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## 2019 PARADE HOMES

BY Melissa Aihart

Start planning your perfect parade route, because the parade will take place on ...

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#### IN THIS ISSUE

### TEMPO EATERY OFFERS NEW TAKE ON DINERS

BY Betsy St. Amant Haddox

BBQ chicken flatbread, smoked gouda polenta grits, oven-roasted half chicken over creamed organic spinach and roasted potatoes, and the newly listed a...

### GET YOUR LAUGH ON

BY Mallori Sanders

is no coincidence that Shreveport's newest comedy club, Laugh Out Loud, is named after the popular acronym, LOL. In our fast-paced, fast-heavy world...

### HISTORY FOR SALE: THE LOFTS AT 624 GOES ON THE MARKET

BY Liz Swaine

The first time Stokes saw the repurposed former Sears Department Store was at a meeting at Rhino Coffee

### DRIFTING AWAY

BY Betsy St. Amant Haddox

Have you ever wished to be wholly unreachable and completely relaxed? Sounds pricey, but it's only \$55 for a pampered hour of precisely that. Dr.

### THOSE ROOTED HERE MOST VITAL TO GROWTH

BY Louis Avalone

most of us have probably heard. Same with "Let he who is without sin cast the first stone," as Jesus says in the

### OBSTRUCTIVE SLEEP APNEA

BY Chuka Ilesanyi

It's core, sleep apnea is the interruption of normal breathing during sleep. The two primary forms of sleep apnea are obstructive sleep apnea (OSA) a...

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#### DINING

### TEMPO EATERY OFFERS NEW TAKE ON DINERS

BBQ chicken flatbread, smoked gouda polenta grits...

### FRANK'S PIZZA NAPOLETANA

Before I talk about the food, let's talk about...

### DON JUANZ BAJA BEACH TACOS

Don Juanz was recently awarded the "Eat Fit" d...

VIEW ALL STORIES

### CHRISTOPHER DARDEN ON THE RECORD ABOUT OF TRIAL

BY Mary Ann Van Osdel

Christopher Darden still thinks about Nicole Brown Simpson and Ron Goldman as June 13 marks the 25th anniversary of

### HIGH MARKS FOR PRAISE ACADEMY

BY Scott "Scooter" Anderson

Astrol touring the 1400 block of Yale Avenue in the Akenside neighborhood reveals the Jewish and Italian roots of one of Shreveport's first suburb...

### HIGH COST OF AUTO INSURANCE

BY Robert M. Mills

Have you noticed your automobile insurance costs have become harder to afford? As if our hard-earned dollars weren't already being stretched thin, L...

### PEAK PERFORMANCE

BY Jeremy Norwood, MD

how are you feeling? Most of us or low testosterone (low T). It is best to can find something to complain about, draw these blood tests in the morning...

### HOW IMPORTANT IS BREAKFAST?

BY Abigail McAlister

Is breakfast really the most important meal of the day? It's tough to label one meal as more important than the others because all meals make up the...

### HEALTHY GEEZER

BY Fred Cicotti

Triglycerides are a fat in your blood. They are essential for maintaining good health. However, if your triglycerides get out of control, you can put ...

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#### TALK OF THE TOWN

### 318 TALK

| ARTISTS/HITS Mike McEwain art exhibit on display at Bossier Parish Community College through July 19....

318 TALK

#### ON THE SCENE

### ON THE SCENE

The Shreveport-Bossier Convention and Tourist Bureau hosted their annual P.R.I.D.E. Awards....

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