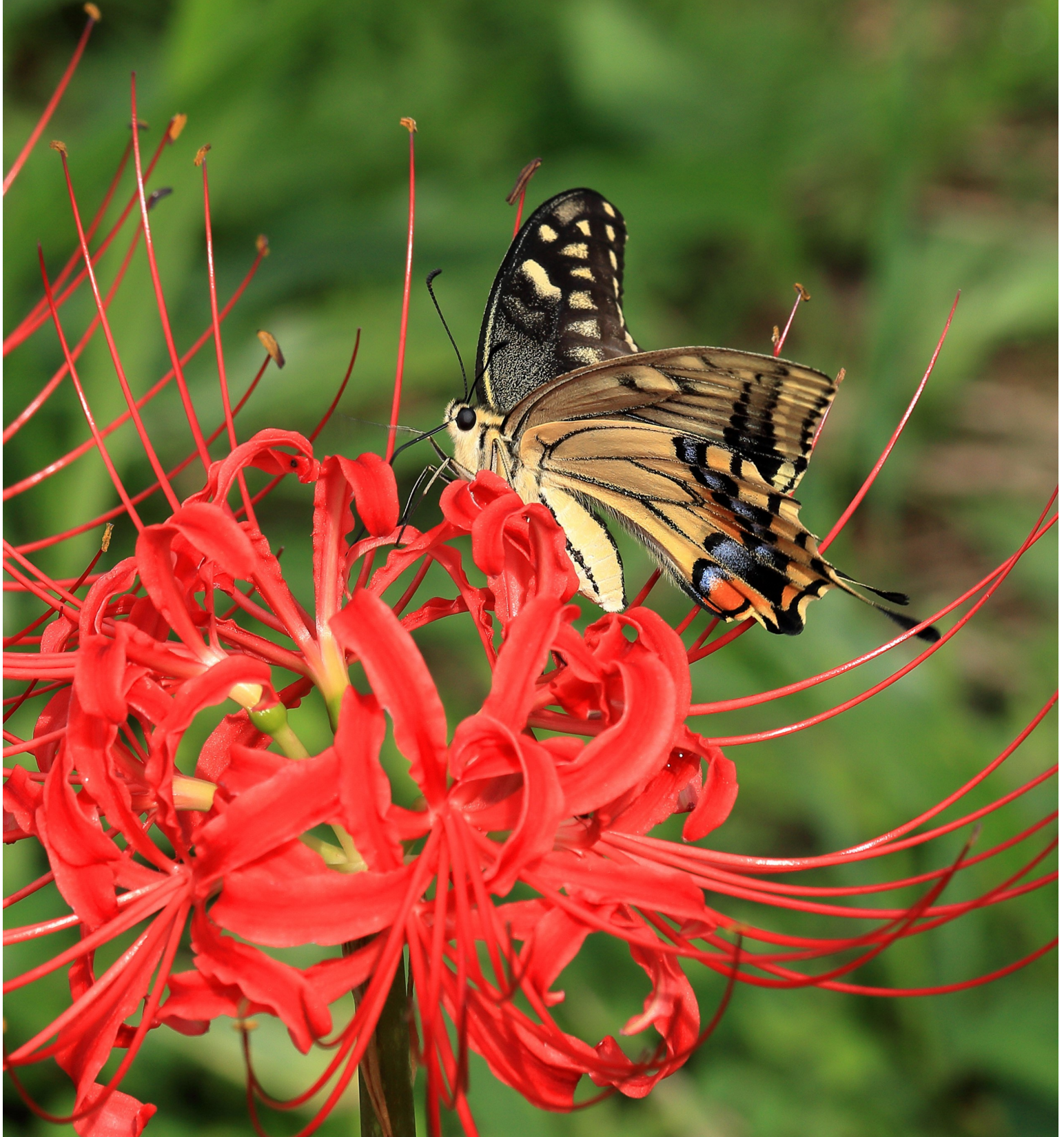



RAPIDES NEWS

A Publication of the Rapides Council on Aging

Volume 6 | Issue 70

October 2021





In My Opinion

BY BETTYE DEKEYZER
**TIMES THEY MAY
BE A'CHANGIN'
BUT --I'M STILL ME!**

I realize my family and friends think it is unreasonable that I never change my mind once I make a decision about anybody or anything. In fact, something happens every day to assure me I was right in the first place.

Psychologist say one should review their opinions now and then so I reviewed a column I wrote in 2001 about my opinions and during the 20 years they remain unchanged.

The older one gets the less important things become that were once thought to be crucial. It is difficult to understand why I was ever aggravated about anything or anybody. The people are dead and the situations are no longer important. I hope I can remember that the next time I am aggravated.

Loyalty is the greatest gift anyone can give or receive. Nothing else even comes close. All of you who are thinking "What about love?" should realize love without loyalty isn't.

Our form of government may not be perfect but it is the best on earth. I am outraged by Americans who are critical of America. Go to another country. You will see immediately just how great America is.

Many TV programs not only have not improved in 20 years but are outrageous. Words and actions that were once thought to be horrifying are now accepted. I avoid programs that permit guests to use language and reveal personal matters that are disgraceful.

Cousins as far removed as tenth cousins should be cherished whether you like them or not. My mother said blood relatives must always be welcomed and we could pray for the ones who were a nuisance.

Don't believe anything until it is officially denied. If someone with authority denies it never happened or was never said -- it did and it was!

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RAPIDES NEWS

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Front Cover Image: The independent "grow-where-I-want Red Spider Lily is Louisiana's sure sign that Autumn is not far away! Have you seen them yet?

Can flavonoids help fend off forgetfulness?

September 17, 2021

By Heidi Godman, Executive Editor, *Harvard Health Letter*

The foundation of a healthy diet is a vibrant rainbow of fruits and vegetables, like rosy red strawberries, dark green spinach leaves, or sunny yellow peppers. Their colors often come from flavonoids, powerful plant chemicals (phytochemicals) that appear to contribute to many aspects of health. And now a large Harvard study published online in *Neurology* in July suggests that flavonoids may also play a role in protecting cognition.



The investigation

Scientists evaluated the health data and self-reported diet information of more than 77,000 middle-aged men and women, collected over 20 years.

The information included how often participants ate many types of flavonoid-rich foods and whether participants reported cognition changes in their 70s, such as difficulty remembering recent events or a short list of items remembering things from one second to the next understanding instructions following a group conversation or TV plot finding their way around familiar streets.

What the study found

After accounting for factors that could have affected cognition (such as age, weight, physical activity, alcohol intake, depression, and non-flavonoid nutrient intake), scientists found that people with the highest daily flavonoid intakes were 19% less likely to report trouble with memory and thinking, compared to people with the lowest daily flavonoid intakes.

"Our results are exciting because they show that eating foods high in flavonoids could help

prevent or slow down decline in memory and other cognitive processes in late life," says Dr. Walter Willett, one of the study's authors and a professor of epidemiology and nutrition at the Harvard T.H. Chan School of Public Health.

"We noticed that earlier consumption of flavonoid-rich foods seemed to improve the protective effect on the brain. But even participants who began eating more flavonoids later in life saw benefits," says Dr. Tian-Shin Yeh, the study's lead author and a postdoctoral research fellow in the Harvard-Oxford Program in Epidemiology and the department of nutrition at the Harvard T.H. Chan School of Public Health.

The study was only observational, relying on what people remembered about their diets and noticed about cognition, and didn't prove conclusively that flavonoid intake kept people sharp in older age. But smaller or shorter-term studies have also found a link between flavonoids and cognitive health benefits.

Continued one page 4



Dear Bettye: I spend a lot of time on the internet since I retired and have met many men who are nice and polite. Some of them live in other states and want to arrange a meeting. I know you have cautioned against doing that. How can I tell if they are who they say they are?

I had the answer in your second line. They want you to meet them in their state. They should visit you and meet your family and friends here. For your own safety you must end all conversations with them.

Dear Bettye: Several years ago my cousin gave me a Christmas gift that was a strange vase I did not like. After Christmas I put it away in a closet. At a party my cousin asked where the vase was and I said I stored it to keep it safe. What can I say if she demands to see it?

Tell her the vase disappeared during a party. Well, that's true, isn't it?

Dear Bettye: My father gave me the money to pay for my wedding and he passed away a month later. I want his name on my invitation but my mother does not approve. What can I do?

Invitations are not intended to announce the financial sponsor. It is correct for you and your fiancé to send the invitations.

Dear Bettye: I have a friend I have known since we went to collage together years ago. She is amusing but makes remarks that are embarrassing to others. I am her only friend and others ask me how I can stand to be with her. What can I do?

She insults your friends, causes you embarrassment, everyone avoids her and you regard her as a friend? She is not your friend and never has been. Do not answer her calls and never be available to go anywhere with her. If you don't you won't have any friends either.

Dear Bettye: I have been asked to date a man my friend had a relationship with several months ago. Should ask her how she feels about it?

If she ended the relationship she does not care. If he ended it, then she might care. As for me, a friend is far more valuable than a date with a man with a questionable past.

Dear Bettye: A friend of mine always wants me to make calls to the man she is dating to see if he is true to her. What can I say?

No.

Dear Bettye: My friend is seeing a married man. How can I help her to see all the trouble ahead for her?

You can't. You can express your opinion once and if she does not want to hear it never say anything again. Be her friend because she will need one sooner or later.

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

Continued from page 2
Can Flavonoids Fend Off Forgetfulness?

Flavanones had a 36% lower risk for self-reported cognitive decline. Anthocyanins had a 24% lower risk for self-reported cognitive decline.

[Click here](#) for a USDA list of top choices for these three types of flavonoids.

The fruits and vegetables in the study most associated with beneficial cognitive effects, listed from strongest to weakest, were:

- Brussels sprouts
- Strawberries
- Cauliflower
- Raw spinach
- Yams/sweet potatoes
- Blueberries
- Yellow/orange winter squash
- Cooked spinach
- Cooked carrots, peaches/apricots/plums/cantaloupe
- Tomato juice
- Applesauce
- Green/red/yellow peppers
- Broccoli/cabbage/tomato sauce
- Romaine lettuce
- Tomatoes
- Grapefruit

WHAT'S THE MAGIC IN FLAVONOIDS?

We don't know for sure why flavonoids might play a role in protecting cognition. But we do know that flavonoids are powerful antioxidants, which may fight brain inflammation and the accumulation of amyloid — a hallmark of Alzheimer's disease.

Antioxidants may also play a part in keeping the blood vessels healthy (which keeps blood flowing to the brain) increasing the production of brain-derived neurotrophic factors, chemicals that repair brain cells, strengthen their connections, promote new brain cell growth, and enlarge the size of your hippocampus (a part of the brain involved in the storage and retrieval of

memories).

Plus, we know that flavonoids are associated with fighting inflammation and tumor growth, and in lowering blood pressure.

SETTING SIMPLE FLAVONOID GOALS

With so many potential flavonoid benefits, you may be wondering what kind of levels you should aim for in your diet. In the study, flavonoid intakes ranged from low — about 150 milligrams (mg) per day — to high — about 620 mg per day.

But tracking flavonoids is complicated. They vary greatly depending on the food. For example, half a cup of blueberries contains about 165 mg of anthocyanins; half a cup of peppers contains about 5 mg of flavones. And many fruits and vegetables contain several types of flavonoids, along with many other phytochemicals.

So don't stress about it. Just eat a diet with a wide variety of fruits and vegetables — the sooner you start, the better. Try to reach the five-a-day fruit and vegetable goal (recent evidence suggests that the most effective combination is [two servings of fruits plus three servings of vegetables](#) per day).

Then, as you enjoy foods like strawberries, blueberries, peppers, celery, apples, bananas, oranges, and grapefruit, remember they're not only tasty and good for general health, but potentially helpful for your brain, too.

"It's been called 'eating the rainbow,' and can lead to a healthier, more delicious diet; and it's another reason why we should ensure that everyone has access to fresh fruits and vegetables," says Dr. Deborah Blacker, a study co-author and professor and deputy chair of epidemiology at the Harvard T.H. Chan School of Public Health.

1



91339. HISTORIC RUINS OF CIVIL WAR FORT NEAR ALEXANDRIA LA.

HISTORICAL PLACE

Selections of the photographs is photos.

"Alexandria Is The Mecca Of Opportunity" That is the title of a large group of photographs that was printed in the late 1800s.

Photo One

Ladies are standing on the ruins of a Civil War Fort that was originally built near Alexandria.

2



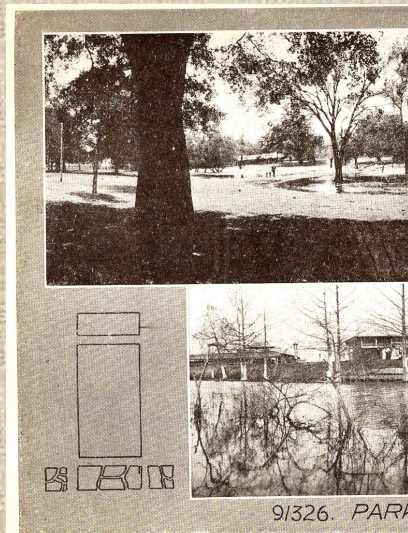
Photo Two

Labeled as street scenes in Alexandria are the old Court House with the trolley at the top. Photo on the left is of a parade on Third Street. Photo on the right is Third Street with Hotel Bentley in the far right.

3



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ES: ALEXANDRIA & PINEVILLE, LOUISIANA

published with the permission of Keith LaCour, owner of an extensive collections of historical

Photo Three

The photos titled "Views of the Famous Hot Salt Well near Alexandria". At the bottom is "The Second Hot springs in America".

Photo Four

Photos of schools in Alexandria. One is Bolton High School and the photo of the lower right is the former Catholic School in Alexandria.

Photo Five

Two rare photos depict a long-gone activity. It titled "Modern Navigation On Red River".

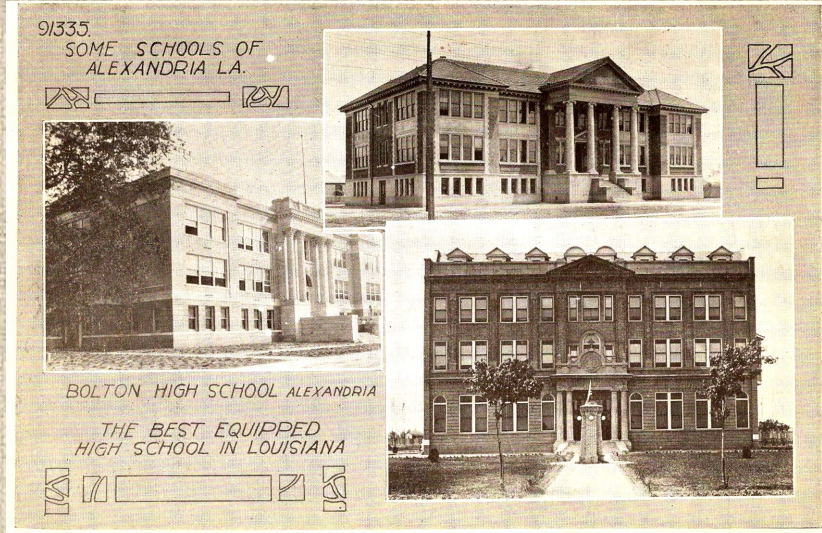
Photo Six

"Some Residencies in Alexandria"

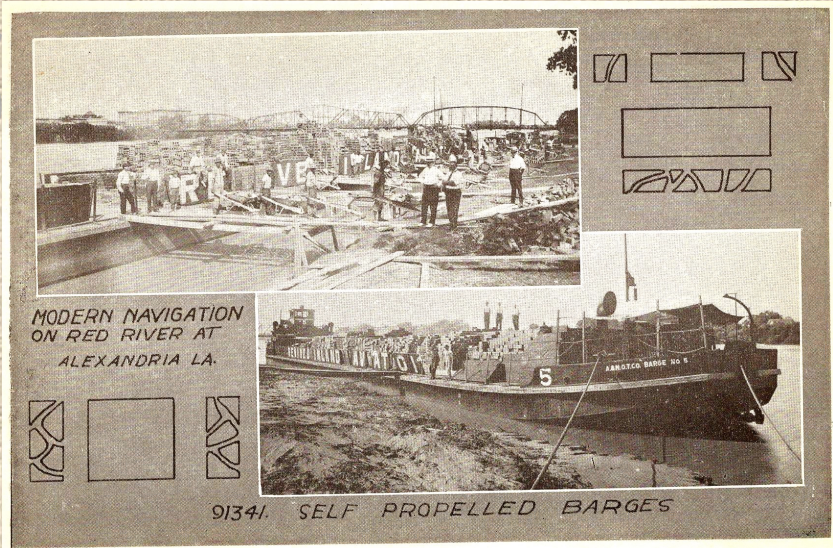
Photo Seven

Scenes in the City Park in Alexandria.

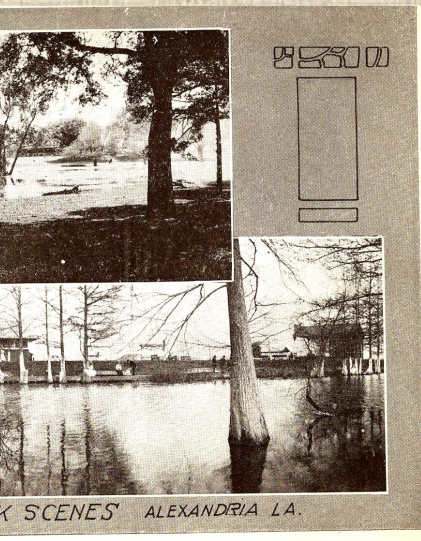
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In My Opinion...

Enemies are valuable because they assure you of your superiority. When people tell you they are telling you something hurtful for your own good – they are not

Do not regret growing old – it is a privilege denied to thousands of people every day.

Life is like a mill – whether it grinds you down or polishes you up depends on what you are made of. I wonder how my opinions will be viewed in another 20 years. If things happen as they usually do life will get so miserable people will demand the use of proper language and manners and we will have a few years that are pleasant - until people want a change again. My grandfather said the only thing permanent is change.



If you ask me...
Continued from page 3

Dear Bettye: A person at my office is always borrowing money. She owns me \$125 and everybody else similar amounts. How can we get her to pay us?

Tell her unless she makes arrangements to pay everyone it will be reported to the manager. My grandfather always said never loan money but give it if you can afford it. He said you loan money to a friend but you will collect it from an enemy.

Dear Bettye: Do you ever get questions you can't answer?

No, but many that shock me. I always advise those people to never send me such a question again.

Dear Bettye: A friend who calls me at the most difficult times during the day and early evening. How can I ask her not to call at those times?

When she calls say you were just leaving can will call her the next day. Then walk out of the room so you will be telling the truth.

Dear Bettye: I am a second wife and my husband's relatives have never liked me because he divorced his first wife for a very good reason. He says it is my job to keep up with letters from his family. I say no. What do you say?

You are right, of course. I have always thought it was reasonable for people to write their own letters to their own family. His relatives do not want a letter from you if they write to him. They want to get letters from him.



From The Strand Magazine, Vol I January To June, 1891. Poster Print by Ken Welsh

Did You Know?



The month of October is named for the Latin word Eight because it was the eighth month of the early Roman calendar.

October Holidays:

October 11 – Columbus Day – Columbus sailed the ocean blue in 1492;

October 29 – Black Cat Day

October 31 – Halloween.

YOUR BRAIN AND MENOPAUSE

Hot flashes and night sweats according to researchers are caused by the hormonal change in the brain. Hormonal therapy can help. See our doctor.

EAT MORE ONION AND GARLIC

A recent survey of 2,000 women revealed those who eat onion and garlic in food at least twice a week were at 70% lower risk of cancer than those who do not.

SLEEPING WITH LIGHT ON LINKED TO WEIGHT GAIN

Researchers advise people to turn off all lights including the television set. Artificial light suppresses production of melatonin and affects the process that contributes to weight gain. A small night light did not affect weight gain.

HEARING AIDS AS GOOD AS AIDS SOLD BY AUDIOLOGISTS?

While the online aids are less expensive, you do not have a needed service that provides a needed test and advice on the proper hearing aid.

EYE FLOATERS

Floater is a tiny substance inside the eye. They appear as lumps that float in the field of vision. The most common cause is older age. Moving the eyes around and around for several minutes can move the floater. If other floaters appear and there are sudden flashes of bright light see your doctor.

ALZHEIMER'S RISK

Keep moving. Research has shown people who are physically active have lower incidence of Alzheimer's disease. A recent review of 16 studies report a 30% reduction in Alzheimer's disease among those who are active and those less active.

WILL WE HAVE A HARD WINTER?

According to the Old Farmer's Almanac here are some signs of a miserable winter:

- Early departure of geese and ducks
- Heavy and many fogs in August
- Frequent haloes or rings around the Sun or Moon forecast numerous snow falls.
- Early migration of butterflies
- Thick hair on cows
- Spiders spinning larger than usual webs and many found in the house.

FARMERS' ALMANAC 2021



DIABETES: DO WE REALLY UNDERSTAND THE DISEASE?

The number of Americans diagnosed with diabetes has tripled in the past 15 years. Which of these factors do you think increases the risk for diabetes? A diet high in sodium, obesity, smoking or a diet high in sugar? According to medical experts the answer is obesity.

There are a few symptoms that signal the onset of Type 2, non-insulin dependent diabetes. Rapid weight loss and extreme thirst are two of the most often experienced symptoms.

But the onset of the disease can occur without any symptoms. For this reason everyone should include in their annual health exam a simple test that will detect the presence of sugar in the urine. In children, symptoms of diabetes are similar to symptoms of flu.

Insulin, not generally understood to be a hormone is essential to the body. Special cells in the pancreas produce insulin to help convert food into energy by breaking down sugar, starch and other elements. Insulin's function is to unlock cells to deliver nutrients.

Diabetes occurs when the pancreas stops producing insulin or produces insulin that doesn't function properly. One of the most dangerous aspects of diabetes is the sudden onset of serious complications. Strokes, heart attacks and kidney failures are only three of the most serious life threatening consequence of diabetes left untreated.

These complications make diabetes the fourth leading cause of death in the United States. Stress is an important factor and must be managed by those affected with the disease because it causes glucose levels to rise. Diabetics should exercise regularly to both lower their glucose level and to relieve tension.

WHY THINGS ARE THE COLOR THEY ARE



Purple Heart medals are purple because George Washington was forbidden to promote soldiers during the American Revolution. So he established the Badge of Military Merit. It was a purple cloth or silk heart worn over a soldier's heart to signify an elevated status. Washington probably chose purple since it has always been connected with royalty.



Money has always been green in America since 1939 when the United States Bureau of Engraving and Printing decided to use green ink. It was highly resistant to chemical and physical changes and at the time green pigment was available in large quantities for quick printing.



Blue Ribbon First place ribbons are blue because in the 1860s the Blue Riband was a pennant flown from a ship's mast. It was a prize given to a passenger ship making the fastest transatlantic crossing. Scholars speculate that over time the spelling changed to Blue Ribbon and served as a symbol of excellence.

Happy Halloween

Y'all!

