

# RAPIDES NEWS

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SPRING DEANOR JAMES  
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# In My Opinion

BY BETTYE DEKEYZER

GOOD TIMES SHALL  
NOT BE FORGOTTEN

There is something about fall that invokes a feeling of nostalgia. Maybe it is the falling leaves. The light seems more gray than golden. Thoughts about years gone by suddenly are on your mind.

My friend is wonderful about remembering long ago people, places and things. She and I frequently ask each other, "Do you remember....." Here are a few of our memories.

Third Street was the place to be on Saturday from morning until night. The stores were crowded until closing time and then people window shopped.

There were many movies to see in Alexandria. The Paramount, Rex, and Joy Theaters. Two theaters in Pineville on Main Street, the Harbor and the Harbor Annex.

Wellans had huge windows that could be viewed on all four sides. Seasonal window decorations were eagerly awaited. In early

December the windows were draped until the unveiling. It was always a magical scene with moving figures, in Christmas scenes from long ago.

The City Hall at Christmas was trimmed with lights that hung from the peak of the domed roof to each corner of the block. Christmas season did not begin until the first of December in those days.

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*Front Cover Image: Blue Heron, Louisiana Waterfowl.  
Painting by Suzanne DeKeyzer James*

## SELF-HELP FOR ATRIAL FIBRILLATION

Diet, exercise, and other lifestyle factors are known to affect your risk of heart disease. The major risk factors for heart disease, as well as the condition itself, are all closely linked to the risk of developing atrial fibrillation. Can a heart-healthy lifestyle prevent atrial fibrillation? Can it reduce symptoms?

There's preliminary evidence that managing the risk factors for heart and blood vessel disease may improve the long-term outlook for people with atrial fibrillation. On a practical level, that could mean fewer episodes of a-fib and improvements in symptoms—in short, a better quality of life for you.

## FOCUS ON HEART HEALTH

The ability of lifestyle change to reduce the burden of atrial fibrillation remains an active area of research. In the meantime, take steps to live a healthy and active lifestyle, in addition to medication and other standard a-fib treatments:

- If you smoke, quit.
- Control high blood pressure.
- Get treatment for sleep apnea if you have it.
- Maintain a healthy weight.
- Don't drink alcohol, or consume only in moderation.
- Keep your cholesterol and triglycerides within a healthy range.
- Get regular exercise.
- Get recommended vaccinations for the flu and pneumonia, especially if you have heart disease.

Make sure to also ask your doctor or pharmacist about any new medications, including over-the-counter remedies and herbal supplements. Sometimes these can interact in a harmful way with warfarin, direct oral anticoagulants, or rhythm-controlling drugs.



Although your ability to prevent or treat atrial fibrillation with a healthy lifestyle has limits, most people are able to control bothersome symptoms long-term with medication, procedures, or both. That said, some people run out of safe or effective options, in which case the a-fib will become permanent. But with proper anticoagulation, you can still minimize your risk of stroke, the most dangerous complication of this abnormal heart rhythm.

*Image: Nastasic/Getty Images*



**Dear Bettye:** I dated a man for three months and I thought he was interesting. I found out he was dating another woman. I told a friend of mine to tell her when I learned she was dating him I stopped seeing him. She stopped seeing him. I want to let her know he was not important to me, and I only wanted her to know what a liar he was. What can I say?

**Both of you were right to stop dating him. She didn't care if you were serious about him or not. She just realized he was not honest and told him so. Just be grateful you found out he was a rat before you did get serious about him.**

**Dear Bettye:** I am worried about my nephew because his clothes are expensive but are barely hanging on his body. The pants are dragging on the ground and covered with dirt. I don't want him to bring germs into my house. What can I say?

**Tell him he must roll up his pants before entering your house; You must make him understand his parents may put up with him, but you are not.**

**Dear Bettye:** My sister-in-law looks in my medicine cabinet and reads mail that she sees on my desk. I tell her I want her to stop she says I must have something to hide. What can I do?

**You are dealing with a person who has a serious problem, and you have two options. Put up with her violations of your privacy or tell her to never come to your house again.**

**Dear Bettye:** I am a widow and my second cousin who is very attractive comes to my house often and I can see he likes me. He wants to take me out for dinner. Is our relationship possible?

**Let me explain about cousins. Your third cousins are second cousins once removed. A fourth cousin is a second cousin twice removed and so on. Your relationship is not illegal or immoral. Years ago, second cousins married all the time. Look at Queen Elizabeth and Prince Phillip. They had the same great-grandmother.**

**Dear Bettye:** What should I do about the man who is married to my friend and dating a woman much younger than he is. I find it hard to be civil to him. I think his wife should know what is happening.

**Do not get involved in this situation. The wife will hate you for telling her. The wife always finds out what the husband is up to. I would tell him that I knew about his romance. You don't have to be civil to him – never speak to him again.**

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Send your comments and questions to:  
[bdekrcoa@AOL.com](mailto:bdekrcoa@AOL.com)



# GOOD NEWS FROM RCOA

Rapides Council on Aging delivered 30 electric fans to the Clifton Choctaw Reservation to assist tribal members who were without a cooling system.



**Mary Garcia**, Tribal Board Member, and secretary is shown receiving fans and will deliver them to tribal members.



Rapides Council on Aging staff members (pictured from left to right) Charles Woods and Keith LaCour delivering 30 electric fans to the Clifton Choctaw Reservation. Every year Rapides Council provides the Clifton Choctaw Tribe with any request they report to the Council. The electric fans are delivered every year to the tribal members.



# THE HISTORY OF PEANUT BUTTER

Contrary to popular belief, [George Washington Carver](#) did not invent peanut butter. He was one of the greatest inventors in American history, discovering over [300 hundred uses for peanuts](#) including chili sauce, shampoo, shaving cream and glue. He was a pioneer in the agricultural world and many refer to him as father of the peanut industry. His innovations also increased the legume's popularity and [made peanuts a staple in the American diet](#).

The [earliest reference to peanut butter](#) can be traced back to the Ancient Incas and the Aztecs who ground roasted peanuts into a paste. However, modern peanut butter, its process of production and the equipment used to make it, can be credited to at least three inventors.

In 1884 [Marcellus Gilmore Edson of Canada](#) patented peanut paste, the finished product from milling roasted peanuts between two heated surfaces. In 1895 [Dr. John Harvey Kellogg](#) (the creator of Kellogg's cereal) patented a process for creating peanut butter from raw peanuts. He marketed it as a nutritious protein substitute for people who could hardly chew on solid food. In 1903, [Dr. Ambrose Straub of St. Louis, Missouri](#), patented a peanut-butter-making machine.

The rest, as they say, is history, and there are a variety of peanut butter flavors to choose from and you can use it in recipes from savory to sweet, like [Nutty Thai Chicken Slow Cooker Dinner](#), [Peanut Powered Breakfast Cookies](#) and [Peanut and Chocolate Cherry Smoothies](#).

While George Washington Carver didn't invent peanut butter, his work—along with that of peanut butter innovators Edson, Kellogg and Straub—helped establish peanut butter as the nutritious staple ingredient found in 94 percent of American households today. For more about peanut butter, visit our [History section](#).

To learn more on America's favorite sandwich spread, visit :

<https://www.nationalpeanutboard.org>

**National**   
**Peanut Board**



# HISTORICAL PLACES: FORTS RANDOLPH & BUHLOW STATE HISTORICAL SITE



Forts Randolph & Buhlow State Historic Site also includes the remains of Bailey's Dam. Bailey's Dam, remarkable for its design and the amount of time required in constructing it, allowed for the Union Fleet, under the command of Admiral David Porter, to escape below the rapids on the Red River at Alexandria during the Union retreat after the battle of Mansfield. Called "one of the greatest engineering feats of the Civil War," The dam designed by Colonel Joseph Bailey has left a lasting mark on the history of the region. The site is today commemorated with interpretive signage and a scenic overlook of the Red River.

<https://www.lastateparks.com/historic-sites/forts-randolph-buhlow-state-historic-site>

After the Battle of Mansfield, halting the Union advance to the West in Spring of 1864, Forts Randolph and Buhlow were constructed on the Red River at Alexandria by Confederates in order to repel future Union attacks through Northwest Louisiana. Construction, completed by March 1865, was under the command of Cpt. Christopher M. Randolph and supervised by a military engineer, Lt. Alphonse Buhlow, for whom the forts are named. A third and larger fort, planned for the Alexandria side of the river, was never built.

The earthen forts, constructed using local plantation slave labor, were fortified with cannon and over 800 soldiers. In addition to a Confederate troop buildup in the Alexandria area, the Confederate ironclad Missouri was anchored in the river opposite Fort Randolph, but the anticipated attack never came and no fighting over took place. In May of 1865, the Confederates surrendered to Union forces, and the forts were occupied for a short while by the Union before being abandoned at the end of the war.

Located on Red River in downtown Pineville, the site includes a visitor center with exhibits on the Civil War Red River Campaign, an elevated boardwalk around the fort area, with an overlook near Bailey's Dam site, and an open field for Civil War re-enactments. Forts Randolph & Buhlow were placed on the National Register of Historic Places in 1981.

## Hours of Operation

### Wednesday through Sunday

open from 9 a.m. to 5 p.m.

closed Thanksgiving, Christmas & New Year's Day

## Admission/Entrance Fees

\$4 per person

Free for senior citizens (62 and older)

Free for children 3 and under

**Telephone: 318-484-2390  
877-677-7437**

In My Opinion...

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Schwartzberg's had the most beautiful fabrics in the world. Satin, velvet, taffeta, pongee, silk, chintz, lace, dotted Swiss, pique, and rolls and rolls of ribbons, trims and elegant pearl and painted buttons.

Lunch was always at the Hotel Bentley where waiters wore white gloves and had small white towels on an arm. They wore black trousers and white shirts, with black bow ties. They served lunch to ladies who often met for lunch and treated them like royalty.

The average cost of a very fine house was \$25,000 and houses were without bars or alarm systems and most doors were never locked.


Cars had running boards and rumble seats. Policemen were better armed than criminals. The policeman on the neighborhood beat knew the name of all the residents and not because he had arrested them.

Doctors made house calls, family members never moved to another state, people sat on front porches and ladies wore hats and gloves to town. Nurses wore white uniforms, nuns wore beautiful black habits and white coifs, except in New Orleans the Sisters of Charity wore lovely blue habits and white coifs that looked like white ships.

People gathered around the radio after supper to hear the stories that ranged from mysteries were to comedies. I loved Lux Radio Theater, Inner Sanctum and The Shadow. I remember it always began with, "**Who knows what evil lurks in the heart of man? – The Shadow knows!**". Everyone in the family gave summer picnics in their back yard and in the winter had everyone over for wonderful gumbo.

It a glorious time for children played in back yards and were served lemonade and cookies in the summer and tea cakes and milk in the fall until it was too cold to play outside. Then we went to our friend's house where we sat by the fireplace with a roaring fire and listened to radio programs and had warm muffins with hot chocolate.

*Do you remember?*





If You Ask Me...

Continued from page 3

**Dear Bettye:** My daughter wants me to keep her children so she and her husband can go places to rest. I love to have the children, but it is almost every weekend. I have a difficult job and need time to rest. How can I tell her without hurting her feelings?

**Just tell her and don't worry about hurt feelings. She should be able to understand she has been taking advantage of you.**

**Dear Bettye:** I sent some cards with romantic words to a lady I dated for several months. We have broken up. I would like the cards back. How do I handle that?

**You can send another card asking for the romantic cards. If she does not then you will have to consult an attorney. Do not call her or go to her house. In the future, never put in writing anything you would not like to see discussed by a panel on Fox News.**

**Dear Bettye:** My friend lives in in New Orleans and last month went to a voodoo priestess and asked her to cast a spell so she could find a way to get the money for a down payment on a house. She nearly fainted when she won \$5, 000 on a lottery ticket. She wants to ask for the recovery of a sick friend but is afraid she will appear to be asking too much. What do you think?

**I think you should send me the name, address, and telephone number of the voodoo priestess. Tell your friend to see the voodoo priestess and thank her for the last spell. Ask for her advice about helping her sick friend. I have heard they never refuse to assist a person who is ill. Let me know what happens.**



# Did You Know?



September is from the Latin word *septem* that means seven because it had been the seventh month in the early Roman calendar.

## **SEPTEMBER HOLIDAYS:**

September 6 Labor Day;  
September 11, 20<sup>th</sup> Anniversary of 9-11;  
September 20, Full Moon;  
September 22 Autumn begins

## **FREE COLLEGE FOR SENIORS**

Louisiana State colleges offer free tuition to seniors on a space available basis. Requirements may include being 60 years of age.

## **CHERRIES – GOOD AND GOOD FOR YOU**

Researchers released the results of a study concerning cherries. Just a handful a day can prevent a flare-up of gout especially if allopurinol. Arthritis patients who drink cherry juice twice a day led to a reduction in painful inflammation.

## **ONIONS AND GARLIC FIGHT CANCER**

The recent study showed eating one half onion and a tablespoon of garlic in cooked food every day are shielded from stomach cancer.

## **SOME FRUITS AND VEGETABLES ARE POISONOUS**

The Food and Drug Administration has released new information on the level of arsenic in apple juice. Low levels of arsenic, a cancer-causing agent, is found in cherry seeds. Apples and almonds contain cyanide. Almonds should never be eaten raw. It is not generally known that almonds are not nuts but seeds. They must be heated and processed before eaten.

## **DON'T WORRY ABOUT FORGETTING**

Humans have a limited capacity for memory so if you can't recall a name or where you put the car keys - it happens to everyone. If you forget planned events, repeat yourself or not remember what car keys are for – then see a doctor.

## **NO CRISIS IS FOREVER**

People recover from all kinds of scandals. Bill Clinton survived his. Researchers saw people who are involved in distressful problems that become public and they managed to survive them. The report reports how to handle any horrible problem: don't talk about it to anyone – except a counselor. Life is long and one mistake is not going to end your life.

Continued on next page.



Did You Know...  
Continued from previous page

### **BEST TIMES TO BUY MAJOR APPLIANCES**

**Heating and Cooling Systems:** Spring and fall when less extreme weather slows sales in stores.

**Refrigerators and Freezers:** Late spring because new models generally come out around summer.

**Dishwashers, Washers and Dryers:** Holiday weekends when sale prices are offered especially on weekends that include Friday or Monday federal holidays.

**Microwaves and stoves:** The end of the month many stores and sales personnel have quotas they are trying to meet and will offer good deals.



## **SEPTEMBER HISTORIC EVENTS**

**September 1, 1159** - Nicholas Breakspear, the first English Pope, died.

**September 6, 1620** - The Mayflower set sail from Plymouth, Devon, carrying the Pilgrims to America.

**September 7, 1533** – Queen Elizabeth 1, daughter of Henry VIII and Anne Boleyn was born.

**September 18, 1709** - Samuel Johnson, compiler of the first English dictionary was born.

**September 23, 1848** - Chewing gum was produced commercially for the first time.

**September 25, 1818** – First transfusion of human blood was performed at Guy's Hospital in London.

**September 30, 1938** – Foolish British Prime Minister Neville Chamberlain met with Adolph Hitler in Munich and reported that he believed there were no need to worry about war in Britain.



## Be READY For Severe Weather!

### Get Informed

- Know what disasters could affect your area, which could call for an evacuation and when to shelter in place.
- Keep a [NOAA Weather Radio](#) tuned to your local emergency station and monitor TV, radio and follow mobile alert and mobile warnings about severe weather in your area.
- [Download the FEMA app](#) and get weather alerts from the National Weather Service for up to five different locations anywhere in the United States.

### Make a Plan

Determine any special assistance you may need and include in your emergency plan.

- **Create a support network** of family, friends and others who can assist you during an emergency and share your disaster plans with them. Practice your plan with them.
- **Make sure they have an extra key** to your home, know where you keep your emergency supplies and how to use lifesaving equipment or administer medicine.
- If you undergo routine treatments administered by a clinic or hospital, find out their emergency plans and work with them to **identify back-up service providers**.
- If you have a **communication-related disability**, note the best way to

communicate with you.

- **Don't forget your pets or service animals.** Not all shelters accept pets so plan for alternatives.
- **Consider loved ones or friends outside of your immediate area.**
- **Prepare an [emergency kit for your pet](#).**

For related information visit our page on [individuals with disabilities](#).

### Get Your Benefits Electronically

A disaster can disrupt mail service for days or weeks. If you depend on Social Security or other regular benefits switching to electronic payments is a simple, important way to protect yourself financially before disaster strikes. It also eliminates the risk of stolen checks. The U.S. Department of the Treasury recommends two safer ways to get federal benefits:

**Direct deposit to a checking or savings account. If you get federal benefits you can sign up by calling 800-333-1795 or [sign up online](#).**

**The Direct Express® prepaid debit card is designed as a safe and easy alternative to paper.**