

RAPIDES NEWS

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In My Opinion

BY BETTYE DEKEYZER

I DECLARE A NEW YEAR'S REVOLUTION!



Another New Year. Can you believe it? Where did the year go? It just flew by and I didn't have all that much fun either, did you? Remember all the hysteria in year 2000 and it proved to be just like any other year. I wonder if all those people who ran to the mountains in Wyoming and Colorado are still there looking up at the sky?

It is a depressing time of the year when people tell you all about their New Year's resolutions. If the world was not in such a deplorable condition I would not presume to interfere with resolutions. As a public service I strongly suggest everyone keep their resolutions a secret. I find self-improvement resolutions such a bore.

It is perfectly acceptable for people to announce they plan to clean closets,

raise their own vegetables or generate their own electricity with wind mills. It is somehow aggravating to see all that resolve fade in about three days.

A real menace are those who decide to really improve and then the world at large. I immediately think of Hitler's comment, "Today Germany – Tomorrow the world." I wonder if he began as a tofu zealot?

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Front Cover Image: Celebrate the Chinese New Year with Tiger Lilies in your flower garden this year! Select hardy varieties that resist heat and love partial sunshine. Select places under trees to protect from the summer heat!



7 WAYS TO KEEP YOUR MEMORY SHARP AT ANY AGE

Surprising ways to retain sharp memory using brain games that strengthen mental functioning.

As we grow older, we all start to notice some changes in our ability to remember things. Maybe you've gone into the kitchen and can't remember why or can't recall a familiar name during a conversation. You may even miss an appointment because it slipped your mind.

Memory lapses can occur at any age, but we tend to get more upset by them as we get older because we fear they're a sign of dementia, or loss of intellectual function. The fact is, significant memory loss in older people isn't a normal part of aging—but is due to organic disorders, brain injury, or neurological illness, with [Alzheimer's](#) being among the most feared.

Most of the fleeting [memory problems](#) that we experience with age reflect normal changes in the structure and function of the brain. These changes can slow certain cognitive processes, making it a bit harder to learn new things quickly or screen out distractions that can interfere with memory and learning.

Granted, these changes can be frustrating and may seem far from benign when we need to learn new skills or juggle myriad responsibilities. Thanks to decades of research, there are various strategies we can use to protect and sharpen our minds. Here are seven you might try.

1. Keep Learning

A higher level of education is associated with better mental functioning in old age. Experts think that advanced education may help keep memory strong by getting a person into the habit of being mentally active. Challenging your brain with



mental exercise is believed to activate processes that help maintain individual brain cells and stimulate communication among them. Many people have jobs that keep them mentally active but pursuing a hobby or learning a new skill can function the same way. Read; join a book group; play chess or bridge; write your life story; do crossword or jigsaw puzzles; take a class; pursue music or art; design a new garden layout. At work, propose or volunteer for a project that involves a skill you don't usually use. Building and preserving brain connections is an ongoing process, so make lifelong learning a priority.

2. Use all your senses

The more senses you use in learning something, the more of your brain will be involved in retaining the memory. In one study, adults were shown a series of emotionally neutral images, each presented along with a smell. They were not asked to remember what they saw. Later, they were shown a set of images, this time without odors, and asked to indicate which they'd seen before. They had excellent recall for all odor-paired pictures, and especially for those associated with pleasant smells.

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Dear Bettye: I arranged a date for two friends I thought were going to like each other. They did not. They hated each other on sight. Now they are mad at me for putting them in such a situation. Now what do I do?

Nothing. In a few weeks they will realize you were only trying to have two friends meet. You have learned a valuable lesson. Don't do it again.

Dear Bettye: I am getting so many telephone calls from foreign people and I don't know what they are saying. What should I do?

Hang up.

Dear Bettye: I am engaged to a wonderful man, but I have dreams about a man I once dated. Could I have another date with him – just a fling?

Dreaming is acceptable for engaged people, flinging is not!

Dear Bettye: What do I say to people who demand to know who I am voting for?

I never know who to vote for until I go to vote. So much can happen and be said in the time before election day.

Dear Bettye: I love my sister, but she has been married two times and gave her former husbands generous settlements to get out of disastrous marriages. Now she has found number three. What can I do to help her?

Invite the new boyfriend to your house for lunch. If he is a misfit your sister will see it. You must not say a word because she will defend him and get mad at you, Try to have her get him to sign a prenuptial agreement.

Dear Bettye: I have been dating a wonderful man for several months and he wants to get married. His only flaw is he does not like to go see of my friends and we argue a lot about his attitude. What should do?

Run for the nearest exit!

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

7 Ways to Keep Your Memory Sharp Continued from page 2

Brain imaging indicated that the piriform cortex, the main odor-processing region of the brain, became active when people saw objects originally paired with odors, even though the smells were no longer present and the subjects hadn't tried to remember them. So, challenge all your senses as you venture into the unfamiliar. For example, try to guess the ingredients as you smell and taste a new restaurant dish. Give sculpting or ceramics a try, noticing the feel and smell of the materials you're using.

3. Believe in yourself

Myths about aging can contribute to a failing memory. Middle-aged and older learners do worse on memory tasks when they're exposed to negative stereotypes about [aging and memory](#), and better when the messages are positive about memory preservation into old age. People who believe that they are not in control of their memory function are less likely to work at maintaining or improving their memory skills and therefore are more likely to experience cognitive decline. If you believe you can improve and you translate that belief into practice, you have a better chance of keeping your mind sharp.

4. Economize your brain use

If you don't need to use mental energy remembering where you laid your keys or the time of your granddaughter's birthday party, you'll be better able to concentrate on learning and remembering new and important things. Take advantage of calendars and planners, maps, shopping lists, file folders, and address books to keep routine information accessible. Designate a place at home for your glasses, purse, keys, and other items you use often. Remove clutter from your office or home to minimize distractions, so you can focus on new information that you want to remember.

5. Repeat what you want to know

When you want to remember something you've just heard, read, or thought about, repeat it out

loud or write it down. That way, you reinforce the memory or connection. For example, if you've just been told someone's name, use it when you speak with him or her: "So, John, where did you meet Camille?" If you place one of your belongings somewhere other than its usual spot, tell yourself out loud what you've done. And don't hesitate to ask for information to be repeated.

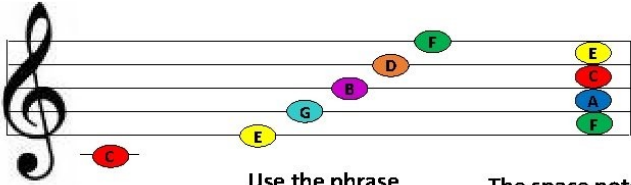
6. Space it out

Repetition is most potent as a learning tool when it's properly timed. It's best not to repeat something many times in a short period, as if you were cramming for an exam. Instead, re-study the essentials after increasingly longer periods of time — once an hour, then every few hours, then every day. Spacing out periods of study is particularly valuable when you are trying to master complicated information, such as the details of a new work assignment. Research shows that spaced rehearsal improves recall not only in healthy people but also in those with certain physically based cognitive problems, such as those associated with multiple sclerosis.

7. Make a mnemonic

This is a creative way to remember lists. Mnemonic devices can take the form of acronyms (such as RICE to remember first-aid advice for injured limbs: Rest, Ice, Compression, and Elevation) or sentences (such as the classic "Every good boy does fine" to remember the musical notes E, G, B, D, and F on the lines of the treble clef).

Memorizing Options



Middle C has
1 ledger line

Use the phrase
"Every Good Boy
Does Fine"
to remember the
line notes.

The space notes spell
out the word face.
You can use the phrase
"face in the space" to
remember that!

HISTORICAL

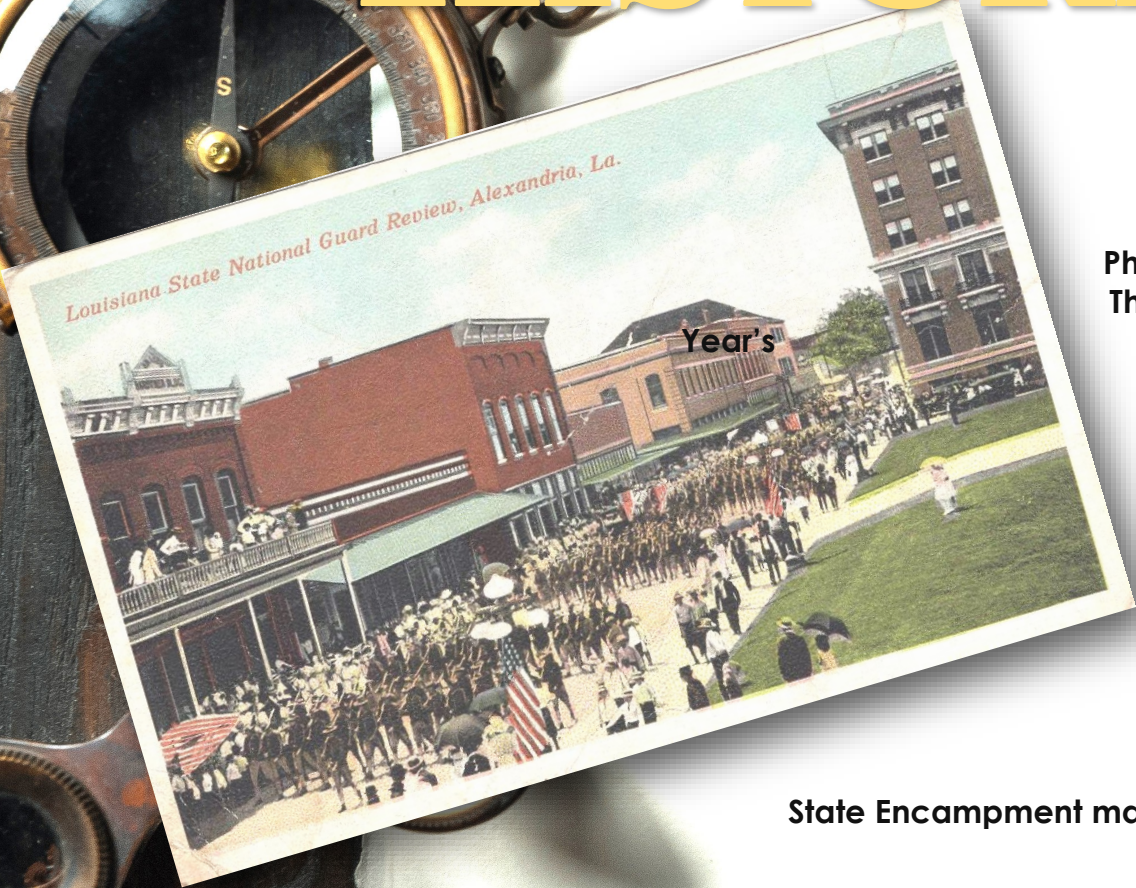


Photo One:
The Louisiana National Guard
Day. In 1928 down Se

Year's

**State Encampment marched in a parade down
on New Year's**

Rare photos from the collection of Keith LaCour and published with his



L POSTCARDS

ward marched to celebrate New
Second Street in Alexandria.



Photo Two
n Third Street
Day on 1905.

permission.

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In My Opinion...

Declare A New Years' Revolution!

For instance think of someone who had to give up smoking. They then make everyone else miserable who still smokes around them. They become speakers on the many terrible things that will happen to people who continue to smoke (not that they're not right, but it should be up to the individual to make that health decision for themselves!)

I have observed the same strange phenomenon occur with people who decide losing some weight would be a stellar idea to ring in the new year! Everyone around them must diet with them or at minimum, be forced to listen to all the problems (both real and imagined) overweight people will have to endure if they do not follow the rigorous and bleak meal plans they offer up as hope for your sludge-filled arteries. It doesn't matter that most of these people have never been sick a day in their life and are already following a moderately healthy diet.

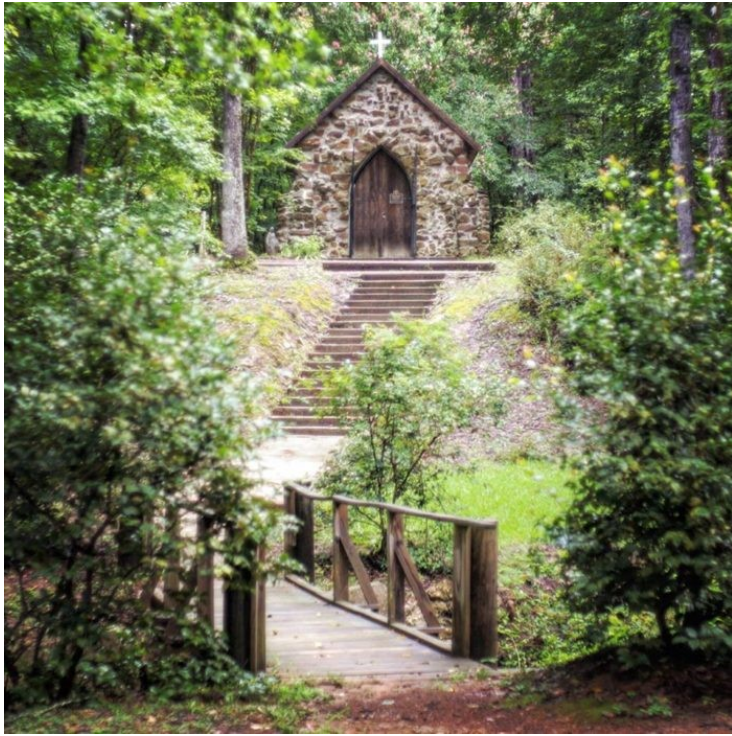
People who end up as the moral support teams for all the "resolutionists" in the new year are making it tough on those of us who never comment on what people do and do not do with their new years' resolutions. I have to say I make no comments at all -- not because I do not wish to offend anyone, but because I don't care what people do - just don't drag me into it saying it'll be fun! It won't!



My mother, who was always right said she knew two people who were considered perfect and no one liked either one of them!

There ya go!

Calvin & Hobbes
The McGill Tribune



Carmelite Chapel Mansfield, Louisiana

Information is from the Louisiana Department of Tourism, DeSoto Parish Tourism Commission.

“No Man's Land” Louisiana's West was once a part of No Man's Land, a region with no king or country, home to outlaws, bandits, pirates, and brave pioneers. The settlers were larger than life, and so are the stories!

Construction on Rock Chapel began in 1891 by monks who lived in the nearby Carmelite monastery. Stones from the surrounding area were joined together with mud plaster. The walls were painted with frescoes and the ceiling with murals done by two monks from France. The Chapel was used as a retreat for

the monks. It also was a site for weddings, Easter services and other celebrations.

St. Joseph Catholic Church is the current caretaker of the Rock Chapel. The office is open Monday - Friday from 9:00 AM to 3:00 PM. It is suggest that you call ahead to make sure the grounds are open to visitors. Their telephone number is 318-461-2971. The gate will still be open from sun up to sun down.

The address is 1746 Smithport Lake Rd in Mansfield, LA but it's actually considered Carmel.

From 171 South: Take Hwy 171 into Mansfield and continue through into the intersection. Continue on 171 and turn right at next red light (Polk Street/Hwy 84). As soon as you cross the railroad tracks you will take a left at the next red light. (Hwy 509). You turn **right** off Hwy 509 onto Carmel Loop by Blackmon Trailers which will be on your left. You will see Laffitte Store on the left. You will veer right (Smithport Lake) and go about a mile down. You will see Immaculate Conception Church on the left. The gate is just beside the church. Follow the road through the peaceful woods and enjoy your visit. From I-49: Take Exit 177 (Hwy 509)/Carmel Exit) Turn **left** onto Carmel Loop and follow above directions.

Enjoy your visit to the Carmelite Rock Chapel. For more information contact the DeSoto Tourism Commission at: DesotoTourism@gmail.com



Did You Know?

The Roman calendar had 10 months and the months of January and February were excluded. The Catholic Church declared January 1 the New Year Day and cancelled March 25 as the beginning of the new year.

January Holidays:

January 8 – National Debt is 0 in 1835;

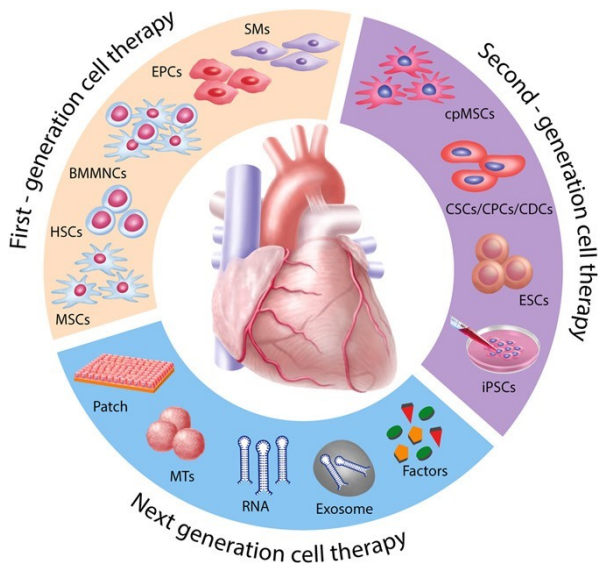
January 11, 1964- Smoking cigarettes declared a health hazard.

January 18 – Estimated taxes due.



CHERRIES HELP ARTHRITIS PAIN

Eating a handful of cherries or drinking juice a day will prevent pain from arthritis.



STEM CELLS HEAL DAMAGED HEARTS

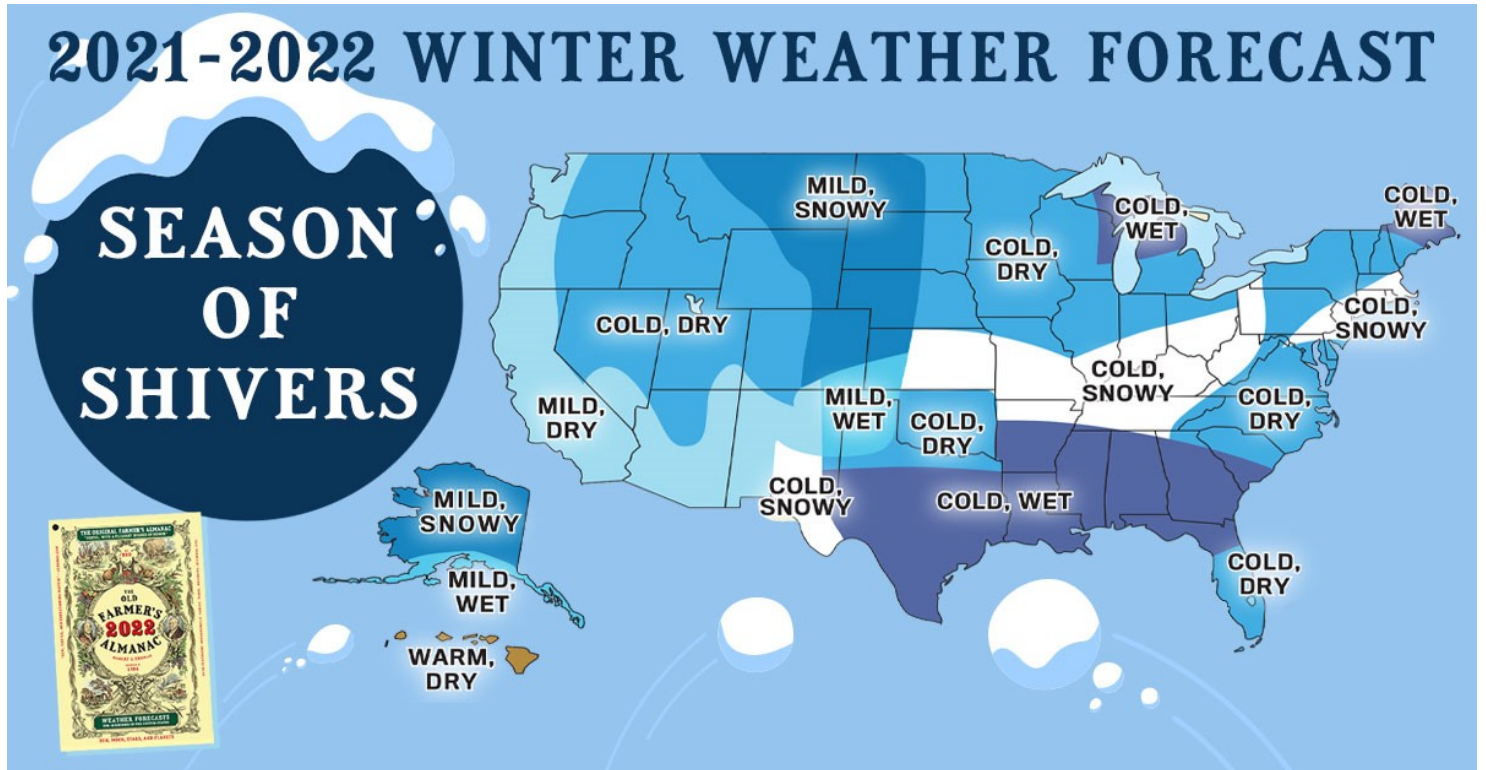
Researchers at Mayo Clinic have trained stem cells harvested from a patient's bone marrow to become heart cells by giving them proteins that trigger heart development.



VITAMIN C HELPS DIABETICS

A recent study found daily doses of the vitamin stopped the body from producing sorbitol that is responsible for nerve and organ damage.

2021-2022 WINTER WEATHER FORECAST



Brrr! *The 2022 Old Farmer's Almanac* comes with a winter warning: Prepare for a “**Season of Shivers.**” This winter will be punctuated by positively bone-chilling, below-average temperatures across most of the United States.

“This coming winter could well be one of the longest and coldest that we’ve seen in years,” says Janice Stillman, editor of *The Old Farmer's Almanac*. For 230 years, the Almanac has been helping readers to prepare for winter’s worst with its 80 percent-accurate weather forecasts.

In some places, the super cold of the coming winter will also bring lots of snow. This extreme wintry mix is expected in areas of New England as well as throughout the Ohio Valley, in northern portions of the Deep South, and in southeast New Mexico.

Above-average snowfall is also in the forecast along a track from eastern Montana southward through the western halves of the Dakotas and into northeastern Colorado. While temperatures in this mid-country strip will be relatively normal, snowfall will be abundant, with several storms predicted throughout the winter.

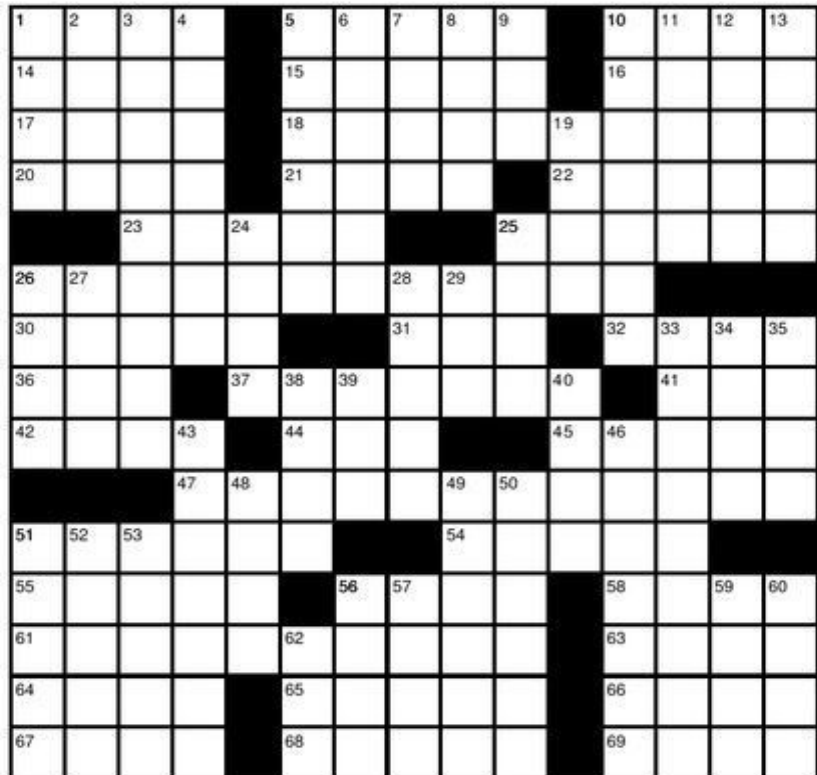
Meanwhile, most western areas will remain relatively dry, with all but the Pacific Coast itself and portions of the Southwest experiencing the frigid cold predicted for much of the rest of the country.

Pink Slip

Robert Stockton

ACROSS

1. River hazard
5. It aids commerce in Cancun, Kalamazoo, and Calgary
10. Left 21 across or 8 down
14. He's blue without his red or white
15. Offering from Google or Yahoo
16. He may be blue because he's in the red
17. Golden rule word
18. Princess in plum?
20. One might clean up at a Vegas hotel
21. Certain hand-outs
22. Coolpix camera maker
23. Fabric for a sundress
25. Creatures of clay
26. Share the stage with journalist Andrea?
30. See eye to eye
31. Lord's Prayer start
32. Blown away
36. Org. that sticks to its guns
37. Auto dealer's option, and a hint to this puzzle's theme
41. Greeting for Caesar
42. Congers and morays, e.g.
44. Keats creation
45. Novelist Joyce Carol
47. Caesar's boastful bon mot?
51. Like this clue
54. Pendragon of legend
55. Stock holding
56. Word with back or off
58. Tach readings
61. San Fran sportscaster?
63. "Piggies"
64. Caesar's challenge
65. One with grievances, perhaps
66. Classic Lotus model
67. Kind of waist
68. Strand in Rapunzel's rope
69. Oxford fellows



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DOWN

1. Like one leg of a triathlon
2. First of a famous sailing trio
3. Like AZT
4. "Well said!!"
5. Himalayan denizen
6. Worn magic item
7. McDonald's, e.g.
8. Certain hand-outs
9. Tide alternative
10. Silverback, e.g.
11. No longer napping
12. Asp's output
13. Moran and Brockovich
19. Hydroxyl compound
24. "...until ____ a man with no feet."
25. "It's Raining Men" singer Halliwell
26. Heroine of a classic children's reader
27. Man-eater of myth
28. Many a software engineer
29. Blue, red, or white
33. Sport with very wet horses?
34. What to get after an insult
35. He loved Lucy
38. Unchangeable storage
39. Stir
40. A bagel and lox, perhaps
43. Buttress
46. Kept at bay
48. Mouse manipulator
49. You'll find many in a pound
50. Pronounces
51. How good was it?
52. Tony-winning Rivera
53. Dennis Miller specialty
56. Evening on the Champs-Élysées
57. Land of the leprechauns
59. Like 27 down
60. Apr. 15 data
62. Wine container