

RAPIDES NEWS

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In My Opinion

BY BETTYE DEKEYZER

WHAT IS IN THE STARS FOR 2021?

What do the stars and planets have in store for you in 2021? The experts agree that 2020 has been a dismal year for everyone and every aspect of life ruined by the virus.

No holiday celebrations, days that were bleak and people were ordered to remain at home. Americans feel they are under house arrest.

The stars and planets have decided to end the global suffering and the New Year will bring happy days. Read your horoscope for 2021 and smile.



Aries
(March 21 – April 20)
Sign: The Ram
Element: Fire

You are the initiators of the Zodiac. You are always a hurry and dashing everywhere. Your assertive manner can irritate others, but in 2021 because you will receive new fabulous job offers you will be strong and kind. You take little regard for your safety and the stars demand that you be cautious about places and people unknown to you. You have many friends and will be happy being able to share new discoveries with them.



Taurus
(April 21 - May 29)
Sign: The Bull
Element: Earth

You are the most understanding members of the Zodiac. Able to see the practical side of matters. In 2021 you will be asked to assume an executive position and to handle a complicated plan. You will be a huge success. You are determined, stubborn and persistent. Your reputation has reached high places and important people in high places will call on you for advice.

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RAPIDES NEWS

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Front Cover Image: Louisiana White Egret - 2020 painting by Suzanne James

THE OLD FARMER'S ALMANAC

The Weather Forecast for the Deep South in 2021



THE DEEP SOUTH (REGION 8)

WILL IT BE A SNOWY WINTER?

In the Deep South (Louisiana, Mississippi, Alabama, Arkansas, Tennessee), rainfall will be below normal, with the best threats for snow in the north of this region in late December and late January.

WILL IT BE ESPECIALLY COLD?

Winter temperatures will be warmer than normal, on average, especially across the northern parts of the region. The coldest periods will be in early and mid-December and in January.

JANUARY 2021 LONG RANGE WEATHER FORECAST FOR DEEP SOUTH

DATES	WEATHER	CONDITIONS
Jan 1-6	Showers	turning mild
Jan 7-11	Sunny	turning cold
Jan 12-19	Rainy periods	turning mild
Jan 20-23	Sunny	mild
Jan 24-27	Snow north	sunny south
Jan 28-31	Rainy periods	cold

January temperature 45° (avg.)
precipitation 5" (1" below avg. north,
0.5" above south)

Learn more at:

<https://www.almanac.com/>



Dear Bettye: My friend said elderly people do not mind if you ask them how old they are. She said they like to brag about their age. Do you agree?

I most definitely do not agree. It is rude to ask anyone their age.

Dear Bettye: A friend asked me to pose as a former employer and write a great reference for her. I do not feel comfortable about it. What should I do?

Absolutely do not do it. I can think of five ways you could be caught up in a terrible mess.

Dear Bettye: My sister says a lady does not pour her own wine. Is she right?

Yes. If there are any gentlemen present.

Dear Bettye: When a speaker has been paid to appear should he be sent a thank you note too?

It would be a gracious gesture. Everyone likes to be told they are wonderful whether they are or not.

Dear Bettye: Two of my friends are angry with each other and both of them ask me to support their side. Should I try to get them together and resolve the problem?

No. It never ends well. Be careful what you say to both of them. I have seen similar situations end with both of the

angry friends turning on the peacemaker.

Dear Bettye: Please answer this question because I have real money riding on your answer. I say it is not appropriate to applaud the national anthem after it has been sung. Others in the office say it always happens at events so it must be proper.

You win.

Dear Bettye: My cousin who is three years older than I am always has something mean to say about everything I do or say. What can I do?

You can say it is great to have someone so much older than you who has experienced everything and prevent you making all the mistakes she did.

Dear Bettye: My friend wants me to hire her brother. What do you think?

It never works.

Dear Bettye: A man I dated for several months used my credit card without my knowledge. When I received my statement he paid for the purchase. I have refused to see him again and he has apologized over and over. Should I give him another chance?

I can't believe you have to ask the question – but since you did – No!

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

CAN POSITIVE THINKING HELP YOU LIVE LONGER?

MANY AGING RESEARCHERS THINK SO

<https://www.seniorlifestyle.com>

In fact, one study found that individuals who have more positive perceptions of their own aging [lived an average of seven and a half years longer](#) than their more pessimistic peers.

But the life-prolonging benefits of seeing the glass half full are likely more complicated than that. A sunny outlook can improve our lives in many small ways that then accumulate into extra happy years.

Here are three big ways that seeing the world through rose-colored glasses can help us live longer, happier lives.

BETTER RELATIONSHIPS

Happiness, it turns out, [really is contagious](#). Having a positive attitude has been known to improve interpersonal relationships and even affect people who are several degrees removed from our social circles. And when we cultivate deep personal relationships with friends, family, and neighbors, we enjoy the safety of others' care as well as plenty of emotional positive reinforcement.

LESS STRESS

It turns out that laughing is not only fun; [it's healthy, too](#). When we laugh, we exercise important muscle groups and lower our stress levels. One of the most common explanations for the longevity effects of positivity is that positive people are simply not as stressed out. Stress is known to trigger internal inflammation, which speeds up the aging process. Less stress means less inflammation, which can result in a longer life.



HEALTHIER LIFESTYLES

People who see the glass half-full are more likely to take measures toward preserving their own physical well-being. If they value life, they do what they can to preserve, extend, and [enhance their lives with exercise and healthy choices](#). Exercise, in turn, triggers the release of endorphins in our brains that boost our positive feelings of optimism and self-esteem. Positivity and exercise can create a very healthy feedback loop that will help you live a fulfilling, longer life.



Rapides Council On Aging, occupies the property on Chester Street that was the location of Trinity Methodist Church. In 1948 a chapel from Camp Livingston was purchased for \$18,000 and renovated and a brick veneer in time for the first service on August 15, 1948. A two- story education building was added the same year. A new fellowship complex was built in the 1960s.

In the 1990s the property was sold to Rapides Council On Aging and the Trinity Methodist church constructed a new building on Bayou Rapides Road. The first service was held in the new building August 2, 1996.

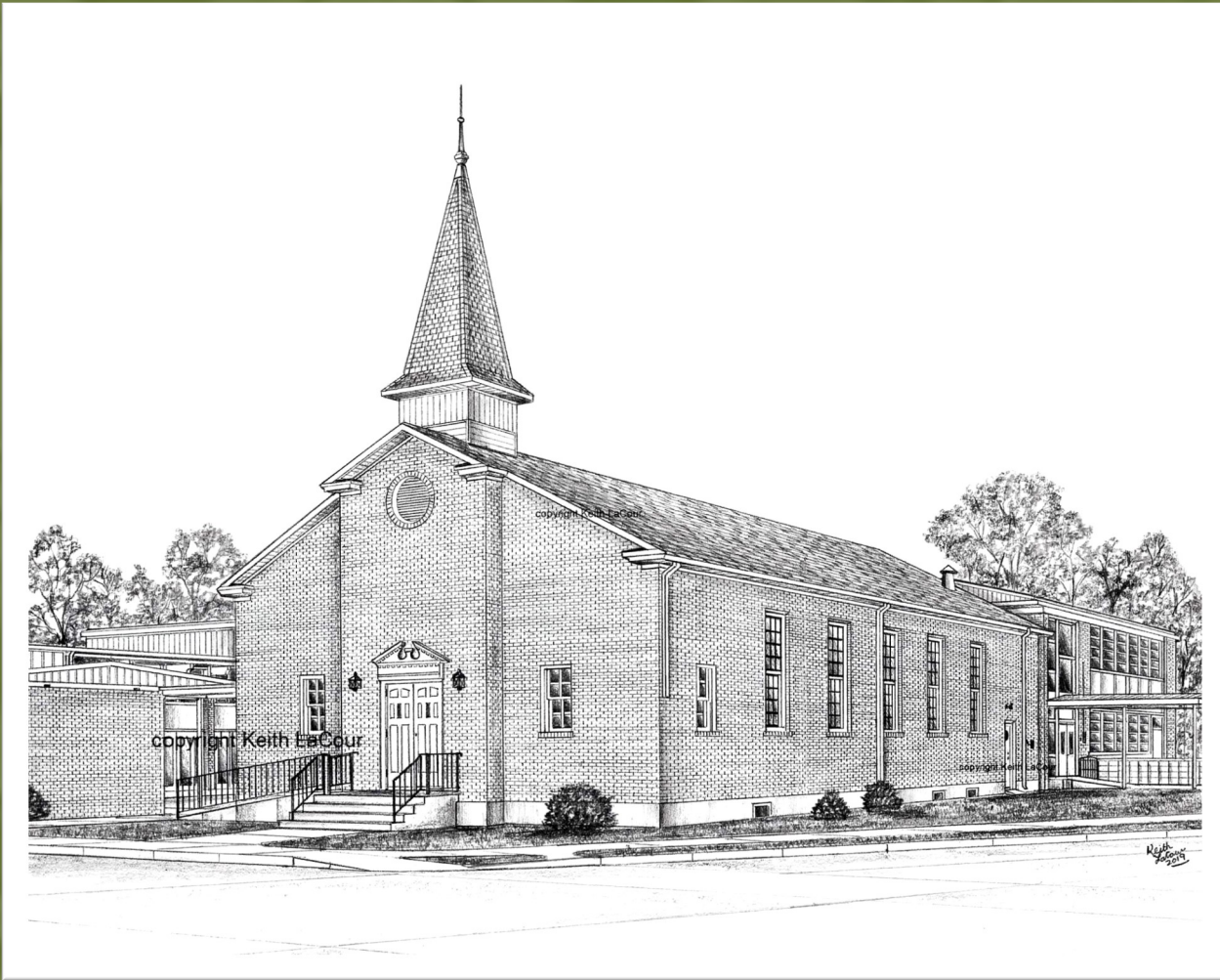
The Chapel on Chester Street after the move from Camp Livingston.



Chapel at Camp Livingston circa 1941 purchased August 1948. *Postcard courtesy of Keith LaCour Collection*

HISTORICAL SITES

Trinity Methodist Church | RCoA



The Chapel is now a three-building complex and home of Rapides Council On Aging since 1996.

Architectural Drawing by Keith LaCour

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If you ask me...

Dear Betty: There is so much interest in angels lately, why don't we know their names?

Those of us who have read the Book of Daniel know. Only two angels are named – Michael and Gabriel.



JANUARY HAS A COLORFUL HISTORY

If you had to select a month most often associated with deep reflection you should pick January. Known for resolutions the new year starts with thinking back on success and some past regrets. There are many words named for the god Janus even the word janitor which originally referred to a door attendant or porter before changing the name to custodian.

There were many gateways in Rome where ceremonial entrances and exits were made especially to the departure of the army or an expedition. As the god of transitions, Janus is often depicted with two bearded heads that face in

opposite directions looking both to the future and the past. The ancient Janus has found his way into modern English in more ways than one. The word Janus-faced can refer to someone or something capricious or of a contradictory nature. Or it can be used with a more negative way to describe someone who is deceitful and two-faced.

Fireworks on New Year's Eve has a long history. In ancient China firecrackers were used to make forces of darkness leave. In early American colonies the sounds of gun fire filled the air. Today, in Italy church bells ring out, the Swiss beat drums and American fireworks and horns bid the old year farewell.

Many New Year celebrations include food. In the American south, black-eyed peas, cabbage and pork roast mean good fortune.

Maneki Neko
Good Luck Cat
"Much Fortune"



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What Is In The Stars For 2021?



Gemini
(May 21 – June 20)
Sign: The Twins
Element: Air

You are the witty communicators of the Zodiac. In 2021 words will trip lightly from you in new settings and people will love it. You will use your gifts for writing and speaking and will often be drawn into fields where you can express your knowledge and pass along gossip that only you know about. Friends will call on you as a resource when seeking information about a particular service or produce. You will enjoy being helpful and will search for the amusing things in all problems.



Cancer
(June 21 – July 22)
Sign: The Crab
Element: Water

You are the supportive members of the Zodiac. Home and family will be very important as always and you will submerge your wants and desires for the good of others. You will be ambitious in 2021 and will be offered a position that will provide all you want for your family. You will encounter wealthy people who need reassurance, but the stars tell you to be certain they are as they appear to be.



Leo
(July 23 – August 22)
Sign: The Lion
Element: Fire

You are the naturals of the Zodiac. Unusually talented, you possess inherent abilities even you didn't know you had. In 2021 you will dazzle people and will be charming as you light up a room with your presence. Everyone will be happy to be with you. Your smile makes others feel welcome. You must assist others and allow them to thank you. Very important offers will be yours and the stars ask you to investigate any offer that will

change in your life.



Virgo
(August 23-September 22)
Sign: The Virgin
Element: Earth

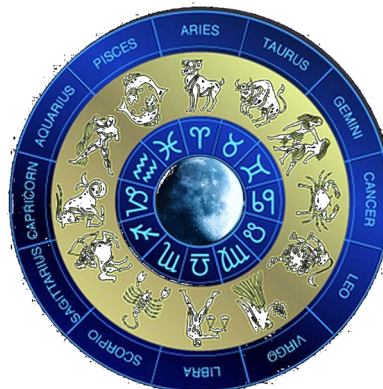
You are the organizers in the Zodiac. In 2021 you will see instantly the flaw in many situations. You will file and store the information for future retrieval that will be extremely important when you are asked to manager a demanding position. You must develop a sense of humor in your personality to keep you from being overly serious. Dependable and responsible, you will supervise the accountability of others. Your enviable life begins in 2021.



Libra
(September 23 -October 22)
Sign: The Scales
Element: Air

You are the tactful diplomats of the Zodiac. The impact of your words and actions will bring harmony in your life in 2021. Weigh and balance with careful deliberation a program you will be asked to analyze and you will be offered a position in law or the court system. Justice is your companion and you are drawn to causes that assist those who need advice. The stars asks you to learn all you can about causes and people before you join them. You will have an important post before May.

Continued on back cover.



GOOD NEWS FROM RCoA



Wearing Christmas hats, Shayla Meche, Robert Fabian and Teri Ogorek, Walker Automotive staff, delivering blankets.

WALKER AUTOMOTIVE BLANKET DRIVE

Rapides Council was chosen to receive beautiful blankets that were for Homebound Meal clients. The management at Walker Automotive could not hold the traditional Christmas party because of the restrictions that are observed relative to the virus.

The staff decided to hold several events to celebrate the season. One of the events was a Blanket Drive to give warm, colorful blankets to elderly people in the community who are in need.

Three staff members from Walker Automotive, Shala Meche, Robert Fabian and Teri Ogorek dressed in Christmas hats delivered 193 blankets to the Council office. The elderly clients were so pleased to have an early Christmas gift that was beautiful and would keep them warm.

***Merry Christmas and Happy New Year
From the Staff of the
Rapides Council on Aging***

Did You Know?

JANUARY

January is named for Janus a Roman god. His name means door, gate doorway or entrance. In 153 BC January became the first month of the Roman calendar. The figure of Janus is a perfect symbol for new beginnings. He is often depicted with two faces - one looking past and the other into the future.

January Events & Observances

January 1 – New Year’s Day

January 7 –First Transatlantic telephone call in 1927

January 18 - Martin Luther King, Jr. Day

January 21 – First Concorde passenger flight in 1976.

AMERICANS LOVE CARS

We are keeping our cars longer. The average age of a car registered in the U.S. is eight years. The last time the average age of cars that high was in 1949.

HOW MUCH MONEY IS ENOUGH

In a recent survey people were asked how much money would be needed to fulfill all their dreams? According to 73% of the people said they would need an annual income of \$500,000.

STAY SAFE

If you plan to spend time in a high-rise hotel always request a room on the first eight floors. Most fire department ladders don't reach any higher.

DIABETES AND COFFEE

People who drink 3-5 cups of filtered coffee every daily had 65% lower risk for type 2 diabetes than those who drank one cup.

SPOTS BEFORE YOUR EYES

The most common cause of Floaters in the eyes is aging. Shaking the head can push the floaters out of the range of vision. If they are accompanied with flashes of light you should see a doctor.

FLASH BULBS

Many people are worried about flash lights. News media photographers take a photo without warning. The flash of light cannot harm the eyes because it is so fast and only lasts for a fraction of a second. If the light is bothering you turn your head.

SALT SUBSTITUTES

Not all salt substitutes are safe for everyone. They contain potassium chloride instead of sodium chloride. It is better to cut back on the salt.

RADIATION FROM BANANAS

Bananas naturally emit extremely small amounts of radiation because they contain a high level of potassium. It is unlikely to cause any problems.

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What Is In The Stars For 2021?



Scorpio
(October 23-November 22)
Sign: The Scorpion
Element: Water

You are the strongest members of the Zodiac. There is no middle road for you. The high road or low road you must choose one or the other. Unlike other signs of the Zodiac you never waste your strength by fighting for trivial things. In 2021 you will want something in February and the stars say focus on it and it will be yours. You have the ability to draw in what you want and you have the stars with you to help you get exactly what you want.



Sagittarius
(November 23 -December 21)
Sign: The Archer
Element: Fire

You are the philosophers of the Zodiac. You will be on a personal mission and in 2021 you will discover the truth about a matter. You intuitively understand there is more to the matter than what is on the surface. You seek to know the cause or the person that instigated the problem. The stars say you will be granted divine knowledge to learn all the facts. They warn that you will not like the truth, but you will accept it and there are many great things waiting for you beginning in March.



Capricorn
(December 22 – January 19)
Sign: The Goat
Element: Earth

You are the intelligent professional members of the Zodiac. Able to organize your thoughts and create specific plans, you set goals and achieve what you wish. You tell the world you are astute and can do anything. You will either have a title after your name or a business of your own. You were born old and began life with respect

honesty and courtesy. Responsibility was emphasized in your youth and you were encouraged to be a success. Your dry wit will bring you opportunities in 2021 and will bring you fame and fortune.



Aquarius
(January 20 – February 19)
Sign: The Water Bearer
Element: Water

You are the enthusiastic inventors of the Zodiac. Able to see the world as it should be, or could be, rather than as it is. You have the capacity to set things in motion. A few of you are more conservative and should read the Capricorn section. Detached and impersonally friendly to all, you have many acquaintances. You are a dedicated humanitarian and against intolerance. In 2021 you will join groups and organizations to seek aid for independence for all. Freedom is going to be extremely important to you and the stars will grant you the place and ability to work your own way.



Pisces
(February 20 – March 20)
Sign: The Fish
Element: Water

You are the romantic dreamers of the Zodiac. You are sensitive and kind and are available to help anyone who is sad. Unlike the other signs you are a combination of all the signs. That's why there are two different Pisces. Read the Capricorn section if you are the not the dreamer Pisces. You have an overwhelming desire to merge with others and know who needs you to listen to them, tell them happy stories or advise them about a romance. The compassion and understanding that is your gift can sometimes be a problem until you learn how to judge people and their motives and not accept everyone who covers an evil soul with a handsome false face.