

RAPIDES NEWS

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In My Opinion

BY BETTYE DEKEYZER

First Ladies - Last Impressions!



After being bombarded with political ads stating how wonderful someone is only to hear in another ad he was the worst person who ever lived. I thought after the election that all the accusations would end. I was completely wrong. We are now in for years of mean-spirited name-calling and charges that will never end. The constant interviews with politicians who say what they think the voters want to hear based on the recent polls that usually are dead wrong.

Candidates want to be President of the United States because it is the most powerful position on the planet, but I wonder if their spouses are equally eager to a complete disruption of their lives. They will be mercilessly criticized by the news media for the most unimportant and usually untrue reasons.

Researching past First Ladies and how they managed to live through four or eight years in the White House revealed some interesting and

surprising information. Ever since President George Washington's time the reporters have been critical of the First Lady. They have searched for anything embarrassing about the First Lady.

MARTHA WASHINGTON

In President Washington's day news reporters could only discover that Martha was an extremely wealthy widow and the fourth lady to be asked to marry George. She evidently saw something in him the others didn't. I wonder what it was. Martha got it right from the start. She refused to have anything to do with reporters so they ignored her and she was glad.

MARY TODD LINCOLN

By the time President Lincoln took office reporters began to look for problems concerning Mary Todd Lincoln. She simply chose the wrong time to buy clothes. She went shopping during the Civil War. It was reported as unforgivable. I have always liked her since I learned she told Abe, "If you were not the President you would be a terrible bore."

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Front Cover Image: Spring is Coming! Time to plan your vegetable and flower gardens.

DAYLIGHT SAVINGS IS HERE AGAIN!



Credit or blame for Daylight Savings Time is often attributed to Benjamin Franklin who suggested the idea in 1784 as a joke, George Hudson proposed the idea again in 1885 but was ridiculed.

In 1907 William Willett again offered a system in a pamphlet named the "Waste Of Daylight".

Germany was the first nation to adopt the system in 1915 during World War I to save fuel. Britain liked the idea and began to use the system.

The United States Congress passed the Standard Time Act in 1918 that established time zones. It lasted until 1920 when the law was repealed due to opposition from farmers.

During World War II Daylight Saving Time was imposed again to save fuel.

Today Daylight Standard Time begins at 2am on the second Sunday in March and ends at 2am on the first Sunday in November.





Dear Bettye: If two people meet in a hall and begin to step side to side over and over what should one do to let someone go by? Does it matter if one is a lady?

Just stand still and let the other person walk by - man or woman.

Dear Bettye: What can be done about a friend who pronounces a word wrong? She says, "Alls-Hammer" for Alzheimer?

Keep saying the word correctly and tell her about other people who do not pronounce the word properly. She may think you are not pronouncing the word right.

Dear Bettye: How can you be certain a man is in love with you because they can say it and not really mean it.

You can be certain he is really in love with you if he likes to spend all his time with you, if he likes to take you out for dinner or lunch very often, if he takes your garbage out

without being asked, if he introduces you to his family and friends, if he calls often after he leaves you, during the day at your office, and if he asks you to marry him.

Dear Bettye: I am having an argument with a co-worker about napkins. She says one does not put the napkin in your lap until you are served and I say you put it in your lap as soon as you sit down. Who is right?

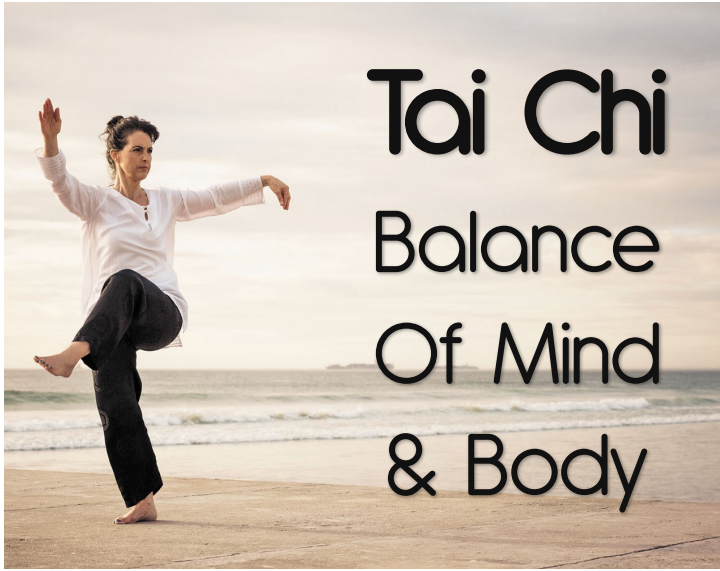
You win.

Dear Bettye: My brother still calls me "Plumpy" as a nickname he used when I was 10 and was plump. I became slender when I was 13, and have been ever since. How can I get him to stop using that name?

Start calling him Dumbo and tell everyone it was and still is his nickname.

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Send your comments and questions to:
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causes weakness, tingling, and numbness, most often in the hands and feet. Numbness in the bottom of the feet (what doctors call a loss of plantar sensation) can make it harder to balance. This renewed sensation can help you tell if you are leaning too far forward or back and to make adjustments so you don't lose your balance.

Slower reaction time. Research shows that people who do tai chi regularly can improve their reaction time. If someone who regularly does tai chi steps on an uneven curb, for example, she may be less likely to panic and fall because she knows reflexively how to shift her body weight to maintain her balance.

Loss of focus. Another benefit of tai chi is that it can help you learn to focus on the sensations in your body. Researchers have found that people sometimes fall because they become distracted. Falls can occur with regular distractions, or if you're worried or upset about something. Tai chi seems to help people to mentally focus and more readily shift their attention between tasks.

Increased fear. Tai chi can help people overcome a fear of falling—a risk factor for future falls. When you experience a fall, you may become very fearful of it happening again. In an effort to prevent it, you may unconsciously change the way you walk: moving tentatively, holding your breath, tightening your shoulders, and being less aware of your environment. Tai chi encourages movement that helps you recognize and reduce these "guarding" patterns and improve your ease at moving your body.

Bone-building potential In addition to protecting your bones by preventing falls, there's a possibility that tai chi can even help to make your bones stronger. Some research has found it can prevent some of the bone loss that occurs with age. Around the time of menopause, many women see a steep reduction in bone density due to reductions in the amount of the hormone estrogen circulating in the body. This loss of bone mass can result in a thinning of the bones called osteopenia, and, if it continues, eventually makes your bones brittle and prone to fracture, a condition called osteoporosis.

Tai chi is a form of gentle exercise that experts say can help improve your mood, reduce your stress level, and help keep your heart healthy. It can also benefit your bones.

One in every four adults over age 65 will experience a fall, and of those falls, one in five will cause a broken bone or head injury, according to the CDC. "Research has found that people who do tai chi see a 20% to 40% reduction in the risk of falls even after as little as six months," says Wayne. For example, a 2017 study published in the *Journal of the American Geriatrics Society* found that older adults who participated in one to three hour-long tai chi sessions each week for up to 26 weeks lowered their fall risk by 43% and cut in half their likelihood of injuring themselves as a result of a fall.

Understanding tai chi

Tai chi, often called meditation in motion, is an ancient Chinese martial art that consists of sequences of slow, flowing movements that promote both fitness and relaxation. Tai chi appears to be protective against falls because it addresses not just one, but multiple risk factors working to counter all of the following age-related changes:

Weakening muscles. As people age, they lose strength, which can make them less stable and more likely to fall. The weight-bearing nature of tai chi helps to strengthen leg muscles. It also works on improving flexibility, particularly in the ankles, knees, and hips, where it's needed for good balance.

Sensory deficits. Many factors can lessen sensation in parts of the body, and these become more common with age. They include medical conditions such as peripheral neuropathy, a type of nerve damage that



HOTEL BENTLEY, ALEXANDRIA, LA. H. C. COLLIER, MGR.

106931

Hotel Bentley was named for its creator and owner, Joseph Bentley, a prominent business man, lumber baron and president of the Guaranty Bank and Trust Company. It was designed by George Richard Marin, also the architect of the old Alexandria City Hall.

The cost of construction of the hotel including the furnishings was \$750,000. Original features are a grand staircase, ornamental dome and fountain in the lobby.

The Mirror Room was a private dining room, coffee shop and had a very popular bar.



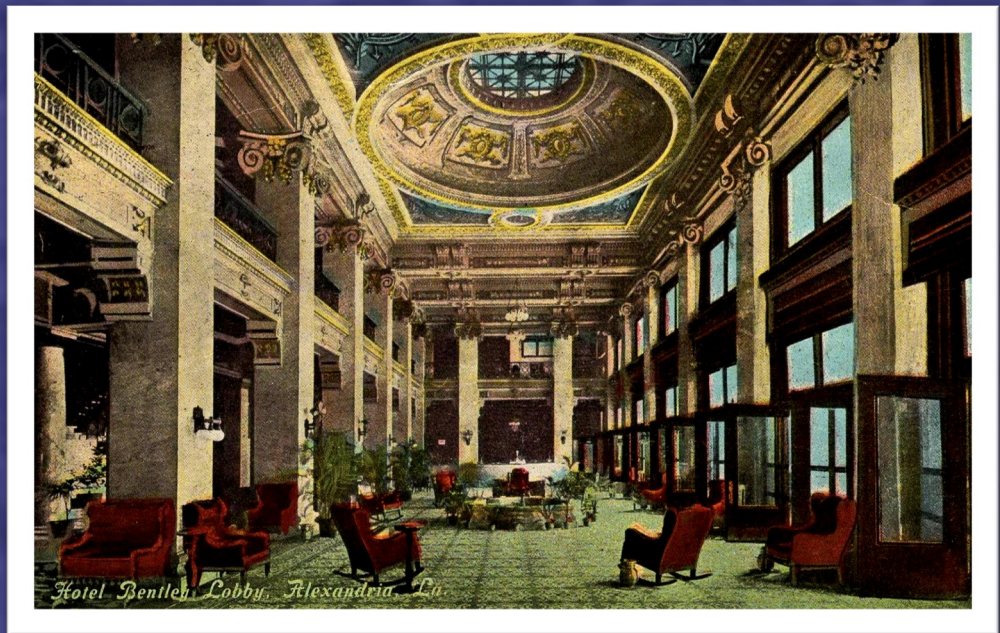
Hotel Bentley Memorabilia provided from the Private Collection of Keith LaCour.

Hotel Bentley 1941 match

HOTEL BENTLEY



The Lobby on the other end with registration desk



The Lobby with fountain.



Book covers

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JULIA CLEVELAND

Julia Cleveland's honeymoon was covered by reporters hiding in the bushes near the honeymoon cottage. President Cleveland in a rare fit of anger said, "American journalism is contemptible in the estimation of people of good breeding everywhere." That's telling them, Grover!

Things were fairly quiet for many years because First Ladies learned the bitter lesson that no matter what you said or did the press corps will make you wish you hadn't. So it became a rule that a First Lady never granted an interview.

ELEANOR ROOSEVELT

Eleanor Roosevelt changed things and because she liked to talk to anyone she held 368 interviews in almost 12 years. Some reporters liked her but those who despised her for giving interviews everywhere she went as she traveled in Europe.

ROSALYNN CARTER

Rosalynn Carter was ripped into shreds because she had the nerve to attend Cabinet meetings. Reporters wrote reams of columns stating no wife had any business being involved in Presidential decisions. I have to admit she should have never attended the meetings. It made her husband look ineffective and silly, but he looked that way when she wasn't present.

JACQUELINE KENNEDY

Jacqueline Kennedy was constantly criticized for buying her clothes from French designers and resented her impeccable style. Reporters were infuriated with Jackie because she had great good taste and never gave interviews. They wanted to ask about certain rumors about the President and women he had affairs with. She knew all the answers and even knew some of the actresses the reporters never knew about.

LADY BIRD JOHNSON

Lady Bird Johnson realized the press had to be controlled so she hired a press secretary to stage elaborate, but silly appearances. She finally decided it would be a good thing to save wild flowers. Her manner of speech made her the butt of cruel jokes, but was popular with the reporter

because she served great lunches.

PAT NIXON

Next was Pat Nixon who wanted nothing to do with the press or anyone else and refused to talk with anyone about anything. In fact she was so reserved some hateful reporters printed that she was mute.

BETTY FORD

Betty Ford was the opposite and talked too much. She suffered at the hands of reporters when they found out she had been married before she married President Ford. Then it was a thunderbolt when they discovered she had a drinking problem.

NANCY REAGAN

Poor Nancy Reagan was on the receiving end of vicious criticism, because she had good taste in clothes, furnishings, food, and decorations. It was considered a serious defect in her character that her hairdo was always perfect, so naturally that was outrageous that she spent so much time on her hair. Even their genuine devotion to each other was a subject of ridicule.

BARBARA BUSH

Barbara Bush was everyone's favorite person. She graciously did all the things First Ladies were expected to do and entertained when it was necessary. She was from a wealthy and fine family and her superior background was evident. She spent little time in Washington, DC. The Bush family escaped to a summer home or Texas as often as they could.

HILARY RODHAM CLINTON

The Clinton years reached a new high or low depending on your point of view. President Clinton's behavior was a disappointment and his actions were made public so everyone felt sorry for her and she hated it. She did not fit into the First Lady duties and didn't care. She had no interest in tea and cookies. Somehow she had the misfortune to gain an equal number of devoted supporters and unrelenting enemies.

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If you ask me...
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Dear Bettye: I am constantly running into a man I had to sue for a debt and won my case. He tries to speak to me and I ignore him. My friends say I am rude. What can I do?

Continue to ignore him if possible, but if you run into him before others, do not speak and just nod your head slightly. You will appear to be charming to others, and it will drive him crazy. When people speak to me that I despise, I do it all the time.

Dear Bettye: My friend and I were having lunch at a local restaurant and saw an elected official enter the door. I spoke to him as he passed our table and he was extremely polite and friendly. My friend said I should not have spoken to him since he did not know me. What do you think?

I think you should have spoken to him if you wanted to. There is no such thing as a stranger to a politician. They are voters he has not met but wants them to know and remember him – especially when he runs for office again.

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LAURA BUSH

Laura Bush had the respect of the press and they left her alone. That may be explained by the fact that they were so busy writing nasty things about President Bush they had little time to investigate Laura. She ended the term of office with a wonderful reputation.



MELANIA TRUMP

Melania Trump always appeared in clothes of great style and wore them beautifully since she was a model many years ago. The four-year term President Trump was in office was very trying, but she was kind and calm in public. She may have the honor of being the First Lady twice if Trump runs for President again!



MICHELLE OBAMA

Michelle Obama was well liked by the press and she had many interests. She was a devoted mother to two daughters and did all the things expected of her. She and President Obama are still active in programs that interest them.



JILL BIDEN, PH.D.

Jill Biden, Ph.D., has been the First Lady for only a few months so history will tell if her experience as First Lady was charming or a chore!

SAINT PATRICK – WHO WAS HE REALLY



He was born in Britain in 400AD and named *Maewyn*. At age 16 he was kidnaped and carried off to Ireland to become a slave who worked as a shepherd.

After six years he escaped and upon returning to Britain he decided to preach the Gospel. He spent the next 15 years in a monastery preparing for his missionary work.

His name was changed to Patrick when he became a priest. He went to Ireland and spread Christianity in Ireland.

Did he chase snakes from Ireland?

Probably not because snakes never existed in Ireland.

People wear a shamrock on St. Patrick's Day since legend says he used the three leaves to explain the Holy Trinity.

Did You Know?



March was named for the Roman God of War - Mars. This was the time of year to resume military campaigns that had been interrupted by winter.

Holidays:

- March 13 – Ear Muffs patented in 1877.
- March 14 – Daylight Saving Time begins.
- March 17 – St. Patrick's Day.
- March 20 – Spring Begins.

VEGETABLES THAT SOUND DELICIOUS ARE MORE ACCEPTABLE

According to recent research foods that were described as delicious was said to be better than food simply described. One test was on string beans that was on the menu as string beans they were ignored. When the vegetable was described as French cut string beans with a cheese cream sauce was very popular.

ST. PATRICK'S ORIGINAL COLOR WAS BLUE

We wear a shamrock on St. Patrick's Day because legend says he used the three leaves to explain the Holy Trinity. Early paintings of him featured blue robes.

WAY TO AVOID ALZHEIMER DISEASE

It has been shown that people who are active have a lower risk of cognitive decline and dementia including Alzheimer's disease.

INSECTICIDE SPRAYS INDOORS

It is safer not to use sprays inside your house. Try to seal up all cracks and do not leave food out unwrapped.

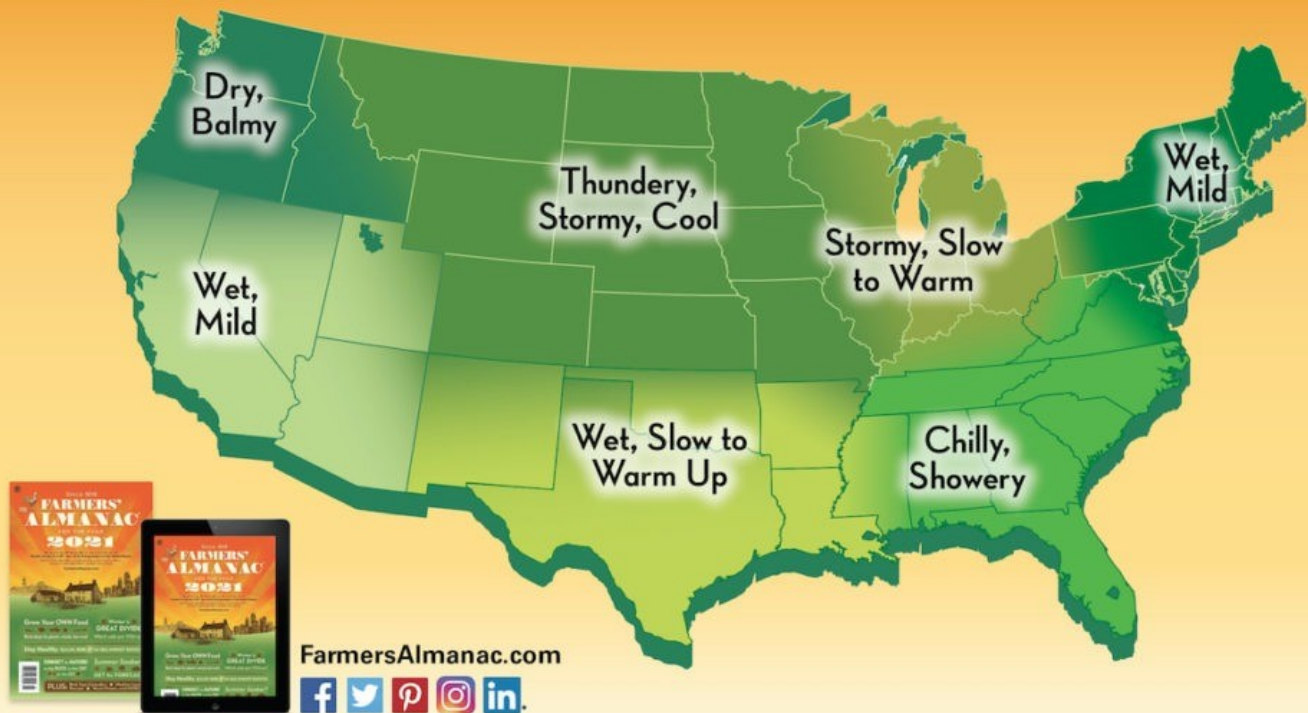
GERMY DEVICES

Germs thrive on everything especially in workplaces where people share equipment. Use of disinfecting wipes before and after anyone uses telephones, TV remotes and other areas.

BOTTLED WATER VS TAP WATER

The best to use depends on the local water supply. Towns and cities will provide a report on the required testing of the water supply. Reports are usually mailed to all citizens annually.





WHEN WILL SPRING SPROUT?

According to our long-range outlook, spring 2021 will be mild and wet for most parts of the country, with plenty of thunderstorms, especially over the central and eastern states during late April. In some cases, a few storms might give rise to tornadic activity.

Temperatures will be slow to warm for the Great Lakes and South Central States. The Southwest will be dry and warm, while the Northwest will see spells of mild—albeit still wet—conditions. This wet weather pattern could dampen any outdoor activities.

Toward the end of May, an early spell of heat could blanket much of the eastern U.S. Unfortunately, it looks like unsettled weather over the Great Lakes and northeast U.S. could “cast a shadow” on a dawn solar eclipse on June 10th.