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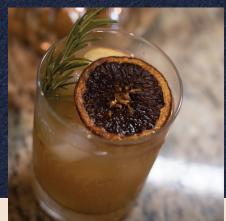
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# **FORTY** - You are sneaky.

n November the 23rd, I will turn 40-years-old. It was only a couple of years ago I was disgruntled about turning 23. Right? Many of my friends and mentors who have hit this milestone recently or decades ago tell me it's not so bad... They say the forties are one of the best decades in life - full of peace and more wisdom. I am not sure that I am completely convinced. Yet, here we are. Seeing as growing older is better than the alternative, I am determined to simply embrace the positives and up my eye-cream game.

All jokes aside, I am genuinely grateful for my journey thus far. Every life comes with challenges and days that feel heavy, but man, I have been a lucky girl. As far as wisdom, I do believe it comes with age. Granted, I have plenty of wisdom left to gain. I am far from having it all figured out, but as I reflect on the big 4-0, I have learned some truths along the way.

- It is much more fun to be authentically you. Genuine people are drawn to genuine people. There is never a time or space to pretend to be someone other than yourself.
- Kids do grow up too fast. You can read the caption on social media a thousand times "too big, too fast," but with your own children, this will be a reality. Raising children is the most painful and most rewarding combination, but seriously...don't blink.
- It is impossible to make everyone happy and you must be confident enough in yourself to know that even at your best, you cannot make everyone happy all the time. That's just life.
- Excuses are the only thing that will stand in your way of accomplishing your dreams. You can always find an excuse. Don't use them. The time is now...not after this or after that. If you want it, go get it.
- It is true, a lack of funds can be difficult, but money absolutely does not buy happiness. If more money is your end goal, you will miss the good stuff.
- Grudges are only hard for the one holding them. Let it go.
- Quality is important, but brand names do not make you look better. Don't fall for the hype.
- Being judgmental is only a self-reflection of yourself, not the person you are judging. See the best in people and leave judgments and justice to The Lord.
- Every day. Every. Single. Day. Is a blessing. You can appreciate that now or wait until your last to wish you would have realized it sooner.
- God is everything. In times when things are not going according to your plans, be patient and have faith. His plans are always better than ours.

One of my life's biggest blessings has been the opportunity to continue to bring you Lola Magazine for over five years. Our team has been together from the get-go and what a team it has been. Kathy Spurlock was a vital part of this team. When Kathy joined us five years ago, her experience and knowledge were far beyond Lola Magazine. We were a brand-new publication run by a small team learning the ropes as we went along, but she believed in Lola Magazine and loved watching us grow. Kathy unexpectedly went to be with her Lord and Savior on September 10, 2021. Kathy lived a life full of adventure. She appreciated every day and made the most of it. Kathy was brilliant. Kathy was authentic. Like I said, I am far from it, but I think Kathy may have just had it all figured out.

This issue of Lola Magazine is dedicated to the life of Kathy Spurlock. May we continue to make you proud my friend.







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# SLICK CHICKS'

# Helya Mohamadian

# Empowering ALL Women: An Entrepreneur's Big Dreams Come to Life

# WRITTEN BY BEVIN HICKS • ROOHI PHOTOGRAPHY

HELYA AND HER SISTER RANA

n 1985, Helya Mohammadian and her family, originally from Iran, immigrated to Ruston. She was 2-years-old at the time. Her

parents made the heartbreaking

and difficult decision to seek asylum in the United States

due to the Iran-Iraq War causing their freedoms to be taken away. Helya, along with her parents, sister and brother, lived in a tiny mobile home. The family initially struggled to learn the language and to create a new life. Her mother Parvin and father Manoocher worked tirelessly to provide. Parvin worked as a hair stylist for many years until she opened

her own salon. Entrepreneurship runs in the Mohammadian blood. Helya's parents continuously encouraged hard work, education and independence in their children. Their sacrifices and courage have been a true testament to the American Dream.

Growing up in Ruston, I was lucky enough to become friends with the force that is Helya Mohammadian. She

was loved by all that knew her beaming with positive vibes and a megawatt smile. She is one of the most

genuine people I have ever known. Helya was never involved in the typical adolescent

scene and carried herself with humble confidence, a hard combination

for any young girl to embody. Her natural sense of style was lightyears beyond a small-town, nineties kid. Never too much, just enough to know, she was a little bit cooler than your average girl. It was as equally apparent as her stunning

beauty that this girl was going to do something big one day, and that has indeed

come to fruition.

Helya and I shared a house together with two roommates while in school at LSU. What a fun chapter in our lives this was. Often (probably too often), I would walk downstairs to Helya's bedroom, most likely dressed in low-rise jeans and a halter top, I would beg her to join us for "just one night out on the town." She would sweetly giggle at her far less goal-

oriented friends and go back to working on her designs. This girl had goals and nothing was going to stand in her way of reaching them, not even happy hour at Bogie's Bar.

The self-discipline she demonstrated left an unforgettable impression on all of us. Each day she would get up at the crack of dawn, go to class, go to work and then burn the midnight oil working on her design portfolio for New York's Fashion Institute of Technology (F.I.T). Even though we wished she would show a tad bit of irresponsibility, we earnestly admired her dedication. Helya, passionate about fashion and the creative arts, dreamed of living in New York City as a fashion designer from the age of nine. After countless late nights and steadfast grit, at 21, her dreams of moving to New York came true. Helya was accepted into The Fashion Institute of Technology. There were never any doubts that she was going to change the world in some way. Having the honor of watching her fortitude payoff has honestly inspired me throughout all my endeavors.

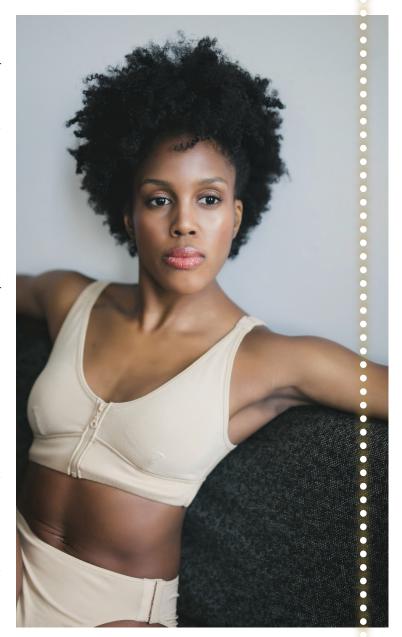
After graduating from F.I.T, Helya spent several years as a personal shopper at Bergdorf Goodman. She worked with famous celebrities, well-known socialites and the "who's who" of New York's Upper East Side. Graduating from F.I.T., a career in fashion felt like a natural fit, but she began to feel like something was missing. The high fashion, big money environment was leaving her unfulfilled. This is when she decided to go back to the drawing board. It was time to make her own magic happen. She wasn't certain where the road would lead her, but she had faith that she would find her way.

"I gradually felt my love for working in the fashion industry fading away and found myself surrounded by only material things," Helya said. "In the end, my unhappiness was a blessing in disguise because it led me to create my company!"

In 2014, Helya's sister Rana was recovering from a C-section. In order to help with Rana's uncomfortable recovery, Helya began investigating. In her search for an alternative to mesh underwear or adult diapers, she quickly realized there were no options on the market. In regular Helya fashion, she decided to create her own design for adaptable underwear. Her first attempt was somewhat unsuccessful, but after a couple of "I'm not giving up" attempts, her product came to life and Slick Chicks was born.

# Slick Chicks

In comparison to traditional underwear, Slick Chicks has a side-fastening design making them much easier to take on and off. This gives new mothers an alternative to hospital mesh and disabled women the flexibility and convenience to change on their own. When Slick Chicks was initially launched, Helya never imagined her product would have such a huge impact on people's lives. She started receiving messages from



women who were not able-bodied, thanking her for making their lives a little easier. Disabled individuals make up the largest minority group in the world, 15 percent of the world's population, yet there is still a huge empty space in the market for adaptive fashion. For these 27 million women, the simple daily task of changing or getting dressed can be burdensome and challenging. Slick Chicks is giving these women back a piece of their independence and dignity.

"Even though I am able-bodied myself, I am passionate about disabled people being acknowledged by the fashion industry," Helya said. "Just because someone has a disability doesn't mean that they do not care about fashion, or that they don't enjoy how great the right clothing can make them feel inside and out. There is a way to bridge the gap between fashion and function. I am excited to build an underwear line that innovates a product most of us take for granted every day. I believe everyone deserves to feel and look good!"

# Becoming an entrepreneur

come without feelings of self-doubt and fear of failure. Helya entered this adventure of becoming an entrepreneur having

Helya's focus to make her mark as an entrepreneur hasn't

little knowledge in business development. She had the work ethic and created a product she believed in, but felt unsure of the risks that come with a startup company. She tackled the challenges, did the work, and continues moving forward with huge success. When asked what she has learned as an entrepreneur this is what she said.

"I have learned, and I am still learning, that it's ok to be vulnerable and to make mistakes. I can't beat myself over a failure or a rejection because it is all a learning process. If I could go back in time, I would tell my 20-year-old self that it's ok to not have the answers and to make mistakes. Remember why you started and focus on the one thing that drives your passion. That is what motivated me to become an entrepreneur in the first place. I have gotten too caught up in the entrepreneurial lifestyle at times and lost touch with the real meaning behind my product. I needed to take a step back and refocus - the most important part of my company is helping people to live a happier life; not money and profits."

Success doesn't happen overnight and although the process has been daunting at times, Slick Chicks has undoubtedly made a mark in the undergarment industry. In 2016, after two years of research and trial and error, Slick Chicks hit the retail market by launching their website and selling three original styles: bikini brief, thong and boy short. In June 2016, Slick Chicks launched on Kickstarter, seeking \$15,000. The project



was successfully funded and raised a total of \$17,672. In August of 2017, Slick Chicks' trademark was granted for use in commerce, specifically lingerie, and in 2019, Slick Chicks acquired a certified patent for their inclusive line of undergarments. Slick Chicks has earned much applause within the inclusive and adaptive clothing industries, including features in Forbes, Fashionista, and Refinery29. Slick Chicks can be purchased at Target, Nordstrom, Aerie by American Eagle and many other retail stores across the map.

"It's the simplest things that make the biggest impact and the biggest difference," Helya said. "The first thing I think about was when people say, 'We all put our pants on one leg at a time,' no, that doesn't apply to everyone. The world is changing, and we have to change with it. We have to encourage people and support everyone if we want to grow."

The world is changing because of women like Helya Mohammadian. She is bringing positive change to the lives of millions daily with her dynamic character and grace, just as she did for her college roommate nearly two decades before.

To my small town, Louisiana friend with big dreams - how proud we are to watch you soar! Now, I think it's finally time to have that happy hour.





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# Haunted History

REAL Haunted Places in Louisiana SURE to Scare You!

oodoo queens, headless ghosts, war heroes and singing spirits occupy buildings across the state of Louisiana. Forget those "spooky" haunted houses that rely on jump scares from people in rubber masks. Instead, make your way to one of these haunted places in Louisiana for a real fright.



# The Bentley Hotel in Alexandria, Louisiana

The Bentley Hotel is a classic hotel located in downtown Alexandria that opened in 1908. It reopened as Mirror Room Lounge on May 1, 2015. This hotel is said to be haunted by several ghosts, including the original builder Joseph Bentley, who passed away on the third floor. They say you can see him wandering around the halls of the building during the day. Visitors to the hotel also claim to hear the voices of Generals Patton and Bradley discussing war strategy in the Mirror Room Lounge. The hotel was featured on an episode of Ghost Hunters in 2011, where they had many strange, unexplainable things happen to them.

WRITTEN BY PELICAN STATE OF MIND BLOG - FRANK KERNER

# The Logan Mansion in Shreveport, Louisiana

This Victorian-style house was built in 1897 for a beer distributor named Lafayette R. Logan. Local legend said that 11-year-old Theodora Hunt leapt to her death from the front window of the attic in 1904, only seven years after it was built. The current owners, Vicki and Billy LeBrun, now keep a log of all the creepy things that happen in the house, like items that move from their spots, a door that locks and unlocks itself and the giggles of a young girl in the attic. There have even been sightings of ghosts in the attic window, right where the little girl fell to her death.



# Alexandria Zoo in Alexandria, Louisiana

Legend has it that former director
Leslie "Les" Whitt now haunts
Alexandria's zoo. Les devoted his life
to Alexandria and the zoo, pledging to
turn the zoo into something special. He
passed away, after a heart attack, six days
before his 56th birthday. Visitors claim
that he still has unfinished business in
the zoo. It's said that you can hear his voice and
spot his spirit moving around there.



# Pleasant Hall at Louisiana State University in Baton Rouge, Louisiana

Here's an urban legend that can be backed up by almost any LSU alumni or student. There are two versions of this story revolving around a resident that took her own life in the infamous Room 312. One version says that a girl shot her boyfriend, then decided to take her own life. The other says that the girl jumped from the window of her room. While there aren't any stories or police reports to back this story up, students swear by it, and many residents at Pleasant Hall claim to feel her presence, see her or have seen the door to Room 312 open and close on its own.



# Myrtles Plantation in St. Francisville, Louisiana

You can't talk about haunted Louisiana places without mentioning what has been named one of the Most Haunted Places in America. Located right in St. Francisville, Louisiana, the Myrtles Plantation houses 12 restless spirits. The most famous of these is named Chloe. In 1992, photographs were taken of the plantation which showed the ghostly figure of a girl standing between the buildings. Another spirit, William Winter, was a lawyer that was shot to death by a stranger on the plantation. He later died on the 17th step of the stairs. Visitors and employees claim you can still hear his dying footsteps.





# The Old E.A. Conway Hospital in Monroe, Louisiana

The Old E.A. Conway Memorial Hospital (not to be confused with the new hospital of the same name) was built in 1941 and originally named Monroe Charity Hospital. It was later renamed to honor the Louisiana Secretary of State, E.A. Conway, in 1948. The hospital served the city of Monroe for years until it was abandoned in 1987. This creepy, run-down building is said to be home to the spirits of the patients they lost at the hospital. Avid ghost hunters in Louisiana regularly visit the site, with some claiming to see patients walking the halls, hearing doors slam closed and old, rusted hospital beds creak as if they were being moved.

# The Calcasieu Courthouse in Lake Charles, Louisiana

The Calcasieu Courthouse in Lake Charles is more than just a courtroom; local legend says that it's home to a restless spirit by the name of Toni Jo. Born Annie Beatrice McQuiston, Toni Jo, known in town as "The Tigress," was the first female in Louisiana to be executed in the electric chair.

As a child, she grew up in a rough household and began going down a bad path in life. She was arrested multiple times, including one incident where she cut a man's ear off with scissors. Her final arrest was for shooting and killing a used car salesman. Residents and employees at the courthouse say she haunts the courthouse to this day. Many of them claim that you can still smell her perfume or her burning hair in the halls and hear her slow footsteps echo from her "death march."





# Ellerbe Road School in Shreveport, Louisiana

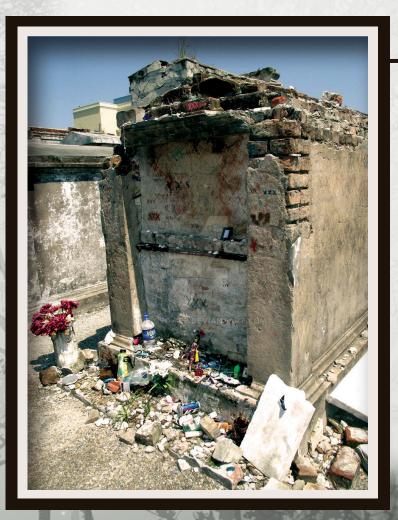
Shreveport is apparently a hotbed for haunted locations. One of the creepiest sites is the old George Washington Carver School, also known as Ellerbe Road School. It opened back in 1957 but closed its doors in 1973 due to low attendance. An urban legend in Shreveport says that one of the janitors used to torment the kids until he disappeared, and now their spirits haunt the building.

# Bonnie and Clydes' Last Stop in Gibsland, Louisiana

About halfway between Monroe and Shreveport sits the small town of Gibsland, Louisiana in Bienville Parish. The infamous couple Bonnie and Clyde died here on May 23, 1934, when police from Louisiana and Texas cornered them in their stolen car, killing them both by firing more than 100 bullets at their car. Visitors and residents claim that if you go to the site of their death, located on Route 154 about seven miles south of the Ambush Museum, the ghosts of Bonnie and Clyde make themselves known. They say you can spot their ghosts lingering in the woods and ghostly apparitions will appear in photographs taken in the area.



# Shreveport is apparently a hotbed for haunted locations.



# St. Louis Cemetery No. 1 in New Orleans, Louisiana

It wouldn't be a haunted places list without mentioning St. Louis Cemetery in New Orleans. If you walk among the dead and view the crypts, you'll eventually come across plot 347. X's are written all over the tomb, and trinkets and gifts are laid out for all to see. This is where Marie Laveau, Louisiana's Voodoo Queen, is laid to rest. According to people from around the world who come to visit her grave, she isn't doing much resting. She is said to still haunt the cemetery, and if your offering to her is good enough, she'll even grant wishes for you.

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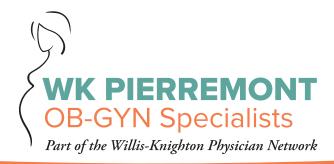
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WHOSTESS with the MOSTESS:

# Fall Entertaining

Halloween, Tailgating and a little help for Thanksgiving!

WRITTEN BY JESSICA COMEGYS • PHOTOGRAPHY BY BRITTANY STRICKLAND

I adore the warm rays soaking into my skin all summer long. After winter, at the first hint of spring, you bet I am on my back patio "thawing out" in the sun. But summer doesn't last all year... that's debatable in Louisiana of course. And with the salutation to the heat, every fall, I fall in love with the season all over again. Who doesn't love the warm, sunny days and the crisp, cool nights? I look forward to everything

cozy; fires in the fireplace, soft throw blankets, sweatshirts and snuggling under a warm quilt after a night of sleeping with the windows open. Let's not forget how much I love a big bright harvest moon!

It's the time of year when the kids have started a new grade, the crockpot comes out of the pantry and football games with tailgating are in full swing. My son starts begging me to put the Halloween decor out in mid-August. He's so excited for costumes, candy and the celebration that comes with it. We



# **Harvest Moon Cocktail**

MAKES 4

4 oz Tanquray Seville Orange Gin

1 lemon, squeezed

2 blood oranges, 1 squeezed - 1 sliced for garnish

1 oz simple syrup

8oz good quality club soda (1 like fever tree)

- Add all ingredients except the soda to a cocktail shaker with ice. Shake vigorously.
- Strain over ice in 4 cocktail glasses. Splash a little club soda on top for fizz.
- Garnish with an orange slice.

# Nightmare on Bourbon Street

MAKES 4

6 oz bourbon

1 cup apple cider

1 teaspoon pure maple syrup

2 lemons

1/4 teaspoon cinnamon

12 oz bottle sparkling hard apple cider

8-12 oz bottle ginger beer

Apple slices, rosemary sprigs, cinnamon sticks for garnish

 Rim a cocktail glass with cinnamon and sugar, fill with ice.

 Add bourbon, apple cider, lemon juice, maple syrup and cinnamon with ice and shake to combine. Strain into the glasses.

 Top with hard cider and a splash of ginger beer.

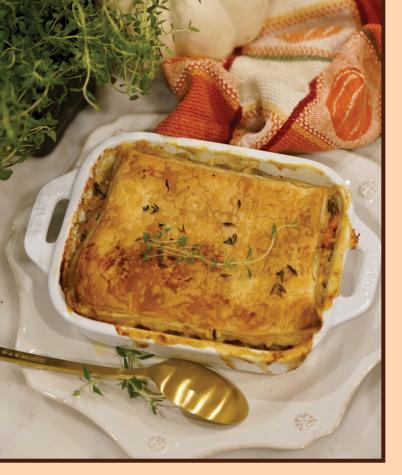
• Garnish!





always host a fun little party at our house for "trick or treating" and tummy-warming food. Surprisingly it's always chilly on Halloween night, which really symbolizes fall to me. Those are the memories that last a lifetime. And the food that goes along with that memory stands out even more. My favorite cool-weather dish to eat is chicken pot pie like my mom used to make. I miss my mom like crazy for many reasons, but I won't lie, I really miss her cooking. I've never been able to make things quite the same way.

Not every fall gathering needs to be formal, stressful or grand in nature. As a matter of fact, fall is the time of year when people may need a break from big plans the most, opting instead for more casual, relaxed, low-key meals with loved ones. This is the perfect time to take your gathering outside and enjoy dinner in the crisp air. Backyard entertaining doesn't have to be boring. Use a soft linen runner and gold flatware to elevate the vibe to relaxed elegance.



# **Black Friday Turkey** & Wild Rice Pot Pie

2 tablespoons extra virgin olive oil 3 tablespoons salted butter 2 small shallots, chopped 2 tablespoons fresh thyme leaves 1/3 cup all-purpose flour 4 cups low sodium chicken broth 1 cup dry white wine, such as Sauvignon Blanc kosher salt and black pepper 1 parmesan rind 6 carrots, chopped 1 cup roughly chopped kale or spinach 1 cup cooked wild rice 1-2 cups cooked shredded turkey or chicken zest of 1 lemon 2 pie crust rounds 1 egg, beaten

- 1. Preheat oven to 375 degrees F.
- 2. Melt the butter with the olive oil in a large skillet over medium heat. Add the shallot, and thyme and cook, stirring often, until shallot is fragrant and golden about 4 minutes. Add the flour and cook 1-2 minutes, until golden.
- 3. Gradually whisk in the broth and wine, and season with salt and pepper. Add the parmesan

- rind. Bring to a boil, then reduce the heat and simmer, whisking occasionally, until mixture thickens slightly, about 10 minutes. Stir in the carrots and kale, and cook until just tender, about 5 minutes.
- 4. Remove from the heat and add the turkey, wild rice, and lemon zest, season with salt, and pepper. Remove the parmesan rind and discard.
- 5. Transfer mixture to a shallow 2-qt. baking dish or to 6 (8 ounce) ramekins. Alternately, if using a cast-iron skillet, you can bake the pie in the skillet.
- 6. Gently roll out the pie crust on a lightly floured surface to just the size of your baking dish. If using ramekins, cut the crust into smaller circles to fit. Place over the baking dish. Brush with beaten egg, and cut 2 or 3 slits into the pastry with a sharp knife.
- 7. Place the pies on a baking sheet. Transfer to the oven and bake until the crust is golden brown, 30-40 minutes. Serve with fresh thyme.

# Vegan Game Day Chili

2 onions, chopped 6 cloves garlic, minced 1.5 cup chopped celery 1 red bell pepper, chopped 1 carrot, small diced 2 -28 oz cans crushed tomatoes 2-15 oz cans black beans, or any bean you like 1 - 15 oz can pumpkin puree (this just added thickness, don't worry!) Handful fresh cilantro, chopped or 1 tbsp of dried 1 tsp dried oregano 4 tbsp cumin 4 tbsp chili powder 2 tbsp smoked paprika 2 tsp salt, to taste 2 tsp black pepper, to taste Cayenne pepper if desired GARNISH: avocado, cilantro, lime, vegan sour cream, tortilla chips

**SERVES 8** 

- 1. In a large pot, sauté the onions, garlic and carrot until softened.
- 2. Add in the chopped celery and bell pepper and sauté a few minutes more until soft and cooked through.
- 3. Add in the spices--

from the chili powder to the black pepper-and stir until all the veggies are coated in the spices. Continue stirring and cooking the spices for a few minutes.

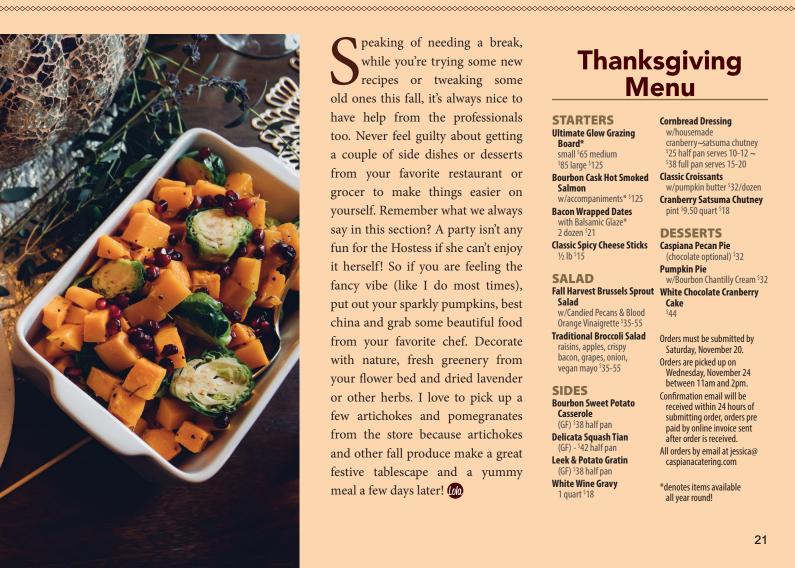
- 4. Add in the canned chopped tomatoes, kidney beans, black beans and pumpkin puree and stir to combine. Bring the chili to a boil and then reduce the heat to a simmer. Allow the chili to simmer for 10-20 minutes. If you like your chili a bit runnier, add in some vegetable broth to thin it out. I love mine thick so I don't add any extra liauid.
- 5. Towards the end of the cooking process, taste and add more salt and spices to your liking. Once all the flavors have melded together and the chili is warmed through, serve it topped with your favorite garnishes!











peaking of needing a break, while you're trying some new recipes or tweaking some old ones this fall, it's always nice to have help from the professionals too. Never feel guilty about getting a couple of side dishes or desserts from your favorite restaurant or grocer to make things easier on yourself. Remember what we always say in this section? A party isn't any fun for the Hostess if she can't enjoy it herself! So if you are feeling the fancy vibe (like I do most times), put out your sparkly pumpkins, best china and grab some beautiful food from your favorite chef. Decorate with nature, fresh greenery from your flower bed and dried lavender or other herbs. I love to pick up a few artichokes and pomegranates from the store because artichokes and other fall produce make a great festive tablescape and a yummy meal a few days later! [ala

# **Thanksgiving** Menu

# **STARTERS**

**Ultimate Glow Grazing** 

small <sup>5</sup>65 medium §85 large §125

Salmon

**Bacon Wrapped Dates** 

2 dozen 521

# **SALAD**

Salad

# Traditional Broccoli Salad

raisins, apples, crispy

# **SIDES**

Casserole (GF) 538 half pan

**Leek & Potato Gratin** 

White Wine Gravy 1 quart \$18

Board\*

**Bourbon Cask Hot Smoked** 

w/accompaniments\* \$125

with Balsamic Glaze\*

# **Classic Spicy Cheese Sticks** 1/2 lb 515

Fall Harvest Brussels Sprout White Chocolate Cranberry

w/Candied Pecans & Blood Orange Vinaigrette 535-55

# bacon, grapes, onion, vegan mayo \$35-55

**Bourbon Sweet Potato** 

Delicata Squash Tian (GF) - 542 half pan

(GF) 538 half pan

# **Cornbread Dressing**

w/housemade cranberry~satsuma chutney 25 half pan serves 10-12 ~ \$38 full pan serves 15-20

**Classic Croissants** 

w/pumpkin butter \$32/dozen **Cranberry Satsuma Chutney** 

# pint \$9.50 quart \$18

DESSERTS Caspiana Pecan Pie (chocolate optional) 532

# **Pumpkin Pie**

w/Bourbon Chantilly Cream 532

# Cake

Orders must be submitted by Saturday, November 20. Orders are picked up on Wednesday, November 24 between 11am and 2pm. Confirmation email will be received within 24 hours of submitting order, orders pre paid by online invoice sent after order is received. All orders by email at jessica@ caspianacatering.com

\*denotes items available all year round!

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or as long as I can remember, I've been an artist — but not the kind that was content with the "look but don't touch" approach of classic white-walled exhibitions. For me, art has always been an expression of passion and exploration: a wild adventure into the unknown land of creativity. So over the years, I've found myself gravitating towards projects that allow my work to live outside in the sun and humidity — deep-fried in glitter or proudly printed on a sticker and stuck to a rusty car bumper or student's laptop. In short, I love making artwork that is outside the four walls of a traditional gallery space and accessible to all.

# tent is.

# HANNAH GUMBO Brings Art Outdoors



# But I'm getting ahead of myself, first allow me to introduce myself...

My name is Hannah Gumbo. I'm a full-time muralist and illustrator creating work that embraces color, positivity and joy from my home in the Cajun Prairies of Eunice, LA. I use a combination of acrylic paint and digital drawing to produce a vibrant style that's all my own. Whether I am creating a custom digital t-shirt illustration or painting a large mural on a business, the heart of all I do is connection and accessibility.

In 2019, I began dreaming of a way to create temporary murals that could exist in the most unlikely locations. What would happen if I could exhibit my paintings not only outdoors, but deep in the swamps or in the middle of a cow pasture? I began experimenting in small ways & playing around with materials to find what I was looking for. Making several prototypes out of lightweight cardboard, I was able to slowly distill my ideas into a single plan: a pop-up backdrop. This year, through ArtSpark, an individual artist stipend supported by LEDA and administered by the AcA, I am finally able to make this idea a reality!

My project, PopDrop Booth, is a mobile wooden backdrop that showcases my original paintings while providing an immersive art encounter that can take place anywhere. This rentable booth allows me to create hand-painted and curated backdrops for any photoshoot or event. To launch this project, I worked with local photographers to complete a series of portraits that highlight the booth's possibilities while uplifting other women of small businesses within our state. The booth was re-painted with each portrait session, allowing me to use various mediums and techniques to match the artwork to the portrait subject.

# GET TO KNOW ALECIA MYERS

# **ALECIA MYERS:** A farm owner, small business boss and passionate candle maker.

It all started for her with a pink cat candle she made with her mom in 1986. From there, her vision and love for candles grew. In 2017, she launched her business: La Petite Bougie d'Acadiana. As a new small business and frequent vendor of many art markets, festivals and local events, the pandemic had a huge effect on her sales. Quick to adapt, Alecia pivoted to a small building she moved onto her 23-acre farmland to act as a shopping space. By utilizing her new "candle cottage," offering porch drop-offs and launching a Facebook and Etsy online store, she is learning to navigate a difficult sales climate.







# A TYPICAL DAY IN ALECIA'S LIFE:

Do you have a minute...ok, so I live on a farm with 293720983 animals so my mornings are HAIRY... literally. I start my morning off with feeding the zoo, which includes: 6 dogs, at least 20 barn cats, 4 retired off-track horses and a sassy mini horse! Then I can feed myself and head to the candle cottage... which is a SUPER long commute of walking across my yard. ;) On the best days, I get to make candles, listen to loud music and drink strong coffee. Life is good!

# **VALUES SHE BRINGS TO HER WORK:**

Love is the secret ingredient to all things in life.

# THE **BEST PART** OF RUNNING YOUR OWN SMALL BUSINESS:

I love that it allows me the freedom to be as creative as I want. There are literally thousands of ways you can make a candle different and I want to do ALL of them!

# THE **MOST CHALLENGING** PART OF RUNNING YOUR OWN SMALL BUSINESS:

Getting people to purchase something that they can't smell online. If it is a returning customer, then it isn't as bad because they, more than likely, have sampled most of my products, but new customers struggle with trusting what the scent is. Online has been a challenge, but through COVID I have had to step up my game and take some crash courses from other small business owners on online sales.

# **WHERE CAN WE BUY FROM YOU?**

On Etsy and Facebook at @lapetitebougiedacadiana



**Location:** For Alecia's PopDrop portrait, we chose the location of her family farm: Myers Racing Stables in Youngsville, LA. This farmland is not only where Alecia lives, but also where she hand-pours each of her soy candles. Many of her customers enjoy the added treat of seeing this beautiful country land when stopping by to make a purchase at her candle cottage.

**Photographer:** Jordan Hefler is a professional photographer that specializes in music, lifestyle and commercial photography for bands, brands, publications and individuals. She is also a creative entrepreneur, podcaster and branding educator based in Baton Rouge.

# Social Handles:

Hannah Gumbo: @hannahgumbo
PopDrop: @popdropbooth
Alecia Myers: @lapetitebougiedacadiana
Jordan Hefler: @jordanhefler







# It All Begins Here

Preschool 2 through 8th Grade
Episcopal School

# Grandmothers IN GEAR

# Age is an Attitude...

# THE GRAND CYCLE: Women in Ruston region bond with bicycling during every season of life

Macaskill shouted at her husband Ian during one of their weekend bicycle rides. "I was hot and exhausted, irritated and hopeless because Ian had been an avid cyclist for many years. I was just getting started, and it seemed like I

would never catch up. Things started improving for me once we both retired, and we could ride together most days. Before I knew it, I had become a 'real' cyclist!"

Born in a tiny town in South Africa, Glyndwr thoroughly embraces cycling,

in part for the joys echoed by other women in a growing group of committed road bicyclists in the Ruston area known as the Cycling Grandmothers.

"For me, it's the best exercise out there," says Macaskill. "Being about to get out in the country to enjoy a variety



of scenery and scents is great therapy that has seen our family through a few dark times."

German baron Karl von Drais was the first to create a steerable, two-wheeled contraption in 1817 known by many names, including the "velocipede," "hobby-horse," "draisine" and "running machine." This early invention dubbed Drais "the father of the bicycle", even though the bicycles we know today evolved in the 19th century.

The Cycling Grandmothers have evolved, too. In 2009, Piney Hills Cyclists gained traction as a group whose primary goals focused on safety, fitness and the environmental benefits of cycling. Five years later, Cycling's Other Guys (COG) filled the gap for older cyclists, male and female, who wanted to ride in less competitive scenarios. Many of those early cyclists are still riding!

Even cyclists themselves have evolved. Babbs Barham, for instance, didn't start running until after her four children graduated Ruston High School. "I was able to compete in three marathons, four half marathons and many 5Ks before my knees gave up when I was 58. That's when I took up cycling."

Barham says the benefits of sharing the road with friends extends long after they come off the road. "Many of the same people I ran with eventually started cycling, too, so relationships with them continued to grow. For more than 20 years, we have celebrated children's showers and weddings, birthdays, various retirement parties, and births of grandchildren. Some of us have even mourned the deaths of our parents. Others of us have traveled together to many states and abroad to bike and hike."

# Lifestyle Benefits

"Life is like riding a bicycle. To keep your balance you must keep moving," said Albert Einstein.

A study by the YMCA shows that people who had a physically active lifestyle have a wellbeing score 32 percent higher than inactive individuals. Cycling combines physical exercise with being outdoors and exploring new views – either solo or with a group. Together with the basic release of adrenalin and endorphins, cyclists experience improved confidence that comes from learning new things and achieving goals.

Patricia P. Acosta has been cycling since 1994.

"I remember the exact time I fell





in love with the sport," she recalls. "Watching my husband in a mountain bike race at Lincoln Parish Park, I suddenly realized women were also racing. 'I want to do that!' I thought.

Acosta says she enjoyed the competition in her early years. "I like racing, as well as the encouragement of the other ladies who pushed me to excel by their own examples of commitment and dedication. Now, I enjoy the camaraderie and view of the beautiful scenery in our area."

In the Piney Hills Countryside around Ruston, you'll find little traffic on many well-paved roads that meander through interesting rural neighborhoods. Even with challenging hills on some of the routes, riders of all skill levels and abilities can find special places along roads near Mitchum's Peach Orchards, Squire Creek Country Club and Sun Valley Miniature Horse Farm on Pleasant Grove Road.

# Improves Immune System

"It never gets easier, you just go faster," says Greg LeMond, former pro rider, three-time Tour de France champion and twice Road Race world champion.

Sometimes life is like that, particularly during the Pandemic. We don't always get to choose to slow down. To counter

that, Tim Noakes, professor of exercise and sports science at the University of Cape Town, South Africa, says mild exercise improves your immune system by increasing production of essential proteins and waking up lazy white blood cells.

Gina Holstead, a retired educator from Arkansas, started riding with her husband and son in 2007, shortly after the Big Dam Bridge made its debut as the longest pedestrian cycling bridge in North America.

"When I moved to Ruston, I met some great women who love the outdoors and want to stay healthy as long as possible," she says. "We enjoy picking out travel destinations to ride in cycling events around the region as a fun way to support worthwhile charitable causes."

Holstead completed her first 100-mile ride with her husband, daughter and son-in-law in 2019 in Wichita Falls, TX.

# Reduces Risk of Cancer and Heart Disease

"Embrace your sweat. It is your essence and your emancipation," says Kristin Armstrong, an American cyclist.

New evidence from the University of Glasgow studied over 260,000 individuals over the course of five years and found that cycling to work can cut a rider's risk of developing heart disease or cancer in half.

Joanna Blackwelder is a 60-year old grandmother who has been cycling on and off for four decades.

"My passion for staying fit began my first year of college when I had to have a physical education elective. Because I had a job after school during my high school years didn't leave time for participating in school sports, I took a conditioning class – which was basically a running class. Eventually, running

became Blackwelder's passion.

"It was out of necessity that I began cycling," she says. "When I got married, there was little extra time in the evenings so, I decided to bike the 26 miles to work every day. Not only did it save on gas money, but it also became a real source of enjoyment and a great way to stay healthy. I've been riding 20-30 miles, two to three times a week ever since.

Joanna and her husband use their bicycling hobby as a kind of Covid date night. "It allows us time to talk and visit



with each other without the distractions at home," she says. "There's nothing quite like getting up early for a ride and hearing the birds singing, watching a calf drinking from its mother or a baby foal trying to run while the sun rises."

# Improves Balance and Mobility

"The bicycle is a curious vehicle. Its passenger is its engine," says John Howard, U.S. cyclist.

Cycling isn't just about raising your heart rate and getting you breathless. The technical elements – climbing,

descending and cornering – all teach you to use your body weight to get the bike to go where you want it to go. These mobility skills translate into better balance, reduced risk of falling and improved strength and confidence.

Regardless of skill or experience, cycling presents special risks that cannot be completely eliminated.

"Biking, like any sport, can be dangerous, and you have to ride smart and be alert," cautions Blackwelder. "A couple of years ago, I hit a patch of gravel and crashed the bike. I now have a long titanium rod in my femur and hip to prove it."

The accident did not keep Joanna off the bike or off the road.

"It is not just the beauty of biking that keeps me riding," she says. "It's also the challenges it presents and the determination it develops. Like getting back on the bike after you've had a wreck. I now have an iron resolve to do hard things like ride in especially in cold weather. I don't give in to the desire to stay home. I ride anyway, even though I know my toes or fingers will go numb and my breath will keep fogging up my sunglasses. There is an odd sense of accomplishment."

# Provides Opportunity to Build Community

"Teach a man to cycle, and he will realize fishing is stupid and boring." -Desmond Tutu

Joining a riding club like Cycling Grandmothers is excellent way to grow your social circle. Even if you're new to cycling, you'll probably find all the maintenance and training advice you need from more experienced riders.

Several of the women in Cycling Grandmothers started riding to share an activity with their husbands.

Vicki Rasmussen learned to ride bike as a child and rode on the family farm.

"I rode a green Schwinn bicycle in college," she says. "While rearing our family, Neil and I rode bikes and participated in area bike rides. Over the past three years, though, I've gotten back into biking on a regular basis. Neil has been a constant support, tuning my bike and challenging me to become a stronger rider. We think it's also a wonderful way to enjoy God's creation while getting good lowimpact exercise."

Several riders augment their road work with practices like yoga, gardening and strength training to prepare for longer rides. Glyndwr Macaskill, for instance, rode 3,188 miles last year during lockdown, including a 77th birthday ride of nearly 48 miles along Mississippi's Longleaf Trail!

More than a few of the women cite laughter and encouragement as a big draw for continued involvement with the Cycling Grandmothers.

"The great thing about riding with these ladies is the laughter and encouragement," she explains. "The laughter at endless stories, and time spent together building relationships. And the encouragement!!! I am in my mid 50's and I am in awe of the number



of women that are older and stronger than I am who are still riding strong. Often on a ride, when they are ahead of me on a route, I just think to myself or comment to friends my age, "Y'all, we have at least 20-25 more years of all this laughter and friendship!"

# Improves Sleep

"Life is like a 10-speed bicycle. Most of us have gears we never use," says Charles M. Schultz, creator of the Peanuts comic strip. Some of us have gears we use too often.

Scientists suggest cycling reduces anxiety – either by providing solitude for processing emotions, or from elevated endorphins – and enhances the ability to sleep. Exercise also protects against weight gain with age, which is another cause of sleep dysfunction.

Joanna Blackwelder suggests bicycling is a pathway to faith and serenity.





"I enjoy many outdoor activities such as gardening, yard work, walking, running, aerobics and swimming, but I have found just staying active is one key to feeling energetic and capable," she says. "The other is living in a manner that brings God glory."

# Increases Libido

"Bicycles are the indicator species of a community, like shellfish in a bay," says P. Martin Scott.

Dr Michael Roizen, chair of the Wellness Institute at the Cleveland Clinic, says women who have 350 orgasms a year, versus the national average of around a quarter of that, live about four years longer." Similar findings were revealed for men.

So, can cycling improve your sex life? Well, it does build some essential muscle groups. Dr Matthew Forsyth, urologist and keen cyclist from Portland, Ore,. says, "These muscles [worked on the bike] are used during intercourse. The better developed these muscles, the longer and more athletic intercourse will be."

Sandra Dyson, 75, is a Ruston native and daughter to a Louisiana Tech and

Washington Redskins football player. She met her husband Don on a blind date her sophomore year. They were married a week after he graduated in 1968.

"I started riding in 2005 with a new hybrid bike. It was good for a family bike outing, but I found out that I wanted to pick up speed. I soon bought my first bike used from my daughter and found a new love! After several years,

my biking friends started upgrading to carbon bikes. I held out as long as I could, trying to keep up with them and gave in to a used carbon bike and also a used triathlon bike. Most important part of a bike is the seat! Research it thoroughly!"

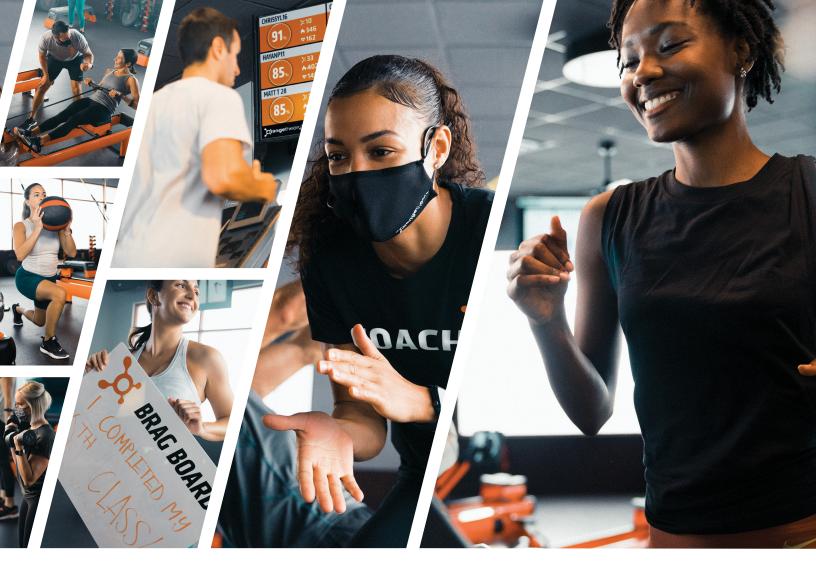
Sonja Cardwell is a retired specialty nurse, married, with two grown children and five grandchildren.

"After a heel injury required me to take some time off from running, I switched to mostly biking," she says. "I have made so many new friends in the Ruston cycling group. I realize that our paths would probably have never crossed otherwise; I'm so grateful for that gift from God. A couple of my

favorite long-distance rides are the Multiple Sclerosis round trip ride from Hammond, La. to McComb, Miss., and the Big Dam Bridge in Little Rock.

"Several of us in the biking and running groups have remained the best of friends who have traveled on adventure trips since 2005. We are planning another trip in June 2022 to hike in Liechtenstein and Switzerland. I am sure if we see bikes that will be included in our adventure!"

Rebecca Joy Bingham is a native of Monroe. A travel writer for The News-Star for 15 years, Rebecca lives in Hot Springs, Ark., in a retrofitted condo on the grounds of the first vacation resort on Lake Hamilton. She is working on a book called Finding Home: Creating Comfort in a World of Chaos.



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# An audible potion for HEALING and PLEASURE

WRITTEN BY REBECCA BINGHAM

"One good thing about music is when it hits you, you feel no pain."

-BOB MARLEY

or centuries, music has been recognized as potent source of pleasure and a powerful resource for healing. A landmark study released this summer from Montreal's McGill University suggests the euphoria experienced while enjoying music is triggered by the same opioid-like brain chemicals that give humans the pleasurable feelings associated with sex and recreational drugs.

According to The American Music Therapy Association, the 20th-century discipline of using music to boost mood and to change behavior emerged following World Wars I and II, when community musicians toured U.S. veterans' hospitals to play for the thousands of patients suffering with physical and emotional trauma. The veterans' positive responses to music were so significant that doctors and nurses urged hospital administrators to begin hiring musicians as part of structured therapy teams. Subsequent demand for a college curriculum to train hospital musicians prompted Michigan State University to establish the world's first music therapy degree program in 1944.

My father, Dr. Davis Bingham, is a lifelong professional vocal performer and choral music educator. He and his wife

Joan live in a North Carolina continuing care retirement community where the average age is 82. Earlier this year, the couple recruited several dozen residents to perform in a musical show featuring popular songs of the 1940s and 50s. "As the music evoked sweet memories of bygone days, the audience responded with exuberant applause, mixed at times with a few tears," says Bingham. "What's more, members of the chorale not only felt a sense of pride and accomplishment for having embraced the discipline of 17 rehearsals leading up to the show, but they also said the challenge to learn something new made them feel more alive."

Emily Gagnon, a Canadian nurse, agrees music is an audible tonic. Inspired by the documentary "Alive Inside," Gagnon created a program called Musical Memories to give nursing home residents a way to listen to their favorite tunes each day. "I interviewed patients and their families to customize a playlist, and then uploaded it on listening devices purchased with donations," she explains. "Providing familiar music to seniors evokes a sense of familiarity, stimulates joyful thoughts and reconnects them to their lifetime of memories. As Georgia Cates said, 'Music is what feelings sound like."

Affinity for music apparently begins while we are in the

womb. Although the science is limited, studies show at 33 weeks, some babies breathe in sync music, and some even respond differently to various genres. Other research shows babies exposed to classical music from birth to six months have longer attention spans, as well as better motor skills, language development and cognition.

Learning to play an instrument seems to have even more profound benefits – like improving a person's listening and hearing skills over a short time. Dr. Bernhard Ross, senior scientist at Rotman Research Institute, is the senior researcher for a study published in the May 2017 issue of Journal of Neuroscience. He says, "Learning the fine movement needed to reproduce sound on an instrument changes the brain's perception of sound in a way that is not seen when only listening to music. This study was the first time we saw direct changes in the brain after only one session, possibly because playing an instrument requires the brain's hearing, motor and perception systems to work together."

Practitioners like Dr. David Hulse of Columbus, Ohio, bridge the fields of metaphysics and wholistic medicine with sound therapy. "SomaEnergetics – a combination of soma, the Greek word for 'body', with energetics, a reference to the body's vibrational template – builds on the science that certain frequencies restructure the body's energy systems to facilitate

healing," he says. "We teach therapists how to use tuning forks matched to ancient Solfeggio tones as a tool to repattern energetic blockages in such a way the body can more freely to return to a natural state of vibrant good health."

Music also provides a pathway to vibrant mental health, especially for patients who are resistant to other treatment approaches. Under the guidance of a credentialed professional, clients with mental health concerns use musical interaction a way to communicate, develop relationships and address issues without depending on words alone. Music therapy sessions include the use of active music making, music listening and discussion.

To demonstrate the power of music to blur geographical boundaries, blend disparate cultures and inspire hope for both artists and audiences alike, acclaimed cellist Yo-Yo Ma assembled an extraordinary group of musicians called The Silk Road Ensemble, so named for the ancient trade route linking Asia, Africa and Europe. Collectively, their intensely personal journeys over 16 years paint a vivid portrait of a bold musical experiment and a global search for the ties that bind. "If you are aware of what you have and how precious it is – the breath you take, the music in your life, the people around you – it is enormous wealth," says Ma, "and it doesn't take anything to complete it."







## Learning Struggles Can Be Difficult. Getting Help is Easy.

#### **ADHD**

LearningRx has improved the cognitive skills of thousands of children with ADHD. While we do not diagnose or treat ADHD, our programs have improved cognitive performance for clients with many diagnoses, including ADHD. Over a six-year period, 5,416 children and adults came to LearningRx with the diagnoses of ADHD. We measured the cognitive skills of these clients before and after the brain training. Here's what the research revealed:\*

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- IQ scores improved by an average of 15 standard points after LearningRx brain training.
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#### DYSLEXIA

Cognitive skills are responsible for the ability to read. If certain skills are weak, reading becomes more difficult than it needs to be. That's why LearningRx works on correcting weak cognitive skills. Once the weak cognitive skills are trained and strengthened, the jumble of letters gets straightened out, and reading becomes easy.

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#### 77

- The noise is driving me crazy and I cannot function!
- I've struggled with this for years and still do but don't want this for my child.
- My boss just doesn't understand that I cannot process all of that at one time so I need a new job.
- X I simply cannot pass the test to advance and need help.
- My attention has gotten so much worse and my memory stinks.



#### I MIND SHAME YOU ARE NOT ALONE

Removing the Stigma for Adults with Learning DIsabilities

hese are only a few of the things I hear from adults on a daily basis and surprisingly few of them are in my office. Actually, most are out in the public domain where people are feeling the shame of struggling but do not know how to address it. Let's shed some light on learning differences and move away from the clouds of mind shame.

What is mind shame?

Mind shame is a term, coined by the specialists at Children of the Code, where they have some amazing videos explaining the term for children/adults who struggle with dyslexia and understanding the code to reading. Essentially, the term simply means an extreme embarrassment at the inability to perform in the same manner as others around us. While that makes the term easy to understand, it is quite the deal to wrap

your thoughts around the actual meaning behind this. Mind shame causes many expressions of emotion and turmoil not limited to anxiety and depression, attentional issues and guilt.

How do we address this culturally and societally?

Openness. Acceptance that not all people think the same and learn the same way and this is okay. The solution is getting help to make us feel whole. There is nothing wrong with a learning difference, but it can make it hard to function even if everyone around you is accepting of the difference. Why? Because most of us don't want to be different or to be perceived that way.

What help is available to adults struggling with learning issues?

Do you know what's causing it? Identify the why behind

the learning issue. This can be done through testing at a local psychologist if you want a formal diagnosis or if you are just wanting to identify the skills that are causing this struggle, you can come see us at LearningRx for a cognitive test. You can also call in or take one in the privacy of your home via computer. There is no reason for you to struggle silently wondering what is wrong.

Once you know what the root cause is and are comfortable with addressing it by getting brain training in-person or digitally, then you may also need to see a counselor for the grief, shame, guilt, anxiety or worries that the situation is causing or has caused you.

"Cindy" loved her job but felt very overwhelmed. She could not function with all of the distractions and auditory overload that was causing her to lose focus and be unable to feel success at her job. The situation was getting worse and worse. Finally, she decided after talking to a friend whose child had gone to LearningRx to call and see if they helped adults too. After testing, Cindy realized that her auditory input was being overloaded and she was completely losing focus due to the amount of auditory data that her brain was trying to process when it wasn't working at peak efficiency. After enrolling in a program with a personal brain trainer, Cindy began to understand her own brain and how to tune it efficiently when the auditory load became too much. She understands what exercises reduce her frustration and allow her brain to function at peak capacity. Yes, this is a blatant testimonial but the point is that instead of allowing the SHAME of not being able to cope to overwhelm her and cause her to leave the job that she loved, she was able to embrace that there was an issue and it could be addressed.

"Brad" struggled with managing his day-to-day schedule. He was constantly behind and although he owned his own business, his lack of management was impacting his home life and causing conflict in his family. He wanted to be able to achieve more balance and be able to do all the things he needed to do efficiently but his brain just didn't work like that. He went to a counselor who was helping him with the anxiety but the juggling of the jobs and home life was just overwhelming him. His counselor recommended that he get testing to identify what was causing the underlying issues. Brad got tested at a local psychologist's office and discovered that he had an executive functioning issue that was not allowing his brain to do the CEO duties efficiently. Brad chose to partner with his counselor to address this. He discovered that by taking some planning time in the mornings before he took off on his jobs, he could balance things better and complete jobs in a timelier manner. This allowed more home time with his family and alleviated the struggle. Again, this is an example of someone who took charge and decided for themselves that it was time to end the struggle.

"Cheryl" struggled with memory. She was known as the sticky note queen in the office because she had them everywhere to remind her of what was next. She had alarms on her phone and other reminders as well. But these things were beginning to get on the nerves of others around her and her boss complained that she was a disorganized mess. She tried to explain that it was just her way of managing but he insisted that she do "something about it." Cheryl decided to partner with a friend and work out a better manner for her organizational strategies. She consulted a professional who shared with her that she had ADD. Cheryl began to take medication for her ADD and with her friend's assistance, she was able to become the responsible person her boss deemed worthy enough to be promoted.

"Dallas" is a college student who struggles with math. She absolutely hates math and has had tutors for math her whole life. College math is a nightmare and makes her feel stupid. She is constantly putting herself down and has a mental block when it comes to anything related to math including her checkbook. Dallas is undiagnosed and makes it through the class with the help of the tutors but continues into adulthood avoiding math like the plague. When she has her first child, she is terrified of misdoing medication dosages and as the little boy grows up, she determines that somehow, he will get the help he needs with math so he doesn't struggle as she does. The crazy thing is, she is successful. She has multiple degrees and has been a successful teacher for many years. One day as she is doing research for her job, a parent introduces her to a new thought, brain training. And she embarks on the journey to finding this hope. If this story sounds familiar then, yes you guessed it. This is my story. I found LearningRx and it helped me discover math was not a disease after all. Learning math could be fun. Both of my boys did LearningRx and are successful in their lives and careers (that includes math). No, I am not an accountant...but I am no longer afraid of math nor do I feel insignificant and less than when it comes to math. Why? Because I took charge and did brain training for myself.

The point here isn't a LearningRx commercial but rather to share that taking charge of your own strengths and weaknesses is possible and knowing is all a part of that. Mind shame isn't something you should continue to deal with, but rather simply a limiting factor to what your potential can be.

No one should feel less than. No one should feel like they can't do whatever they put their mind towards doing. Embrace that there is hope. Reach out to others around you. Ask for help. There are community resources that can help you. Erase the shame and embrace your brain.











#### Muddy Boot Jewelry

Laurie Calahan is an artisan jeweler from Shreveport and the creator of Muddy Boot Jewelry. This name is an endearing play on words based on Louisiana often being referred to as "The Boot". Muddy Boot Jewelry was birthed from her intense love for travel and her desire to take pieces of beloved places along with her in her travels. Louisiana, her original home, is one of these places. Because the Red River is the border between the sister cities, Shreveport, and Bossier City, where she resides, Laurie created a special mixture of the red soil found in and around the Red River with moldable binders to form her jewelry. By doing so, she was able to find a unique way to wear a beautiful symbol of life and take a little piece of home with you wherever you go.

AVAILABLE AT 318 ART&GARDEN AND LAURIECALAHAN.COM



Muddy Boot Jewelry To





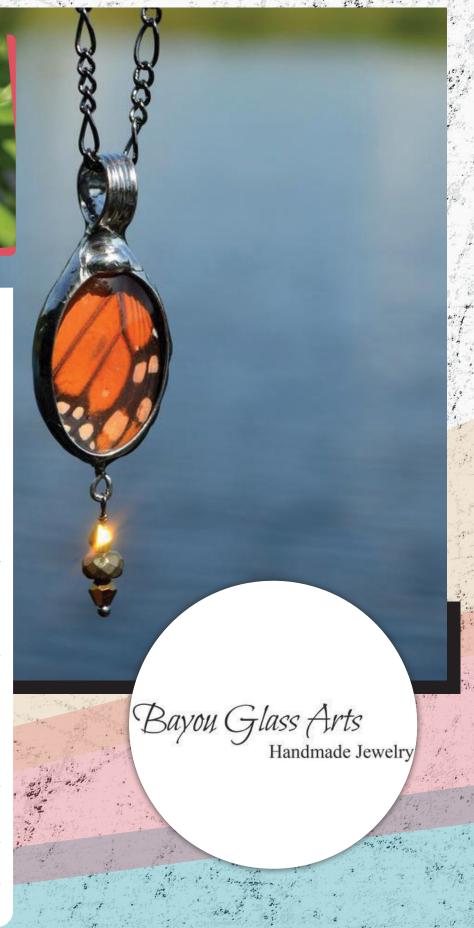




#### Bayou Glass Arts by Contina Pierson

Contina lives in an Acadian farmhouse with a wrap-around gallery deep in the Louisiana Piney Woods. It's a wondrous place of lush greens and the colors of vibrant wildflowers. This is where she's grown as an artisan jeweler. Always drawn to all things sparkly, glass became her medium. Her journey began years ago as a hobby and now Bayou Glass Arts has evolved into two studios. Her staff of ten work daily toward the same goal of creating elegant, natural jewelry. Her work is custom to the core by crafting unique mementos or keepsakes with a personal touch. Each piece of Bayou Glass Art is designed with the beauty of nature and never duplicated.

AVAILABLE AT BAYOUGLASSARTS.COM





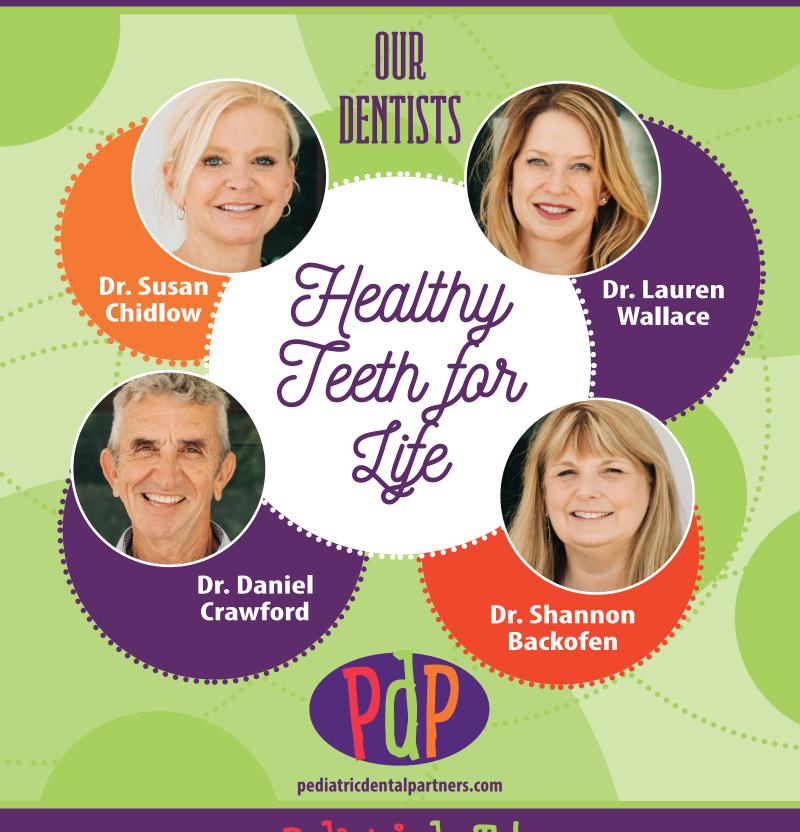


#### **Raven Jones**

Shreveport raised, Baton Rouge fashioned, and New Orleans planted, Raven Jones, owner of The Birdburger Paper & Aesthetic Shoppe finds her creative release in her art. She creates with intention to fill a void in an over-saturated market by providing wonderfully idiosyncratic originals, bespoke paw-traits, branding, stationery, eclectic and home goodies as a black woman artist. She hopes to also enchant some hearts along the way. Doll-up your glasses and bottles with something a bit more sustainable than the typical disposable paper types for your private parties. Ravens handcrafted Boozee Drink Charms are created to help your soiree guests identify their own wine glasses but these charms are certainly versatile for more than drink charms. Upscale them as keychain charms, ornaments, eclectic jewelry and reusable gift tags for the holiday season!

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# If Not Now, When?

We get it. Thinking about death can be hard. But being informed and empowered can help you feel confident that regardless of what happens, your family is secure.

We help you plan for the future. By doing

so, we allow you to relax in the present, knowing you have a plan and your loved ones will be taken care of.

Did you know that if you pass away without a will your spouse doesn't automatically inherit from you? Did you know that we still have forced heirship in Louisiana? Did you know that in most cases it is beneficial to file probate in Louisiana? Did you know you need a will to provide a guardian for your minor children in the event something happens to you?

At a minimum, every person should have a will which determines what happens to his property when he passes away. Each person should also have a power of attorney, which gives power to an agent to make medical or financial decisions in the event of incapacity. Each person should also have a living will stating they don't want to be kept alive on life support if two doctors certify there is no chance of recovery. People who want to leave money to minors or have children under the age of 24 should consider trusts.

Some problems in estate planning:

Do it yourself-ers. Would you fix your own broken leg or would you see a doctor? The future of your family is worthy of professional help.

Taking advice from lawyers who practice in other areas. Would you see a dermatologist for your broken leg? But they are both doctors!

People who do not follow through. Your documents must be signed to be valid! Don't wait! Something is better than nothing.

People who want the "form." We don't offer a one sized all approach. You are unique and so is your estate plan!

People who don't want to plan because "they aren't planning on dying." Can you see and predict the future?

You can with estate planning! With estate planning you

have a unique opportunity to predict the future. You have an opportunity to make things work easily for your loved ones or to make it hard for them. You have an opportunity to keep your family together or tear it apart. Which will you choose?

Over 35 years ago Patricia Miramon started an estate planning and elder law practice. Now, along with her daughter, these attorneys are taking steps to make Estate Planning and Probate an even more affordable and client centered experience. This mother daughter duo is passionate about helping people of all ages prepare for the future and protect their families.

Patricia Nelson Miramon began her legal career in 1985, and started her own business in 1988. She has been actively involved in the areas of Estate Planning and Probate for decades. She is also an experienced trial attorney and can handle contested and complex cases. She started Lagniappe Fiduciary Services in 2018 to further expand into the roles of executor, agent under power of attorney, and trustee.

Patricia enjoys reading and traveling, especially to Central America. She also enjoys spending time with her husband, three adult children, son in law, new grandson, and her black lab, "Ce-Ce."

Julia Miramon Todd grew up watching Patricia practice in this field. After becoming a CPA and practicing oil and gas accounting, Julia went to LSU Law School and joined her mom at the firm. After welcoming a son in October 2020, Julia has become focused on letting people know that everyone, regardless of age, needs an estate plan.

Julia enjoys being outside and spending time with her husband Tripp, son Rowe, and extended family and friends. She is an active member of the Junior League of Shreveport-Bossier. She also loves running, reading, and traveling.

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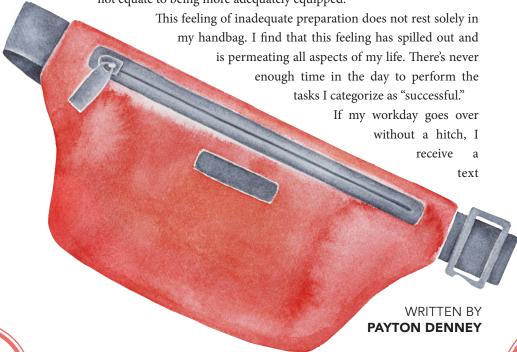




## FANNY PACKS OF FAITH

y mother-in-law wears a fanny pack. Since meeting my husband in 1995, I can't recall a time when she hasn't adorned one. I remember wondering as a teenager what she carried in it. Unlike my mother's large and fashionable handbags, the practical fanny pack only allows room for hauling the necessities. So my assumptions as to the contents of the pack settled around cash, credit cards and Kleenex. There they have remained until recently.

Twenty-six years later, I sit in the bleachers at my child's soccer game and survey the contents of my overflowing purse. I'm embarrassed to know what is and isn't in there. I'm hopeful that it contains the items I deem necessary for this trip, but I cannot be certain that I'll be prepared to address a need of my child or someone around me when pressed for assistance. The truth is that I can't recall the last time I cleaned it out. With each day that passes, I add to the mess. A larger purse does not equate to being more adequately equipped.







message from school about another failing grade. If we're on time for school, someone announces that they forgot their facemask at home. Giggly as we arrive home from a successful date night, Pat and I enter the house to a dining table full of laundry and a feverish child. I. Just. Can't. Get. It. Together.

I've stopped watching the news because it's negative, and I can't possibly handle one more ounce of stress. My social media connections inform me that all the world is divided, our leaders are evil, and we're all going to be dead or broke in a matter of months. And while I feel responsible for my part in defending our world, I'm too tired to deal with the emotions those hard conversations bring.

I know that I am not alone in these feelings. When I asked some social media friends what worries them in the coming days, weeks, months and years, I was inundated with responses with concerns about our country and the future for our children. There were questions on whether we are "enough" and whether we've adequately prepared our children to make it on their own. There were worries about COVID, violence and threats to our religious freedom. Nothing was off limits, including student loans, long division and entitlements.

But the comment that resounded with me the most was one that was also liked and replied to by others, "It would be easier to list what I'm not worried about."

When I asked to see that list, she came up blank.

# THE ONLY WAY I KNOW TO COPE WITH THIS ENCROACHING STATE OF WORRY IS TO RETREAT, OTHERWISE KNOWN AS HIDING.

Nothing, no category of her life was free from worry.

The only way I know to cope with this encroaching state of worry is to retreat, otherwise known as hiding. Oftentimes, I have to hit an emotional bottom before seeking help. I am tired of this yoyoing game of "I can do this" and "I can do nothing." Something has to change.

As often quoted, the definition of insanity is doing the same thing over and over, expecting a different result. So, I went looking for an answer. In my search for sustainable change, a friend turned me onto a book that he credits as the "best book (he's) ever read."



astor and Author, John Mark Comer, wrote The Ruthless Elimination of Hurry: How to Stay Emotionally Healthy and Spiritually Alive in the Chaos of the Modern World. In the book, he explains that the source of our anxiety is caused by our disconnection with God because of the hurried state we live in. Comer believes that "hurry is the issue underneath so many of the other issues of our day and age."

As Comer began research for his book, he uncovered that this hurry epidemic is neither new nor mild. Comer discovered that American philosopher Dallas Willard called hurry the great enemy of spiritual life. Willard urged, "You must ruthlessly eliminate hurry from your life."

As it turns out, cardiologists Meyer Friedman and Ray Rosenman coined the term "hurry sickness." They defined it as "a continuous struggle and unremitting attempt to accomplish or achieve more and more things or participate in more and more events in less and less time." The consequences of having it can be devastating and our technologically connected world perpetuate its growth.

There it was—my problem and my solution. The busyness of my life is robbing me of my peace. It's

often shocking to me how far off track I can get as a Christian. I'm supposed to know better. I have life experiences to remind me that true peace only exists when I'm actively pursuing my relationship with God. I've lived Psalm 34:18. "The Lord is near to the brokenhearted and saves the crushed in

spirit." So why do I stray from my daily communion with Him?

One of my favorite authors, Corrie ten Boom, says, "If the devil cannot make us bad, he will make us busy." As I often explain to my kids, there are forces at work in the world which we cannot see. Make no mistake that the devil is sneaky and is constantly looking to gain a foothold in your life. He gets me with busyness every time.

But there's hope. Women often have a knack for sifting and arranging priorities. As a friend and I were discussing this study/communion time, she protested, "I know that I need to read my Bible and set aside time to pray, but after I've worked and cooked dinner and studied, there's no time."

She's right. Much like my purse, if we put God in last, He will get lost in the mess. However, if we toss aside the oversized tote and fill our pack with necessities, we'll never have to doubt what we're carrying around. And so, after 26 years of wondering about that fanny pack, I now know that my motherin-law was putting first things first. She needed the use of her arms for more important tasks than carrying unnecessary baggage.

We cannot fully protect our kids from the things of the world, but God can. Our job is to prepare them for the future by arming them with a strong faith and scriptural foundation. I don't believe that we are carelessly placed in this date and time. However, we should be on guard. The danger of allowing hurry to take over our lives is that there's no room for God, our protector, to train us for the daily combat that is our calling.

We don't have to be perfect teachers. We just have to be faithful students. Our children are watching, and they will be a product of the environment in which

#### "WE DON'T HAVE TO BE PERFECT TEACHERS. **WE JUST HAVE TO BE FAITHFUL STUDENTS."**

they are raised. I pray that I don't underestimate the spiritual calling on my life. I hope to be as brave as Queen Esther as she took her life in her hands when approaching the king on the behalf of God's people. There's no reason to believe that God will not protect me as He protected her.

So, slow down. Breathe. Rest. Pray and listen. Be on guard against hurry.

"Perhaps this is the moment for which you have been created." - Esther 4:14

You don't want to miss it.





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#### PRINCESS Josie Hodges

The 14th Annual Northwest Louisiana St. Jude Classic

WRITTEN BY LEONE FITZGERALD



ave you ever met a 19-year-old who has traveled to Kenya with her mother and helped start a non-profit organization there?

What about a 19-year-old who likes to make her own Halloween costumes – including elaborate feathered headdresses and wooden stilts that she built herself and masks that emit smoke? No? Well, then you have not met Josie Hodges, this year's princess honored by the Northwest Louisiana St. Jude Classic tennis tournament. Each year since its inception, the tournament committee chooses a prince and/or princess who has received treatment at St. Jude Children's Hospital. Having a prince or princess participate in the tournament puts an innocent face to the scourge that is childhood cancer. It reminds the planning committee of why they are doing what they are doing. It also educates those involved about the miracles that are performed every day at St. Jude.

When the committee was searching for a prince or princess this year, they heard about Josie's story and called her up. When asked if she would be interested in being the tournament princess this year, it took her a fraction of a second to say "Sure! I'll do it." Josie was then invited to the next committee meeting so they could meet her and tell her more about the tournament. She never missed another meeting. When asked what kind of cancer she had,

Josie's reply was something like "Oh, it was just Hodgkin's Lymphoma." That reply is a perfect example of the tenacity and resilience that Josie exudes in her daily life.

In 2018, Josie was a student taking mid-term exams at Caddo Magnet High School when she was diagnosed with Stage 4 Hodgkin's Lymphoma. Josie went to St. Jude Children's Hospital in Memphis, where she endured six cycles of chemotherapy. She completed her last cycle just in time to head off to summer camp! Rather than complain about having cancer at such a young age, Josie describes St. Jude as "the Disney World of hospitals!" Thankfully, she is now cancer-free! Josie did have to repeat one year of high school, and tragically suffered the sudden loss of her mother earlier this year, but she graduated last May and is currently adjusting to being a freshman at Centenary College. She is interested in studying medicine or perhaps theater and seems perfect for either (or both)! It was Josie's mother who exposed her to her greatest passion - her chickens. That's right - raising chickens. Josie is very well-versed in all things chicken and loves to talk about them with others. She even has a few bobwhite quail, too. Since her chickens were not allowed to move into the college dorm with her, she still goes home each day to visit and care for them.

Normally, being the tournament prince or princess is just an honorary title. But not for this princess. Josie worked

right along with the committee - attending planning meetings, stuffing player goodie bags, making name tags and being part of the cleanup crew when the tournament ended. She was even doing biology homework during one of the meetings! But, after all that work, the princess got to play. If you had been at Pierremont Oaks Tennis Club that Saturday night, you would have had the heartwarming experience of watching Josie jumping around swinging a tennis racquet while attempting to win one of the prizes that were scattered on the opposite side of the tennis court. "Hit for Prizes" is a very popular event that the tournament added to the lineup a couple of years ago. Many prizes are spread out on one side of the court and if a participant hits that prize, then it is theirs. There were many gift cards, t-shirts and gag gifts, including a pink jellyfish costume that looked fabulous on its male winner (You know who you are). And, because the tournament committee likes to go big, the grand prizes this year were a Julie Vos necklace from McCary's Jewelers, a Pelican Elite cooler and a 65inch smart television. Not having much experience with playing tennis, Josie never hesitated to give hitting for prizes a try. All of the other participants received a true blessing watching her unabashedly swat at the balls being fed to her all while bedecked in her princess tiara and purple feather boa. If the errant feathers scattered about the tennis club the next day were any indication, it appeared the princess had quite a festive night.

This year's event was the 14th Northwest Louisiana St. Jude Classic and drew 273 players. It was so many that matches had to be played in two locations. For the first time in the tournament's history, there were two title sponsors who donated at the highest level - Lang Orthodontics and Ivan Smith Furniture. (Mr. Ivan Smith happens to be the grandfather of Princess Josie and one of her biggest supporters.) The tournament committee reports they are on track to beat their own record this year - with a grand total

> to St. Jude. Because of the recurring generosity of this community, all

of approximately \$58,000 that will go directly

cash raised is donated to St. Jude and is not needed to cover

tournament expenses.

Year after year, the tournament committee is overwhelmed by the hard work and generosity that the citizens in this area are willing to provide. The tournament includes



a silent auction of donated items, which run the gamut from jewelry, trips, gift cards, coolers, tennis lessons and more. This year's auction had a banner year and raised over \$14,000 - another record. Local food trucks Kona Ice, Ono Hawaiian Grill and Downsouth Dawgs and Catering all showed up Saturday evening to feed hungry tennis players and donate a portion of their proceeds to the tournament.

Many in our area are unaware that we have one of eight St. Jude Affiliate Clinics right here in Shreveport. Affiliate clinics can greatly help some patients and their families by lessening the number of out-of-state trips required for treatment.

One of the most remarkable things about the Northwest Louisiana St. Jude Classic is the myriad of ways people can and do contribute to make the event a success. If you played in the tournament, donated cash or an item to the auction, purchased an auction item, liked and shared on social media, volunteered to work the registration desk, provided food or drinks, or even just bought a hot dog, then you directly contributed to a child and the family of a child battling cancer. To hear the stories year after year of our princes and princesses and their families who have experienced the devastating diagnosis of cancer is all the volunteers need to stay motivated to put this tournament on. Because "no child should die in the dawn of life." -Danny Thomas

As for Princess Josie Hodges, she is definitely living life to the fullest - thanks to the folks at St. Jude Children's Hospital. This will not be the last time you hear about her. And as for this year's Northwest Louisiana St. Jude Classic tournament committee, they have been doubly blessed. Not only did they successfully help support St. Jude's mission of finding a cure and saving children, but they all gained a beautiful friend.

If you want to become involved with the tournament as a donor or a volunteer, please contact co-chairmen Edmund Brown by calling 318-458-2511 or Teri Flash 318-393-0006. You can also check out the tournament Facebook page or the website at www.StJudeClassic.info. Lola

At **Gentry Rose** we strive to help you create a **long-lasting relationship** with your clients through the **power** of **promotional products**.

#### Let's Talk PROMO

Lola Magazine sat down with local business owner *Emily Cage* to talk about her mission behind Gentry Rose.

#### Do you ship outside of Louisiana?

Absolutely! We have Clients all over the world, literally! We recently shipped all the way to New Zealand.

#### What is your most unique item?

A long time client needed a branding iron for one of their events. It wasn't easy, but we delivered!



A lot of times people aren't sure exactly what they are needing, but they do know what kind of statement they are trying to make. After a consultation, I do my homework and make suggestions with price breaks that I think best fits their needs. I love to think outside the box! My job is to help remove your stress front start to finish.

#### What does Gentry Rose offer?

The possibilities are endless! I focus on business branding, special events, employee appreciation, client gifts, holiday gifts and signage. Believe it or not, its time to start thinking about Holiday gifts! With the recent trying time, inventory is sparse, and production and shipping are delayed! Don't wait to woo your clients this Holiday Season!





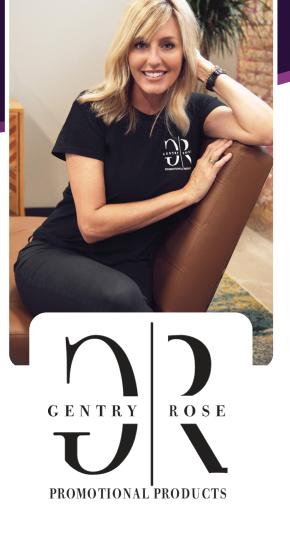




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#### I like to make even the small holidays FUN!

Presidents' Day....I'll find a themed dinner for it...there are more red, white, and blue dinner items out there than you think! Seriously though...themed food is a fun thing to do! With all the scary things going on in the world, it gives me something fun to focus on. And what's Halloween, without some orange food? So sticking with tradition, I made my Halloween Sloppy Joe Sandwiches!

#### RECIPES ARE more than a meal

Growing up, Sloppy Joes made a regular rotation in our house. Whether it was made with sauce from a can, or my grandma's Sloppy Joe she made from scratch every Christmas Eve, it was always a favorite of mine. Something about it brings me comfort. The recipe I used today, however, I can not take credit for. I wish I would've been able to get my Grandma's recipe because it is equally as good as this one. She was a fabulous cook!

A bit of advice, if you have somebody in your family or somebody close to you that is a great cook, beg and plead for their recipes! It would bring me comfort to have some of those recipes.

I am lucky enough to still be surrounded by a great cook! She is too humble to ever even realize how spectacular her food is. My better half's mom is THE MOST FABULOUS cook. She won't give me all her secrets...at least not yet! I was blessed enough to get her homemade Sloppy Joe recipe (but even more blessed to have her in my life)! It is as fabulous as she is, so I must share it with you! I am so lucky to have somebody to share a passion for food with...I am so humbled each time she shares a tip or a recipe with me!

#### **Coni's Sloppy Joes**

#### PREP TIME 30 mins | COOK TIME 40 mins | SERVINGS 4 INGREDIENTS

1 lb ground beef

1/2 cup chopped green pepper or celery (i use both)

1 medium chopped onion

1 tbsp brown sugar

1 tsp dry mustard

¼ tsp salt

1/8 tsp pepper

8 oz can tomato sauce

½ cup ketchup

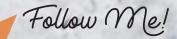
1 tbsp Worcestershire sauce

1 tbsp vinegar

**INSTRUCTIONS** 

- · In a large skillet cook onion, celery, and pepper until soft
- · Add ground beef and brown
- · Stir in remaining ingredients
- Cover and simmer for 15 minutes





#### ··· Abusykitchen.com ·

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This oven-roasted citrus salmon recipe may seem basic, but I promise you it will be some of the best salmon you'll ever have. This is so easy to prepare but is full of flavor and exceeds any salmon I've ever had from a restaurant. This is one of those recipes you will make over and over. I make this oven-roasted citrus salmon at least twice a week.



#### **Oven Roasted Citrus Salmon**

A delicious oven roasted citrus flavored salmon dish PREP TIME 30 mins

#### **EQUIPMENT**

1 sheet tray

Foil

#### **INGREDIENTS**

4 5-6 oz skin off salmon filets

1 organic orange

1 organic lemon

2 tbsp brown sugar

salt and pepper to taste

Avocado Oil cooking spray

#### **INSTRUCTIONS**

- Pre-heat oven to 400
  - Line baking sheet with foil. spray foil with avocado oil cooking spray
  - While the oven is pre-heating, prepare salmon.
  - Pat salmon dry on both sides and place on baking sheet.
     season both sides of salmon with salt and pepper to
  - Sprinkle the tbsp of brown sugar on top of salmon filets
  - Using a citrus squeezer, squeeze the juice of the whole orange and whole lemon over the salmon filets.
- Allow salmon to marinate in citrus juices and season for 30 minutes.
- Roast salmon at 400 degrees for 12-15 minutes or until cooked to 145-150 degrees.









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## GET INSPIRED: DIY CHALKBOARD MENU

WRITTEN BY BRIDGET HAMM

## HOW TO GET STARTED:

#### **DIY Tip:**

One thing I found was dustless chalk – it didn't make sense to me either, but I bought it and used it.

- **)** Look throughout your house or at a favorite local store for framed mirrors, picture frames or beautiful molding that you love.
- > You have a few options at this point. You can chalkboard paint on an artist canvas, plywood or other surfaces that fit in your frame. Regardless of the type of surface, use sandpaper to rough it up especially if the surface is really smooth.
- Don't forget to spray primer (do not skip this important step) on the clean surface and allow it to dry before applying the chalkboard paint.
- > When the primer is completely dry, apply two coats of chalkboard paint with a foam roller. The paint does not have to be black you can choose from a variety of colors. If you talk to your local paint store representative, they may even have magnetic paint to use as well. I like to call those a "2-for" (2 for the price of 1).

#### ENJOY THE FINISHED PRODUCT

Now, you have a DIY chalkboard menu. You can write or draw your holiday menu for all to "ooh" and "aww" over. You deserve it! Lean it up, place it on a buffet table or place it wherever suits you best. Add a flower arrangement or other decorations you have and voila – you are killing it this holiday dinner!



Painting, depending on the scale of your project, can be an intimidating task - any small thing to help lighten the load can feel like a god-sent, whether it's as simple as an easy clean-up method or a savvy shortcut to bring on the savings. I've put together a list of some of my favorite hacks that will have your room ready in record time and they'll take the pain out of painting.

- When you open a can, use a nail and hammer to create a small hole on the inside of the rim that will allow excess paint to drip back into the can. This will help prevent build-up of paint from dripping down the outside of the can and also ensure you maximize the use of your paint.
- If you're using a paint roller and need to take a break overnight, you can seal your still-wet roller in an empty Pringles container (EMPTY washed out with crumbs removed), which will prevent it from drying out. And, brushes can be stored in a large zip lock plastic bag.

- > Taping off the often awkward angles of a doorknob can be a frustrating task. Save the headache and use aluminum foil to cover and protect doorknobs or other handles/hardware. You can also use press—and-seal plastic wrap to protect similarly awkward areas or immoveable fixtures/furniture in your home.
- If you do get paint on a hard surface, use a cleaning wipe (they should be back in stock at your local store – along with any toilet paper you have been unable to find) to remove it. The alcohol found in them won't damage most surfaces (a spot test is recommended) and is great for breaking down latex paints.
- Sometimes the messiest part of painting ends up being the aftermath, when days later you're still finding small dollops of paint in the nooks and crannies of your skin. Coating your body in lotion prior to your post-painting shower will help make these patches easier.



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## Could Walking Barefoot on Earth Improve Your Health and Appearance?

With the changing of the seasons comes the desire to go outside and enjoy the beauty of autumn. Thinking about the fall season can bring about some pleasant thoughts. And while it's common to think about cozy scarves and pumpkin spice lattes, the symbolic meanings of autumn are more profound than you think. Ancient cultures, science and astrology have associated many aspects of this beautiful season to human life. These symbolic associations are powerful reminders that Mother Nature has an incredible influence on our lives.

There are so many ways to welcome the new season. I am personally looking forward to diving into my long list of seasonal recipe ideas and fall craft projects. Of course, I'll be topping everything off with various activities — going outside and walking barefoot in my garden, running with my coach, Dr. Jack Ward, as we observe the changing autumn leaves and breathing the crisp, clean fall air without the fear of that "Virus." Talk about a dream come true.

I've realized that fall is the best time for selfreflection, awareness and mindfulness. Autumn should remind us that our bodies, minds and surroundings are always developing. As summer morphs into autumn, we exercise self-protection by wearing layers and thicker fabrics. We also tend to focus



WRITTEN BY DR.

KAREN PENDLETON

on our health by boosting our immunity through habits and nutrition. Ultimately, autumn doubles as practice for heightened awareness of your "self" and surroundings.

Speaking of awareness, we should take note that day and night are the same lengths during the autumnal equinox (Wednesday, Sept. 22 at 2:21 p.m. CDT). As a result, ancient cultures have always associated the first day of fall with the concept of balance. The sun also enters Libra, which is symbolized by a pair of balanced scales. Autumn grants us a chance to harmonize with the Earth and tap into the balance within us.

This takes us to the subject at hand...Grounding (or Earthing, both words are interchangeable).

## WHAT IS GROUNDING AND HOW DOES IT WORK?

Grounding is a revival of a timeless practice, whereby individuals are put in direct contact with the surface of the Earth. It includes:

- Walking barefoot outdoors
- Swimming in oceans and lakes
- Sleeping, working and relaxing indoors with bare skin in contact with conductive mats, bed sheets, pillows, body bands and patches in order to maintain the body at Earth's electric potential

s an untapped health resource, grounding or earthing is a therapeutic technique that focuses on realigning our electrical energy by reconnecting to the Earth. Think of it as a "global treatment table." The research behind grounding has reported benefits for inflammation, pain, mood and more to be discussed. Earthing has become a worldwide phenomenon based on the discovery of its benefits by cable-television industry pioneer, Clint Ober in 2000. There has been crucial work done by a host of researchers, scientists, MDs and Ph.D.'s. from top universities devoted to validating Mr. Ober's discovery.

For centuries our ancestors knew innately the power planet Earth possesses. They understood they felt better when they walked barefoot and sat upon the ground. Additionally, current subjective reports found in the literature, and in practices of diverse cultures from around the world, reveal walking barefoot on the Earth enhances health and provides feelings of well-being.

Unlike past cultures, most people today, particularly in industrial societies, rarely are in contact with the surface of the Earth. It has only been within the last two centuries that our industrial world has moved off of the ground into homes. Wooden floors and beds were the beginning of the move off of the surface of the Earth, and today's multi-floor skyscrapers are the norm in large metropolitan cities. As humans are moving off of the Earth's surfaces, we are also

bringing our pets with us.... and they are beginning to suffer as well.

In the 1950s, a modern invention, synthetic/rubber-soled shoes, moved us almost permanently off of the ground. Now, 95 percent of shoes have synthetic soles that insulate/block us from the Earth's electric charge. Prior to synthetic soles, shoes were made with leather soles. Leather, especially when it gets wet, is a very conductive material. The electrical properties of the Earth are able to pass through the leather into the foot of the wearer.

The Earthing hypothesis states that when direct skin contact is made with the Earth's surface or a grounded system indoors, the body's electric potential equalizes with the Earth's potential. Further, this hypothesis of connecting the body to the Earth enables free electrons from the Earth's surface to spread over and into the body, where they can have antioxidant effects. This contact with the Earth naturally prevents the buildup of static electric charge on the body. The research is showing that living "connected" is very powerful. The many bioelectrical systems within the human body such as the cardiac, neurological, endocrine and immune systems are all reliant on electrons. So, our bioelectric bodies become stabilized when we are grounded and connected to the Earth, i.e. "electrical roots." Living disconnected seems to allow the body to be vulnerable and prone to dysfunction, inflammation-related diseases and accelerated aging.



## WHAT ARE THE BENEFITS OF GROUNDING?

You get Vitamin D when your body receives energy from the sun above. The Earth gives you energy as well, from below, that contributes to health in a big way. Think of it as a kind of electric nutrition, or "natural electricity," or "Vitamin G" as it is sometimes called. This natural planetary charge keeps the bioelectric machinery of global life humming in rhythm and balance/homeostasis. Here is a shortlist of grounding benefits:

- · Reduces/eliminates chronic inflammation
- Increases immune response
- Promotes healing from trauma, injuries and sports/exercise activity
- Reduces blood viscosity/thickness (a contributor to cardiovascular disease)
- Improves dynamic blood flow to nourish the entire body
- Improves your vitality (you feel better and look better...age management)
- Increases energy
- Improves sleep
- Decreases anxiety, depression and stress levels (cortisol)
- Reduces muscle tension and headaches
- Reduces hormonal and menstrual symptoms
- Reduces/eliminates pain
- Safely reduces blood pressure (warranting further research)
- Protects against health-disturbing electromagnetic fields (EMF) (a major concern with the introduction of 5G technology)

The research done to date supports the concept that grounding/earthing the human body may be an essential element in the health equation along with sunshine, clean air and water, nutritious foods and physical activity.

## HOW CAN ONE ACHIEVE THESE BENEFITS?

One of the easiest ways to ground yourself to the Earth is to walk barefoot outside for a minimum of 30 minutes per day. To increase the amount of contact, lie on the ground or wade into a body of water—lake, creek or ocean. Conduction is much greater if the surfaces are wet; therefore, electrons are more readily absorbed on the beach than walking in the desert.

To ground yourself without going outside (comfort and safety factors), try one of these options:

- Grounding socks and/or shoes
- Grounding mattress covers, pillow covers, sheets and/or blankets/throws
- Grounding mats, including yoga mats
- Grounding bands and/or patches
- Grounding pet beds (our fur babies need this resource)

All these items can be purchased online. My favorite site is https://www.earthing.com/

Earthing and Ground Therapy products from **Earthing.com** are the only grounding products on the market that are created and developed by the pioneer, Clint Ober and his team. The majority of all proceeds from the sale of Earthing products go toward continued research and advancement in the field of grounding including product development, safety standards and educational outreach.

leather and schedule permitting, spend a half-hour or so outside barefoot and see what a difference that makes on your pain or stress level. Sit, stand or walk on soil, grass, sand or unsealed concrete and/or brick. These are all conductive surfaces from which our bodies can draw the Earth's energy. Wood, asphalt and vinyl/plastic are NOT conductive. Also, consider touching plants and living trees (especially with wet bark); drinking water from the ground (well water and/or electrolyzed reduced water) and eating raw fruits and vegetables grown in the ground. Both the aforementioned water and foods are rich in electrons. When groundwater is processed with chemicals and the food is cooked or processed, the electrons are removed so they are no longer a source of electrons for the body.

As with any health strategy, it is more effective to maintain optimal health than to attempt to regain it. Grounding can be a significant part of that strategy for us and our furry companions with no side effects. Earthing is among the most natural and safest things you can do. If you are skeptical, put it to the test by simply sitting, standing or walking with your bare feet on the ground outside. If you have some element of discomfort, anxiety, stress or just plain fatigue, note your level of that symptom at the start and then again after about a half-hour or so. In the end, you should feel better. You'll realize that there is indeed something marvelous about Mother Earth beneath your feet...something you've been missing all these years.

So, in closing, I invite you to watch the documentary, Earthing Movie. This documentary reveals the scientific phenomenon of how we can heal our bodies by doing the simplest thing that a person can do...standing barefoot on the Earth.

## earthingmovie.com

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## Lindsey Pennington, MD

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## Aging Gracefully

## THROUGH THE DECADES -

WRITTEN BY DR. LINDSEY PENNINGTON AND DR. SKYLAR SOUYOUL



aking care of yourself is a lifelong process. Some core elements of self-care include eating healthy foods, spending time outdoors, staying active and also taking care of your skin. Your skin and face are some of the first things that people notice about you. It is also something you notice about yourself. The habits of good skincare can be started at any age and really can improve your overall health, glow, youthfulness and confidence.

A skincare routine, like any other form of self-care, can be soothing and calming. On a deeper level, it makes you feel like you're honoring yourself aesthetically, by taking time out for yourself.

"Which personally, as a full-time facial plastic surgeon and mother to a

1-year-old and 3-year-old, can be the only minutes I have to myself in a day," Dr. Lindsey Pennington said.

"It's really a way to replenish myself for a few minutes each day. Those few minutes, if spent going through steps in a rhythmic, calm and purposeful manner, can almost be meditative," Dr. Souyou, Dermatologist and mother of a rowdy 15-month-old boy said.

Skincare is rewarding because with consistent routines of curated skincare. you can see visible results such as improved tone, texture or radiance, and that in itself can boost self-esteem, which in turn will boost mood. With everything going on right now in the world we could all use a little pick me up. Skincare is a twofold way of feeling better, both on the inside and the outside.

he best thing a person can do in their 20s is taking preventative measures against the aging process. This can be accomplished through high-quality, medical grade skincare. The first anti-aging cream everyone should be using is sunscreen, at least an SPF 30, every day no matter the time of year. Under your sunscreen adding a topical antioxidant, like a vitamin C cream, helps boost your sunscreen and neutralize free radicals caused by sun exposure. Dr. Souyoul recommends using a medical-grade topical vitamin C because it is a complex ingredient to keep active so those drug store brands are not going to give you the same benefit as a medical grade product. Dr. Souyoul's personal favorite

topical antioxidant is SkinCeuticals CE Ferulic and Dr. Pennington's vitamin C of choice is Revisions C+ Complex due to its ability to help fight redness as well.

The next most important anti-aging

After

product in your regimen is going to be a retinoid. Retinoids are an all-in-one anti-aging powerhouse. They increase collagen production to help with fine lines and wrinkles, clean out your pores to help prevent acne, decrease melanin production to help with pigmentation and increase

important to have a skincare professional help you pick the



cell turnover. Retinoids come in a variety of strengths so it is right one for your skin type.

> The other thing that is great for anyone of any age but a good time to start in your 20s is the diamond glow dermalinfusion. **Dermalinfusion** is a noninvasive. medical 3-in-1 treatment that simultaneously exfoliates, extracts and infuses

Retinol



skin with condition-specific serums for an all-inclusive treatment in one step. It is the first and only critically timed, exfoliation-to serum treatment technology with optimal-depth delivery for immediate and long-lasting results on all skin types with no downtime! In our 20s, we often have combination skin so using a serum that is pore-clarifying paired with a vitamin C is great. When we do this procedure in our more mature patients we use either serums that brighten to reverse age spots, or hyaluronic acid to improve hydration, or Patented TNS growth factors to help improve collagen production.



your 30s. patients many are starting to consider neurotoxins, such as Botox or Dysport, to prevent expression lines from setting in. The best time to start a neurotoxin when you notice expression lines on your forehead, between your eyebrows, or next to your eyes starting to be present at rest. For some people, this is in their 20s, and for some, it is in their 30s. Your cosmetic physician can help you determine the optimal time to start neurotoxin treatments.

In your 30s, your skin will start to show signs of aging and sun damage so this is the perfect time to start doing procedures such as chemical peels or microneedling to reverse these signs. Medium depth chemical peels and microneedling improve skin tone, texture, pigmentation and wrinkles. Both of these treatments can be used in patients of all skin types and give optimal results when done

in a series of multiple treatments. As always these procedures should be done under the direct care of a cosmetic physician for the best and safest results.

In your 30s, you should also start an eye cream and a neck cream if you haven't already. These two creams are best used for prevention than correction. Souvoul's all-time favorite neck cream is Revision's Nectifirm Advanced and Dr. Pennington's go-to eye cream is SkinMedica's TNS Eye Repair.



Filler under eyes



In your 40s, wrinkles can start to deepen and sun damage becomes more pronounced so your cosmetic treatments need to become more sophisticated. For deeper wrinkles and sun damage, Dr. Souyoul frequently recommends laser resurfacing which uses targeted thermal injuries to increase collagen production, improve wrinkles and remove sun damage.

"This is a procedure I do on myself yearly as preventative maintenance to reverse sun damage and fine lines," says Dr. Souyoul.

more

For best results, Dr. Souyoul recommends pairing your laser treatment with a topical growth factor such as **SkinMedica's TNS Advanced Plus Serum** which smooths wrinkles and improves sagging skin.

If your concern focused on loose skin and laxity, then Pennington's Dr. favorite procedure Morpheus8 is combines which microneedling with radiofrequency skin tightening. This all-in-one device

all-in-one device promotes collagen production to improve fine lines and skin laxity. The best part is that Morpheus8 can be used from head to toe on any area

to toe on any area where skin laxity is bothersome such as the face, neck, arms, abdomen or above the knees. To improve your results from the Morpheus8, Dr. Pennington recommends pairing your treatment with **Revision's Bodifirm Lotion**.



In your 50s, volume loss in your face will become more pronounced so it is time to consider dermal fillers such as Juvederm, Restylane, Sculptra or Radiesse to correct and restore your cheekbones, lips, jawline and nasal labial folds. It is also the best time to have a surgical consultation with your facial plastic surgeon to discuss what procedures you should get, such as a blepharoplasty (also known as an eyelift), necklifts or even a mini facelift to help maintain

youthfulness or turn back the clock. These procedures can also be paired with a fat transfer which is a more permanent option. The age at which loose skin or volume loss becomes bothersome to a person can vary widely on genetics, fluctuations in weight, the amount of self-care and general personal aesthetic preference.





surgical eyelift (blepharoplasty)





facial filler

facelift



botox brow lift



filler

In your 60s, skin can become thinner and sensitive to your surroundings. Things that help overall skin quality and improve collagen production are a must. Dr. Pennington really loves Sculptra an injection that can help stimulate your body's own natural collagen production. This can replace volume lost while improving the overall skin tone and quality.

There is no right or wrong time to seek out a consultation to discuss what options are best. Everyone's anatomy and goals vary. Dr. Pennington routinely performs facelift procedures on patients from their late 30s into their early 80s, but she can also have a patient in their 50s who has no need for any surgical intervention during consultation. So we explore other options for rejuvenation.

That is the really nice thing about our office, we have all the options available from routine skin care, aesthetic services, botox, fillers, lasers to advanced surgical techniques. Our office is unique because we have both a board-certified facial plastic surgeon and a board-certified dermatologist. We have every option so there is no heavy push to pursue any one specific treatment. Our goal is to have happy, healthy and confident patients, who look natural and feel confident in their skin.





neck lift

## Aging is inevitable, but there are things you can do along the way to help slow down the process and even reverse the signs of aging.

Your skincare provider should either be a board-certified physician or a cosmetic medical aesthetician who works directly



Our office, Lindsey Pennington, MD Facial Plastics is located at 6030 Line Ave #110 Shreveport Louisiana 71106. Cosmetic consultations are complimentary and can be scheduled by calling (318)216-5366. We can also be reached through social media on f @ @penningtonfacialplastics. Website www.penningtonfacialplastics.com or email info@penningtonfacialplastics.com. bla





## Finding the BLESSING in the BROKENNESS Dwring a Pandemic

've talked about how broken still crayons can color. Although they are broken, they still have the ability to color. The key to success is being one's self and my favorite of many sayings is, "If I am not your cup of tea, then drink from another cup." There are so many topics, words, and emotions in my heart, but today, I finally can say I have made it. As the gospel singer Marvin Sapp reminds me every morning as I begin my day, "I never would

have made it without you." Even as I stand here, 18 months into the pandemic, I stand here broken, in pieces, with cracks in my foundation, but the key is that I still stand.

No, I'm not a preacher or a Sunday school teacher, and I'm not even an every Sunday churchgoer like my grandmother was. But, you better believe my faith is still in tack, no waiver, no doubt that God keeps my foundation sturdy even in a pandemic.

When your get up and go, got up and went - how do you get it back? Now let me say that one more time, it sounded pretty good ...to even me. When your get up and go, got up and went, how do you get it back? How do you stop eating in bed in front of the TV? How do you get dressed from the waist down and actually leave the house? How do you walk from the kitchen, through the living room and back to bed and not call it cardio?



irst, get up! Stop thinking about how it used to be and be blessed you have today to think about tomorrow. Next, stop asking how to go to the next level. Simple.....move from the lower level and look up, you will see the next level. Psalm 121 is one of my late grandmother's favorite scripture verses and one of my favorite, it says - "I will lift up my eyes unto the hills, from whence cometh my help. My help cometh from the Lord, which made heaven and earth." If you're broken, look to Jesus. If you're hurting - look to Jesus. If you are looking for joy and happiness and seeking to establish a sound foundation – seek Jesus.

People discounted me because I didn't look a certain way. People discounted me because I struggled with ADHD (attention

deficit hyperactivity disorder). People discounted me because depression tried to steal my life. The devil almost stole my business, but I thank God for my brokenness. He sealed my cracks, reinforced my foundation and built a new frame. A frame not even the pandemic has been able to destroy thus far. I was broken, but God created me to be a masterpiece. God sealed my broken crayons and allowed them to still color. God has painted a beautiful portrait in my life because God has placed his son Jesus in my life. Jesus is, and always will be, the solid rock of my foundation. I recommend you hire God as your general contractor to build your new foundation and reinforce your structure called life. There is a blessing in your brokenness. 🕼

"I was broken, but God created me to be a masterpiece."



## WRITTEN BY FELECIA WILLIAMS I OWNER OF MY SPA MY WAY



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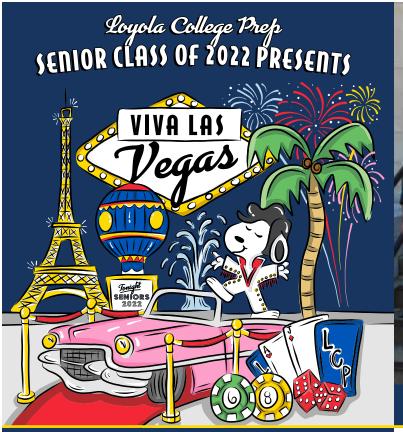
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## 68th Annual Style Show & Luncheon

WEDNESDAY, NOVEMBER 10
BOSSIER CIVIC CENTER · DOORS OPEN AT 11:00
\$45 IN ADVANCE · \$50 AT DOOR

Sponsored By The Loyola Parents Association

re you ready to roll the dice? Join the Loyola College Prep Class of 2022 for this year's 68th Annual Style Show! The Style Show is sponsored by the Loyola Parents Association and will honor 97 graduating seniors who will model clothing provided by local vendors. The Style Show has a lasting history at Loyola College Prep dating back to 1952.

Loyola Seniors will take the stage for the main show where groups model clothes from local stores in addition to the senior walk. A special tradition at the Style Show is the Alumni Walk where seniors and their parents and grandparents who attended Loyola, Jesuit, St. Vincent Academy or Notre Dame.

All Flyer Alumni and Future Flyers are invited to join in the fun! With special seating available for each group, the Style Show is a great way to reconnect with old friends and meet new ones!

Shaver's Catering will serve a delicious meal included in the ticket price. Covid Mandate criteria will be followed to keep all present safe. Sweepstakes tickets are on sale now for a chance to win one of five baskets full of donated items! Sweepstakes tickets may be purchased (\$10 per tickets, \$50 for 5 chances, and/or \$100 for 11 chances) through myschoolbucks.com until November 5, 2001. Sweepstakes tickets will also be available for purchase at the Anderson Building, at Loyola sporting events and at the Style Show.

*GrandPrize Tickets:* Chance to win 14K White Gold Pearl Earrings fit for a queen! These stunning earrings have been crafted using the finest materials such as blue sapphire, diamonds and high luster 9-9.5mm South Sease Akoya pearls set in 14k white gold. These beautiful earrings retail for \$4250.00 and were donated by Louisiana Coin & Jewelry.

## DATE

Wednesday, November 10

## LOCATION

Bossier Civic Center 620 Benton Road Bossier City, LA 71111

## IIMF

Doors open at 11 a.m. Show begins at 11:30 a.m.

## LICKELS

\$45 in advance \$50 at door Tickets available at www.myschoolbucks.com

## 2021 Style Show Vendors

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October 2-10

facebook.com/RedRiverRevel



October 7-15

holyangelstaste.com



October 19

southfield-school.org/pumpkin-shine



October 23

shreveportbrew.com



November 26 - 27 mudbugmadness.com

## **WINE DINE** and **EQUINE**

Celebrate the "318"

October 23, 2021

The Lot • 400 Crockett St.



thearccaddobossier.org/great-events



October 30 8:30 a.m.

Paw Print Sprint 5k & Fun Run

Saturday,

½ Mile Fun Run

9 a.m. 5k Road Race

October 30 stmarksschool.com/5k



**November 27** 

rocketsoverthered.com

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ARCHITECT: LARRY HOTT DESIGNS









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Give Back Spotlight

# WINE DINE and EQUINE

Celebrate the "318"
October 23, 2021

WRITTEN BY CAROLINE HENDRIX

The Lot • 400 Crockett St.

ince 1997, the Arc Caddo-Bossier's GREAT Program (Great Results Equine-Assisted Therapies) has been offering therapeutic horseback riding services to children and adults with disabilities. They are excited to host the Wine, Dine and Equine: "Celebrate the 318" event. It will take place on Oct. 23 from 6-10 p.m. at The Lot in downtown Shreveport. A gourmet food court, sponsored by Biscotti's at Lewis Gifts, will feature a multi-station food sampling provided by local chefs paired with local farms. Live music will be provided by Seth Bradford and The Good News. Additionally, there will be a live and silent auction with items from Medina Interiors, Red River Range, McCary's Jewelers, Antler Shed Deer Blinds, 8445 Med Spa, Shreveport Eye Specialists, Corner Collection on Line, Louisiana Landscape Concepts and more.

Great Results Equine Assisted Therapies (GREAT) offers equine-assisted services to children and adults with disabilities. Services include therapeutic horseback riding lessons, Equine Assisted Learning (EAL) and inclusive summer camps. Equine-assisted services provide opportunities to improve physical and mental health. They offer benefits for people with disabilities, including increased strength and coordination, improved social skills and an opportunity for recreational activities. These proven outcomes not only benefit the person with disabilities but also their families and our community. The horses at GREAT are an essential part of the program. Interacting with the horses helps our participants to develop mutual trust, respect, affection and unconditional acceptance.

GREAT is a member of PATH International (Professional Association of Therapeutic Horsemanship) and all instructors are PATH certified and trained to teach and guide students in a way that contributes to their overall health and well-being. Volunteers help GREAT to provide therapeutic riding services to the community. They assist with lessons,

help with horse care and support our students and instructors. The Arc Caddo-Bossier's GREAT Program operates in a 37,000 square foot covered arena, equine center and office complex on 30 acres of beautiful land in Greenwood, LA. GREAT strives for a fun, safe environment and encourages students to focus on their unique abilities.

The Arc Caddo-Bossier is a 501 (c)(3) nonprofit organization that has been serving Shreveport/Bossier and surrounding areas since 1954. It exists to "Build Unlimited Opportunities for People with Disabilities," and does so through an array of services. In addition to equine-assisted services, The Arc Caddo-Bossier offers an inclusive child development center (The Goldman School), residential services, advocacy/public policy, employment services (Frost Industries) and more. It is our goal for each person served to be engaged in their communities and to thrive in the least restrictive environment possible. *lolo* 



Purchase your tickets online for Wine, Dine and Equine by going to thearccaddobossier.org/great-events

For more information on The Arc Caddo-Bossier and its programs, visit thearccaddobossier.org or follow us on Facebook and Instagram at @thearccb



