



Seasons of Louisiana with Dianne Cage

How many of you have read Marie Kondo, “The Life-Changing Magic of Tidying Up”? With so many of my friends dying and being in the last quarter of this game of life, it has really hit home of how important is not to horde things that you will never use, like old clothes, shoes, books, papers, dishes and more. Get rid of it, and as Mike Cage says, “QUIT BUYING!” Visiting with my deceased friends’ children, other than the sad feeling of losing, missing and grieving for that someone that was so important to them, a very difficult part is going through old papers, books, clothing and all their other things. It is mentally and physically exhausting. I don’t know about you but I do not want to put my/our children through that kind of very ordinary, common, sad, emotional experience. However you want to look at, it will not be easy but you can ease some of the sadness. The good news is you can have fun too and make it joyful and more fun for your loved ones. As my friend Kaydell Jackson, that passed away several weeks ago, wrote in her will “O.K., now I’m dead, what now!”

Mike’s favorite aunt, Nory, had no children of her own, but absolutely loved all her nieces and nephews. She was just the very best. Her letters and notes were ones you kept! She knew how to make each and every person feel very special and loved! When Nory died, there was a large Ziploc bag with each family member’s name on it containing pictures, notes, birthday invitations, wedding announcements — anything that was an important event or announcement. It made you feel her love and how important you were to her. I have started cleaning out and organizing. It makes you feel so good and free from clutter. Read the book!

Speaking of good books, DR. RICKY CAPLES’ favorite, “The Fish That Ate the Whale ... The Life and Times of America’s Banana King,” Mike and I loved it. In fact, I am going to review it for our Book Club in November... it is a good one! Also, we always love picking up “A Book of Essays: PAPPY’S PROVERBS. One Louisiana Man’s Opinion,” by PAT ANDERSON... Call Pat for a copy or go to Neville High School. Mike just finished “The Monk Who Sold His Ferrari.” He ordered several copies for our children and close friends. AMY JACKSON DIXON “Once We Were Brothers” by Ronald Balson. The author describes the atrocities of wartime Poland and the beautiful romance between Ben Solomon and his love Hannah. Amy said she stayed up all night and cried her eyes out. She could not put the book down. The only thing about a really good book: close to the end, I start feeling sad. I do not want it to be over; it’s kind of like losing a good friend. The good news there is another wonderful book out there and new friends are just around the corner. God is Good! God is Great!

This summer has been so much fun! I wish Mr. Militello, who had the amazing garden on the corner of N. 8th and Roselawn, were here to see our garden. It is so pretty, he would be proud and happy for us! It has produced tomatoes, peppers, garlic, cucumbers, cushaws and eggplant for the world. My Grandmother Lela was a fabulous cook. She had lots of help but she orchestrated the happening and it was just the very best.

Wonderful big seated Sunday Dinners — noon, seated lunch with all good, Sweet Tea, baked chicken, cornbread dressing, fresh tomatoes, sweet fresh corn, greens, and the very best eggplant you have ever had!

Peel and slice your fresh eggplant in about ¼ inch rounds, soak in 1 egg and ½ cup water mixed together, coat in seasoned Italian bread crumbs. In your black iron skillet, heat Wesson oil till hot and wavy. Shake off extra crumbs and cook, turning only once till nice and brown... drain on lots of paper towel... salt and pepper to taste... this is just as good when it is stone cold... Happy memories last forever....

VINEGAR COOKIES...

This is a recipe of my late friend and Neville classmate of 1961 LYNDIA WOODS HUGGINS. They are just the best!

- 1 Cup (2 sticks) butter
- 1 Cup Sugar
- 1 Tablespoon Vinegar
- 2 Cups flour
- 1 Teaspoon Soda
- 1/4 teaspoon salt
- 1 Teaspoon Vanilla
- 1 Cup finely chopped pecans

Cream butter, sugar and vinegar. Sift flour, with soda and salt. Add dry ingredients to creamed mixture. Add vanilla and pecans.

Drop by teaspoons on lightly greased cookie sheet. Bake 300 degrees for 20 minutes or until lightly browned on bottom. Wherever you take these they are a hit and so easy!

Best flower arranger goes to BILL STREET. This past Sunday at St. Paul’s, Bill outdid himself with beautiful huge white and lime green Hydrangeas, gracefully arranged in random directions, and mixed with a deep lavender to a pale purple. Thank you Bill for sharing your talents with so many.

Best Laundry ever! So good, I almost did not want to share. Shame on me!! BELINDA CRYMES is as pretty as she is smart. On Louisville Avenue between 5th Street & 4th Street, “Laundry Co..Wash... Dry...Fold” It is fun to walk and it is spotlessly clean. Everyone is so nice. It’s like walking into a French Laundry. Perfection in every way! I can hardly wait to take my clothes in. I almost want to sell my old Maytag washer and dryer. JESSICA HOVER will take care of you.

“Always do right. This will gratify some people and astonish the rest.” Mark Twain.

Be kind to all and I look forward to the next time!

Dianne



ABOVE LEFT: Becky Vizzard, left, and Amy Jackson Dixon.

ABOVE RIGHT: Jessica Hover.



LEFT: Tommy Jackson and Belinda Crymes.

ST. FRANCIS
MEDICAL CENTER

Heart Health Screenings

Check your heart health screen off the back-to-school list!

Abdominal Aortic Aneurysm Ultrasound • Ankle Brachial Index
Carotid Artery Ultrasound • 12-lead EKG • Blood Pressure • Body Mass Index

The St. Francis Mobile Health Unit is offering heart health screenings for \$25 during August at the following locations:

Monday, August 5 Ruston St. Francis Medical Office Building 1200 Celebrity Drive	Wednesday, August 14 Sterlington St. Francis Primary Care Clinic 8950 Highway 165 North, Suite 2
Monday, August 12 Monroe Community Health Center 2600 Tower Drive	Thursday, August 15 West Monroe St. Francis Primary Care Clinic 200 Professional Drive
Tuesday, August 13 Monroe St. Francis Primary Care Clinic 3510 Magnolia Cove, Suite 120	Friday, August 16 Monroe St. Francis Primary Care Clinic 516 Lincoln Road, Swartz

Call 966-BUS1 (2871) to schedule your heart health screening.

stfran.com

Monroe truck driver heads to national championship

Monroe-based professional truck driver Donnie Williams is heading to the National Truck Driving Championships in Pittsburgh next week.

He will be representing FedEx and his employer D.G. Williams, Inc. that provides service to FedEx Ground.

Williams earned this honor by capturing the Step Van title at the Louisiana Truck Driving Championship earlier this summer, and will be one of the 176 competitors representing FedEx at the annual event.

Drivers compete for national titles in each of nine

vehicle classes and for the overall “National Grand Champion” title. The drivers accumulate points by demonstrating their driving skills and knowledge of the industry. Through a written exam, pre-trip vehicle inspection and difficult driving course that tests their ability to judge distances, maneuver tight spaces, reverse, park, and position their vehicle exactly over scales, before barriers and around curves.

To compete at the Nationals, a driver must be the first-place finisher in the respective class at a state competition. To be eligible



Williams

to enter the state competition, drivers must have been accident-free for the entire year before the competition.