

RAPIDES NEWS

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In My Opinion

BY BETTYE DEKEYZER

"ALONE" VS. "NEVER ALONE"

What needs to be universally understood is being alone is not the same as being lonely. Having connections with people is important because we as human beings require associations with others. Alone has become a difficult concept to grasp today because we as a society are losing the capacity to bear aloneness much less enjoy it. I am convinced that the world is divided into two types - "Aloners", who can be alone and "Neveraloners" who can't.

Neveraloners: Can stand being on the telephone constantly, in the car, in the stores, at the movies, in offices and even in church. I was stunned to see a Neveraloner with a telephone affixed to her head who talked without a pause even while talking to someone in person. The first time I saw a small blue light flashing out of someone's ear I thought they were an alien!

Enjoying time alone began at an early age for me because I spent most of my childhood in a large house with my mother grandfather, great-grandmother, two great aunts, an aunt and a second cousin. They were Aloners except for my mother who definitely was not.

My father was a U.S. Navy Captain and his home port was the Naval Station in Algiers. He was on board ships most of the time on what he called a

shakedown cruise. It sounded like a dangerous activity to me until Daddy explained it meant a new ship had to be tested on the ocean for the first time to be certain everything worked properly. Daddy was also an Aloner as most men are who love the sea.

We lived in New Orleans across the street from Holy Rosary Catholic School. I liked the school and even the nuns but only attended school while Daddy was in port. When he took a ship out to sea, we went to Pineville until he came back. You see, Mama was a Neveraloner and would not remain in the house without Daddy.

So I spent a few months of the school year at Holy Rosary in New Orleans and a few months at St. Francis Xavier School in Alexandria.

Continued on page 7

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*Front Cover Image: Altered Photo by Suzanne D. James
Spring has finally arrived, tiny clusters of flowers called "Stars of Bethlehem" are often found in shady wooded areas.*

Beyond The Beachhead

The 29th Infantry In Normandy - Part One

By Dr. Patsy K. Barber

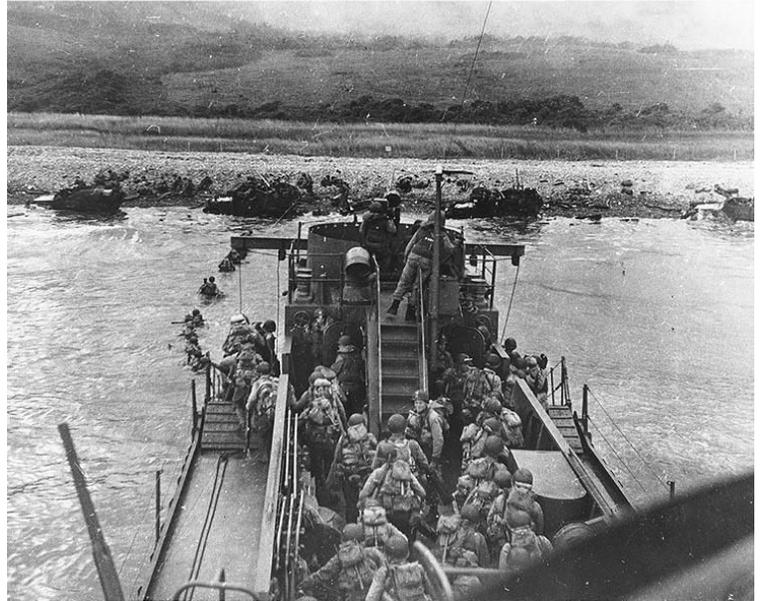
The troops referred to Omaha Beach as “the beginning of the end”. Their goal was to end Hitler’s rule in Europe. Stephen E. Ambrose, well known for World War history describes the 20th Infantry:

They were the first American troops on the British Isles. They did not want to be there. They would have preferred to be back home getting on with their educations, careers, marrying and having children. There was an evil force in the world and it fell to those guys, along with their compatriots in the U. S. Army, to destroy that force.

They were the first ashore on D-Day -June 6,1944. The 166th Regiment of the 29th Division took the heaviest casualties of any Regiment in the war. Many of them in the first few minutes of the assault. Once again they really did not want to be there preferring to be throwing softballs not hand grenades. But they did their duty and at the end of the day they were on the top of the bluff. From D-Day through the battle of Normandy the 29th Division was locked in a death embrace with the Germans. By late July when they took **Saint Lo** there was scarcely an unwounded man from the D-Day roster. The 29th rifle companies had taken close to 100 percent casualties. Medics measured gains in the hedgerow fighting by grains of morphine administered - 32 grams a hedgerow. It was in combat for 242 days with 28,776 casualties and turnover of 204 . There was pain, misery, terror of combat, and triumph for those citizen soldiers.

Clyde Clark of Oakdale was in the 116th and briefly described going in on Omaha Beach. He tells of going in on boats and walking on shore in knee-deep water. He heard the command “Y’all go!” He continued to shoot on the frontline for 25 days. Dirt, no bath, eat C- rations in the can. Bullets just kept firing. You had to wait until

USS LCI(L)-412 lands troops on Omaha Beach, 6 June 1944



and trust in the Lord that you would come back safe. Clark described some details – fought through the apple orchards and hedgerows. Germans were on the other side shooting at us---snipers up in the trees---I got shot in my arm. While in the hospital it was bombed and I got glass shards all over my head. I was awarded an oak leaf cluster and a Purple Heart.

We went on night patrol, five man troop. No light and hoping we did not step on a mine. German troops patrolled the following night. I read my New Testament frequently. The clothes I put on in the morning I might have to wear for 25 days. Finally we were in the Battle of the Bulge with extremely harsh cold and snow, understaffed and with combat fatigue.

Continued on page 9



Dear Bettye: What can I do about the man I am dating who always arrives 30 minutes late when we are going out. He is polite in every other way.

Tell him you expect him to be on time or you will leave without him. If he doesn't bother to be on time either he is unreliable or not interested.

Dear Bettye: The man I am dating stops talking when he get angry. Sometimes he stops talking for days. What should I do?

Tell him you have found someone you just love to talk with never date him again. Is it not wise to date anyone with that controlling attitude.

Dear Bettye: I have written a book and when it is published can I give myself an autograph party?

No. Such parties are given by a book store, the publisher or another writer. Good luck with your book.

Dear Bettye: I am 65 years old and since my divorce I only date women 40-50 years old. The lady I am dating is 53 and she says her friends made comments about her dating someone so much older. I think they are rude. What do you think?

I think it I interesting you consider remarks about age difference rude only when it applies to you. Your comments are equally rude and so are you.

Dear Bettye: A woman keeps asking me to dinner and I have an excuse not to accept her invitations but she keeps calling me. What can I say?

The next time she calls say, "My girlfriend and I discussed your wonderful invitation for dinner and she says the two of us would be delighted to accept your invitation. Just let me know the date and time." She will never call again.

Dear Bettye: I met a man I really like recently. My birthday was last month and he gave me a beautiful art book. His birthday is in May and I would like to give him a big party with all his relatives and friends. Is that too much?

Yes. Give him a book on what he likes – history, politics, travel or a gift card he can use at the local book shop.

Dear Bettye: I am getting tired of people saying, "Have you had a face lift? You look years younger." What can I say because all I did was lose weight?

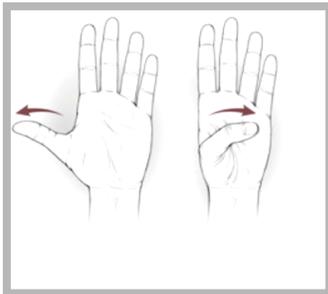
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**Send your comments and questions to:
bdekrcoa@AOL.com**

Range Of Motion Exercises: Arthritis

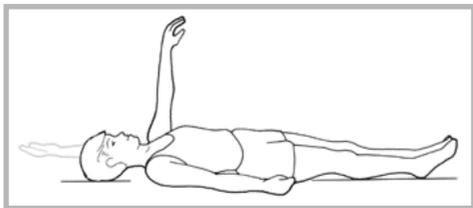
Stretches and range-of-motion exercises aim to improve the mobility and flexibility of your joints. To increase your range of motion, move a joint as far as it can go and then try to push a little farther. These exercises can be done any time, even when your joints are painful, as long as you do them gently.

Here are four range-of-motion exercises that you can do at home.



Hand

Open your hand, holding the fingers straight. Bend the middle finger joints. Next, touch your fingertips to the top of your palm. Open your hand. Repeat 10 times with each hand. Next, reach your thumb across your hand to touch the base of your little finger. Stretch your thumb back out. Repeat 10 times.



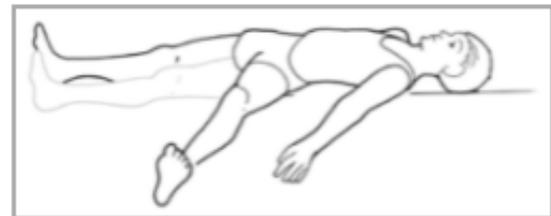
Shoulder

Lie on your back with your hands at your sides. Raise one arm slowly over your head, keeping your arm close to your ear and your elbow straight. Return your arm to your side. Repeat with the other arm. Repeat 10 times.



Knee

Sit in a chair that is high enough for you to swing your legs. Keep your thighs on the seat and straighten out one leg. Hold for a few seconds. Then bend your knee and bring your foot as far back as possible. Repeat with the other leg. Repeat 10 times.



Hip

Lie on your back, legs straight and about 6 inches apart. Point your toes toward the ceiling. Slide one leg out to the side and then back to its original position. Try to keep your toes pointed up the whole time. Repeat 10 times with each leg.

To learn more about how exercise can help alleviate the symptoms of osteoarthritis, check out [Living Well with Osteoarthritis](#), a Special Health Report from Harvard Medical School.

FACTS ABOUT EVERYONE'S FAVORITE SEASON – SPRING!



The results are in and Americans say spring is their favorite season. The plants are blooming and trees are sprouting leaves and the sun is again greeting us every morning.

Here are a few facts about beautiful Spring:

The first day of Spring is known as the vernal equinox. The Latin word for vernal means spring and the Latin word for equinox means equal night. In Latin the word season is *sationem* that means seed time.

According to a recent study early spring is when couples break up. At the North Pole the spring equinox marks the time for six months of uninterrupted daylight. At the South Pole the spring equinox marks start of six months of darkness. Studies show that babies born in the spring are more likely to be night owls and optimistic and less likely to have asthma.

The reason we have Spring and other seasons is because the Earth tilts. If the Earth was perfectly perpendicular to the sun, there would be no change in seasons or hours of daylight.

Easter changes every year because it falls on the first Sunday after the first full moon of the Spring equinox. Blooming first in Spring are tulips, daffodils, sunflowers, and lilies.

Spring Quotes and Sayings:

Spring is nature's way of saying beautiful days it brings.

Bluebirds are a sign of Spring, warm weather and gentle south breezes they bring

One Swallow does not make it spring.

When Dandelions bloom early in spring it is be a short season, when they bloom late expect a dry summer.

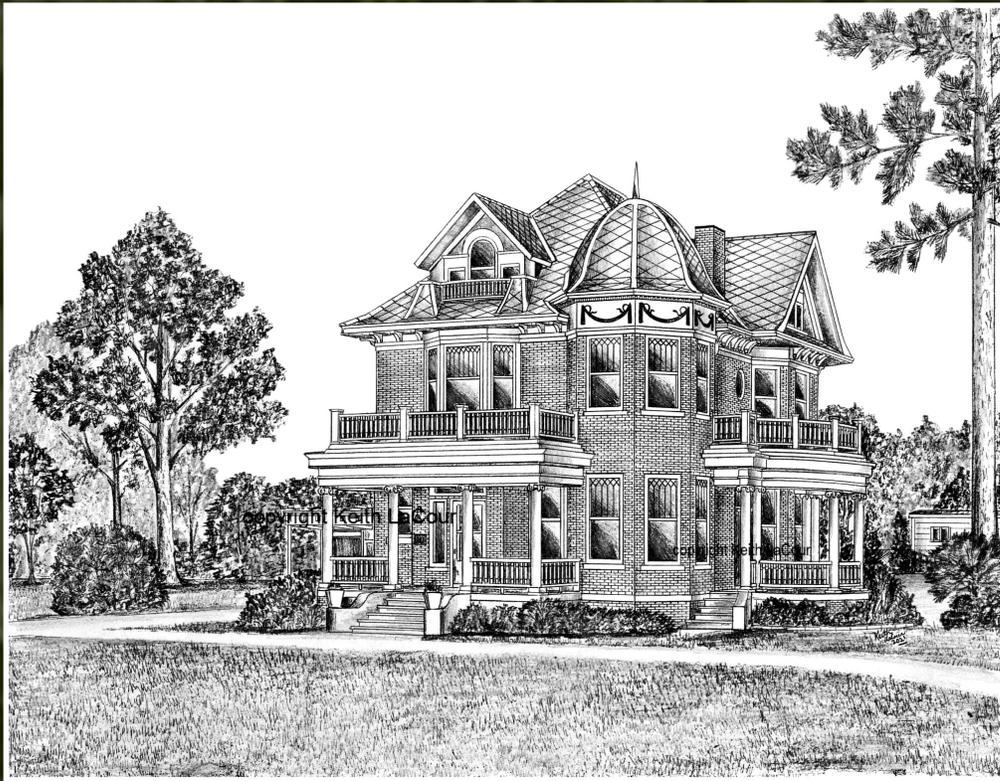
Spring has not arrived until you can see daisies bloom.

The longest day varies between June 20 and June 23

Watch the sun as it shifts to the north. Birds will begin flying north.



HISTORICAL PLACES: WILLIAM SHERMAN COOK HOME



The Cook House located on Florence Avenue is a home in the Queen Anne Revival style. A two and one-half story brick house with four main rooms and an octagonal corner turret under a bell-cast roof. A remarkable and unique house that has been cherished by excellent stewards.

It was commissioned by William Sherman Cook and built in 1904-1905 by J. D. Bragg. Cook was born in Canada and bought the property in 1901. It originally was a tract of 10 acres and cost \$1,700.



A photo taken in 1904 of the Cook Home

*Architectural Drawing by Keith LaCour
Postcards, photographs, and memorabilia from the Private Collection of Keith LaCour.*

In the house at Pineville everyone had a favorite place to be alone, something Mama could never understand. It could be their bedroom, the back gallery, (that is what we called porches in those days) the front or side gallery, The wide side gallery was my favorite spot because there were large wicker settees and chairs piled with cushions and tables loaded with magazines and books. There were ceiling fans on all the galleries and it was cool and shady on the hottest day.

Mama could not endure silence so she tried to find someone to talk with. Everyone pretended to be taking a nap. Mama turned to the telephone just to hear a human voice. She had numerous friends who were Neveraloners and were overjoyed to spend hours talking about nothing.

It could be we live differently these days surrounded by noise and people and we have forgotten about quietness and being alone.

Aloners have always had many things to do including sewing, reading, embroidering, painting and enjoying Perry Mason at eight am and having breakfast as he solved a mystery.

Men do not find it easy to be alone, but it is better to be alone than with one who:

Does not acknowledge your superiority looks like a toad and thinks every woman is mad for him. His lack of moral values, snores, is stingy, grouchy, messy, rude and crude. He shouts, and drops things on furniture, floor or carpet. Tells off-color jokes and laughs too loud.

In the interest of fair and balanced reporting I offer. It is better to be alone than with women who:

Giggle, flirt, and can't hold an intelligent conversation. Dresses inappropriately, but is critical about his fashion statement, wears too much makeup, talks on the telephone constantly, gossips, shops endlessly, sings praises of former admirers, exaggerates the minor faults of his friends and ignores the scandals involving her friends.

Many years ago an ancient philosopher declared he had found the answer to why marriage is difficult and often impossible. It was, he stated, because men and women were from different species. The male animal's chief occupation was the elimination of other animals in wars that were not his own species. Can be housebroken but prefers to live in forests and near rivers.

Women are animals that can be domesticated and with patience and kindness be trained not to talk. But, he cautioned, they must be handled with great care, because the gods say the female of any species is more dangerous than the male. ***And don't forget it!***

If You Ask Me...

Continued from page 3

Say , “I have been advised by my doctor to take better care of my health so I am exercising and on a new diet, you should try it.”

Dear Bettye: We and three other couples are having another progressive dinner. Everyone shares expenses but not the work. We are also scheduled again to give the main course without consulting us. What can we do?

Have a meeting and explain you will not cater another main course. If the arrangements are not changed resign from the group.

Dear Bettye: Two of my friends are angry at each other over a silly remark. Each one is seeking my support against the other. Should I try to get them to be friends again?

No, It is never is a good idea - even if you have the best of intentions - to interfere with two warring friends. Be very careful what you say to

each one. I have seen many such situations end with the two friends turn against the peacemaker if she refuses to take sides.

Dear Bettye: I went to a coffee shop recently and saw my friend’s husband in a corner booth with another woman and they were very affectionate with each other. I left without ordering and he called me later that day and asked me not to mention the woman to my friend because she was insanely jealous and would cause a terrible scene and scare the children. I told him to never speak to me again and hug up. Should I tell my friend?

No. But there are several things you can tell him. Say he was the insane one to try to place you in a position of being a co-conspirator in his sordid affair. He should have never been critical of his wife when he has been dating another woman in public. Tell him someone will tell her and you will be her witness in court when she files for a divorce.

HOW MATURE ARE YOU?

Scientists are always interested in how minds should work and how they really work. Recently a research on just how mature Americans was conducted. The study consisted of five questions and how to score them.

1. Generally speaking what you want for your children is;

- A. Make certain they do not make your mistakes.
- B. Help them accomplish what they want to do.
- C. Make their own way like everyone else.

2. What would you do if you suddenly inherited a million dollars?

- A. Invest it.
- B. Give it to charity.
- C. Spend it on what you want.

3. If someone made a horrible comment about a friend what would you do?

- A. Ignore it.
- B. Defend your friend.
- C. Tell your friend.

4. Which person would you be?

- A. Rich.
- B. Beautiful.
- C. Honored for Achievements

5. Generally, you find your husband/wife to be

- A. Demanding.
- B. Boring.
- C. Interesting

Answers and scores on back page.

Beyond the Beachhead...
Continued from page 2

Fletcher Harris, Galveston, Texas, trained in heavy weapons and I was in a replacement pool before being assigned to the 29th on D-Day. Assigned to the Excess Officer Pool the thing we disliked was an order to go on night patrol. As a frontline platoon leader, I took three men with me. This night we were ordered to capture a German guard. I learned to put my field jacket on backwards and have someone zip it up so when I crawled around in the dark my clothing would not collect twigs and debris.

We were in hedgerow country and knew where the German were located. We started out on patrol at one o'clock carefully making our way into a ravine across an open field. We could hear the Germans talking and used hand signals not to disclose our presence. The lead scout held up a finger and pointed to an anti-tank land mine that was attached to a trip wire. We decided to leave or we would be dead we heard leaves rustling and a click. A German soldier heard guard heard us because he had a hearing device. Fortunately the mine malfunctioned

July 11, 1944 is etched in my memory. Orders to attack at 6 o'clock at *Saint Lo* the key to the breakout to Paris. The Germans were holding the area and a rail center. With me was a kid from Tennessee, a typical country hillbilly who picked up his BAR cocked it and laid down on it. I saw a man walking toward us wearing a tunic that said Red Cross carrying a white flag. He was in our line before I realized he was a German not someone to exchange the dead. I called a second lieutenant who said we could not hold so we walked back taking notice of all our positions.

That night the Germans started using flame throwers and heavy artillery while other Germans crawled up to our machine nest and killed everyone there....

Part Two will be published in the May Issue.



Depiction of Omaha Beach as it stands today (left) with images of soldiers (right) in precisely the same spot on the beach during D-Day 1944. From photographer Thibault Camus.

For more striking photos like the one above, click:

<https://nypost.com/2019/06/06/dramatic-photos-show-scenes-from-d-day-then-and-now/>

Did You Know?



The four month of the early Roman calendar was April named for the Latin word *asperio* that means to open as buds of flowers and because plants begin to grow and bloom during that month. The old saying “April showers bring May flowers” has certainly been true this year.

April Holidays:

April 2 - Good Friday

April 4 - Easter Sunday

April 9 - American Civil War ended 1865

April 18 – Paul Revere took his historic horse ride in 1775

April 28 – First tourist in space in 2001

Drink More Tea

Women who drink two cups of tea a day have a 32% lower risk of ovarian cancer than those who do not. The results of the study were published by the American Journal of Clinical Nutrition.

Are You Allergic To Your Phone?

Some cell phones contain nickel, a metal that can cause an itchy rash on your ear if you have pierced ears. The nickel gets into the blood stream through the small hole caused by the piercing.

Breathe Through Your Nose

Humans are designed to breathe through their nose. The ridges inside force air deeper into your lungs. Nose breathing is best outdoors because the nose filters pollen and dust.

Best time For Honesty

If you want the truth from someone ask your question in the morning. In a series of experiments people were far more likely to lie as well as cheat in the afternoon. Resisting unethical behavior takes energy and as the day turns to late afternoon self-control sags along with energy.

Eat Less Substitute Butter

Whether spread on toast or poured over popcorn many butter substitutes contain chemicals that may harm brain cells. They promote protein clumps in the brain that cause Alzheimer's disease according to scientists at the University of Minnesota.

THE OLD FARMER'S ALMANAC



MAY FORECAST: A COOLER MAY, BUT SUMMER'S ON THE WAY

Overall, May will be cooler than normal in most of the United States and Canada, although still much warmer than April. Only the area from the Lower Lakes to the High Plains and the Canadian Prairies will have temperatures that average above normal.

Most places will have near to slightly above-normal precipitation, and even those with below-normal rainfall should have enough for fields and gardens.

MAY HOLIDAYS

On May 1—[May Day](#)—no one will need to shout “Mayday! Mayday! Mayday!” (from the French *m’aider*, by the way, a shortened form of “help me”), as sunshine will predominate in the Appalachians, Upper Midwest, Deep South, and Canadian Prairies. Elsewhere, whatever rain there is will be mostly light.

On **Cinco de Mayo**—May 5, of course—expect rainy periods in most areas, with sunshine predominating in the western United States and Canadian Maritimes.

May 9 is [Mother’s Day](#), when you can thank Mom for all that she does—although rain is in the forecast, so plan outdoor gatherings accordingly. If you live in places from Texas to California and from the Intermountain region to the Pacific, make sure that Mom is wearing her sunscreen before heading outdoors, as sunshine and warm temperatures will be the rule instead.

For Canada’s **Victoria Day**, May 24, most areas across the country will have showers and cool temperatures, although warm weather will prevail in Quebec and Manitoba.

[Memorial Day](#) weekend in the United States falls on May 29–31 this year. Although most states will have cool morning temperatures for the end of May, sunshine will bring a warmer afternoon, with showery weather limited to the Gulf states, northern Illinois and Indiana, the High Plains, the Desert Southwest, Alaska, and Hawaii.

HURRICANE SEASON APPROACHES

Hurricane season officially starts on June 1. While we expect near or above-normal activity, we predict that 2021’s storms will fall far short of the barrage that characterized the 2020 hurricane season. The best chance for a major hurricane strike will be in locales from South Carolina to New England in early to mid-August, with tropical storm threats in Florida in mid-May and from Florida to southern New England in early to mid-September.



Mike Steinberg is Senior Vice President for Special Initiatives at AccuWeather Inc in State College, Pennsylvania. He is also a member of the National Weather Association and the Canadian Meteorological and Oceanographic Society.

Continued from page 8 How Mature Are You: The higher your score the more mature you are! If you scored low, don't worry you will be a grown-up ... one day!

1. a-2, b-3, c-1
2. a-2, b-1, c-3
3. a-1, b-3, c-2
4. a-2, b-2, c-3