

Seasons of Louisiana with Dianne Cage

Psalm 121.... "I lift my eyes to the hills....where does my help come from? My help comes from the Lord, the Maker of heaven and earth, indeed, he who watches over Israel will neither slumber not sleep...the sun will not harm you by day, nor the moon by night." Thought for the day: "I will trust God and wait expectantly for the change that is coming."

Believe what you are hearing! Listen and follow directions of state and local authorities. If you feel sick, stay home. If your children are sick, keep them home. Contact your medical provider. If you are an older person or have underlying health conditions, stay home and away from other people. If someone in your household has tested positive, keep the entire household at home. Work or study from home whenever possible. Avoid social gatherings and groups of more than 10 people. Use pick up or delivery options at our restaurants. Avoid discretionary travel, shopping trips and social visits. DO NOT VISIT nursing homes or retirement or long-term care facilities unless to provide critical assistance. Always practice good hygiene: Wash your hands, avoid touching your face, sneeze or cough into a tissue or the inside of your elbow. Disinfect frequently used items and surfaces as much as possible... Even if you are young or otherwise healthy, YOU are at risk and your activities can increase the risk for others. It is CRITICAL that you do your part to slow the spread of the coronavirus....These are President Trump's Coronavirus guidelines for America...

It is hard to believe this is happening!. Remember the old movie, "The Day the Earth Stood Still," with Michael Rennie & Patricia Neal... I almost feel that way. I do love the way people are reaching out on YouTube, with amazing songs, Check out the Daddy Daughter Duet...The Prayer.. Beautiful...

I sure hope David Foster, the musician, composer, arranger, record producer and music executive, hears/sees that one, they will be instant stars! Another one is "It is Well With My Soul" performed by David Wise/Studio Singing Nashville Strong. These are things that are helping the world cope with what is happening. I have been thinking about my 24 years of cooking on KNOE... I could do cooking classes, gardening, feeding the birds, bathing the dogs, playing with the goldfish. Out of my hundreds of old shows, years ago I choose about 18 of the most popular ones. They are only 3 to 4 minutes long with fun happy music in the background. Those would be fun to run somewhere, maybe on YouTube: Dove Hunting and Cooking our Birds, Squirrel Pie, Tea Time Tassies, Arranging Pussy Willow and Cork Screw Vines, Joe Oliveras, the famous game warden, Better Than Sex Cake, Special Gifts, Victor Cascio, Zinnias, Holiday Fruit Delight, Pralines... I could go on and on! Those were some of the best ones that will bring a smile to this sad old world at this time... I'm going to work on it and it would be fun!

One thing we have noticed... late afternoon there are no criss- crossing jet streams in the skies. There's hardly any traffic, people are walking more, families bicycling together, families sitting on their porches and yard swings, or walking around the yard. Oh my goodness, when going outside, be sure and spray with a good bug spray. Those darn Turkey Gnats, Buffalo, and No-See-Ums — just to name a few — are back. They are a member of the black fly family and are a problem in early spring in our part of this world.) The world has definitely slowed down. It is so strange, but oh so true.

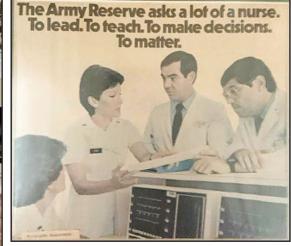
I told my grandchildren to think about one favorite thing they would like to learn how to cook and a favorite meal, to plan and prepare for a small family supper ... that would be fun.

With some of these 90 degree days, grandchildren and friends have been swimming in small groups... the laughter and chatter is music to our ears! The birds are busy, building nests and singing sweet songs. We have a majestic new Purple House and are hoping several families move in!

Hope you all have a good book to read. I just finished "We Were the Lucky Ones." It was sad but really good — about the Kurc family that survived the Holocaust, in Poland. The Nazi concentration camps Auschwitz, Treblinka... you cannot even believe! On to something a little more lighter, "Victoria & Abdul. It was really good ... a true story of the Queen's closest confidante. Mike is reading "Churchill... Walking with Destiny," a gift from our favorite friend and brother-in-law, CARRICK INABNETT...

When we start feeling sorry for ourselves, sad or down, all ages should read the "Diary of Anne Frank." 761 days in the secret annex!





ABOVE: An old photo from the past: Dr. Mike Cage is in the middle. Please keep all our nurses, doctors and other health-care workers in your prayers.

LEFT: Heading to work at St. Francis Medical Center, Entrants' temperature has to be taken upon arrival.... Mike Cage's was 95! He's a cool cat!



ABOVE: Olive Kluge, Tom Smith, Thomas Deshotel and Quinn Snellings.





ABOVE: Grandchildren swimming and sunning: Katherine Godfrey, Virginia Deshotel and Georgia Snellings.

LEFT: Mr. and Mrs. Brooks Mason, newly married with a celebration to be

Weddings, graduations, parties of all sorts, and church, being canceled. We are all going to have to reinvent ourselves!

A fabulous wedding celebration, planned for May 16, in Tuscaloosa, Alabama with parties, spectacular invitations, venues, flowers, food. RACHEL ALEXANDRA — daughter of CATHERINE SHEMWELL — and BROOKS MASON. The young law students married last week. When the world gets back to normal, we will honor and toast Mr. & Mrs. BROOKS LEE MASON. Congratulations and all God's blessings...

I look forward to the next time — stay safe, check on your friends, count your blessings.

Enjoy Allen Jackson's "Bologna on White Bread" Fried Spam on white bread with mayonnaise.... Remember Ernest on gas commercials said to Vern: "It's hot, fast and cheap. Hot, Fast, Cheap; kind of like your first wife!" Pass the butter!





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A MESSAGE FROM DR. VIRGINIA Y. GONZALEZ

ATTENTION TO ALL CARDIAC (HEART) PATIENTS

In these uncertain times with the Coronavirus (COVID-19), our office is taking all precautions to protect you and our healthcare staff. Therefore, we will be moving toward Telehealth (Telemedicine). If you have an iPhone, we can facetime. If you have an Android, we can use Google Duo. If you do not have either, we can use traditional telephone.

We are still accepting NEW patients and continuing to serve our established patients.

To schedule a visit, please call 318-338-3540.

Although, there is a virus that is affecting our state, we are still committed to caring for our patients with heart disease. Please remember use all pre-cautions by washing your hands often and stay 6 feet away from one another.

Thank you for your understanding and patience.

Dr. Virginia Y. Gonzalez Interventional Cardiologist

DR. VIRGINIA Y. GONZALEZ Interventional Cardiologist 402 McMillan Road • West Monroe, LA 71291 (318) 338-3540

held when possible.