

# RAPIDES NEWS

*A Publication of the Rapides Council on Aging*

Volume 6 | Issue 66

June 2021





# In My Opinion

BY BETTYE DEKEYZER

## THE STATE OF STATUS: WHAT STATE ARE YOU IN?

It does not matter where you are. It could be at an afternoon tea, luncheon, or a club meeting, someone always asks: "What do you do?" I realize they are asking what a job involves but it irritates me that many people are so interested about what people do all day long. In addition, have you noticed people are using words you never heard before?

The interrogation usually includes where do you live, if you play bridge and if you say no, they want to know what in the world do you do?

Sadly in our status-conscious world people are defined by the tasks they perform for a salary. Several decades ago my mother believed what people did for a living was a major factor in their being accepted or not. Apparently nothing has changed.

Mama was not impressed with lawyers because they defended undesirable people and in some instances not defend cultured people. So lawyers were out, except for those whose mother she knew. Doctors were out except for those who had been in practice for many years without scandal. Politicians were absolutely out except for those who appeared to be a gentleman and had a pleasant speaking voice. Actors and musicians were out except for violinists who were in no matter what.

I asked why violinists were in and she said, "Because violinists have a certain style regardless of their background and I never met one who did not have perfect manners." As for those who worked in other professions, Mama said kindly, "They are good, hard-working people. Too bad they did not get an education. They would be so much better off."

Education was everything to Mama. No one could get too much of it. If I had spent my life in college Mama would have been supremely happy. She said, "It is so impressive to have all those letters after one's name, especially for women." If only Mama had lived to see that my children and grandchildren all have degrees with a string of letters after their name.

Retired women are asked, "Are you relaxing all day and doing things you never had time for before retirement?" The implication is after retirement one is on a permanent vacation. The urge to laugh must be hard to stifle since women continue to work after retirement at the same things they did before while holding down a full-time job.

Men suffer to a greater degree than women because a man is often defined by his job even after retirement in today's world. "What are you up to now that you don't go to the office? You should get out more." Men must realize these remarks are made by those who are unable to go fishing on a Tuesday morning.

Continued on page 7

### RAPIDES NEWS

A publication by Rapides Council On Aging.  
204 Chester Street, Alexandria, LA 71301.

Executive Director and Editor, Bettye DeKeyzer  
For advertising information call: 318-445-7985

*The editorial content and views expressed in the Rapides News Magazine does not constitute endorsement by Rapides Council On Aging, Inc.*

*Front Cover Image: Magnolia Grandiflora or as it is commonly known as the Southern Magnolia. The Magnolia blooms from May to June with sporadic blossoms into the late summer.*





# Digital Grads



## WHAT DOES YOUR SOCIAL MEDIA FOOTPRINT SAY ABOUT YOU? JOHANNA RIVARD

There's been a lot of buzz recently about something known as a social media footprint – but how can something as pure as sharing puppy videos have a negative effect on your job hunt?

There are a lot of things one should be wary about, and in this era, it's surprising to know that something as non-risqué as social media is actually one of them. Inherently, being online and active on social media isn't hazardous. But the trail it leaves behind—your social media footprint—isn't always safe.

Learn more about leveraging social media in the job hunt in our new social media marketing training course. A digital footprint encompasses beyond your use of social media accounts. Instead, it's the history of all the things you've done on the Internet. It's not that hard to leave a digital footprint.

- When you go online shopping, retailers often leave cookies on your system, allowing them to track your activity from site to site to create targeted advertisements based on those activities.
- In social media, a digital footprint is more than just the text, photos, videos, or comments that you posted, as private messages and Likes, which usually are not made public, are recorded as well.

### TINKERING THE PRIVACY SETTINGS CAN HELP

There are ways for other organizations or people to break through it. It's also dangerous if you skip the Terms of Service and not read their privacy policies.

Gadgets like phones and laptops can be tracked by some websites, including details about your usage. Note, though, that this is done to help secure your device and account.

### PAST, PRESENT, AND FUTURE SOCIAL MEDIA

As a person or a member of a particular organization, **it is important to realize that your past, present, and future social media usage can affect you personally.**

Most companies don't want to be associated with someone who does not share their principles and policies for fear of ruining their reputation such as old tweets from current or potential employees

that may be considered controversial today. This is why companies are now implementing an online search of their applicants' and employees' social media accounts.

According to a survey conducted to 2,300 employers by CareerBuilder.com, approximately 1/3 said they found content on social media of their applicants that resulted in no job offers, with reasons ranging from provocative or inappropriate photos to poor writing skills, and even disparaging remarks about current or previous employers.



Continued on page 4



**Dear Bettye:** I just hate it when someone calls and says, "Who is this?" I give our telephone number. What should I do?

**The person making the call should know the name of the person they are calling. There are many reasons why you should not answer such questions. Say, "May I connect you with the person you are calling?"**

**Dear Bettye:** I had an argument with a person who said I as a lady did not need to stand when I was introduced to an older lady. I was taught to stand.

**You were taught correctly. Anyone should stand to meet an older lady or gentleman.**

**Dear Bettye:** Why do people make excuses for rude people and say that is just their way or they say that in fun?

**It is not fun and there is no excuse for rudeness no matter who they are. The best way to handle a rude person is to say, "Rudeness is never a joke, but you are".**

**Dear Bettye:** My neighbor drove his car all over my garden and ruined everything. He said he would pay to have it replace, but when I gave him to bill he said it was too much. What can I do?

**Tell him you will file suit against him in the City Court. He will end up paying court costs and the bill for the damages.**

**Dear Bettye:** What should I do when a man kisses my hand? It doesn't happen often but I always feel foolish. Should I say thank you?

**No. A lady never thanks a man for a romantic gesture. Just smile.**

**Dear Bettye:** My husband and my children love his grandmother, but I hate her. She has never said a civil word to me and only complains it is too hot or too cold. What can I do?

**It is hard to do but the best way to treat her is to ignore her and don't react to her rudeness. Be terribly sweet – it will drive her crazy.**

**Dear Bettye:** I am 60 years old and everyone says these are the golden years. How can anyone wake up feeling happy every day?

**Every day you wake up is a gift from God. You are expected to be happy to be alive.**

**Dear Bettye:** Can a person's knee really forecast rainy weather?

**Research has found a link between changes in the barometric pressure and joint pain. The low pressure affects the liquid between the bones. My head hurts between my eyebrows on a sunny day. But friends say when my head hurts – take the umbrella.**

**Dear Bettye:** My mother wants to get a face lift. Should I tell her it is too dangerous?

**No. If she can afford it and the specialist has great recommendations I say yes. If she will feel better about her appearance, why not.**

Continued on page 8

Send your comments and questions to:  
[bdekrcoa@AOL.com](mailto:bdekrcoa@AOL.com)







State Library of Louisiana (<http://www.state.lib.la.us>)

**B&W photo, (Above) 1920s. Mt. Olive Episcopal Chapel, constructed 1858. 355 Main St, Pineville, La. Rapides Parish. Gothic Revival Architecture. [State Library of Louisiana - Louisiana Digital Library.]**



Photograph (right) taken of the Mt. Olivet Church c. 1920. From left, in the front row are third, Lydia Kat David Fogleman, tenth, Adeline Louise David Stafford, the little girl is Gladys Juanita Abadie Groves.

The photograph was taken by Joseph Souverain "S" Abadie. A large collection of historic photographs passed down to the grand-daughter of Mr. Abadie, DeKeyzer.



# HISTORICAL PLACES: MT. OLIVET EPISCOPAL CHAPEL, PINEVILLE, LA



Mt. Olivet Chapel on Main Street (pictured left) is the oldest structure in Pineville, Louisiana. It was built in 1857 under the diocesan leadership of Leonidas Polk: First Bishop of the Episcopal Church of Louisiana and General of the Confederacy during the Civil War. Fort Polk in Leesville is named after General Polk who was known as "The Fighting Bishop of the Confederacy". Richard Upjohn of New York, a famous church architect of his time, designed and planned its construction and the Chapel was consecrated on June 29, 1859. All of the pinewood lumber used in construction was harvested from local pine trees.

Courtesy: Cathy Spillers, The Vault Media  
<https://vault.news/home/the-history-of-mount-olivet-cemetery-and-chapel>

noir circa  
hrine  
ord and

spotten"  
has been  
Bettye



## The State of Status: What State Are You In? Continued from page 1

At a meeting recently everyone was asked to write a brief biography. Although it sounds silly it was enlightening. I listened to each life story realized they wrote was not what they did but rather what they were trying and longing to do.

I was reminded of people asking me as a child what I wanted to be when I was grown up. Mama rolled her eyes to heaven because I was a precocious child who conversed as an adult except I always told the truth.

"I want to be happy, smart, rich and ruler of the universe. I want to be loved by everyone and most of all I want to fly to the moon."

While I did not get to fly to the moon I did get to be happy and learn new things most of the time and rich none of the time. I am loved by more people than I deserve, but have given up on being ruler of the universe.

I am a voracious reader, collector of anything antique and old illustrated books. I cook, write, paint and play the piano. I like Charlie Chan movies, old English movies and American mystery movies that are well written and the actors are completely clothed.

I worry about things that never happen and don't worry about things that do. I am a loyal friend and an unrelenting enemy. I am devoted to family whether I like them or not. I look at the stars, sunsets and sunrises and wonder if there are aliens in those UFOs.



... **What if they are not?**



## SIGNS YOU WILL LIVE TO BE 100

**One. You don't snore.** If you do and have daytime drowsiness, mood changes talk to your doctor about your sleep cycle.

**Two. You are pleasant and friendly.** Researchers say such people are less likely to develop dementia.

**Three: You exercise at least 20 minutes a day.** Any activity can lengthen your life.

**Four: You feel younger than your age.** Feeling younger is linked to health and a longer life.

**Five: You are interested in new things.** Work crossword puzzles, read and stay connected with friends and current events.



## If You Ask Me...

Continued from page 3

**Dear Bettye:** A friend said a comment made should not be repeated and was gossip. What makes a comment gossip?

I prefer to call it a news bulletin. My best advice is to never repeat gossip. Enjoy listening especially if you dislike the person it is about, but never repeat it. Everyone will think you are wonderful if you say, "I hope that isn't true". Whether you mean it or not it sounds excellent. After a great deal of research I have discovered that gossip falls into four categories.

**Personal Gossip:** Also known as a confidence. Don't tell it to a soul if you don't want it told.

**First Class Gossip:** Very high quality gossip because you were told by a reliable source - a relative. Forget asking others not to repeat it. Always say you don't believe it.

**Second Class Gossip:** About people you don't know and don't want to know. This gossip is best because it can be passed along with the name of the person who told you because she snubs them anyway.

**Celebrity Gossip:** Colorful gossip about people who are well known. Usually shocking and the most interesting. It is likely everyone knows anyway so you cannot possibly be blamed for spreading it!



Norman Rockwell (1894-1978), "The Gossips," 1948. Painting for "The Saturday Evening Post" cover, March 6, 1948. Oil on canvas. Private collection. ©SEPS: Curtis Publishing, Indianapolis, IN <https://www.nrm.org/>



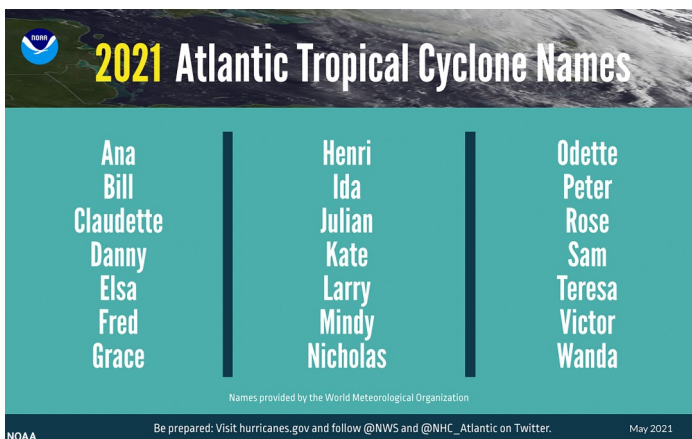
Always Remember  
The one who gossips with you  
will gossip about YOU!



# Hurricane Season 2021

It's Back! The Atlantic Tropical Cyclone Season is here. The 2021 season got a head-start with Tropical Storm Ana. The list of official Tropical Cyclone Names for 2021 had just barely

been released by the National Oceanic and Atmospheric Administration or (NOAA) when Ana formed on May 22. She spent a few days spinning harmlessly in the Atlantic before dissolving into the record books.



- 2) You're going to need supplies, not just to get through the storm but for the potentially lengthy aftermath. Have enough nonperishable food, water and medicine to last each person in your family a minimum of three days. Electricity and water could be out for at least that long. You'll need extra cash, a battery-powered radio and flashlights. You may need a portable crank or solar-powered USB charger for your cellphones.
- 3) Call your insurance company or agent and ask for an insurance checkup to make sure you have enough homeowners insurance to repair or even replace your home. Don't forget coverage for your car or boat. Remember, standard homeowners insurance doesn't cover flooding.
- 4) If you plan to ride out the storm in your home, make sure it is in good repair and up to local hurricane building code specifications. Many retrofits are not as costly or time-consuming as you may think. Have the proper plywood, steel or aluminum panels to board up the windows and doors.

## WHAT'S THE FORECAST FOR 2021?

The federal government expects another active Atlantic hurricane season this year with as many as ten hurricanes forming this year. An average season sees about seven hurricanes.

Meteorologists from Colorado State University, among the nation's top hurricane forecasters calculate, that if predictions prove accurate, this would be the sixth consecutive season with above-average activity.

## WHAT YOU SHOULD DO TO PREPARE

The National Weather Service says the time to prepare for a hurricane is now, when you have the time and are not under pressure from an approaching storm. Here are a few tips on getting in gear for the season:

- 1) Find out if you live in a hurricane evacuation zone. If you do, plan where you would go and how you would get there.

## WHAT HAPPENED LAST YEAR?

There were a record 30 named storms last year, 14 of them hurricanes and seven categorized as major hurricanes (with sustained winds of at least 111 mph).

There were so many storms that the Greek alphabet had to be used to name all of the storms for only the second time on record.

It was the fifth-costliest season on record; damage was estimated at more than \$50 billion, according to NOAA. Laura was the USA's deadliest hurricane of the season. The storm killed at least 40 people after roaring into Louisiana on Aug. 27 with winds of 150 mph. It was the most destructive, causing at least \$14 billion in damage in the USA.





# Did You Know?

The month of June is named for the Roman goddess Juno, patroness of marriage and women. Also for the Latin word *Juvenis* that means young people.

## **June Holidays:**

- June 3 – First space walk by an American in 1965;
- June 6 – D Day 1944;
- June 14 – Flag Day;
- June 20 – Father's Day;
- June 24 – Flying Saucer Day.

## **STOP ARTHRITIS – DRINK BEER**

Recent research found that drinking two bottles of beer a week will reduce the risk of developing arthritis. Harvard Medical School did the research on women who did not drink beer and those who did. The beer drinkers cut their risk by 40 percent.

## **WHAT DOES M&M STAND FOR?**

M&Ms get their name from the owners: Mars and Murrie.

## **WALK BAREFOOT – IT'S GOOD FOR YOU**

For years our feet have never touched the earth and researchers say the earth has an electric current and direct contact with electrons that act as powerful antioxidants. Walk in safe dirt – your feet will love it.

## **MAGIC POTION TO PREVENT AGING**

The magic potion will stop 90% of your skin from aging. According to a recent poll only one in 10 Americans use it – it is sunscreen.

## **ANGER IS BAD FOR THE HEART**

Risk of having a heart attack, increases five times within two hours of having an anger outburst. Researchers discovered anger raises heartbeat, and blood pressure, makes blood vessels stiffen which strains the cardiovascular system.

## **BLOOD TESTING**

Theranos, a patented formula, can with a few drops of blood perform more than 200 tests from diabetes to DNA analysis in a few hours rather than days of waiting for lab results. Plus the cost is a fraction of lab costs.

## **SHORT PEOPLE**

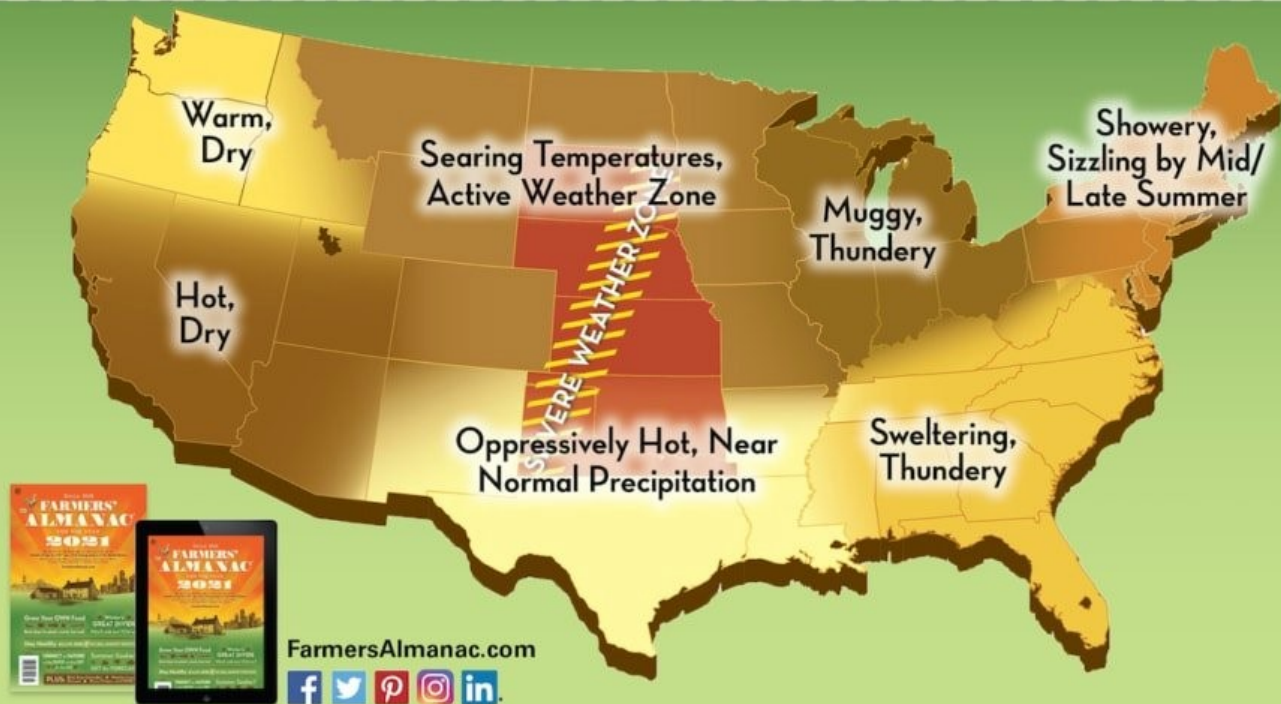
Short people may live longer and less likely to get cancer but may be susceptible to heart problems. Healthy lifestyle choices can play a major part in heart problems even if you are short.

## **MOLES MEAN A LONGER LIFE**

People who have a lot of moles age more slowly than people who don't. Researchers say people who have moles appear to be younger than those who don't. Scientists say it could mean that people with moles have a natural protection against disease.

## **NEW INDICATORS OF DIABETES**

Scientists have discovered people whose eyebrows stay dark when their hair turns gray are 75% more likely to have Type 2 Diabetes. Babies born in the spring months are twice as likely to have Type 1 diabetes. The most interesting discovery pertains to short people or people with short legs. They are likely to develop diabetes more than people with long legs.



Summer in the Northern Hemisphere officially begins on Sunday, June 20, 2021, at 11:32 p.m. EDT, with the arrival of the summer solstice. **The first day of summer is also Father's Day in 2021!** For many, summer is the most anticipated season of the year. Who isn't looking forward to warm, lazy afternoons, swimming, camping, catching fireflies in the backyard, enjoying your vegetable garden, and seeing nature in full bloom? But will summer weather cooperate?

Below is what we're predicting for the US and Canada.

### **UNITED STATES SUMMER FORECAST – STORMY WEATHER**

According to the extended forecast in the 2021 *Farmers' Almanac*, summer should be stormy, with a greater-than-average frequency of thunderstorms for a large portion of the country. Many of these storms will be strong, particularly over the eastern third of the nation. These summer rainstorms may be severe and spawn widespread tornadoes over the middle part of the country during June and July. Portions of the Central and Southern Rockies and Great Plains could also experience higher-than-normal thunderstorm activity.

#### **Summer Heat?**

What's summer without heat? It's coming! Summer temperatures are predicted above-normal for about two-thirds of the country, especially in the South and East. While typically the hottest weather can be expected in late July or early August, this year's summer heat could peak in late August, into early September. So be sure to plan ahead and get your air conditioners, box fans, and cool summer clothing ready!