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Ascension

MAGAZINE

AUGUST 2026, VOL. 24 ISSUE 8



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Table of Contents

DANCING FOR A CAUSE	4
GONZALES GARDEN CLUB	8
LINDA MELANCON.....	11
KIDS FISHING RODEO	24
ASCENSION LITTLE LEAGUE..	28
BILL DELAUNE	32
JAMMIN' WITH GOOSIE.....	35
THOUGHTS FROM BULLY.....	37
SENIOR SOC HOP	38
SNO'S RECIPE.....	46



ON THE COVER ... EASL HOST 65 ANNUAL FISHING RODEO



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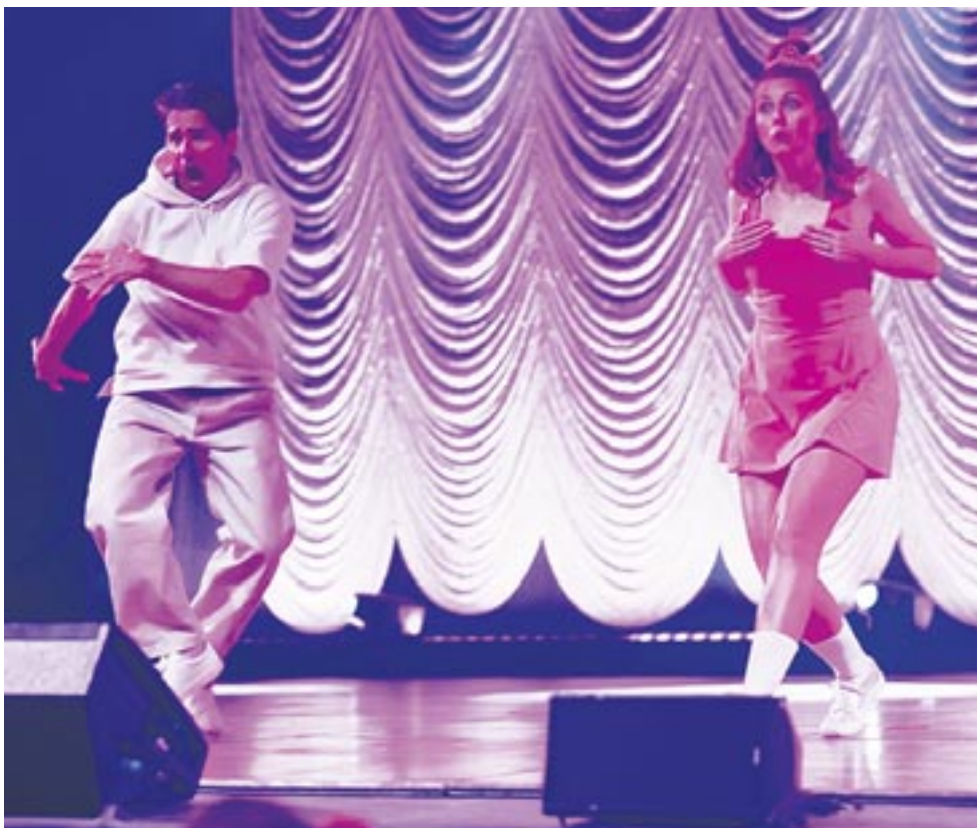
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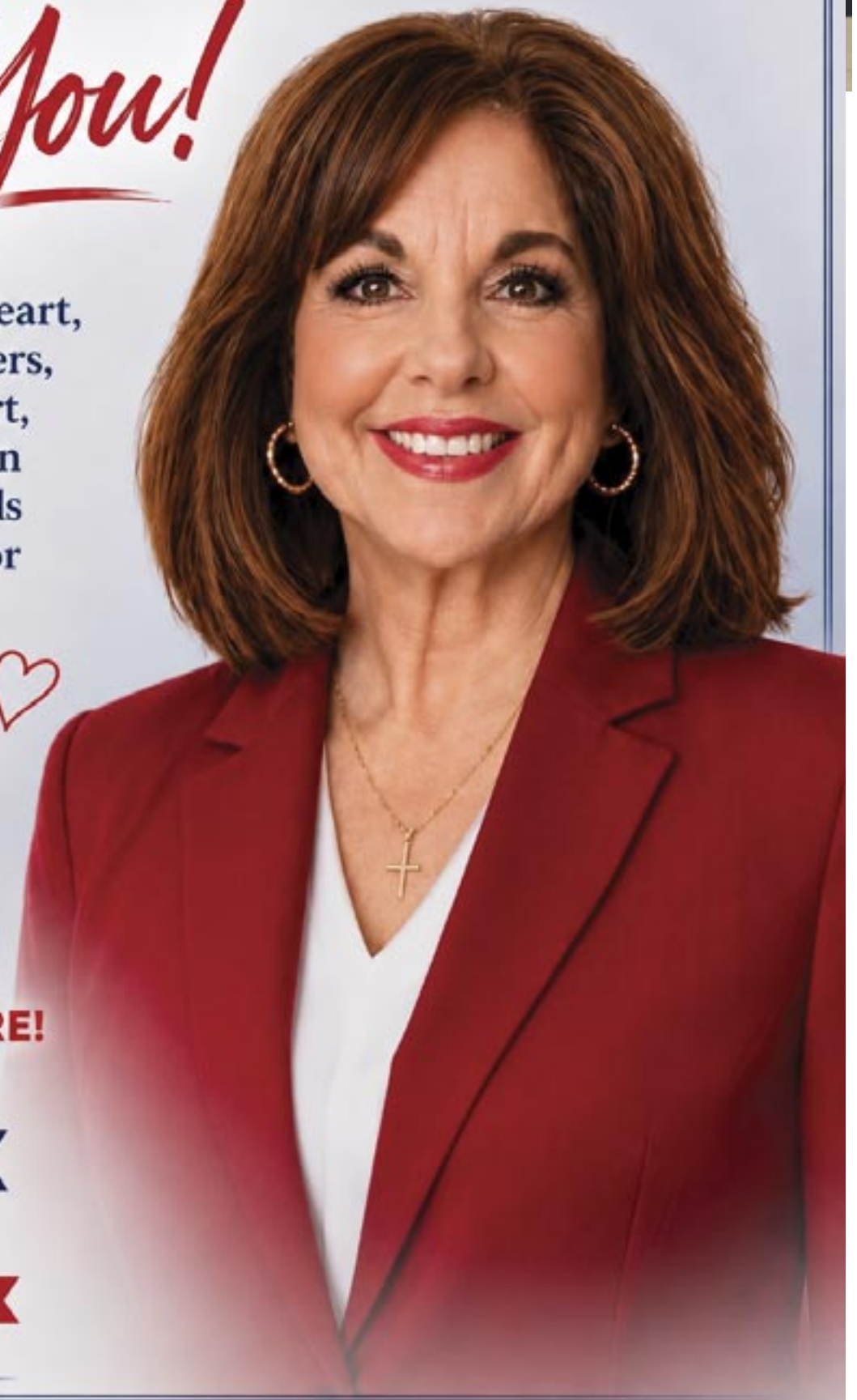
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New Service Projects

Under the leadership of Gonzales Garden Club President Flo Hernandez, the club is developing two new programs. One is a scholarship award for a Gonzales high school student and another is the certification of native habitats in the parish.

The Gonzales Garden Club Scholarship was created to foster conservation and stewardship in future generations. Annual fundraising enables the club to afford a \$500 scholarship. It will be awarded to one graduating East Ascension High School senior in good standing who plans to attend a college or university program designed to prepare for a career in an agriculture-related field. President Flo Hernandez formed a committee and developed procedures for club members to read applications, student essays, and letters of recommendations. She notified the EAHS faculty of the new benefit; six students applied. Each scholarship committee member ranked each student and Flo tallied the results. The first recipient of this scholarship was Caleb Balfantz. Flo presented him with a check for \$500 at EAHS Senior Awards Night on May 12.

Thanks to the Louisiana Native Plant Society (LNPS), home gardeners are becoming increasingly aware of the benefits of incorporating native

plants into their landscapes. The continuing education of focusing on the conservation and cultivation of native plants, birds, and butterflies. Members apply this knowledge when interacting with the public at the Garden Inspiration Exhibit and when highlighting native plants on display and available for purchase at the annual plant sale. Through informational conversations and handouts based on the LGCF Native Plant Conservation List, members promote the use of native species and explain their ecological benefits.

Butterfly host and nectar plants are clearly identified, and information on creating butterfly-friendly habitats is provided. These educational efforts help community members learn how to conserve and incorporate native plants, birds, and butterflies into their own landscapes.

Via the club's new Certified Native Habitat Program Committee, members will actively assist community members and each other in obtaining official certification through the Louisiana Native Plant Society Certified Habitat Program. To qualify, properties will be evaluated based on the number of native plant species plus provisions of water, cover, and shelter for wildlife to raise their young.



Caleb Balfantz was awarded a scholarship to further his interest in horticulture. Former EAHS teacher and GGC President Flo Hernandez presented him with the award on EAHS Senior Awards Night.



This metal yard sign indicates that the property owner has met the gold standard of native plant cultivation.

August Yards of the Month



Residential Yard of the Month

Anthony and Natasha Henderson have been awarded Residential Yard of the Month for August. The Hendersons live at 1405 S. Park Avenue in Park Vista Subdivision. They were previously awarded this honor in August 2023. What makes their property pristine and worthy of this award? Their partnership in the yard and their dedication to maintaining a pleasing-to-the-

eye selection of plants including Japanese Pencil, Joseph's Coat, Gold Mound Duranta, Mexican Heather, Boxwood, and Aztec Grass. Not pictured is their backyard vegetable garden that they enjoy sharing their vegetables from and their collection of patio plants including Anthony's favorites, succulents.

Commercial Yard of the Month



The Gonzales City Hall at 120 S. Irma has received the Commercial Landscape of the Month for August. The front beds on each side of the entry are very inviting. Large evergreen hedges outline the front porch area with

additional Crepe Myrtle trees interspersed throughout the property. Boxwood hedges on both sides of the sidewalk showcase pink roses and a grouping of pink and white violas.

The Gonzales Garden Club is federated by National Garden Clubs, Inc.

VOTE!

LONDON LAMBERT

DISTRICT 6 SEAT B

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Hello, my name is Landon Lambert. After careful consideration, prayer and encouragement from my family/friends I’ve decided to announce my candidacy for Ascension Parish School Board District 6 seat B.

I am a lifelong resident of Ascension Parish in Galvez, Louisiana. I attended Galvez Primary/Middle School, graduated from St. Amant High school in 2014 and graduated from Southeastern Louisiana University in 2018. I am now a proud father to my loving family and I’m on my 6th year of my career as a pipeline inspector. I enjoy spending my free time on the water, hunting, fishing, golfing, bowling, watching LSU sports and spending time with family & friends.

At St. Amant High School, I was a proud 4 year member of one the largest public school marching band / concert band in the State of Louisiana. I served 2 years as a low brass section leader and humbly performed at the highest level of competitions, championships and earned multiple prestigious rankings. I also participated in St. Amant Gator athletics, lettering in varsity soccer, 2 years of track & field and played on the freshman football team.

I take pride in saying that I am proud and blessed to be born and raised in Ascension Parish and to have attended this education system. It truly provided me with “real-world ready experience” (a motto the Ascension Parish school system prides itself on) this is due to the high-level development of our school system. Having come up through the AP school district , I have a great understanding of our community’s traditions, values and expectations.

For 12 years, my father Louis Lambert has served on the school board. Due to term limits, I plan on carrying on the foundation and continued success of my father and his fellow APSB board members’ remarkable progress and accomplishments.

As a board member of District 6, I will always put the Students and Faculty first and do everything in my power to make sure they get the best facilities and experiences in all departments; academic, athletic, performing arts, clubs, etc...

I’d be honored for the opportunity to earn your support and represent District 6 Seat B for the Ascension Parish School Board. Thank you for your consideration and God Bless!





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YOUR ESTATE MATTERS



By Linda Melancon

THE ABCs of MAPTs

Most people spend years working, saving money, and building financial security. They often expect those savings to support them in retirement and help their families in the future. One unexpected illness or injury can change those plans. A person who develops Alzheimer's disease, has a stroke, or faces another serious medical problem may later need help with activities of daily living like bathing, dressing, eating, taking medicine, or moving safely around the home.

This kind of help is called long-term care. Unlike medical treatment, long-term care focuses on helping a person do daily tasks over a long period of time. It can be provided at home, in assisted living, or in a nursing facility. No matter where care is given, the cost can be very high. Planning before a crisis happens can provide more choices and may help protect important assets.

Many people think Medicare or private health insurance will pay for all future health care costs. In reality, these programs usually do not cover most long-term care. Medicaid is the main government program that helps pay for long-term care for people who meet certain medical and financial rules. To qualify, a person usually must meet limits on both income and assets. Income is money a person gets on a regular basis, like Social Security or

a pension. Assets are things a person owns, like savings, investments, or property. In Louisiana, Medicaid only pays for long-term care that is provided in a nursing facility or, in certain circumstances, at home through Medicaid's Home and Community Based Services Waiver ("HCBS") program. Louisiana Medicaid does not pay for assisted living care and the waiting list to receive HCBS home care may be very long.

One of the foundational principles of Medicaid is a five-year lookback rule. Before approving an application for Medicaid long-term care benefits, Medicaid examines certain financial transactions made during the sixty months immediately preceding the application date. The purpose of this review is to determine whether assets were transferred for less than fair market value in an effort to qualify for Medicaid by artificially reducing countable resources.

If Medicaid determines that an applicant transferred assets during the five-year lookback period without receiving fair market value in return, the transfer may trigger a penalty period. During this period, the applicant is ineligible to receive Medicaid long-term care benefits despite otherwise meeting the program's financial and medical eligibility requirements.

The length of the penalty period is generally determined by dividing the value of the transferred assets by the state's Medicaid penalty divisor, which represents the average monthly cost of nursing home care. For example, if an individual transfers \$72,000.00 in assets and applies for Medicaid, the state would divide the transferred amount by its \$7,200 monthly penalty divisor, equaling 10. The individual would then face a 10-month penalty period during which Medicaid would not pay for long-term care services, assuming all other eligibility requirements are met. During this penalty period, the applicant is required to privately pay for long-term care services during the period of

ineligibility.

A Medicaid Asset Protection Trust, or MAPT, is one planning tool that may help protect certain assets while a person prepares for possible future Medicaid long-term care benefits. It is not the right choice for everyone, and it works best when it is created well before nursing home care is needed.

A MAPT is a type of "irrevocable trust" designed to move certain assets out of a person's direct ownership. The purpose of the trust is to start the five-year Medicaid lookback period. The person creating the trust, called the "Grantor" (a "Settlor" in Louisiana) transfers assets to the "Trustee" who manages the assets according to the terms that were established by the Grantor when creating the trust. When Medicaid reviews eligibility, it looks at what a person owns. Assets held in the trust may not be counted in the same way as assets the person still owns directly. Timing is critical for a MAPT to work properly.

While a MAPT is designed to protect assets from counting for Medicaid eligibility purposes, since transfers to the trust are still subject to the five-year lookback period, funding a MAPT does not produce immediate Medicaid eligibility. Instead, as mentioned above, the transfer begins the running of the five-year Medicaid lookback period.

In some cases, people use a MAPT to help protect savings, investments, or a home. A home can be especially important because many families want to preserve it for a spouse or children. But if a house has a mortgage, the trust must be handled carefully. A house with a mortgage cannot be placed into an irrevocable trust without the lender's written consent. If it is transferred without permission, the lender may have the right to demand immediate payment of the full loan balance. For that reason, families often need to pay off the mortgage first or get the lender's approval before moving the home into the trust.

Many people have a majority of their assets in their 401(k)s or IRAs. These retirement plan assets cannot be transferred directly to a MAPT. Instead, the Grantor

would have to withdraw the assets from the retirement plan, pay the taxes and put the remainder of the assets into the MAPT. Most people do not want to pay taxes unnecessarily so careful consideration and appropriate tax advice should precede the cashing of retirement plan assets to put in a trust. There may also be other asset transfers that could have unintended tax consequences so it's a good idea to have your CPA involved in giving tax advice about transfers to a MAPT.

For individuals with substantial assets that would otherwise be subject to Medicaid spend-down requirements, a properly structured and timely funded MAPT may preserve wealth while facilitating future Medicaid eligibility. By contrast, individuals with relatively modest assets may realize fewer benefits from transferring property into an irrevocable trust, particularly if doing so unnecessarily restricts access to resources that may be needed during their lifetime. Accordingly, the costs, restrictions, and administrative requirements associated with an MAPT should be evaluated in light of the individual's overall financial circumstances, anticipated long-term care needs, and estate planning objectives.

Long-term care planning is about more than protecting assets. It is about keeping choices open and preparing for future care needs before a crisis occurs. A MAPT can be a useful planning tool for some people and families when it is created early and used correctly. However, every family's finances, health, and goals are different, so there is no single plan that works for everyone. Understanding how a MAPT works and getting qualified legal and professional advice are important first steps toward making informed choices about paying for long-term care.

The information provided is not intended to be legal or tax advice and does not constitute any attorney/client relationship. You should consult with an attorney for individual advice regarding your own situation.

Ms. Melancon is an attorney with Legacy Estate & Elder Law of Louisiana, LLC with offices in Baton Rouge, New Orleans and Lake Charles, LA. The primary focus of her practice is estate planning, probate, special needs planning, and elder law. For more information or to attend an upcoming estate planning seminar, call her office at (225) 744-0027.



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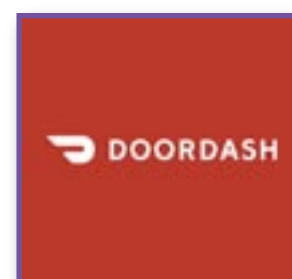
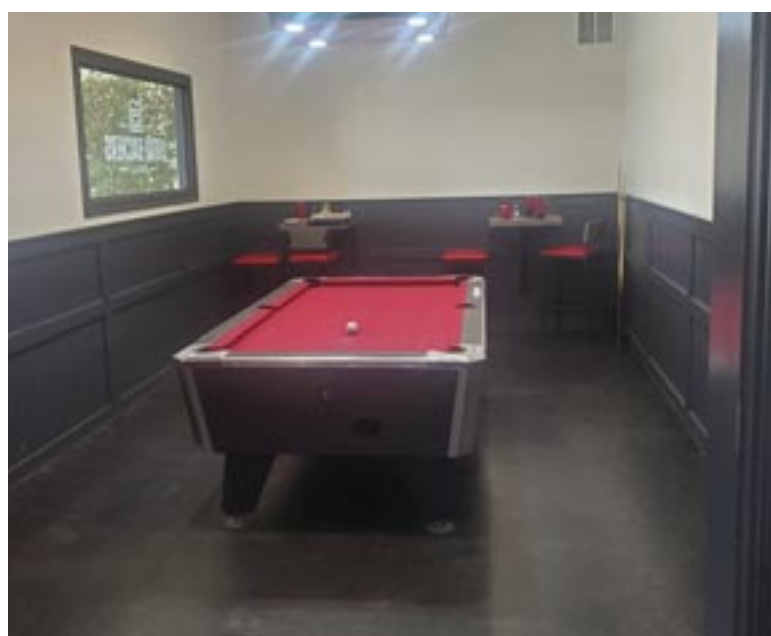
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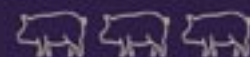
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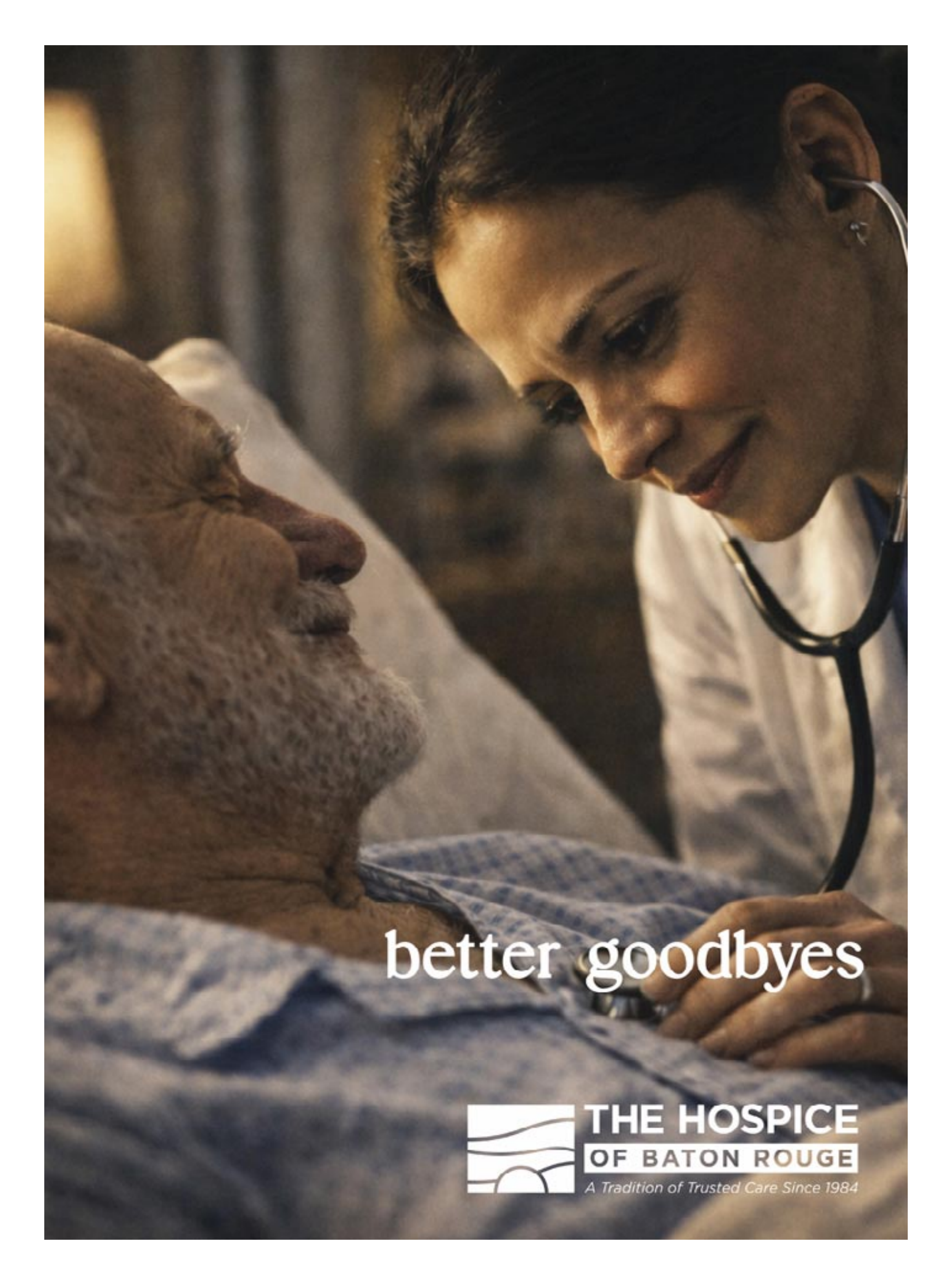


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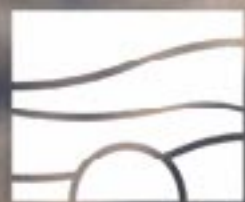


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FINANCIAL FOCUS

What does financial fulfillment actually feel like?

Feeling financially fulfilled means so much more than just the number in your bank account. It's about being able to take your family out to dinner without calculating whether you can afford it. It means sleeping soundly on a Sunday night, knowing that if the water heater gives out tomorrow, you can handle it. And it's saying yes to a vacation because you planned ahead and the money is there.

In short, financial fulfillment is the feeling that your money is supporting the life you want.

Yet true fulfillment is surprisingly rare. Only 16% of Americans are financially fulfilled, according to a 2026 study by Edward Jones and Gallup, "Money and Meaning: Understanding Financial Fulfillment."

Those at the other end of the spectrum, the financially stressed (32%), often say that money regularly controls their daily decisions. Most Americans (51%), however, fall in the middle — the financially conflicted. They manage to get by but often carry a persistent undercurrent of worry.

Notably, where you land on this spectrum has less to do with your income than you might expect. More than half of households earning \$175,000 or more are still financially conflicted.

Building the foundation

So, the question becomes, "What do financially fulfilled people do differently?" Simply put, they tend to have foundational planning structures in place. Five behaviors show up consistently among the financially fulfilled, and they're simple steps you can take, too.

- **Build an emergency fund** (98% of fulfilled have this). Aim for saving three to six months of living expenses in a liquid, easily accessible account. When you know you can handle the unexpected, you stop bracing for it, and lower stress gives you a higher quality of life.

- **Create a financial plan for retirement** (91% of financially fulfilled have one). It's hard to feel in control if you don't know where you're going. A retirement plan puts a real number on what you'll need and lays out a clear path to get there, with built-in protection against life's unexpected

curveballs.

- **Save intentionally for major milestones** (87% of financially fulfilled do). A home renovation, a new vehicle or a child's education don't have to feel disruptive. Setting money aside deliberately for the milestones you anticipate means you can say yes without scrambling.

- **Put an estate plan in place** (66% of financially fulfilled have). Estate plans are not just for the wealthy. A will and basic estate plan help ensure what you've worked for still reflects your wishes after you're gone.

- **Work with a financial advisor** (60% of financially fulfilled who sought any guidance have used an advisor in the past year). The internet is great, but real guidance comes from a credentialed person who knows you and your family and what you want your money to do for you.

Knowing that your money is working toward the life you want doesn't happen by accident. Feeling financially fulfilled is worth the effort and may be more achievable than you realize.

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Boucherie Queen Ava Savoy Travels the State with Teen Queen Scarlett Lott!

Over the summer, my Teen Queen, Scarlett Lott, and I had the opportunity to represent the Boucherie & Balloon Festival at several events across Louisiana. Each event allowed us to promote our festival while celebrating the traditions that make Louisiana's fairs and festivals so special.

On June 14, 2026, Scarlett and I attended the Gonzales Jambalaya Festival Pageant. That evening, Sophia Tureau was crowned the 2026 Miss Gonzales Jambalaya Queen, and Elizabeth Delaney was crowned the 2026 Teen Miss Gonzales Jambalaya Queen. As a former Miss Gonzales Jambalaya Queen, it is always special to watch the tradition continue. Congratulations to both young ladies on their titles, and I wish them a reign filled with wonderful memories. I would also like to congratulate the outgoing 2025 Teen Miss Gonzales Jambalaya Queen, Taylor Smith, on an outstanding year of representing the festival and

Gonzales.

On June 27, 2026, I attended the Delcambre Shrimp Festival Social, where we honored the Shrimp Royalty. Shani Sonnier, the 74th Delcambre Shrimp Queen, delivered her farewell speech, and attendees celebrated the accomplishments and awards the festival has received over the past year.

On July 11, 2026, Scarlett and I attended the St. James Parish Queen's Day in Gramercy to celebrate the reigns of Miss St. James Parish, Carey Derouche, and Teen Miss St. James Parish, Guillian Esquivel. We toured the Louisiana Sugar Refinery to learn about the sugar production process and visited a Perique tobacco farm to learn the history and difficult process behind growing one of the world's rarest tobaccos. We also stopped at Roussel's Fine Jewelry, the Fast Food Farm, and the St. James Parish Welcome Center. Since St. James Parish is home to the original Zapp's Potato

Chips Factory, each queen decorated a chip bag, and I naturally chose to create a bag of cracklins to represent the Boucherie & Balloon Festival.

On July 25, 2026, I attended the St. Tammany Parish Fair Queen's Day in Covington to celebrate the reign of the 2025 Miss St. Tammany Parish Fair Queen, Madison Hogan. We began the day by decorating cowgirl hats to represent our respective fairs and festivals before touring Covington and enjoying lunch at The Gloriette, located inside the Southern Hotel.

As fall approaches, excitement is building for the 2026 Boucherie & Balloon Festival, which will take place October 16–18 at 9690 Airline Highway in Sorrento. The festival offers something for the entire family, including hot air balloons, live entertainment, delicious food, a cracklin and jambalaya cook-off, carnival rides, and more. Most importantly, festival proceeds go to the Louisiana Lions Eye Foundation and the Louisiana



Lions Camp. We invite everyone to join us for a fun-filled weekend while supporting these meaningful causes. For more information, please visit boucheriefestival.com.





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Ascension 4 Youth Fest

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East Ascension Sportsman's League

Letter from president -
Greg Cedotal

Photos by Off the Grid Photography

EASL hosted the 65th Annual Kid's Fishing Rodeo on July 25th. There were 110 participants on hand to compete for bragging rights, prizes, fun and donuts. After two hours of heated competition, we were able to move to the shade of the trees and enjoy a nice breeze along with some good jambalaya and hot dogs as the winners were announced.

Winners of the bikes and gift cards: Girls; age 2-4 Olivia Trichell, age 5-7 Cassidy Holden, age 8-10 Elise Mayeaux, age 11-14 Haleigh Longa, Boys; age 2-4 Smith McGee, age 5-7 Lucas Aultman, age 8-10 Jude Aucoin, age 11-14 Collon Jackson. Thanks to Ascension Credit Union for donating the gift cards.

Now for the winners: Biggest Fish by Age: 2-4 Eris Addison with 0.19#, 5-7 Joel Centanni with

0.29#, 8-10 Lincon Ware with 0.49#, 11-14 Arianna Parker with 0.58#. Most Fish by Age Group: Most Fish Girls: age 2-4 Ridley Borderlon with 4, age 5-7 Amelia Budd with 5, age 8-10 Murphy Borderlon with 7, age 11-14 Rylee Robert with 13. Most Fish Boys age 2-4 Noah Fatheree with 5, age 5-7 Max Prevost with 12, age 8-10 Karlon Brock with 27, age 11-14 Jude White with 16. Most Fish Girls Overall Joey Townsend with 59. Most Fish Boys Phoenix Townsend with 49. Biggest Fish Overall Ella Lenko with 0.59#.

This was the first fishing for some of the kids; they all seemed to enjoy themselves.

Thank you to the sponsors: **Twin Lakes Mobile Estates, Ascension Credit Union, Fluker's Cricket Farm for crickets, Dales Garbage for garbage cans, Waste Pro for Port A Potty and hand-washing station, Cabela's, Robert Insurance, Mobile Electric Supply, Delaune's Supermarket, Donut Palace, the Parish President for Trophies, and Diez Signs.**



Thank you to the volunteers: **Marci Jimmerson, Kathy Moore, Herb Finnerty, Warren Hebert, Jim Hebert, Mike Lambert, Charlie Moore, Goosie Guice, Thad Bellow, and Susan Smith.**

Thank you to the cooking crew: **Head Chef Carlton Savoy, Neal Savoy, Jack Belleu, Bill Landry, and Eddie Bourque.**

And last but not least, Bettye Lambert for chairing the event. Bettye has announced her retirement from chairing the Annual Kid's Fishing Rodeo, thank her for her years of hard work when you see her.

Time to start preparing for the Big Buck Contest, you must have your membership up to date by October 1, 2026. Children 15 years and younger are eligible as long as one parent/guardian is a member. Members will be given a grace period of January 2027, (one month), to renew membership that expire at the end of 2026. Winners must have renewed membership before the prize can be collected.

We are looking forward to holding the annual Squirrel Rodeo with the weigh-in on October 3rd and the squirrel gravy on October 4th. So, start scouting for those big bushy tails.

I am looking for men and women in the 20 to 60 years old range who would be willing to meet as a committee and discuss ways to increase public interest in the East Ascension Sportsman's League and bring the organization into the 21st Century. If you and your children enjoy hunting, fishing and or nature activities, help support an organization that supports your interest. Every year there are bills introduced in the legislature that attack our rights to enjoy the outdoors, join the fight for our rights. Our rights to hunt, fish and enjoy the outdoors are easier to defend than they will be to regain after we lose them. Talk to your children, relatives, and friends to see who may be interested in joining this coalition and have them email me at gdcad1@gmail.com.

Now for a little bit about EASL events. You must be a member to



Winners of the bikes and gift cards:



participate in these events. The EASL Bass Club will fish a tournament on August 22nd and September 26th. If you are interested in fishing with the bass club in 2026 contact Jim Hebert at 225-717-6037. The 22 Rifle Silhouette Match will be held on the fourth Saturday of the month, August 22nd, at the Sheriff Shooting Range starting at 8:30 AM. Don't forget to weigh your bass for the Monthly Big Bass contest and weigh your specs for the Monthly Big Speckled Trout contest.

If you decide you would like to serve on the board of directors and help move the organization forward, let us know. You do not have to wait until December to become a board member.

Time to go outdoors with family and or friends and enjoy nature. Remember to be safe and conserve our resources for future use. Questions or comments you can email me at gdced1@gmail.com.



EASL's next regular meeting is September 21st at the VFW Hall on Churchpoint Road, starting at 7:00 PM



Age 2-4 Olivia Trichell,



Age 5-7 Cassidy Holden,



Age 8-10 Elise Mayeaux,



Age 11-14 Haleigh Longa,



Age 2-4 Smith McGee,



Age 5-7 Lucas Aultman,



Age 8-10 Jude Aucoin,



Age 11-14 Collon Jackson.



Trophy Winners



Winners of the Bikes and Gift Cards



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Biggest Fish by Age



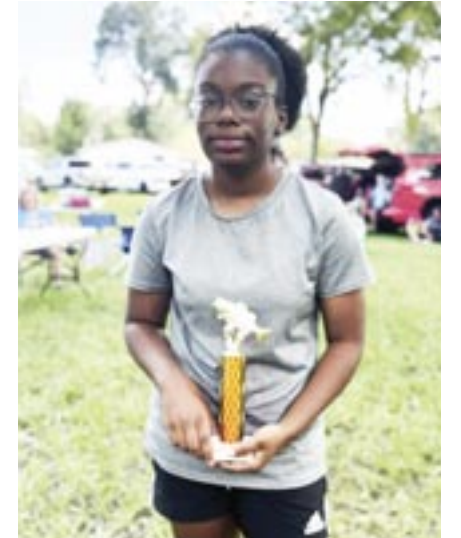
2-4 Eris Addison with 0.19#



5-7 Joel Centanni with 0.29#



8-10 Lincon Ware with 0.49#

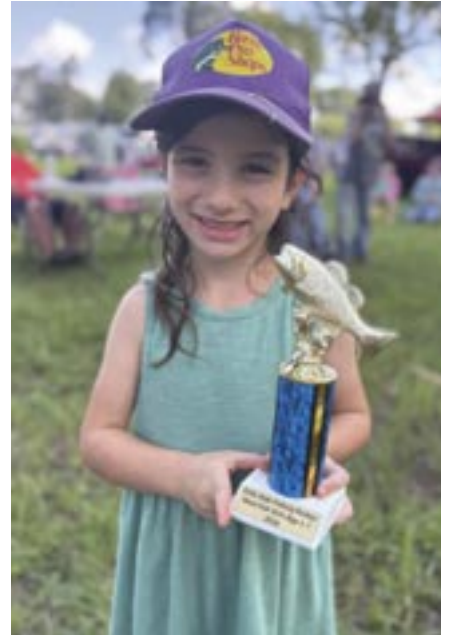


11-14 Arianna Parker with 0.58#

Most Fish Girls



Age 2-4 Ridley Borderlon with 4



Age 5-7 Amelia Budd with 5



Age 8-10 Murphy Borderlon with 7



Age 11-14 Rylee Robert with 13

Most Fish Boys



#18 Age 2-4 Noah Fatheree with 5



Age 5-7 Max Prevost with 12



Age 8-10 Karlon Brock with 27



Age 11-14 Jude White with 16

Overall Winners



Most Fish Girls Overall Joey Townsend with 59



Most Fish Boys Phoenix Townsend with 49



Biggest Fish Overall Ella Lenko with 0.59#



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 Cooper Suire #10
 John Landry #14
 Liam Hohl #15
 Corbin Durand #17
 Carter Howard #23

Brooks Davis #27
 Kole Templet #28
 Knox Bourque #44

Head Coach -
Kyle Suire
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Travis Drago
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Life in the Fast Lane or What's in a (Nick) Name

by Bill Delaune

Well, the World Cup has come and gone and any worries about that brand of futbol-aka soccer-replacing good old American football were put to rest in that tournament's super-exciting final match.

In case you missed it (Lucky devil!) Spain won 1-0 in extra time but the real story was that defending champion Argentina-armed with arguably the best player in the world, Lionel Messi-took exactly zero shots on goal in the first 100 minutes off play.

Not one in 90 minutes of regulation, not one in injury time, like none-nada-zilch.

Now come on, guys. You waited four years to get here, fought through a brutal 32-team bracket to reach the finals, and then laid an egg like that in the last game-and a goose egg at that.

Try something-a Hail Mary pass, a half-court heave, a suicide squeeze, anything-instead of flopping around like beached trout hoping to draw a penalty.

Anyway, that gig's mercifully over and the real football season has officially begun. And-may I add- with a rip-roaring, high-scoring 33-30 Hall of Fame contest between Carolina and Arizona. You can go ahead and cry for that, Argentina.

Saints fans got their savior Drew Brees in the Hall, LSU fans got their savior coach Lane Kiffin, and-hopefully-the NFL and the college football seasons will provide enough excitement to help us forget that sleep-inducing soccer spectacle.

And just to assure you about what to expect, your peerless



prognosticator is here to guide you through Kiffin's first highly-anticipated season in Tiger land. And sprinkled in for you Who Dats are some decorated Saints-not necessarily for their play on the field-but for their unique Hall of Fame nicknames.

For example, if LSU played Notre Dame and its famous "Touchdown Jesus", the honoree would be Drew "Breesus".

A reach? Maybe so, but let's try...

1. Clemson-

To offset Clemson's coach "Dabo", we'll honor early Saints safety Obert "Little O" Logan-the last NFL player to wear the single-0 number until 2023. Once Cleveland Brown great Jim Brown dragged "Little O" about 30 yards into the end zone, looked down at the 175-pound would-be tackler and said, "Man, you just like bubble gum on my shoe."

LSU's defense doesn't put up a "0" but they do gum up Dabo's offense in a 24-10 opening victory.

2. La. Tech-Damn

I miss the old Gulf States Conference with all the smaller state schools like Tech and Northwestern-where the "Cajun Cannon" Bobby Hebert starred before joining the Saints. Hebert led New Orleans to its first winning season and first playoff in franchise history.

Borrowing a page from the old Northwestern "Fork 'em Demons" offense, the Tigers beat the devil out of Tech 42-14.

3. Ole Miss-

When his high school coach had trouble pronouncing his given name Dulymus, he started calling him by his number-two. "Deuce" McAllister did it all for the

Saints-running, receiving and now serving as color man on the team's radio broadcast.

I can pronounce the names former Rebel coach Kiffin will be called at Oxford; I just can't put them in a family magazine. Tigers dodge water bottles, whiskey bottles and golf balls and escape with a 28-27 victory.

4. Texas A&M-

The Aggie Cadets were once called "Cricket Stompers" by loving LSU fans but no one could stomp out the pesky little "Field Mouse" Sam Mills-an all-pro linebacker for the Saints' famous "Dome Patrol" defense from 1986 to 1993. Despite being just 5-9, the "Mouse" used his speed and instincts his entire career to get the big cheese of being inducted into the NFL Hall of Fame in 2022.

LSU barely gets out of the trap in overtime-a familiar theme between these two rivals.

5. McNeese-

Hopefully, our Saints' honorees Chuck Muncie and Tony Galbreath-aka "Thunder and Lightning"-will not bring their namesakes that caused the 2015 version of this game to be cancelled after a 4-hour rain delay. I went to that game with my son Jeff and my then 11-year old grandson Will. Will enjoyed the entire Tiger Stadium from the player warm-ups to the post-game Alma Mater, but I left for Walk-ons after the first delay. When the game was finally called, the TV cameras scanned the Stadium and

showed seven brave souls still in their seats-and I was kin to two of them.

LSU storms by the Cowboys 44-13.

6. Kentucky-

One country band from the Bluegrass state-The Kentucky Headhunters might not like what they find if they run into former Saints' fullback Craig "Ironhead" Heyward. The powerful 250-pound runner had a memorable 73-yard touchdown run in 1998 when he ran over and through most of the Raiders defense giving birth to one of the great Superdome signs of all time-"Give 'em Head Until They're Dead".

No "Bluegrass Miracle" needed, the Tigers pay no heed to the Headhunters' hit "Walk Softly on My Heart" and march heavily over the Wildcats 31-20.

7. Miss State-

Okay, dog lovers-would you rather have a Pavlov Bulldog that responds only to the ringing of a cowbell or a Great Dane? If the "Great Dane" was former Saints' All-Pro kicker Marten Andersen, the Danish-American who booted field goals in the NFL for 25 years, then it's no contest.

In one of New Orleans's most questionable deals (There have been a few.), Andersen was released in 1994 and picked up by the hated Falcons where he was once again chosen for the Pro Bowl.

That move led to another memorable Dome banner-"What were you snortin' when you got rid of Marten?".

LSU's Big Cats get a kick out of chasing State's Dogs 34-17.

8. Auburn-

The bizarre and chaotic events in this series beg to be made into a Hollywood production. Surely you remember The Earthquake Game (1988), the

Barn Burning (1996), the Interception Fest (1994) and the Expired Clock (2016) just to name a few. And here to direct the epic is flamboyant ex-Saint receiver "Hollywood" Joe Horn-the man who once pulled a telephone out of the goal post padding to make a call after scoring a touchdown.

Lights! Cameras! Action! LSU adds to its highlight reel with a 38-17 Oscar-worthy performance.

9. Alabama-

Former Tide and Saints quarterback Ken "Snake" Stabler won a Super Bowl with Oakland in 1976 but he was also known for his venomous relationship with the press. Two of my favorite responses-Reporter-Why does an all-pro quarterback have to hold the ball for extra points? *Snake-* Because if I didn't, it would fall over.

Or when teammate John Matuszak was spotted in the French Quarter dancing half naked and waving a pistol a few days before the Super Bowl and a reporter asked Stabler if it was a distraction for the team. Snake looked a little stunned and replied, "Tooz always goes out on Thursday night."

A Louisiana thunderstorm turns the field into a quagmire and Tiger passes look like some of Snake's mullet tosses at Flora-Bama. The Tide slithers past the Tigers for LSU's first loss.

10. Texas-

In 1969 when a Tennessee linebacker was asked how they would stop Ole Miss quarterback Archie Manning, he replied, "Archie Who?". On Saturday, Archie showed them who in a 38-0 Rebel route. Now grandpa Archie-who was drafted by the Saints in 1971-is present to watch grandson Arch lead the Longhorns but the Tiger defense is well aware of who he is.

LSU shows no mercy to the New Orleans native in a

bounce-back de-horning of the Steers giving the Bengals a win over "Bevo" and "Dabo" the same season.

11. Tennessee-

With all the great players that have gone through Tennessee, it's unusual that a family of kickers would stand out. But at least four Colquitts have punted for the Vols and went on to have NFL connections. So it's only fitting that our Saints honoree is Thomas "Legatron" Morstead-another outstanding kicker released by the Black and Gold and still punting for the 49ers.

Knoxville has never been kind to LSU-dating back to 1959 when Billy Cannon was ruled short on a 2-point conversion in a 14-13 loss. This time the margin is a last-second field goal for a Rocky Top upset.

12. Arkansas-

What's a couchon de lait without plenty of beer. Any Cajun knows that if we're going to be up all night roasting a hog on a spit, we're going to need an endless supply of adult beverages.

Not to worry-the "Beer Man" Michael Lewis is in the house. From driving a Budweiser truck by the Superdome every day to becoming an All-Pro return man, Lewis is one of the most inspiring stories in Saints' lore.

And not wanting to spoil the party, the Tigers close out the regular season by pulling the pork out of the Razorbacks.

With a 10-2 record, LSU waits for its playoff assignment but that's another story for another time. Let's just sit back for a moment with one of "Beer Man's" products and gear up for a big season.

At least there will be some scoring.



Jammin' with Goosie

Weight-Ins

You could see the excitement mounting by the action of the young boy as his father steered the mid-sized fishing vessel to the dock near the location of the scales for the Golden Meadow Fourchon Tarpon Rodeo. The young man, yet to become a teenager, quickly began pulling his catch of the day out of an ice chest and began putting them into a small wheel barrow to deliver to the weighmaster. His catch of the day consisted of several black drum and redfish that he hoped would take home an award or two for the tourney's

that I presented my catch to the weighmaster no matter how big of a prize was at stake. The weight-in determines a strike three scenario. You may get a base hit, a home run, or strike out. That particular procedure will determine your fate. What can be more stressful than trying to be the winner is, being the leader and having to sweat out the other fishermen's presentations.

One thing I must say for sure is the fact that there is a different level of stress between being a contestant or simply being a spectator of the event. Going to weight-ins can be a very pleasant experience for the spectator to enjoy.



youth division. He closely watched while each specimen was being weighed asking questions related to what size fish was winning in those divisions. I could feel his vibes because I've been there before.

I have countless times in my life been a participant of fishing rodeos or tournaments, if that's what you want to call them, of the past. Some events awarded cash, trophies, merchandise, or even in some cases only bragging rights. One thing that was common of all events for me was the rush of excitement at that moment of truth. I guarantee that my blood pressure rose for each and every time

Maybe you will have an individual to pull for or you may just enjoy seeing the catches of the day. Many folks enjoy witnessing the completions of some of the local largemouth tournaments. Several of these events provide much needed funds to veteran associations, charitable organizations, and others may contribute to scholarship programs etc. I've had the pleasure of being able to attend several B.A.S.S. Master Classics in the past. That's a pretty big show to see and if you're into big time bass fishing that event is something to put on your bucket list for sure.

I may attend a fresh water



final now and then but I try every year to go to a salt water rodeo weight-in. These are typically two or three day happenings and our coast is littered with them throughout the summer weekends. The amount of fish species involved at those events is incredible, to say the least. Some of the rodeos offer divisions for inshore, shoreline, offshore, kayaks, bank fishing, spearfishing, and youth competition also. While viewing those outings I find it fascinating to see what our waters have to offer. In the days of old many of those rodeos would have huge ice bins on site where many fish exhibits would be on display for the audience to view. Some locations will have volunteers set aside to clean edible rodeo entries to be given away to charities after the viewing is completed. At this day and time not all but some of those procedures have gone by the wayside because of regulations, tag and release, etc.

This past summer I had the pleasure of attending the final

weight-in for the Golden Meadow Fourchon Annual Tarpon Rodeo held at Port Fourchon Marina. It sure was a nice summer day that led to the end of competition.

I caught the last hour of the youth division entries which would close at 4pm. Those young kids were all in for sure. Some arrived by boat and others arrived by vehicle with ice chests holding their proud catch. The crowd grew larger by the minute as the five o'clock deadline neared for the adult division. A very large group of youngsters were on hand enjoying the many wheelbarrows of large fish being brought in. I could tell by their actions that their hopes and wishes of themselves catching one of those species in the future weighed heavy on their minds. Incredible specimens from inshore and offshore fish were being presented as the crowd awaited the arrival of several deep water fishing participants, who had been offshore for a couple of days and nights to return with their always extraordinary catch of





deep water fish species. Among those sea worthy boats' return the audience was presented with a 146.6 lb. grouper. A beautiful specimen for sure. I then noticed a fish hanging from the scales that I had never seen before. It was shaped like a barracuda but the color and the scales were

very different. That brought back memories of me seeing as a young kid the picture of a fish in a book that looked very similar to that fish. It was an Oil fish. After entertaining the question of what kind of fish that was to the weighmaster, who was very knowledgeable of fish species, he replied to



me that the fish was a very deep water species called an Escolar. It is the first cousin to an Oil fish and not very good table fare. There was no division for that species in the rodeo but a neat creature to admire. As the scales closed we wandered down to the Fourchon pavilion for the rodeo shrimp boil. The venue was full of kids playing everywhere as spectators and fishermen enjoyed a great meal while swapping stories of fish caught as well as of those that got away before the awards presentation and firework display began. Weight-ins can be very

interesting events to attend. Most can be viewed with no cost in very nice settings. The Louisiana coast line is home to many great salt water rodeos and our freshwater anglers also have their share of exciting events to attend. Make plans to attend one of those events and be sure to bring the youngsters along.

Till next time
Hope to see you there
James "Goosie" Guice

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Useless Random Facts with Kellie

•
The cost of commercials during the halftime at the super bowl could feed the entire world's refugee population of 62 million twice.

•
If you stick two straws in your mouth: one inside a drink and one outside it. You won't be able to drink through either straw.

•
Before our world was covered in trees it was actually blanketed by giant mushrooms. These species towered 7.3 meters high and up to 0.9 meters wide. Scientists found ancient fossils of these gigantic structures were able to determine that they were fungi.

•
Theodor Seuss Geisel dropped out of oxford before getting his PhD; He called himself Dr. Seuss as a nod to his father.

•
A lightning bolt strikes so quickly it could circle the globe eight times in just one second.

•
There's a lot more space waste in our skies than stars and planets. Russia is the largest contributor of space waste, with 6,512 objects in orbit. The U.S. follows close behind with 6,262 objects.

•
Most pelicans don't dive bomb their prey; they scoop it up while treading along on the water's surface. To increase their chances of success, the birds occasionally form hunting parties, gathering in a U-shape and beating their wings on the water to corral fish into a tight cluster-to drive them into the shallows.

•
Phobatrivaphobia is a fear of trivia about phobias.

•
Ice on the back of the neck can sometimes stop or slow a nosebleed.

•
Dark-roasted coffee has less caffeine than medium roast. Roasting coffee beans burns off caffeine.

•
When traveling through water, sound moves around four times faster than when it travels through air.

Thoughts from Bully

A Golden Girl Kicked My Friend Between the Eyes in Tiger Stadium!

This article is from 1975 my freshman year at LSU.

This past month the fan fair of the first LSU football home game reminded me of my first experience as a student sitting in the student section.

I had made friends with John, who was from of Puerto Rico and had never been to an American football game, much less an LSU game.

Since we lived in West Stadium Dormitory we were able to get in line for the student section early.

Like most freshman college students, our pockets and purses were stuffed with bottles and we had already had a few beverages prior to the game. I think someone had beer instead of milk with his Frosted Flakes. Oh Yeah, that was me.

We entered the gate and stumbled our way up the corridors and entered the stadium as close to the 50 yard line as possible. The field was a vision of beauty and all the excitement of LSU football had the hair standing on the back of my neck.

We started hearing the LSU band off in the distance as they marched through campus and toward the stadium. The sound got louder and louder as we could hear them working their way through the stadium and marched right out of the portal directly below us. As they came up the steps I realized we had sat one row directly in front of the roped off area for the band.

I had put two and two together and had figured the Golden Girls would soon be 3ft behind us.

John had been taking in all the festivities and steadily refilling his Rum and Coke.

Suddenly, those SPARKLING VISIONS OF BEAUTY, appeared through the portal. John started shaking and spazzing right next to me. His broken English turned into straight Spanish. I couldn't understand a word he was saying but it was as if he had seen the Virgin Mary. He was making the sign of the cross and



repeating Thank You, Thank You.

The fun part was just beginning. Do you know how hard it was for me to get him to face the field. He kept looking up their dresses.

John soon became a pest to the girls, and boy was I embarrassed when they stood up to do one of their many high kick dances.

Since I had known John only a short time, I wasn't sure how well he spoke the English language. If he had a limited vocabulary he was certainly getting a lesson in some new words and phrases. I heard them shout words like jerk, punk, pervert and geek. Some phrases were, "Take a Picture." "Get the Hell out of here." "My brother is going to kick your butt."

The game started and things got a little better. He turned around every once in a while to see if we had the ball.

By this time, I could tell several of the girls were really mad and they were plotting.

The girls stood to perform and during the performance I could see one of the girls was winking and getting his attention and while he was focused on her, another girl halled off and kicked him right between the eyes. He fell back dazed. I helped him up. He smiled and blessed the purple bump on his forehead and said, "There is a GOD."

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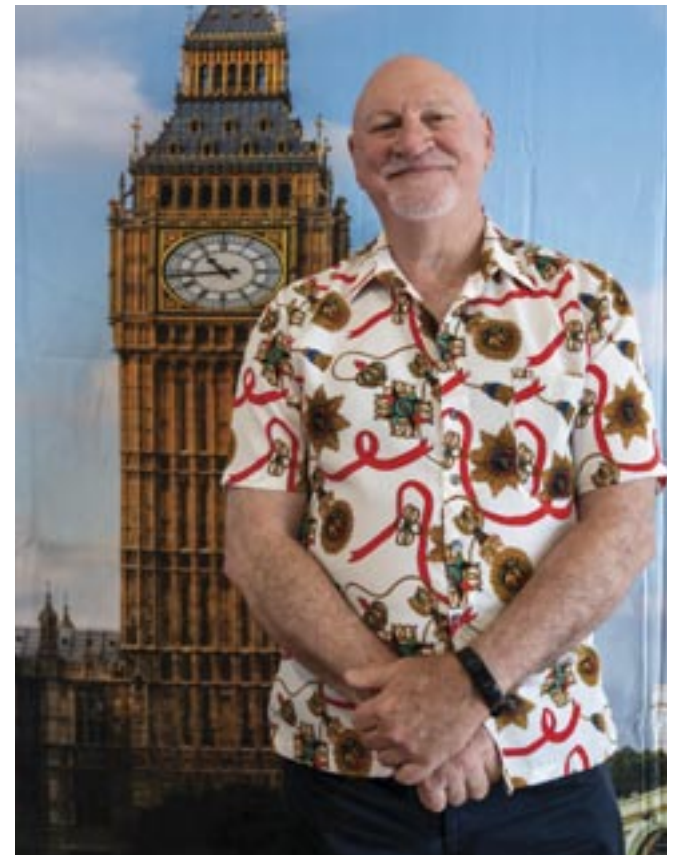
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3RD JUSTICE COURT

VOTE

NOV 3RD

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★ ASCENSION PARISH 3RD JUSTICE COURT ★



BART HIMEL

SCHOOL BOARD DISTRICT 6 • SEAT B



I'd like to introduce the people who inspire and support me every single day – my family.

- Lifelong Ascension Parish resident and St. Amant High graduate with deep roots in the community.
- 18 years of service with Baton Rouge Water Company and active involvement in local small business and community events.
- Running for District 6 Seat B to continue serving and strengthening Ascension Parish schools.
- Father of a differently abled child who will advocate for families that often feel unheard while supporting all students.
- Proven leadership background through FFA, 4H, volunteer work, and ongoing services to local nonprofits and community events throughout Ascension Parish.

I met my wife, Selena, while we were in college, and we have now been married for nearly 23 years. Although she was not raised in Ascension Parish, her love for this community has grown deeply over the years. Selena has worked as a pharmacy technician for almost 25 years, dedicating her career to helping others. Outside of work, she gives her time to many local nonprofit organizations and enjoys cooking alongside me as we compete together in jambalaya cook-offs across Ascension Parish.

Selena and I are blessed with two wonderful daughters. Our oldest, Gabby, is a sophomore at St. Amant High School and stays very involved both in and out of the classroom. This year, she joined the Allied Health program, served as manager for the volleyball team, and participated in Beta Club, FCA, and FFA, where she serves as an officer.

Our youngest daughter, Avery, is a seventh grader at Lake Middle School. She enjoys art and has become a leader within FCA. Both girls are active in the youth group at Fellowship Church, volunteer at community events and benefits throughout the area, and are excited to begin showing livestock in the upcoming school year. Selena and I are incredibly proud that our daughters have developed the same heart for service and community that means so much to our family.

My family's love for this community and our schools is one of the biggest reasons I decided to run for the Ascension Parish School Board. I truly believe we can continue moving our schools in the right direction and create even greater opportunities for our children and families.

Community Comes First

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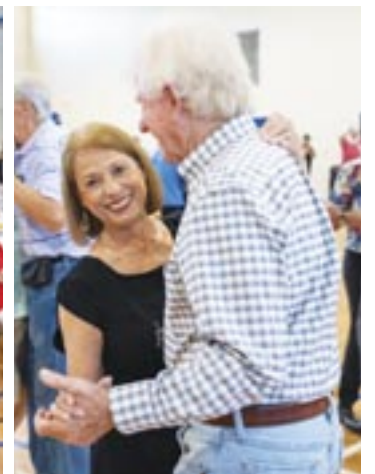
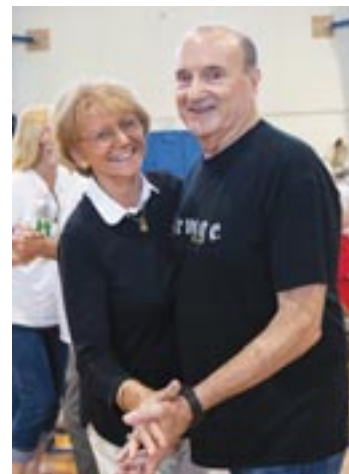
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THE TOWER



Prep: 45 minutes

Servings: 2

Executive Chef, John Donaldson

Ingredients:

Eggplant	1 - cut into six medallions	Butter	1 cup
Heavy cream	4 cups	Basil chopped	2 tbsp.
Small shrimp	1/2 cup	Cornmeal	4 cups
Jumbo lump crabmeat	1 oz	Eggs	6
Whole garlic cloves	10	Salt	1 tbsp.
Parmesan cheese	1 cup	Pepper	1 tbsp.
Flour	1 cup	Creole seasoning	2 tbsp.

Instructions:

Start by making the sauce. In a small heavy bottom saucepot over medium heat start by melting the butter then add the flour and whisk together. While making the sauce roast the garlic in aluminum foil in a preheated 350 degree oven with a small amount of olive oil two tablespoons should be sufficient. Roast the garlic for 15 minutes and remove. Add the heavy cream to the roux mixture and whisk until smooth. Add the roasted garlic and parmesan cheese then puree in a blender. Strain sauce through a fine mesh strainer. Return sauce to the pot and bring to a boil over medium heat and add shrimp cook until shrimp are pink and firm. Add the crabmeat to warm. Now for the eggplant take eggs and whisk in a metal mixing bowl. Take the trimmed eggplant and add to the bowl of whisked eggs. In another mixing bowl combine cornmeal and creole seasoning. Add the egg covered eggplant to the cornmeal batter. Transfer the battered eggplant to a frying pan over medium high heat and cook until golden brown. Strain off grease and plate. Cover with sauce and garnish with basil. Bon Appetit!

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