

RAPIDES NEWS

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In My Opinion

BY BETTYE DEKEYZER

MERRY CHRISTMAS & A HAPPY NEW YEAR!

A POEM FROM THE RAPIDES COUNCIL ON AGING

Barbara found lovely gifts – She shopped day and night.
Tied with bows and ribbons – They are a beautiful sight.

Catalogs orders were delivered – By FedEx on the right day.

Bettye placed them under the tree – What a gorgeous display.

The entire house is decorated - Presents are wrapped with bows.

Charles put lights on the tree – somehow the whole the room glows.

Donna still had a few weeks – To find gifts that would please.

In two days she found everything – With the greatest of ease.

Jerral hopes Santa's sack is filled – With many beautiful things.

That ladies all love to get – Like golden bracelets and diamond rings.

Shopping and wrapping for hours – **Jewel** was ready to drop.

But she felt wonderful when she heard – Santa up on the rooftop.

Jesse is ready to go to sleep – He knows Santa is on his way.

In spite of all the work – Christmas is a wonderful day.

The perfect gift **June** can't seem to find – that special person will love.

At last, she found them – We hope it fits perfect – just like a glove!

Keith bought his gifts in one day – and he was heard to say,

"Now I can draw for hours – I'll have a perfect holiday!"

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RAPIDES NEWS

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Front Cover Image: Merry Christmas and a Happy and Prosperous New Year from the editor and production staff of the Rapides News Magazine!



12 tips for holiday eating

By [Patrick J. Skerrett](#), Former Executive Editor, *Harvard Health*

It's easy to get swept up in the holiday season. This combination of religious and national celebrations can help keep the cold winter away. But the feasts and parties that mark it can tax the arteries and strain the waistline. By eating just 200 extra calories a day — a piece of pecan pie and a tumbler of eggnog here, a couple latkes and some butter cookies there — you could pack on two to three pounds over this five- to six-week period. That doesn't sound like much, except few people shed that extra weight in the following months and years.

You don't need to deprive yourself, eat only boring foods, or take your treats with a side order of guilt. Instead, by practicing a bit of [defensive eating and cooking](#), you can come through the holidays without making "go on a diet" one of your New Year's resolutions.

1. **Budget wisely.** Don't eat everything at feasts and parties. Be choosy and spend calories judiciously on the foods you love.
2. **Take 10 before taking seconds.** It takes a few minutes for your stomach's "I'm getting full" signal to get to your brain. After finishing your first helping, take a 10-minute break. Make conversation. Drink some water. Then recheck your appetite. You might realize you are full or want only a small portion of seconds.
3. **Distance helps the heart stay healthy.** At a party, don't stand next to the food table. That makes it harder to mindlessly reach for food as you talk. If you know you are prone to recreational eating, pop a mint or a stick of gum so you won't keep reaching for the chips.
4. **Don't go out with an empty tank.** Before setting out for a party, eat something so you don't arrive famished. Excellent pre-party snacks combine complex carbohydrates with protein and unsaturated fat, like apple slices with peanut butter or a slice of turkey and cheese on whole-wheat pita bread.
5. **Drink to your health.** A glass of eggnog can set you back 500 calories; wine, beer, and mixed drinks range from 150 to 225 calories. If you drink alcohol, have a glass of water or juice-flavored seltzer in between drinks.



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I have received so many questions about Christmas problems, what to do and how to do it that I decided to publish a longer column for your enjoyment. It is my Christmas gift to you – my wonderful readers.

Dear Bettye: I am dating a woman who has far more money than I do but she always says the man should pay for dinner. We argue about this all the time.

It doesn't make any difference how much money she has. The man pays for dinner. I am amazed anyone would go out with you if you constantly complain about paying for the date.

Dear Bettye: I hear from friends that Christmas cards should be sent to people based in their religion. How can anyone know that?

A simple "Season's Greetings" will be perfect for everyone.

Dear Bettye: Has the world gone crazy? Don't television people know many of the programs are repulsive? What can we do?

Yes, Yes and turn to another station.

Dear Bettye; A friend is giving a Christmas party for divorced people. I think it would be better to have a party for single people. What do you think?

I think it is better to have a party for friends

regardless of their status. I can't think of anything more boring than divorcees with long faces and singles with false smiles at a party.

Dear Bettye: You make it sound like it is easy to be polite to customers. I work as a salesperson and people today are rude and impossible to please. If I did not have to work I could be a polite person.

I did not say it was easy. I told my grandfather when I was 12 years old it was difficult to be polite to rude cousins, but Mama insisted no matter what they said it should be ignored. Grandpa said rude people should all be treated as if they were insane. It has worked for me for many years. I hope it helps you.

Dear Bettye: I have always disagreed with my husband about gravy. He likes to put a piece of bread in it and eat it with his hand. I say it is very bad manners. What do you say?

I think he should pick up the bread with a fork to eat it. But my mother would say no civilized person would eat it at all.

Dear Bettye: I date a man who is generous, witty and handsome but he is driving me crazy. He calls me pretending to be characters from God to Count Dracula. Finally I hang up. He calls to apologize and says he thought it would amuse me. At parties everyone loves it when he begins to talk like Al Gore, Prince Charles and President Biden. What can I do to make his stop?

He obviously wants to be an actor so encourage him to go to Hollywood or New York and I believe he will be a star. You will get credit of finding the new Marlon Brando.

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

12 Tips To Eating Healthy This Holiday Continued from page 2

6. **Avoid alcohol on an empty stomach.** Alcohol increases your appetite and diminishes your ability to control what you eat.
7. **Put on your dancing (or walking) shoes.** Dancing is a great way to work off some holiday calories. If you are at a family gathering, suggest a walk before the feast or even between dinner and dessert.
8. **Make room for veggies.** At meals and parties, don't ignore fruits and vegetables. They make great snacks and even better side or main dishes — unless they're slathered with creamy sauces or butter.
9. **Be buffet savvy.** At a buffet, wander 'round the food table before putting anything on your plate. By checking out all of your options, you might be less inclined to pile on items one after another.
10. **Don't shop hungry.** Eat before you go shopping so the scent of Cinnabon's or caramel corn doesn't tempt you to gobble treats you don't need.
11. **Cook from (and for) the heart.** To show family and friends that you *really* care about them, be creative with recipes that use less butter, cream, lard, vegetable shortening, and other ingredients rich in [saturated fats](#). Prepare turkey or fish instead of red meat.
12. **Pay attention to what really matters.** Although food is an integral part of the holidays, put the focus on family and friends, laughter and cheer. If balance and moderation are your usual guides, it's okay to indulge or overeat once in a while.



Pat Skerrett is the editor of [STAT](#)'s First Opinion and host of the First Opinion podcast. He is the former editor of the Harvard Health blog and former Executive Editor of Harvard Health Publishing. Before that, he was editor of the *Harvard Heart Letter* for ten years. He is the co-author of *Eat, Drink, and Be Healthy: The Harvard Guide to Healthy Eating*, *The Fertility Diet*, and several other books on health and science. His work has appeared in *Newsweek*, *Popular Science* magazine, *Science* magazine, the *Boston Globe*, and elsewhere. He earned a B.A. in biology from Northwestern University and an M.A. in biology from Washington University in St. Louis.

HAVE A HOLLY JOLLY CHRISTMAS - IT'S THE

1



Each Christmas season Keith LaCour decorates his home with Christmas trees, displays and Nativity figures. Friends and relatives are invited to see the decorations.

One: Royal Blue and gold nativity figures.

Two: A Beautiful nine foot tree trimmed with red and white ornaments and 4,000 lights.

Three: Wreath 24 inches wide with red and white decorations.

Four: Large arch covered with 18 feet of red and white ornaments and 200 red lights.

2



3



BEST TIME OF YEAR!

decorates a large number of
ures. A selected number of
the display.

s 16 inches tall.

with 600 glass ornaments

and white peppermint

f garlands with 150 orna-



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A Merry Christmas Poem from the Rapides Council on Aging

Larry likes the Christmas tree – with presents piled underneath.
The house looks beautiful – especially the Christmas wreath.

Lisa's gift list was very long – she was not filled with cheer.
She remembered good news – It happened only once a year.

Lois knows Santa has a list – of girls and boys young and old.
His bag is filled with many gifts – She hopes your gift is of gold.

Phyllis loves the Christmas Season – People all have a smile.
Santa's flies from the North Pole – With presents for every child.

The tree lit up every room in the house - with lights of Christmas red.
"As soon as lights are on, now the party can get started!" **Red** said.

Rita shopped in several stores – And found all the gifts on her list. -
Gifts wrapped in red and green – and gold ribbon she couldn't resist.

The house was decorated in red and green –
All over inside and out.

Russell sat by the log fire and said –
Now this is what Christmas is all about!

Steve knew shopping and wrapping –
Always made people complain.
But on Christmas Eve for a few hours –
We are all children once again.

**From All of Us at the
Rapides Council on Aging Staff**

Merry Christmas
Happy New Year!



If you ask me...Christmas Edition!
Continued from page 3

Dear Bettye: I don't understand why people who don't like each other all year long become friends at Christmas parties. How can they do it?

I think we decided long ago the holiday season will be a time to act and speak in a way we should all year. But we can only stand it for two weeks.

Dear Bettye: The office party will be held in a few weeks and I do not want to go. Everyone acts in a strange way, drinks too much and some unpleasant thing is said or done. What can I do?

As soon as they begin to drink too much leave. No one will notice you have gone.

Dear Bettye: Which family members must have a Christmas gift?

It is customary to give gifts to those you love and those with whom you will celebrate Christmas and the relative who said you will receive a large inheritance.



Dear Bettye: What can I say to my father-in-law who always stuffs thick wads of money in envelopes to sons, daughters-in-law and grandchildren. I have suggested he use cards but he says he hates the crowds in stores. What do you think?

I think anyone who stuffs large wads of money into envelopes is wonderful. Receiving tons of green money for Christmas is exciting – it is so festive!

*Merry Christmas and
God Bless Us
Everyone!*

Did You Know?



From the Latin word *decem* that means ten because it was the tenth months in the early Roman calendar.

December holidays:

- December 6 – St. Nicholas Day
- December 7 – Pearl Harbor Day;
- December 8 - Sitting Bull Died 1890;
- December 16 – Boston Tea Party- 1773;
- December 21 – Winter Begins;
- December 24 – Christmas Eve;
- December 25 - Christmas Day; and
- December 31 – New Year's Eve.

WHAT IS THE WINTER SOLSTICE?

It is the day with the fewest hours of sunlight in the whole year. The word come from two Latin words: sun and to stand still.

HERE COME SANTA CLAUS

The first department store Santa was James Edgar who began in 1890 to walk around his store – The Boston Store – and talk to the children of his customers.

CHRISTMAS CUSTOMS

The ancient Romans gave each other gifts on the first day of January and the practice soon spread around the Roman Empire Eventually Christians moved the custom to December 25, but any Christians gave gifts on January 6, the feast of the Epiphany,

CHRISTMAS CARDS

The first American to print and sell Christmas Cards was Louis Prang who began publishing Christmas Card in 1875.



President Eisenhower was the first to send an official Christmas Card . from the White House.

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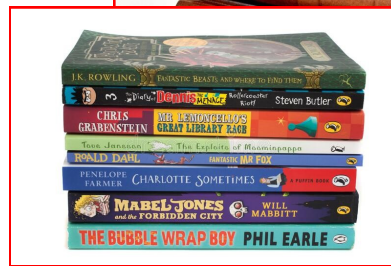
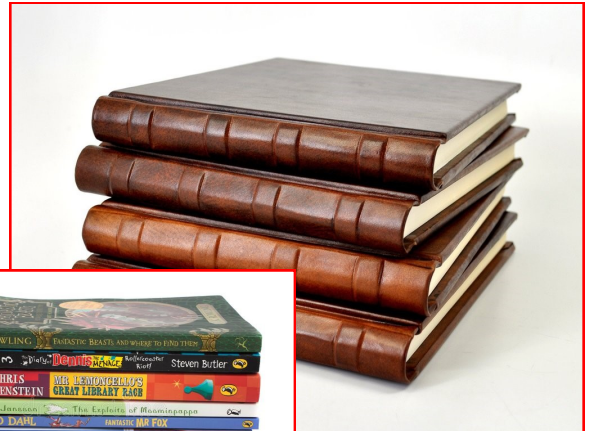
GREAT CHRISTMAS GIFTS



For a gardener – A pair of gloves new in time for the holidays. They are made of a waterproof fabric and are available in several colors.

For the reader – Beautiful books with covers of a product that looks like leather. Several loved books are on the shelves now.

For children – Many favorite stories in bound covers that are printed in artistic designs all about the story.



For men – If he is a golfer there are cuff links in pretend gold and silver in the form of a golf club. They can be etched with their initials.

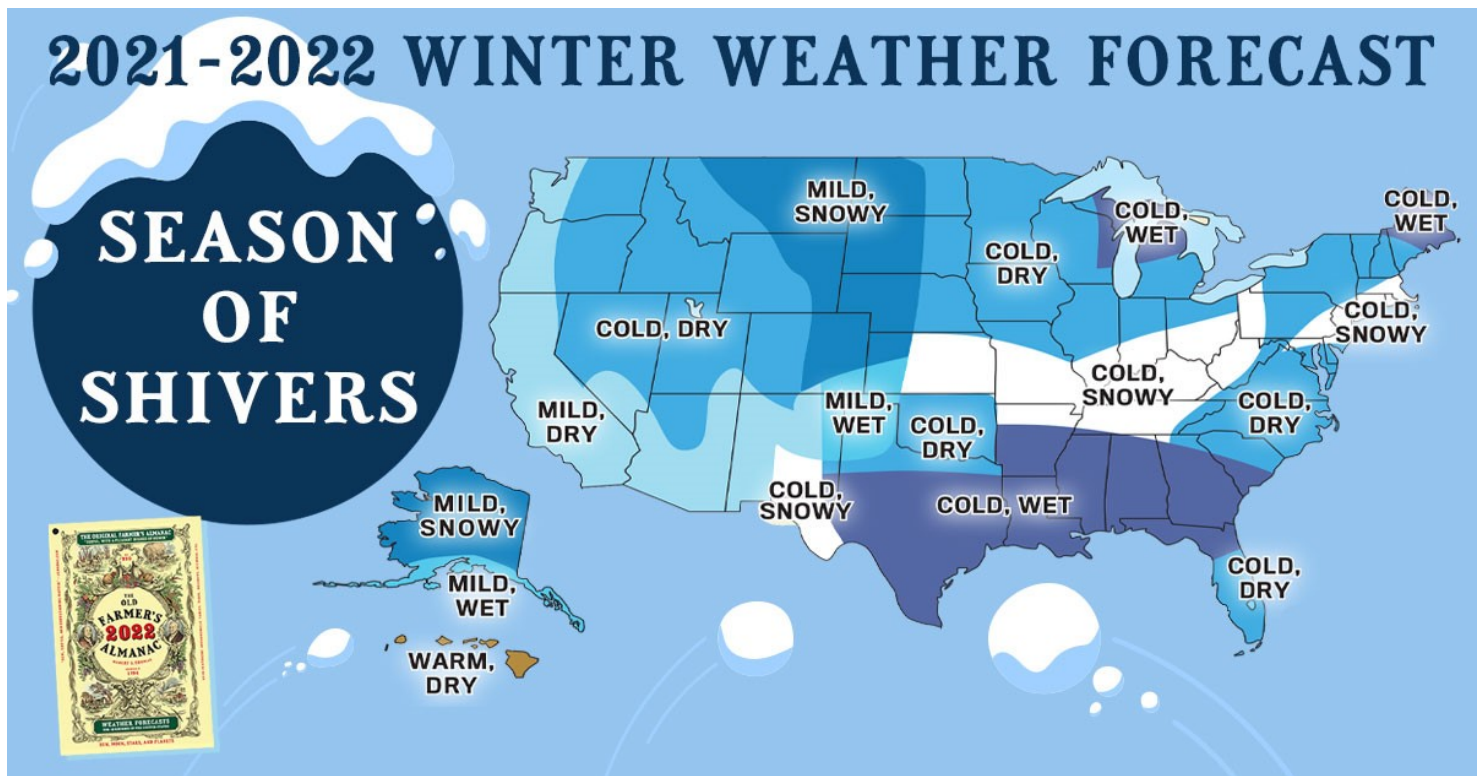
For the cook – Aprons that look like they are embroidered with flowers and very durable and usually about \$10.



For anyone – Hardware stores have very attractive tools and utensils that look like they are made of silver.



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.

