to lean back and then he shoved me off the cliff. I remembered as I sped across the tree tops at jet speed that he'd said something about the more weight you have on you the faster you went. Immediately the thought processed through my freaked out mind that I really should have lost a few, or a lot, of pounds before getting on a zip line. I admit I really hadn't given much thought to the mechanics of zip-lining, but I assumed while I was shooting across the canyon that there was a brake to slow me down before I face planted into the rock wall at the other end of the zip line, but when I showed no signs of stopping or slowing I began making my peace with my Maker because I knew that in a direct confrontation with solid rock at the speed I was traveling, my body was going to be splattered all over that mountain.

It turns out that there is a big iron spring at the end of the zip-line that suddenly (emphasis on suddenly) catches right before up-close contact with solid rock. The landing was a shock to my body, a sudden, spine wrenching head-over-diapered-butt flipping shock to my whole system. It was later that I figured out why my grandkids all insisted on going before me ... so they could be there to watch me land. I kept waiting to drop dead since my wildly beating heart rate was way over 100, and when I didn't, I came away with a more positive attitude toward being diagnosed with CHF.

by Elaine Marze

**W**hen I was younger I took my body for granted; assuming it would breathe, move and function the way it was meant to do. But now that I'm in my late 60s ... I don't take anything for granted. Each morning I wake up is with the admonition, "Body, don't fail me now".

Two years ago I accompanied my daughter's family to our favorite ski slopes in Red River, New Mexico, altitude over 10,000 feet. First day there I had difficulty breathing so while the family were all skiing I was gasping for breath until the ambulance hauled me away to the hospital with an oxygen stat of 76 (not good). After spending the night in the emergency room on oxygen the doctor told me to get to a lower altitude immediately. I now consider



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We all know the outward changes our bodies go through but it was a revelation to find out that my insides aren't what they used to be either. My husband and I loved four-wheeling rough, tough terrains. I had my own four wheeler, and we bumped and humped down some really ragged trails and creek beds, the rougher the better. But, after diverticulitis, kidney stones and a herniated disc my innards object to a lot of jostling and bumping. It brings to mind the times I've driven over rough dirt roads with "older" people in my car and how they held their abdomens complaining about the roughness of the ride. Now I understand.

How many of us have said, "Boy, if I'd known then what I know now I'd have taken better care of my body"? Too late now except to entreat with prayer and supplication daily, "Body don't fail me now".

*Elaine Marze is a publisher, editor, public speaker, and author of several books, including "Widowhood", "Up from the Ashes" and "Hello, Darling".*

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## Backing Better Babies, Child Health Promoter Dr. Jake Bodenheimer

Many U.S. children and adults owe their good health to Shreveport doctor Jacob Mahne Bodenheimer. About a century ago, Jake founded an approach to children's health evaluation that is still in use today.

Children whose minds and bodies met the standards celebrated on the score cards were best readied to succeed when they entered school and prepared for productive lives. The cards recorded the child's age, height and weight, alertness and perception. Unfortunately the term eugenics later became associated with the "master race" cults.

Jake was one of three young Shreveporters who would collaborate for community good the rest of their lives. Jake, Elias Goldstein, and Arthur Abslem Herold graduated from Shreveport High to attend Louisiana State. Both Jake and Art graduated from Tulane Medical School and set up their practice in 1907. Herold was one of the North Louisiana Sanitarium founders, researching in diabetes, tuberculosis, and cancer treatment.

Goldstein is most often recognized for his work with innovative developer A.C. Steere. All members of B'nai Zion Temple, the threesome led city and parish charities.

Jake set up his office and residence in the Shreveport Sanitarium with office hours of 10 to 1 and 4 to 5. (*Shreveport Times*, June 7, 1906) Married to Lucille Levy that summer, he became the city bacteriologist, testing water and milk.

Jake may have had too much on his mind to be a truly careful driver. In 1910 he ran over Sam Ruggs' small son at



*Dr. Jacob Mahne Bodenheimer examining a baby for the Better Babies Contest at Louisiana State Fair. 1913.  
(Photo courtesy of NWLA Archives at LSUS)*

the head of Milam Street with his Model T (*Shreveport Journal*, September 28, 1910). Police Chief McCormick reported the accident was unavoidable and Jake announced the child was not badly hurt. The next year, he drove his windshield-less (apparently) car into a rope stretched across Marshall Street at the alley between Texas and Travis. Jake's glasses broke when the rope struck him and his sisters-in-law Henrietta and Matilde. Jake

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charged the telephone company with criminal negligence for insufficient warning. The newspaper credited Bodenheimer with keeping his vehicle under control and preventing a more serious accident.

As city bacteriologist, Jake dismayed residents by saying the community's water was safe to drink. It would not cause disease although it stank of fungus. He determined milk and cream from Hollywood Dairy was making people ill and needed to be kept cold between milking and distribution.

Shreveport's first baby show was the closing feature of the State Fair's flower show at the Cotton Exchange building, reported the October 30, 1908 *Shreveport Times*. Mary DeGarmo, wife of traveling salesman Frank B. DeGarmo and president of the Mothers Union, was the organizer. In 1909 the Baby Show occupied the Model Home, built the preceding year. The event took shape with six classes, with each top winner receiving a silver loving cup. (*Shreveport Times*, October 29, 1909)

By the fifth annual contest in 1913, the nationwide Woman's Home Companion was an official sponsor. One well-behaved boy objected to being weighed, saying he wasn't butter. (*Shreveport Times*, November 16, 1913) The 150 registrants were sorted into rural and urban categories. The Grand Champion winner received an all-expenses-paid trip to the Panama Exposition from the Temple of Childhood worth \$250, a medal from the Woman's Home Companion, a blue ribbon from the State Fair, and \$100 from the magazine. (*Shreveport Times*, November 13, 1913)

Anna Steese Richardson, director of The Better Babies Bureau of the Woman's Home Companion, praised applying scientific principles in child rearing, calling it "Babyology." In her editorial in the October 5, 1913, *The Star Press* of Muncie, Ind., she claimed "fully half the women's clubs of the country have included the subject in their programs for 1913-14, and the gospel is spreading coast to coast." The babies, their parents, and the country benefitted from the experience; as many as 500 babies were examined in subsequent years.

While Jake initiated a movement prioritizing children's healthy growth and development, he also was in the forefront of campaigns that improved the health of all Shreveporters, serving on the city board of health for many years. He promoted the city's anti-rat campaign beginning in 1935, advocated vaccination programs and examinations for hookworms, and urged tuberculosis research and eradication.

For her equally strong role in the community, Jake's wife Lucille received the first "General Practitioner Wife of the Year" from the Women's Auxiliary of the Louisiana Academy of General Practice. She was the first woman in the U.S. to receive this type of national award.

*History du Jour tells stories drawn from northern Louisiana newspapers, some amusing, some dramatic, some tragically human, as a bend in the river, choked with logs and debris, transitioned to a city on its way to an innovative future.*



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## The Case of the Dead Man Who Went to Court

A woman in Mississippi went to court to have her father declared dead...and she brought him with her!

Now I know that sounds weird. And it is. In fact, this real-life Mississippi case is without a doubt the weirdest case I have ever read. It's based on a Mississippi law that is very similar to a Louisiana law: if someone is missing for over 7 years, then a Judge can declare the person to be dead. Which is exactly what the Mississippi woman, let's call her Darleen, was asking the Judge to do for her father, let's call him Dan. (All names have been changed.)

Here's what she told the Judge: 18 years ago, a group of doctors gave her Daddy "potent medicine [that] poisoned his guts out." And that's when something named Morningstar took over her daddy's body. At which point Darleen called her daddy to the witness stand. Dan-Morningstar took the stand and explained to the Judge that although he occupied Dan's body, he was not Dan.

Instead, he was a part angel, part human ambassador from heaven dispatched to earth to save the world. He then told the Judge that his name was Morningstar and that there were several differences between himself and Dan "including skin tone, height and liver function." Morningstar then admitted

that he occupied Dan's body and that he lived with Dan's wife and his daughter Darleen, but that he "shouldn't have the responsibility of taking care of a dead man's family."

Are you buying that? Do you think the Judge bought that? Of course the Judge didn't buy it! Dan-Morningstar was not

presumed to be dead and was not declared dead. The Judge threw the case out.

So Darleen and Dan-Morningstar appealed. The case went all the way up to the Mississippi Supreme Court, which had to seriously answer "whether the declaration of death statute includes aliens." Now you would think that this would be a





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first for the Mississippi Supreme Court, but in making their decision, they cited another Mississippi case from 1996 in order to hold that they would not declare Dan-Morningstar to be dead.

Louisiana has a law similar to the Mississippi declaration of death law, but as far as I can tell, I don't think anyone here has tried to use it like Darleen and Dan-Morningstar. Here's what did happen in a real-life Louisiana case. In 1983, a woman escaped from prison and was never heard from again. About a month after her escape, a prison inmate called the escaped woman's family and said that the woman didn't escape; instead, what really happened was that the guards killed her. In 2015, the missing woman's family went to court to have their relative declared dead and to sue the prison for killing her. The Judge had no problem declaring that the woman was dead. She hadn't been heard from for 22 years. But the Judge also said that the family had waited far too long to sue the prison, so that part of the lawsuit was thrown out.

In Louisiana, if you are going to sue someone for money damages because they killed one of your family members, you can't wait around. You have to get your suit filed within one year from the date of death. Otherwise, your case will be thrown out.

But isn't there no statute of limitations for murder? That's true for criminal cases, but when it comes to cases for money damages, Louisiana only gives you 1 year. And in 1983 in Louisiana, if someone was missing for 10 years, although you had to go to court to have them declared dead, they would be presumed dead 10 years from the day they disappeared. So in the inmate's case, she disappeared in 1983. Although her family did not go to court to have her declared dead until 2015, she was presumed dead in 1993, 10 years from the date she disappeared. Therefore, if the family wanted to sue for money damages for wrongful death, their deadline would have been 1994.



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

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## Get Your Greens On

**M**arch is the month to wear green, but what about eating our greens? Leafy green vegetables are nutrient powerhouses that keep us healthy and prevent against many different diseases. They're also very versatile and can be added to many of our favorite dishes.

Greens contain a variety of different nutrients which play important jobs in our bodies. They are rich in vitamin K, which helps our blood clot and protects against inflammation and osteoporosis. Darker greens also have a good amount of folate in them, which prevents birth defects, keeps our hearts healthy, and protects against cancer. Leafy greens are rich in vitamin A, which promotes eye and bone health, strengthens our immune systems, and helps our cells grow and divide. They are also rich in vitamin C, which helps with repairing tissues in the body, absorption of iron,

and immune health. In addition to all of these great vitamins and minerals, greens contain antioxidants, which help protect our cells against cancer. Research has shown that fitting in 2-3 servings of greens each week could reduce your risk for breast, stomach, and skin cancer. Two cups of raw greens or one cup of cooked greens counts as a serving. Leafy greens may also protect against heart disease, regulate our digestive systems, and aid in weight management. When choosing greens, keep in mind that the darker the greens, the more nutrients they have. For example, when comparing romaine lettuce to iceberg lettuce, romaine contains 9 times more vitamin A. It's also important to



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note that each leafy green vegetable has its own special nutrient composition, meaning you will get different nutrients from different greens. Variety is key to getting a plethora of different nutrients!

There are a variety of different leafy greens to choose from, including collard greens, mustard greens, spinach, turnip greens, kale, bok choy, chard, endive, swiss chard, arugula, dandelion greens, and watercress, to name a few. When we think of eating leafy greens, we typically think of eating a fresh, colorful salad, but there are many creative ways to fit these nutrient-rich vegetables into our diets. Try adding chopped leafy greens to a soup, stew, chili, sauce, omelet, casserole, pasta dish, stir-fry, sandwich, or wrap for some extra nutrients. Or, add them as a topping to your homemade pizza. Greens can also be steamed or sauteed and lightly seasoned for a tasty vegetable side dish. Milder tasting leafy greens, like spinach, can even be added to smoothies. Kale can be baked to make chips, for a tasty, crunchy snack.

Some greens, like microgreens, can be used as a garnish for dishes.

Leafy greens should be washed before eating. The best way to wash your leafy greens is to thoroughly rinse them under running water, making sure to remove all visible dirt, and then dry with a paper towel or clean cloth. It's not recommended to use soap, detergent, disinfectants, or bleach when washing any produce. Lemon juice or vinegar may be used, but the CDC has not found any extra benefit to using them as compared to simply using running water.

Leafy greens are an important part of a healthy, balanced diet. This month, and every month, try eating more greens to reap the health benefits they provide.

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



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## What Does the LA Second Circuit Court of Appeal Do?

City Courts and District Courts are the courts with original jurisdiction in the State of Louisiana. This means that cases are started in these courts by the filing of a lawsuit or criminal charges. Our City Courts and District Courts handle civil trials, domestic issues, criminal issues, traffic matters, and juvenile issues depending on the location of the court and the jurisdiction. Many persons in our local area have interaction with our District Courts on a regular basis when they receive their favorite piece of mail, the jury summons. But most persons in our local area do not interact with the higher level courts or know what happens at the higher level. Recently, I have been asked by numerous people what type of cases our court hears.

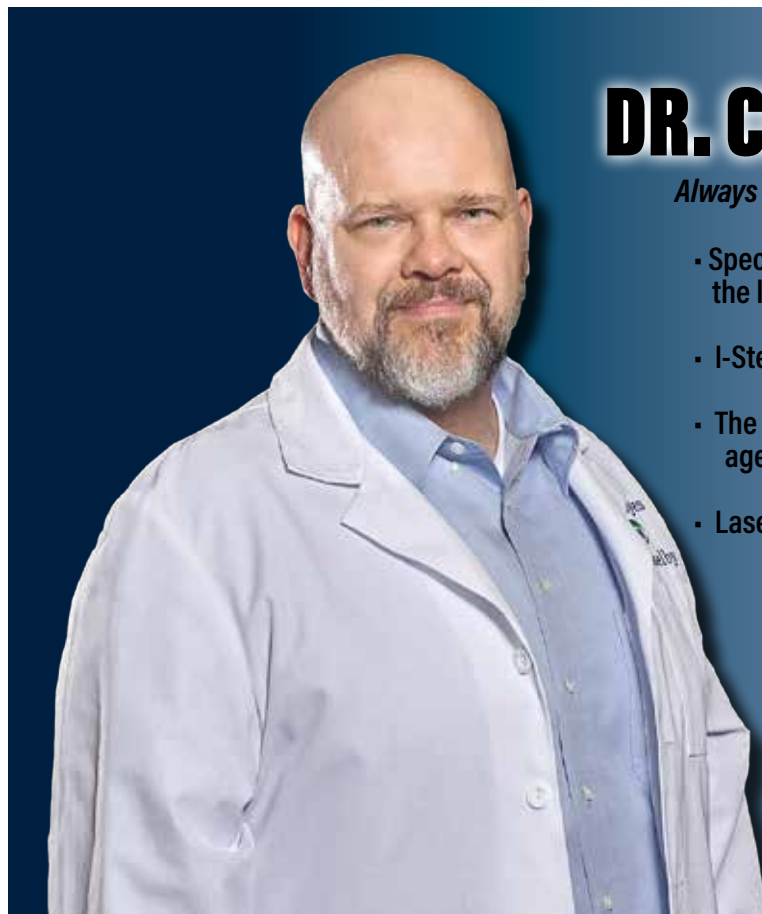
The next level of court after the District Court is the Court of Appeal. The Second Circuit Court of Appeal sits in Shreveport. The Second Circuit Court of Appeal consists of nine judges who are elected from three election districts in the 20 northernmost parishes of Louisiana. The middle district, from which I was

elected, consists of nine parishes: Bossier, Webster, Bienville, Jackson, Union, Lincoln, Claiborne, Caldwell, and Winn Parishes. Three judges are elected from this district on staggered terms, meaning that no two judges from this district will be on the ballot in the same election year.

The Courts of Appeal are intermediate courts. These courts have appellate jurisdiction over all civil matters, all matters appealed from family and juvenile courts, and criminal cases that are tried by a jury.

The only criminal case tried by a jury that bypasses the Court of Appeal is a First Degree murder trial where the Death Penalty has been imposed by the jury. These cases go directly to the Louisiana Supreme Court for review.

A Court of Appeal also has supervisory jurisdiction to review interlocutory orders and decrees in cases which are heard in the Trial Court within their geographical circuits. This means that if a trial court makes a ruling that a litigant feels may jeopardize their case, that litigant is allowed the opportunity to



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seek a ruling from the Court of Appeal on whether or not the trial court was correct in their ruling. Some of these rulings are applied for by litigants in the middle of trial and have to be decided by the Appellate Court within strict time delays. In addition, any election type issues are appealed to the Court of Appeal and have to be decided on a very short time frame.

One unique feature of the Court of Appeal is that the court is able to review questions of fact, as well as questions of law, in civil cases. The trial court is charged with the responsibility of trying the case, judging the credibility of witnesses, and determining which evidence will be allowed or not allowed in the case. The Court of Appeal gives great deference to the original trier of the facts and should not overturn the decision of the trial court unless that court committed manifest error. In criminal cases, the Court of Appeal may review only questions of law.

The Second Circuit Court of Appeal hears cases from the top 20 northernmost parishes of the State of Louisiana. Three judges are randomly assigned to sit on a panel to hear each case that is appealed. Two judges must concur in order to reach a decision. The court can take the following actions on a case that is appealed: affirm, reverse, affirm in part and reverse in part, remand the case with instructions, or reverse and render a decision. If a judge does not agree with the majority, then that judge can write a dissent. The person who loses the appeal can then ask for a rehearing. If the rehearing is granted, the rehearing will be heard in front of a five judge panel which will then render a decision. The only court higher than the Court of Appeal in the State of Louisiana is the Louisiana Supreme Court, which may or may not decide to listen to a case that

has been decided by the Court of Appeal. *Judge Jeff Cox is judge of the Louisiana Circuit Court of Appeal for the Second Circuit.*



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## 'TV Therapy' for Classic Television Stars

Back in 2019, actor/writer/producer Terry Ray convinced Erin Murphy – best known for playing baby Tabitha in “Bewitched” – to reprise her role in a short five-minute web skit in which her now-adult character seeks out a therapist (played by Ray) to deal with childhood issues lingering from growing up as the daughter of Darrin and Samantha Stephens. It was the beginning of a web series called “TV Therapy” that has delighted fans of classic television.

“One day my dad came into the room and he was a completely different person,” proclaims Tabitha to Dr. Stephen Nielson, Ray’s therapist character in the series. Fans of “Bewitched” will immediately understand the humorous implication.



*Terry Ray with Tabitha (Erin Murphy) from Bewitched.*

Ray followed up with another fun therapy session featuring Dawn Wells as Mary Ann of “Gilligan’s Island” fame discussing her issues resulting from the harrowing years stranded on a desert island. The series is available on Ray’s YouTube channel.

“Don’t ever take a vacation in Hawaii and if you do, don’t take the harbor cruise,” advises Mary Ann from the therapist’s couch.

“We shot the ones with Erin and Dawn in the home of Billy Clift, the director, pre-COVID,” explained Ray from his home in Palm Springs. “Then COVID hit, but they were so much fun I wanted to do more and realized I could via Zoom.”

He followed up in 2020 with episodes featuring Butch Patrick (Eddie from “The Munsters”), Kathy Garver (Cissy from “Family Affair”), and others.

“I’m a classic TV fan and came up with the therapy sessions as a fun way to explore the characters today,” said Ray who wrote all the scripts. “I had no budget and don’t make any money from the series – everyone volunteered their time because we knew how much the fans would enjoy it.”

Ray was devastated when he learned of Dawn Well’s death from COVID in late December last year. The two became friends after he wrote and appeared in the short 2015 film with Wells, “She’s Still on That Freakin’ Island,” in which Ray’s character is washed ashore to find Mary Ann still a castaway.

“With the stress of COVID I, like so many, found comfort tuning in to classic television – the shows that made us feel happy and safe in our youth and still do,” said Ray. “On a sad note, ‘TV Therapy’ was one of the very last performances of the wonderful Dawn Wells before we lost her to COVID. Dawn really embraced the role of Mary Ann and helped keep

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But he said, “On the contrary, blessed are those who hear the word of God, and keep it.” *Luke 11:28 World English Bible*

“If you are willing and obedient, you will eat the good of the land....” *Isaiah 1:19 WEB*

“You will show me the path of life. In your presence is fullness of joy. In your right hand there are pleasures forever more.” *Psalms 16:11 WEB*

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*Dawn Wells, as a patient, and Terry Ray, as the therapist, in Ray's TV Therapy series*

the show alive for fans for 50 years.”

Ray plans to keep classic TV show memories alive for fans, too, by continuing his “TV Therapy” series in 2021 (see [www.terryray.tv](http://www.terryray.tv)).

“I’ve got new shows planned and written, and hope to keep it going for several more seasons.”

*Nick Thomas teaches at Auburn University at Montgomery, Ala., and has written features, columns, and interviews for over 850 newspapers and magazines.*

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# Wholesome Dishes to Support Immune Systems

## Grilled Portobello Gyros with Yogurt Dill Sauce

*Servings: 4*

- 4 portobello mushrooms
- 1 tablespoon extra-virgin olive oil
- ½ teaspoon dried oregano
- ¼ teaspoon smoked paprika
- 2 yellow bell peppers, sliced
- Yogurt Dill Sauce:
  - 1 English cucumber, grated
  - 1 cup whole-milk Greek yogurt
  - ½ cup sour cream
  - 2 tablespoons extra-virgin olive oil
  - ½ small lemon, juice only
  - 2 cloves garlic, minced
  - 1 teaspoon salt
  - 1 tablespoon minced fresh dill
- 4 pita breads or naan
- 2 tomatoes, thinly sliced
- ½ red onion, thinly sliced
- ½ head green lettuce
- crumbled feta cheese (optional)

Remove stems from mushrooms and brush caps with wet towel. Using spoon, carefully scrape out gills. Slice mushrooms into ¼-inch pieces and place in medium bowl with olive oil, oregano and smoked paprika.

Preheat indoor grill pan over medium-high heat. Add mushrooms and peppers; grill, tossing occasionally, until tender, 5-7 minutes.

To make yogurt dill sauce: Squeeze grated cucumber in clean towel to remove excess liquid. Add to large bowl with yogurt, sour cream, olive oil, lemon juice, garlic, salt and dill. Stir to combine.

To serve, place mushrooms and peppers in middle of pita bread. Top with tomatoes, onion, lettuce, feta, if desired, and big dollop of yogurt dill sauce.



### FAMILY FEATURES

If feeding your family wholesome meals is a daily goal, you can serve up tasty foods that also feed your immune system by including ingredients like mushrooms. Recipes courtesy of Emily Weeks of *Zen and Spice*. Find more recipes at [mushroomcouncil.com](http://mushroomcouncil.com).

## Creamy Spinach, Mushroom and Lasagna Soup

*Servings: 4*

- 1 tablespoon extra virgin olive oil
- 2 cloves garlic, minced
- 1 medium onion, small diced
- 8 ounces crimini mushrooms, sliced
- 1 jar (24 ounces) marinara sauce
- 1 can (15 ounces) diced tomatoes
- 2 tablespoons tomato paste
- 2 teaspoons balsamic vinegar
- 1 teaspoon granulated sugar
- 1 tablespoon dried basil
- ½ teaspoon salt
- 1 teaspoon oregano
- ½ teaspoon black pepper
- 1 bay leaf
- 3 cups vegetable broth
- 6 lasagna noodles, broken into pieces
- ½ cup heavy cream
- 5 ounces fresh baby spinach
- 1 cup whole-milk ricotta cheese
- ½ cup shredded mozzarella cheese, for topping

Heat large pot over medium heat.

Add olive oil, garlic, onion and mushrooms. Cook, stirring occasionally, until onions and mushrooms soften, 4-5 minutes.

Add marinara, diced tomatoes, tomato paste, vinegar, sugar, basil, salt, oregano, pepper, bay leaf and broth. Bring to boil over high heat then reduce heat to low and simmer.

Add lasagna noodles and cook, stirring often, until softened, about 15 minutes. Remove from heat and remove bay leaf.

Stir in heavy cream and spinach until wilted, 2-3 minutes.

Divide between bowls and top with dollop of ricotta and sprinkle of mozzarella.







## Asian Barbecue Sesame Salmon with Noodles and Veggies

- |  |   |
|--|---|
| <i>Servings:</i> 4                       | 2 teaspoons cornstarch                            |
| <b>Sauce:</b>                            | 1½ pounds salmon (4 filets)                       |
| ½ cup soy sauce                          | 12 ounces stir-fry (pad thai) rice noodles        |
| 2 tablespoons brown sugar                | 1 tablespoon toasted sesame oil                   |
| 1 tablespoon rice vinegar                | 1 pound white mushrooms, sliced                   |
| 2 cloves garlic, minced                  | 1 cup sugar snap peas                             |
| 1 teaspoon fresh ginger, minced          | 1 large broccoli head, cut into bite-size florets |
| 1 teaspoon chili garlic sauce (optional) | 2-3 green onions, thinly sliced, for garnish      |
| 1 tablespoon toasted sesame oil          | sesame seeds, for garnish                         |
| 2 tablespoons barbecue sauce             |   |
| 2 tablespoons water                      |   |

Preheat oven to 400 F.

In small saucepan, whisk soy sauce; brown sugar; rice vinegar; garlic; ginger; chili garlic sauce, if desired; sesame oil; and barbecue sauce. Bring to boil over high heat then reduce heat to simmer.

In small bowl, whisk water and cornstarch. Pour into pan and cook on low, whisking often, until sauce thickens, 3-5 minutes. Remove from heat and set aside.

Pour 3 tablespoons sauce into small bowl. Brush salmon filets with reserved sauce and place on baking sheet. Bake 15 minutes, or until salmon is flaky. Discard small bowl sauce if any remains.

Cook stir-fry noodles according to package directions. Drain, rinse and set aside.

Heat large skillet over medium heat. Add sesame oil. Add mushrooms, snap peas and broccoli. Cook, stirring often, until veggies are tender-crisp, 7-8 minutes. Add noodles and remaining sauce from pan; toss to combine.

To serve, divide noodles, veggies and salmon between plates.

Top with sliced green onions and sesame seeds.



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- 19 Computer acronym
- 20 Castle defense
- 22 "Wheel of Fortune" request
- 23 Victorian, for one
- 24 After-lunch sandwich
- 27 Comprehends
- 29 Exposed
- 31 Put off
- 33 Figure out
- 34 Part of many stars' names
- 35 Strike caller
- 37 Attention-getter
- 38 Genetics lab study
- 40 Shag rug
- 41 Dwindle
- 44 Ancient stone slabs
- 46 Home on the range
- 48 Gully
- 51 Anticipated
- 53 Wrap
- 54 Use acid
- 55 Sawbucks
- 56 Madam's mate
- 57 In poor health
- 59 Designer Chanel
- 61 Helm heading
- 62 Small island in the Pacific Ocean
- 64 Bagel choice
- 68 "My gal" of song
- 69 Bar in court
- 70 Oblivion
- 71 Devious
- 72 Squalid
- 73 Rhino relative

## Down

- 1 Elbow's site
- 2 Floral ring
- 3 Turkish title
- 4 Gigantic
- 5 Hodgepodge
- 6 Uninterrupted
- 7 I problem?
- 8 Stars on stage
- 9 Balanced
- 10 Calculated
- 11 Bullfighter
- 12 Sawed logs
- 13 Hair dressing
- 21 Big deal
- 24 Moonfish
- 25 Part in a play
- 26 Catch sight of
- 28 Nonpareil
- 30 Expert
- 32 Telephone circuits, once
- 33 Home makeover initials
- 36 Obsess
- 39 Classic opener
- 41 Fencing sword
- 42 "It's \_\_\_ real!"
- 43 Affleck and Stiller
- 44 Farm female
- 45 Back of the boat
- 47 Baltic Sea country
- 48 Size up
- 49 Relating to the nose
- 50 Seldom
- 52 Frat letter
- 54 Rinse, as with a solvent
- 58 Use a surgical beam
- 60 Farm newborn
- 63 Pistol, in slang
- 65 Mischief-maker
- 66 It's a wrap
- 67 Hide-hair connector

1	2	3	4	5		6	7	8	9	10		11	12	13
14						15						16		
17						18						19		
			20		21			22				23		
24	25	26			27		28			29	30			
31				32					33					
34						35		36						
37					38	39		40				41	42	43
			44				45			46	47			
48	49	50					51		52					
53						54					55			
56					57	58		59		60				
61					62			63		64		65	66	67
68					69					70				
71					72					73				

## Sudoku

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

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

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

## Word Search ISLANDS

Adak	Haiti
Aruba	Hokkaido
Baffin	Honshu
Bahamas	Iceland
Bonaire	Jamaica
Borneo	Java
Capri	Luzon
Catalina	New Guinea
Cuba	Puerto Rico
Curacao	Sri Lanka
Devon	Sumatra
Ellesmere	Tasmania
Greenland	Tobago
Grenada	Trinidad
Guam	Victoria





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**INFORMATION**

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Fax: 318.222.7011  
Email: [canaanmgr@foresightmanage.com](mailto:canaanmgr@foresightmanage.com)  
[CanaanTowers.com](http://CanaanTowers.com)

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*Walk-In Closets*  
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*Emergency Nurse Call System*



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# SHREVEPORT *Then & Now*

Photos blended and used with permission by **Mike and Mark Mangham** of **Twin Blends Photography**.  
Vintage photos courtesy of **LSUS Archives and Special Collections**. For more blended photos showcasing  
Shreveport/Bossier City's historical photos, please visit [www.facebook.com/twinblendphotography](http://www.facebook.com/twinblendphotography).



*(left)* First United Methodist Church Shreveport has sat at the head of Texas Street at Common Street in downtown Shreveport since the late 1800s. The current building was built in 1913. When the cross was taken down in 1972, Dr. D. L. Dykes, pastor of the church at that time, decided to make and give out 10,000 small pocket crosses made out of the metal from the old cross to church members and friends because it was so meaningful to so many people.

*(below)* New Way Cleaners sat on the southeast corner of Common Street at Fairfield Avenue, catty-corner from Princess Park while houses dominated the streets around. These neighborhoods were taken out by the path of Interstate 20, but it is so awesome to look at what used to be! (*Shreveport Times* Collection)



## FOOD FOR SENIORS

Catholic Charities Food for Seniors is the sole agency of Louisiana's Commodity Supplemental Food Program (CSFP) which will provide monthly nutritional food boxes to seniors who are 60 years old or older and meet Federal Income Guidelines with nutritious USDA foods.

Find out if you qualify for Food for Seniors monthly boxes by going to: [www.ccano.org/food-for-families-seniors](http://www.ccano.org/food-for-families-seniors) and selecting the link under Client

Resources or call us at

**800-522-3333**



# 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 Glaucoma?

Glaucoma is high pressure in the eye that damages the optic nerve. It is usually painless and causes vision loss very slowly over time. If caught early enough, it is easily treated with drops, laser and/or surgery. Glaucoma is one of the most important reasons to have routine eye exams once you are over 55.



**Chris Shelby, MD**  
WK Eye Institute  
7607 Youree Dr.  
Shreveport, LA 71105  
(318) 212-3937  
See our ad on page 20.

## 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.**  
Mid South Orthopaedics  
7925 Youree Drive;  
Suite 210  
Shreveport, LA 71105  
(318) 424-3400

## My mother has been recently diagnosed with Alzheimer's disease, does she qualify for hospice care under her Medicare benefits?

Medicare will pay 100% for hospice services for Alzheimer's disease and any diagnosis where patients are determined to have a life expectancy of less than six months. Our hospice would need to obtain a physician's order to evaluate your mother to see if she meets the hospice Medicare guidelines of a 6 month prognosis to qualify for hospice care services.



**Toni Camp**  
Regional Hospice Care  
Group  
8660 Fern Avenue, St. 145  
Shreveport, LA 71105  
(318) 524-1046  
See our ad on page 13, 32.

## PUZZLE answers (from pages 26 & 27)

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

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

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



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Magnolia Manor



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Old Brownlee



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