

COMPLIMENTARY

Ascension

MAGAZINE

OCTOBER 2024, VOL. 22 ISSUE 10

*Easy Living
at The Parc*

THE  PARC
SENIOR LIVING

SEE PAGE 24



I'm Harold Stewart and I Love Gonzales!!

*After 15 years of productive and successful service to this great city
I have accumulated the experience and knowledge necessary to
maintain an effective government for Gonzales.*

I will follow the guidance of previous administrations to keep the city strong.

*I pledge to stay committed to the people of Gonzales by always putting
you first and maintaining the quality of life.*

*Thanks for supporting my candidacy, and I humbly ask for your vote for Mayor.
I truly would appreciate your vote for Mayor on November 5, 2024*

*Follow Harold Stewart for Gonzales
Mayor on Facebook, or visit
www.HaroldStewartforMayor.com*

Vote # 40



- City of Gonzales Councilman – 10 years
- Planning and Zoning 5 years
- Business Owner and Operator – 40 yrs.
- St. Amant High School Graduate
- Louisiana Technical College Graduate

PAID FOR BY HAROLD STEWART CAMPAIGN

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ON THE COVER ... The Parc 24

In October We Wear PINK

OCTOBER IS A SPECIAL MONTH FOR OUR FRIENDS AND FAMILY WHO HAVE BATTLED BREAST CANCER. WE ALL KNOW A SURVIVOR, CASUALTY OR THOSE WHO ARE FIGHTING IT NOW. WE CONTINUE TO STAND BY THEIR SIDE, PRAY AND FIGHT WITH THEM.

WE AT TAGS & TITLES ARE ALWAYS HERE FOR OUR FRIENDS, FAMILY, CUSTOMERS AND THOSE WE MEET ALONG THE WAY. WE CONTINUE OUR DEDICATION AND SERVICE TO ST. AMANT AND THE SURROUNDING AREAS FOR ALL THEIR DMV, DL, WILDLIFE & FISHERIES AND NOTARY NEEDS. WE KNOW THAT YOUR TIME IS VALUABLE AND WE MAKE EVERY EFFORT TO GET YOU IN AND OUT AS FAST AS POSSIBLE.
WE ARE YOUR "1" STOP SHOP!

**As always, we want to be
YOUR 1 STOP SHOP for all
your needs @ TAGS & TITLES**

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Jamie Frederic-Braud



EA STA RYDER CUP GOLF TOURNEY

*Gator Duffers Skin the Spartan Chunkers by a wide margine.
As the publisher and a Spartan golfer. I decided the final
score is unimportant. But it was BIG!
Congratulations to St. Amant and the Kids Win Again!*



PRETTY IN PINK

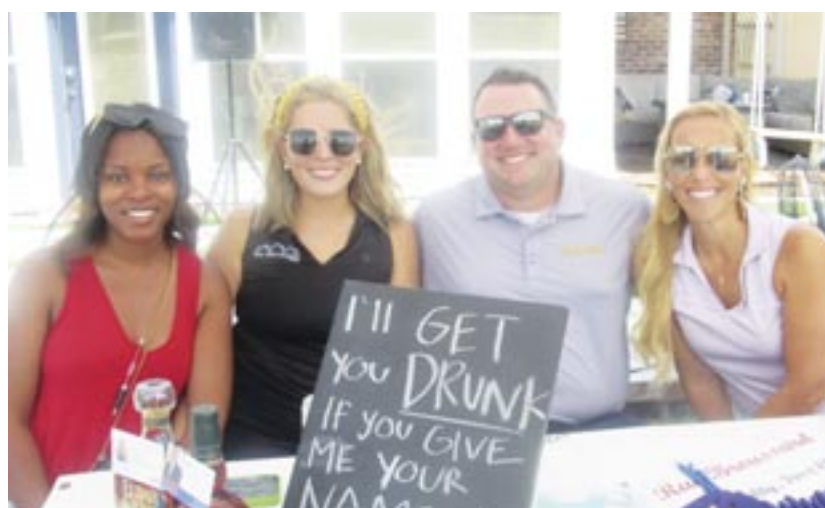
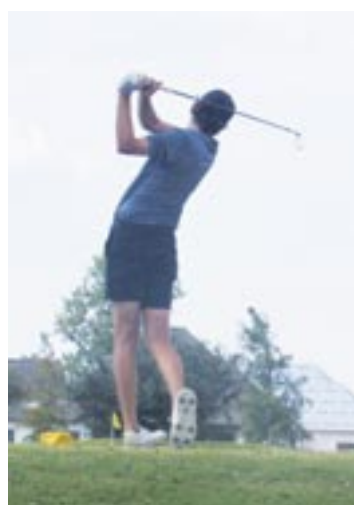
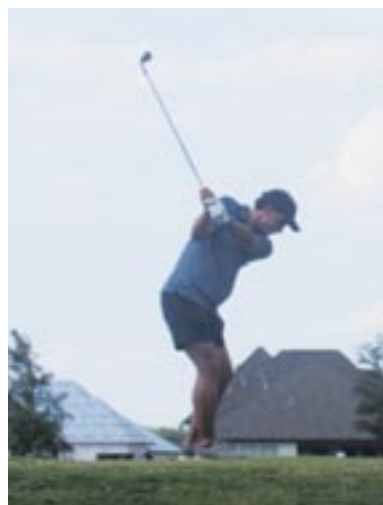
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BREAST CANCER AWARENESS

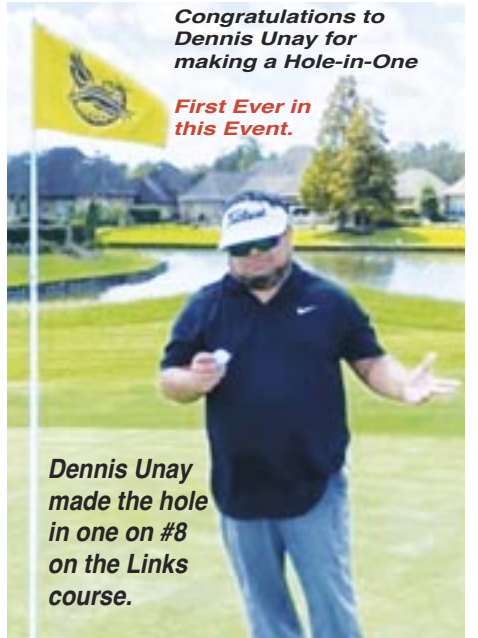
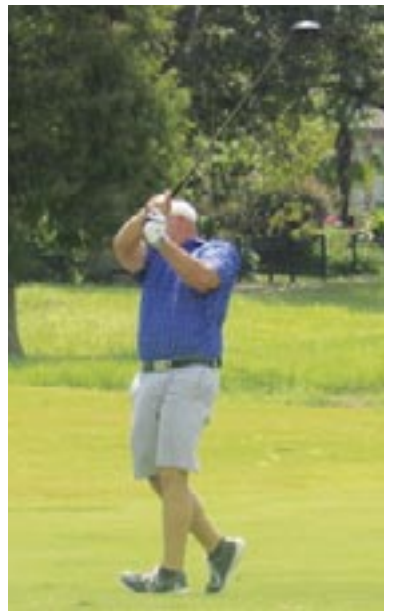


**RYAN FORET &
FORET TRADITION
3-7PM**

*Plenty of Good Food &
Giveaways for the Women!*

October 27th
Wear Your PINK
for Free Entry!!





*Congratulations to
Dennis Unay for
making a Hole-in-One*

*First Ever in
this Event.*

*Dennis Unay
made the hole
in one on #8
on the Links
course.*

KEMLYN BAILEY LOMAS

MAYOR 2024



- **Real-World Experience and Expertise::** With a degree in Business Administration and certifications in project management, accounting, and emergency management, Kemlyn has spent over 20 years delivering essential services at the local, parish, and state levels. Her skills are exactly what Gonzales needs to grow and thrive
- **Proven Leadership In Action:** Kemlyn's two decades of public service are marked by hands-on work, not politics. She has a track record of getting things done for residents, focusing on results rather than titles.
- **Effective Communication:** Known for collaborating across all levels of government, she knows how to communicate and work with others to achieve real results.
- **Civic Engagement and Vision:** From serving on the Planning and Zoning Commission to the Diversity Committee, Kemlyn is committed to smart growth and a bright future for Gonzales.

***Experience in Action.
Results That Matter.***

✓ #38

**VOTE
TUESDAY, NOV. 5th**

For more information please visit our website at
Kemlyn4Mayor.com



From the Gonzales Garden Club

Tips for Grocery Store Flowers

The October 2nd Gonzales Garden Club meeting started with naming stores where members buy last minute flowers: Rouses, Wal-Mart, Lamendola's, Winn Dixie, Alexander's and Carlstedt's. Club Vice President Janis Poche served in the club president's absence and also served as the day's presenter of her program, "Tips for Grocery Store Flowers".

Janis began with advice on looking for the freshest flowers in water (not in a dry bucket) with good color in the petals, closed buds and firm moist stems – no wilting, discoloration or slime. When you get home, cut the stems and put them in water but leave them packed in the wrapping until you are ready to arrange them. "Tulips should be fully closed; roses should have a tight bud." If there are one or two damaged petals, pluck them off. Soak the greenery the night before.



Presenter Janis Poche constructed an arrangement in a pitcher as she explained the basic concepts of floral design with grocery store flowers.

To make flowers last longer, cut stems with a sharp unserrated knife and plunge into water. Cut on a slant to increase stem surface area. Use bypass snippers on live flowers, not anvil pruners which could crush the stems. Remove leaves that will be under water. Definitely use the floral preservative that comes

with the bundle (one teaspoon per quart of water). Janis' recipe for homemade preservative is one cup of clear soda (not diet) like 7-Up or Sprite, 3 cups of water, ¼ teaspoon bleach and ¼ teaspoon lemon juice. Use warm water for cut flowers and cold water for bulb flowers.

Flowers should be kept out of sunlight and set in a cool place at night. Give daffodils their own vase because their stems give off a toxic compound to others. Keep flowers away from fruit because its ethylene gas opens the flowers faster.

Start your design in a clean vase washed with hot soapy



Rita Bourque's arrangement of yellow roses, mums and lilies with accents of miniature auburn mums and red carnations in a bronze urn was elegant.

water. Categorize your blooms into focal flowers, line (straight) flowers and filler flowers. Janis' greenery suggestions were leatherleaf, sunshine privet, eucalyptus, pittosporum, ruscus, salal leaves, holly, cleyera and rosemary. If using a wet foam oasis, cut it as



Phyllis Charrier cleverly enhanced her grocery store flowers with variegated pittosporum stems from her home garden.



Janis Poche (center) gives advice to Cynthia Stafford for her "very first floral arrangement ever" as Janis D'Benedetto (right) decides on her greenery base.



These finished products resulted in an array of autumn colors.



Purples and yellows were popular color schemes for these designs.

much as an inch higher than the container lip and soak beforehand (preferably overnight) until it sinks. Once in the container, tape the oasis down so it does not tip.

Janis hid the oasis base with a light layer of fern greenery. Then in the very center, she inserted a tall lily with a bud at the top as a line flower plus a stem of goldenrod. She cut mum clusters into individual stems and inserted them all around from the container lip up to the lily bud. She filled in between the flowers with sunshine ligustrum for

greenery. As a rule of thumb, Janis advocated placing open blooms toward the bottom of the arrangement and closed buds toward the top.

If using a vase without an oasis, start with ferns at the base, like maidenhair, shield fern, leatherleaf or asparagus. Add roses or alstroemeria of varying heights. Cut stems into short, medium and longer lengths to graduate the height of the blooms. It is important to change the water every two days for the best effect. It is also a good idea to give a fresh cut to the bottom of the



Flo Hernandez effectively graduated the height of her vibrant stems to create a cheerful, balanced design.

stems to encourage continual water absorption. Janis noted, "The shorter the stem, the longer the flowers will last."

With all those strategies in mind, Janis' audience of seventeen members unwrapped their store-bought bundles and created floral designs in the containers they had brought from home. It was a fun, collaborative effort. Members gained interactive experience in floral design marveling at insider tips from

an expert like Janis. At the end of the critique, Janis said, "I would be delighted to have any one of these in my home."

Everyone contributed to the salad bar hosted by Barbara McCormick, Paola DiNatale, Gwen Heck, Flo Hernandez and Kathy Guidry.

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

Peregrins
CHRISTMAS STORE

MALL OF LOUISIANA
6757 Bluebonnet Blvd.
225-456-2186

TANGER OUTLET
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Suite 160
225-450-9252

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Exclusions Apply

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Online or Schedule
a Virtual Care Visit

LakeUrgentCare

LakeUrgentCare.com

Let's Get Social!



BAND SCHEDULE

FRIDAY, OCTOBER 18

5:00 PM - 7:00 PM
7:30 PM - 11:00 PM

JUSTIN CORNETT BAND
DON RICH

SATURDAY, OCTOBER 19

12:00 PM - 2:00 PM
2:30 PM - 4:30 PM
5:00 PM - 7:00 PM
8:00 PM - 10:30 PM

TOMMY G & STORMY WEATHER BAND
DUSTIN SONNIER & THE WANTED
RYAN FORET & FORET TRADITION
WAYNE TOUPS

SUNDAY, OCTOBER 20

12:00 PM - 2:30 PM
3:30 PM - 6:00 PM

AARON FORET BAND
THE MOJOES



Sorrento Lions Club & Shell Present Boucherie & Balloon Festival 2024



Our Beginnings

Many years ago, the Cajuns of South Louisiana celebrated an old custom that they brought from their native France and Acadia. When the Cajuns first settled in the swamps and woods of Southern Louisiana, they had no refrigeration. As a solution, each family would wait until the appropriate time each fall to butcher the hogs to have meat for the winter. They would crisscross the countryside, taking time to help each other finish their "boucherie." When the duties were complete, the families would gather round a warm fire and enjoy a feast prepared for that special occasion. When it was time to go home, each family would get a certain portion of the butchered hog as their share of the day's work. In this way, the Cajuns banded together and learned to survive.

Preserving Our History

To keep this heritage alive the Sorrento Lions Club members would hold a small gathering in the fall each year, called a "boucherie." This gathering began in the 1960's at George Savario's

camp located in Acy, just east of Sorrento. He was a Lions Club Charter Member and Mayor of Sorrento. In 1978, three Lions Club members, John N. LeBlanc, Sr, A. J. Kling, Jr and Roland Melancon suggested turning the "boucherie" into a large festival that is now a three-day event and open to everyone.

In the early 1980's, Mayor John N. LeBlanc, Jr. and the Town Council passed a resolution requesting the Louisiana Legislature to name Sorrento the "Boucherie Capital of the World." This resolution was presented to Senator Joe Sevario and Representative Juba Diez. With their help, the Louisiana Legislature proclaimed Sorrento the "Co-Boucherie Capitol of the World." Sorrento shares this title with Marksville, Louisiana, who puts on a similar festival.

Since 1981, there has been a "Cracklin Cooking Contest" to name the "Cracklin' Cooking Champion". This champion represents Sorrento at various functions throughout the year. In 1987, a "Champion of Champions



Cooking Contest" began. This contest has former Cracklin Cooking Champions competing against each other for the prestigious title. In 1995, a "Jambalaya Cooking Contest" began. Every year, a Beauty Pageant crowns "Miss Boucherie." In the beginning it was only for the "Miss" category, but in 1986, the pageant opened up to all age groups. Due to the effects of Hurricane Katrina, the 2005 festival wasn't held until April, 2006. It turned out to be one of our best festivals in years.

Modern Times

In 2011 the festival lost its permanent location in Sorrento and struggled to find a new home. At the same time the number of the event's original founders dwindled, which caused a hiatus of five years. In 2015, a group of younger town residents came together to reform the Sorrento Lions Club under the guidance of a few original members. They felt the need to breathe new life into the club, primarily to help the community and to bring back





the Boucherie Festival. The excitement of a new festival piqued the community's interest and membership in the club swelled to 14 new members.

In August 2016, the community experienced a devastating flood just a few short weeks before the festival. The Lions Club came together to help each other and their community recover from the



flood. Naturally, they talked about the festival and began discussing delaying the event for another year to allow the community to recover. In the end, it was decided that the only way to begin the healing process would be to have the festival as planned and bring the community together for a weekend of fun and relaxation. In October 2016, the 35th Annual Boucherie Festival was held at Lamar Dixon Expo Center in Gonzales, LA, just a few miles north of Sorrento. The event was

a success and was held at Lamar Dixon annually for four years.

In 2019 the Boucherie Festival teamed up with the Ascension Hot Air Balloon Festival for an eventful weekend at Lamar Dixon Expo Center in Gonzales. There were cooking contests, tethered hot air balloon rides, music, shopping, fireworks, carnival rides and so much more. The Boucherie Festival brought a cajun flair to the Hot Air Balloon Festival & the Hot Air Balloon Festival brought large crowds to the small-town Boucherie Festival.

For 2022, the Boucherie Festival returned to Sorrento bringing hot air balloons to the weekend's festivities. Our event was renamed the Boucherie & Balloon Festival. We are proud to provide our community with a family-friendly, Cajun festival that draws crowds from all over South Louisiana. This year's festival is sure to be one for the books & we hope to see y'all out there!

History

Since 1981, there has been a "Cracklin Cooking Contest" to name the "Cracklin Cooking Champion". This champion represents Sorrento at various functions throughout the year. In 1987, a "Champion of Champions Cooking Contest" began. This contest has former Cracklin Cooking Champions competing against each other for the prestigious title. In 1995, a "Jambalaya Cooking Contest" began and the "Jambalaya Champion of Champions" followed a few years later.



2023 Boucherie Cookoff Champions

Congratulations to our 2023 Champions!

2023 Cracklin Champion--
Snook Trabeau

2023 Jambalaya Champion--
Curt Parent

**2023 Cracklin
Champ of Champs--**
Snook Trabeau

**2023 Jambalaya
Champ of Champs--**
Justin Courville



2024 Boucherie Pageant

Saturday, November 2, 2024

Sorrento Community Center | 7471 Main Street, Sorrento, LA 70778

Register online: www.boucheriefestival.com/pageant/

Email: pageant@boucheriefestival.com & FB: Boucherie Festival Pageant

Deadline for Pre-Registration & Teen/Miss Boucherie Entries: Monday, October 28, 2024

Registration: Must check in 30 Mins Prior to Division Time Competition: 9:00 AM

Entry Fee: \$75 - Includes Photogenic & Side Awards

Baby Miss (Girls | 0-11 Months)/Master (Boys | 0-5 Years) 9:00

Toddler Miss/Master 9:30 12-23 Mos (Girls)

Tiny Miss 10:00 2-3 Years - Petite Miss 10:30 4-5 Years

Little Miss 11:00 6-8 Years - Deb Miss 11:30 9-11 Years

Lunch Break

****Miss (18-23 Years) Division: Registration: 1 pm and Interviews will begin at 1:15/1:30 pm****

Registration: Must check in 30 Mins Prior to Division Time Competition: 2:00 PM

Entry Fee: \$75 - Includes Photogenic & Side Awards

Junior Miss 2:00 12-13 Years

Ms. 2:15 Married/Mom/Over 23

NO DOOR ENTRIES - Fee: \$100 (Teen) & \$150 (Miss) - Includes Photogenic & Side Awards

Teen Miss** 2:30 14-17 Years

Miss** 3:00 18-23 Years

****Teen and Miss Boucherie are contracted titles. Only Teen/Miss contestants must live in Ascension Parish****



www.boucheriefestival.com

  
@boucheriefest

**LOUISIANA'S
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It's Been So Long... Happy Fall Y'all!

It's been a long time since I've written about my latest favorite beauty and wellness finds, so as we enter this beautiful fall season, here are my top pics to help you look and feel your best!

Kosas Brow Pop

Kosas Brow Pop Dual-action defining pencil in Medium Brown. The easy-to-use pencil has a flat, slanted tip

which makes it easy to draw brows and fill them in. The texture has natural staying power with clinical proof to stay eight hours, and features a spooly at the opposite end of the stick. Also, this brow pencil has B5 and castor oil in in to naturally boost brown hair growth. Available in ten colors at \$24 each on kosas.com

Zo Exfoliating Polish

Zo Exfoliating Polish is a classic! If you haven't tried this product, go get some now. It's suitable for most skin types. You can use this polish two to three times a week or even everyday if tolerable. I use this polish almost every day and it gently gets rid of

any dryness without irritation, and I use retinol every evening!

Just dampen your face and use a small, nickel sized amount and rub into the skin until the product dissipates. Magnesium oxide crystals wash away clean, leaving skin instantly soft and smooth. Physically exfoliates off dead skin cells and other debris to improve skin radiance, and stable vitamin c that works deeper in skin to minimize the look of future dark spots. \$68 each and available on zoskinhealth.com. Don't worry...this scrub will last you almost a year.

CRZ Yoga

CRZ Yoga Women's Naked Feeling Biker Shorts and CRZ Yoga Strappy Longline Sports Bra for those that love lulu but don't want to pay the lulu price. These are smooth, soft, durable, and hold you in all the right places. These biker shorts are available in 4", 6", and 8" lengths and come in more than 35 colors!

This combination in particular will show a smidge of skin in the mid drift area, but you can always wear a tank over your top or opt for one of CRZ's other tank options.

The entire line is amazing. I even bought some fleece lined leggings last year to go to Colorado and they were so beautiful and cozy warm. Since these are available on amazon, it's easy to order and return if you need a new size. These biker shorts are \$18, and the sports bra is \$28!

If you're in the market for a brow refresh, an good exfoliator or some new exercise gear, give these options a try! You won't be disappointed!

Wishing you a blessed Fall Ascension.

XOXO,

Sweet Eyes



It's Been a Long Time...

BOO-TOX SPECIALS!

FANGTASTIC EVENT

MONDAY, OCTOBER 28TH

Come join us for our Spooky Smooth Skin Event in our Prairieville Location!

Get Ready for a FANGTastic Injection Day with Dr. Z. Special Boo-Tox Pricing and More!

As Halloween approaches, it's the perfect time to treat yourself to a little self-care and confidence boost! Join us on Monday, October 28th, for our Prairieville FANGtastic Injection Day Event, featuring exclusive pricing on Botox—dubbed our Boo-Tox special!

What to Expect

This isn't just another appointment; it's a celebration! Our FANGTastic Injections Day promises a fun and festive atmosphere, complete with:

Special Event Pricing: Enjoy discounted rates on Botox treatments, making it the perfect opportunity to refresh your look.

Giveaways:

Designer Sunglasses, Kendra Scott Jewelry and More! Everyone will leave with a Swag Bag.

Spooky Treats:

Indulge in delicious Halloween-themed treats and refreshments to keep your spirits high as you prepare for your treatment.

Join Us!

Mark your calendars for October 28th and come in costume or dressed in your favorite Halloween colors for an extra treat! Our team is excited to help you achieve your aesthetic goals

while you enjoy a day filled with fun, laughter, and a bit of spooky flair.

Spaces are limited, so be sure to book your appointment in advance to secure your spot at this fang-tastic event! We can't wait to see you there!



DR. Z CAN BREAK THE SPELL!

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Get Growing, Ascension!

River Parishes Master Gardener Seminar

Gardeners from Ascension Parish and the surrounding area gathered at the Clarion Inn Conference Center in Gonzales on Friday, September 20 for the second River Parishes Master Gardener Seminar. The seminar, which is hosted by the Ascension Master Gardener Association, was first held in 2022 as a way for Louisiana Master Gardeners and gardening enthusiasts to share ideas, increase their gardening-how, and socialize with fellow gardeners. This year's guest speakers were Dr. Charles Allen and Mr. Kerry Heafner.

Dr. Charles Allen is a botanist and retired biology professor. He has published several books including Gardening for Butterflies and Moths, the Louisiana Wildflower Guide, and Edible Plants of the Gulf South and is considered an expert on these topics. In 2022



Mariah Simoneaux

Dr. Allen was recognized as Conservationist of the Year by the Louisiana Wildlife Federation. Additionally, he and his wife own and operate Allen Acres B&B, a nature-oriented paradise in west central Louisiana. During his presentation titled, "Native Plants for Beauty and Butterflies" he shared an extensive list of native trees, shrubs, and herbaceous plants for pollinators.



Mr. Kerry Heafner is a horticulture extension agent with the LSU AgCenter with duties in six parishes in the northeast region of the state. He has been featured in Southern Grit Magazine, Modern Farmer, and Louisiana Agriculture Magazine. Mr. Heafner started the North Louisiana Seed Preservation Program after a serendipitous



discovery of some seeds of the last watermelon developed at the now closed Calhoun Research Station. His presentation, "North Louisiana Seed Preservation Program and Beginner Seed Saving", told the story of his seed preservation journey and discussed several varieties he has helped to put back into

production, such as the Red-N-Sweet watermelon.

In addition to these presentations each Louisiana Master Gardener Association was given the opportunity to share an update or report. The reports included successful programming ideas, recent class details, and upcoming events. Those in attendance enjoyed each other's company, wonderful educational presentations, and a delicious meal. A special thank you to Erin Albarado, Richard Babin, Dale Bowman, Kathy Guidry, Ora Jones, Marilyn Rice, Debbie Smith, Lyn Taylor, Terry Tripp, and Lynda Williams who served on the planning committee and to Pat Nerney and Patti Mouton for their photography skills.



Mariah Simoneaux is the Horticulture Extension Agent serving Ascension Parish. For more information visit www.LSUAgCenter.com or contact Mariah at (225) 621-5799 or MJSimoneaux@agcenter.LSU.edu.





Is Physical Therapy Painful?

Physical therapy (PT) is a critical component of rehabilitation for many injuries and conditions. While its primary goal is to promote healing, restore function, and improve quality of life, many patients wonder: is physical therapy painful?

Understanding Pain in Physical Therapy

Pain can be a subjective experience, varying significantly from person to person. In physical therapy, the goal is to push the body to improve function without causing excessive discomfort.

Here are some key points to consider:

Initial Discomfort: For many patients, the first few sessions



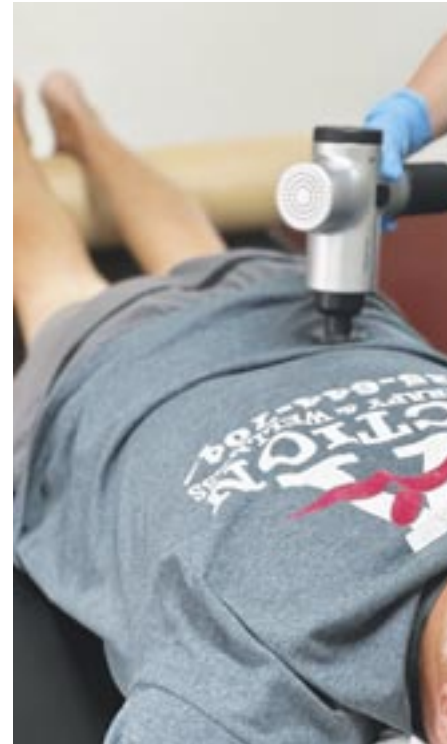
Taylor Terrio, PTA • Hailey Leindecker, DPT

can be uncomfortable. This is especially true for those recovering from surgery or dealing with acute injuries. The body may be stiff or weak, and the exercises can provoke some pain as muscles and joints are challenged.

Therapeutic Pain: Some level of discomfort can be beneficial. Physical therapists often encourage patients to work within a "manageable pain" range, where mild

discomfort indicates that the body is adapting and improving. This is sometimes referred to as "therapeutic pain."

Communication is Key: Patients are encouraged to communicate openly with their therapists about their pain levels. A good therapist will adjust the intensity of exercises based on the patient's feedback, ensuring that the therapy is effective without being intolerable.



Long-Term Benefits: While some discomfort is often unavoidable, many patients find that the benefits of physical therapy—improved mobility, reduced pain in the long term, and enhanced strength—outweigh the temporary discomfort experienced during sessions.

Personalized Treatment: Physical therapy is not one-size-fits-all. Treatments are tailored to each individual's needs, and a skilled therapist will adapt the program to minimize pain while maximizing recovery.

While physical therapy can involve some level of discomfort, it is not inherently painful. The goal is to facilitate healing and improve function in a way that is sustainable and manageable. Open communication with a physical therapist can help ensure a positive experience, paving the way for long-term recovery and improved quality of life. If you're considering physical therapy, rest assured that the journey is designed to be as comfortable and effective as possible.

Physical Therapy

Hand Therapy

Action

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- Pre/Post-Operative Care
- Functional Dry Needling
- Pain Management
- Cupping

YOUR ESTATE MATTERS



By Linda Melancon

Four Estate Planning Horror Stories for Spooky Season

So many scary stories told around Halloween involve a ghost with unfinished business left on earth. While maybe not as exciting as Hollywood plot lines filled with haunted mansions and scorned romances, sometimes the most terrifying unfinished business

can be an incomplete or non-existent estate plan! Here are four estate planning horror stories to consider this spooky season, and how these folks could have prepared had they had a crystal ball:

1. The Procrastinated Plan

Tom and Cindy got married later in life and moved into a beautiful home inherited from Tom's parents. When it came to their own estate planning, Tom and Cindy always said they would get around to it next year.

Unfortunately, when Tom passes away suddenly, Cindy is left to settle his estate with a mess of unresolved issues.

Because Tom died without a will, the state of Louisiana got to decide how his assets were split. As a result, Tom's estranged children from a previous marriage inherited all of Tom's separate property, including their home. Cindy was forced to leave her home while also grieving her husband and his estate.

Crystal Ball: Had Tom had a crystal ball, he would have prioritized his appointment with an estate planning attorney and made sure Cindy had a home to live in at a minimum.

2. The DIY Disaster

Dan was a handyman, and always said that if you can do it yourself, you should! He heard somewhere that, in Louisiana, you can hand write your own will. In his handwritten will, he left his entire estate to Barb, his partner of 30 years. Dan wanted to make sure his estranged brother, Earl, did not inherit a single penny.

When Dan passed away, Barb visited with an attorney and discovered that Dan did not sign and date his will correctly, making it invalid. Without a valid will, the state of Louisiana steps in and says, as Dan's only sibling, Earl will inherit the entirety of Dan's estate.

Crystal Ball: While Dan's do-it-yourself attitude may have gotten him far in life, this is one area where Dan should have sprung for an expert! A handwritten will can be valid in Louisiana, but there are many pitfalls that can make that handwritten will only as good as the paper it's written on.

3. The Lost Documents

Mary is grieving the loss of her father, Peter. She knows Peter went to see an estate planning attorney many years ago, but as she searches her father's house for any sign of his documents, she only finds an attorney's business card. She calls the number to learn that the attorney closed her practice ten years ago.

Mary is forced to move forward and handle her father's estate without his planning documents to guide her. What's worse is that Mary has no information about her father's assets! Mary now has a full-time job calling banks and digging through her father's mail in order to piece together his estate, bit by bit.

Crystal Ball: Mary wishes she would have sat down with her dad to ask about the location of his documents and his assets. Mary immediately sits down with her oldest daughter, Jessica, to give her the code to the fire-proof safe where Mary's documents are located, and to provide her with a list of assets. Mary and Jessica plan to have this meeting once every few years to make sure history does not repeat itself when Mary passes away.

4. The Forgotten Plan

John and Joann, with negative memories of their own parents' successions, want to make things as easy as possible for their children when they pass away. They heard that setting up a trust will avoid the need for a succession. When they set up their trust, their attorney explained that all of their assets must be titled in the name of the trust and not in their own personal names. If done correctly, when John and Joann pass, their children will be able to quickly jump in as the trustees and take care of things, rather than waiting for the succession to make its way through the court system.

Once they retire, John and Joann buy a vacation home in Florida and a fishing camp in Grand Isle, but they have forgotten the attorney's warning that all of their assets must be titled in the name of the trust. After they pass, their kids come to realize that those assets never made it into the trust. Now, the kids have to incur additional costs and legal headaches to complete successions for their parents in both Florida and Louisiana – exactly what John and Joann were hoping to avoid.

Crystal Ball: Could they have foreseen the outcome, John and Joann would have scheduled a review meeting with their estate planning attorney. An estate plan requires regular review to ensure that your plan continues to work as your life evolves.

While it would be nice to have a crystal ball, we can't predict the future, which is why it is so important to be prepared. Don't let your estate become a future fright for your loved ones! It's time to consult with an experience estate planning attorney to create or update your plan.

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.

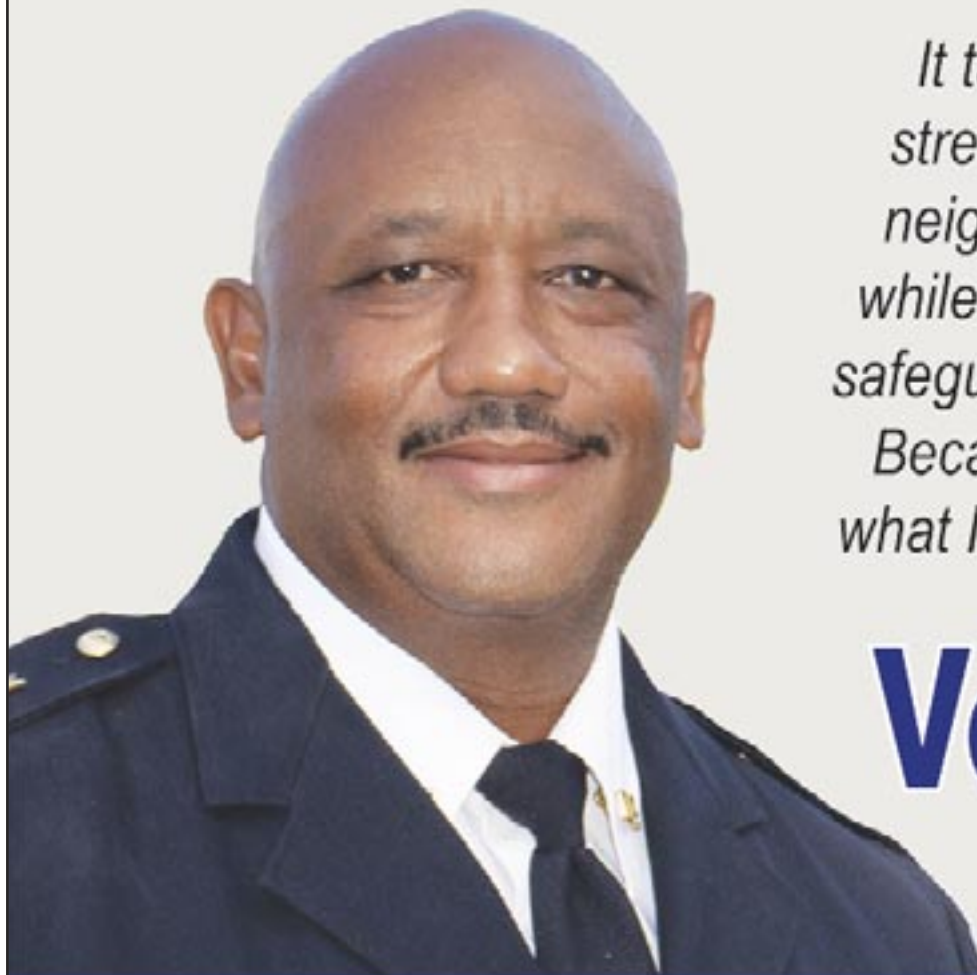
Ms. Melancon is an attorney with Legacy Estate & Elder Law of Louisiana, LLC with offices in Baton Rouge, New Orleans and Lake Charles, LA. The primary focus of her practice is estate planning, probate, special needs planning, and elder law. For more information or to attend an upcoming estate planning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

Hey Dr. Rob!
Can Addie love
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much???

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Budget Management Expertise

As Chief I have successfully managed an \$8.1 million budget, ensuring optimal use of limited resources to maintain public safety, with 49 officers serving 4,452 homes, 991 businesses, and 500,000 visitors weekly.

Cutting-Edge Crime Fighting

As Chief, I know our officers can better protect you when they have good training and advanced technology. I prioritized the use of intelligence software, camera technology and drones to enhance safety and reduce crime across the City.

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From Babbling to First Words: How to Encourage Your Child's First Words!

**Lauren Henry,
M. A., L-SLP, CCC-SLP
Speech Language
Pathologist**

One of the most anticipated milestones for your child is their first word. At approximately 1 year of age, your child's babbling should start transforming into real words. Their first words are often to label objects, people, and pets or words to fulfill their wants and needs. Helping your child to develop a vocabulary and encouraging their first words can be such a rewarding experience, and I would love to share a few tips to promote language growth!

First, your child will learn prelinguistic skills that happen before true words are mastered. A few tips to gain these skills is teaching your child that communication is powerful and meaningful. Here are some ideas to facilitate these skills:

- get on the floor with your child and engage in play as you follow their lead with preferred and motivating toys and activities
- model gestures such as pointing, waving, or nodding
- model sounds (du-du du- while hitting a drum), animal noises (moo), or exclamatory words (uh-oh, wow)

Next, your child will begin to learn that words have meaning. These are a few ideas for your child to learn novel vocabulary:

- label the things your child wants and comment on what interests your child in the moment
- encourage your child to participate in books while you point and label various objects
- create simple and repetitive phrases for the activities you and your child do daily



**Lauren Henry, M. A., L-SLP, CCC-SLP
Speech Language Pathologist**

- use 'parentese' which is simply using a sing-song, higher pitch voice quality with elongated vowels

Once your child shows the ability to identify what a word means they are in the imitation phase. During this stage of developing words, parents can:

- model these words often in context throughout your day
- practice imitating actions with songs such as pairing an action with its verbal label or sound effect
- pair sign language with its verbal label such as "more," "eat," "help," and "all done"



Lastly, your child is ready to use those words independently. In this stage, it's important for parents to provide frequent opportunities for the child to communicate.

- place items out of reach and wait for your child to communicate for the item
- provide a choice such as 'Do you want the Ball or Bubbles?'
- do something unexpected or create a silly problem

- participate in verbal routines such as 'Ready-set- go!'

- talk about what you and your child are doing versus telling your child to 'say' a given word or asking too many questions

If your child is experiencing difficulty with communication or you suspect your toddler is a late talker, he or she may benefit from a full speech and language evaluation.



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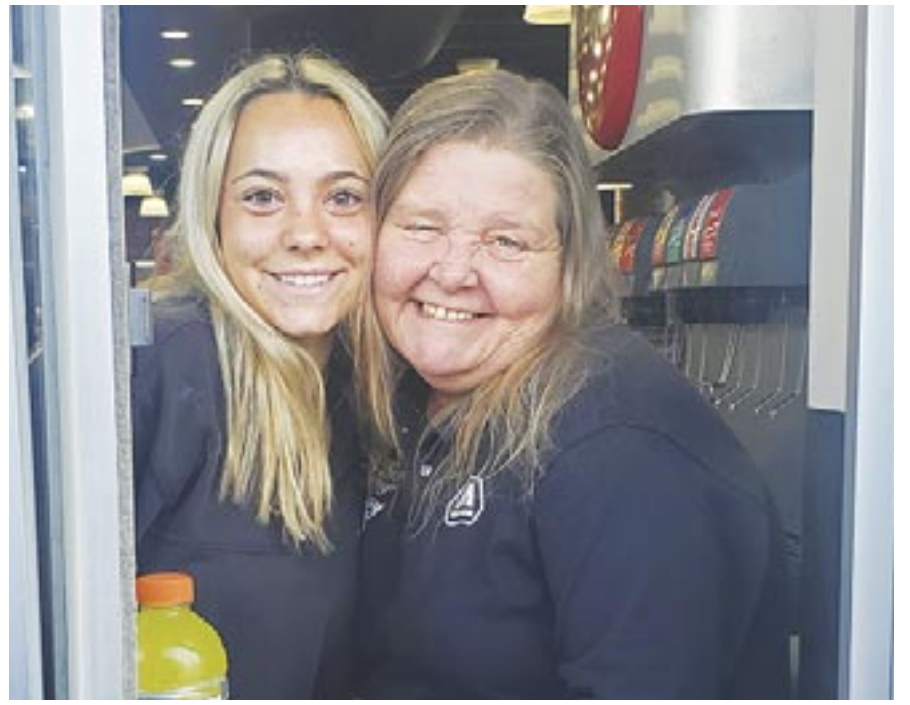
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FINANCIAL FOCUS

Consider these year-end financial moves

As we enter the holiday season, your life may well become busier. Still, you might want to take the time to consider some financial moves before we turn the calendar to 2025.

Here are a few suggestions:

- **Review your investment portfolio.** As you look at your portfolio, ask these questions: Has its performance met my expectations this year? Does it still reflect my goals, risk tolerance and time horizon? Do I need to rebalance? You might find that working with a financial professional can help you answer these and other questions you may have about your investments.

- **Add to your 401(k) and HSA.** If you can afford it, and your employer allows it, consider putting more money into your 401(k) before the year ends — including “catch-up” contributions if you’re 50 or older. You might also want to add to your health savings account (HSA) by the tax-filing deadline in April.

- **Use your FSA dollars.** Unlike an HSA, a flexible spending account (FSA) works on a “use-it-or-lose-it” basis, meaning you lose any unspent funds at the end of the year. So, if you still have funds left in your account, try to use them up in 2024. (Employers may grant a 2½ month extension, so check with your human resources area to see if this is the case where you work.)

- **Contribute to a 529 plan.**

If you haven’t opened a 529 education savings plan for your children, think about doing so this year. With a 529 plan, your earnings can grow tax deferred, and your withdrawals are federally tax free when used for qualified education expenses — tuition, fees, books and so on. And if you invest in your own state’s 529 plan, you might be able to deduct your contributions from your state income tax or receive a state tax credit.

- **Build your emergency fund.** It’s generally a good idea to keep up to six months’ worth of living expenses in an emergency fund, with the money held in a liquid, low-risk account. Without such a fund in place, you might be forced to dip into your retirement funds to pay for short-term needs, such as a major car or home repair.

- **Review your estate plans.**

If you’ve experienced any changes in your family situation this year, such as marriage, remarriage or the birth of a child, you may want to update your estate-planning documents to reflect your new situation. It’s also important to look at the beneficiary designations on your investment accounts, retirement plans, IRAs and insurance policies, as these designations can sometimes even supersede the instructions you’ve left in your will. And if you haven’t started estate planning, there’s no time like the present.

- **Take your RMDs.** If you’re 73 or older, you will likely need to take withdrawals — called required minimum distributions, or RMDs — from some of your retirement accounts, such as your traditional IRA. If you don’t take these withdrawals each year, you could be subject to penalties.

These aren’t the only moves you can make, but they may prove helpful not only for 2024 but in the years to come.

*This article was written
by Edward Jones
for use by your local
Edward Jones
Financial Advisor. Edward Jones.*



Edward Jones
MAKING SENSE OF INVESTING
Jamie Lavigne,
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New Life Comes to One of Gonzales' Oldest Senior Living Facilities

In 2009, Magnolia Assisted Living was built right behind the Gonzales Post Office on Burnside. Magnolia served Ascension Parish residents for over a decade. Fast forward to 2023 – Magnolia was sold, renamed Francois Parc and briefly affiliated with Francois Bend Senior Living.

Starting in January of this year, a new name – The Parc Senior Living – finally stuck! New management, Sarah Garvin and Bay Ingram, bring a combined 75 years of experience in healthcare and have put in

place the new name, new paint, new flooring, a restored roof, and other enhancements.

When it comes to Southern family values, one thing Southerners value most is taking care of our elderly family members by providing care, comfort, dignity and respect. And that's The Parc mission – to provide a “home away from home” culture where residents are part of a community. As the word gets out and apartments fill up, residents and their family members discover former classmates, neighbors

and sometimes even relatives that have moved in just down the hall.

Although the address of The Parc is 1604 Burnside Ave, The Parc is actually tucked away off Burnside in a quiet, professional office complex surrounded by Gonzales Municipal Park. 54 one-bedroom and studio apartments surround a pleasant courtyard garden that overlooks tennis/pickleball courts, baseball diamonds and walking trails.

New management and staff have been busy introducing nursing, medication management and three levels of care into the small scale, almost “boutique” setting, meaning small in size, but offering a wide array of services and amenities to address individual needs of residents. Highlights include:

- A physician recently has started making old-fashioned house calls one day a week.





• A certified Life Coach on staff provides free one-on-one counseling and support for families and residents making the transition from home to assisted living.

• One more plus – management is on-site 24/7.

The Parc shares Gonzales' hometown attitude with staff shopping locally, whether for groceries or plumbing!

Speaking of groceries, The Parc's cooking crew serves good Southern meals three times a day.

When you visit The Parc (and we hope you do), the first thing you see on staff and resident faces is smiles. Walk through the door and you experience "joie de vivre" positive energy and residents involved in daily activities. Julie Landreneau is the heartbeat of The Parc as

she propels activities – morning exercises, prayer groups, arts and crafts, daily nickel bingo and card playing. Julie's events at The Parc are always packed with residents and families coming together for live music, food and drinks and an agenda full of fun. Also, she leads excursions such as movie or play nights and boating days down the Diversion Canal. The Parc

even has a theme song called "Easy Living" with lyrics about what's needed for aging with grace and quality of life.

You are welcome to stop by for a tour and free South Louisiana lunch seven days a week. There are a few apartments left, but they are going fast. Come see what "Easy Living at The Parc" is all about.



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“If I Were the King of the World...”

by Bill Delaune

Remember how crazy things were four years ago. The pandemic was raging, no one saw their friends except at the grocery-and that was behind masks. And people were asking the question, “Are these two candidates the best we can do?”

Things got so strange that a group of wise men who frequented the parking lot behind the semi-closed Cottage Inn came up with a plan to discard the entire horrific year of 2020 on November 1 and be done with it. These magical Magi emerged from a cloud of smoke one day and pointed out that since all this mess began around Friday the 13th (March) on a full moon and a time change, then quite possibly it would all end on Halloween night on a full moon when we moved the clocks back.

Presto-Change-O-new beginnings for everyone.

Well, here we are four years later and the world is just as nutty. Vanderbilt has a better SEC record than Ole Miss (including a win over Bama), the Saints are the first NFL team to start a “Snake” (Snake Stabler in 1982) and a Rattler (Spencer Rattler in 2024) at quarterback and many people are still asking the question, “Are these two candidates the best we can do?”

Now I don’t care if you vote for Trump or Harris or some third-party candidate (as I have done for the past few years) as long as you cast a ballot. And I can guarantee you one thing-I will never lose friends over something as crazy as politics as long as you vote for somebody.

As one of my aforementioned wise men so astutely put it, “What’s more important right now in this country is not so much who you vote for, but how you treat others that voted differently from you.”

Amen, brother!

But after carefully studying how well our style of government has worked over the past 50 years



(canned laughter), I offer you the only plausible solution-a switch to benevolent dictator which eliminates the Presidency, the Congress and the Supreme Court. And, faithful readers, I believe I have found the right man for the job-me.

While others may be content to confine themselves to running for such meaningless offices as Parish President or Governor of Louisiana, I intend to go for the whole enchilada (an ethnic attempt to get the Latino vote) and go whole hog or nothing (gives a folksy, down-home appearance) to win the only office that interests me-King of the World.

But as former governor John McKeithen used to say in his North Louisiana drawl, “I’m gonna need a little hep.”

First of all, we’ll need a musical anthem that the entire world can identify with. Remember when the Beatles did the first

world-wide broadcast via satellite in 1968? In what can only be described as a stroke of genius, John Lennon chose “All You Need Is Love” as the one tune to perform. The song’s message came through loud and clear in any language.

But since that one’s already been done, my regime’s theme song will be “Joy to the World”-not the Christmas carol but the one made popular by Three Dog Night in the late ‘60’s. Not only does the song-written by Hoyt Axton who went on to play Billy’s dad in “Gremlins”-promote hope and happiness, it also supplies us with a mascot for the campaign.

Everybody loves the hero of the song’s first verse Jeremiah the Bullfrog (appeal to animal lovers) who enjoyed a taste of wine every now and then. And the repetitious chorus would have the entire world singing along from Lower Slobbovia to Rooster Poo, Arkansas.

I’m sure Three Dog Night would not be opposed to a revival of their classic although I prefer a local version by Nancy Marchand of Duplessis.

Once our world-wide anthem is in place, I will then start to appoint my cabinet members. These will be extremely important because even when I am King of the World, I intend to be like Moses (biblical reference to appeal to religious groups) and lean on my staff. So for my first appointee, I address a world-wide problem on everyone’s mind right now...

Depression Despot-Tony Soprano. With a little help from this famous Jersey mobster, we should have the economy up and running again in no time.

Sure his popular series’ closing left a lot to be desired. But you should see Tony and his boys in action when the closing involves debts to be collected.

Can you picture some fat cat CEO from AIG or Enron sitting on his yacht in the Cayman Islands when suddenly there’s a knock at the door? Enter Tony, Paulie, Guido and few other members of the family wielding Louisville Slugger baseball bats-the old models made of ash not maple.

“We’re here to make you an offer you can’t refuse,” begins Tony. “We are of the opinion that youse should return the 90 million dollar settlement you received to the taxpayers and nobody will get hurt. Otherwise, Paulie and Guido and I are going to take a little batting practice on strategic parts of your body sorta like some of my Vegas crew did to Joe Pesci in “Casino”.”

A few more stops like that and we’ll be able to bail out not only the USA but also several European countries and the city of Katmandu.

Middle Eastern Mediator-Dr. Phil. Oprah’s favorite problem-solver would have no shortage of business in his first assignment in Iraq.

But I am confident that in just a matter of days, the good doctor would have the Shiites singing, "Keep on the Sunni side..." the Sunnis reading Mother Goose poetry to little children about "Kurds and whey" and the Kurds playing "Wheel of Fortune" while trying to buy a vowel from the Shiites.

Later, Dr. Phil will try to teach the Iraqis some old Jewish songs like "Jew Believe in Magic" and will say clever quotes like, "There has never been a good war or a bad piece." If his methods work, then we've cooled off one of our hot spots in the planet. And if the natives get upset and behead him, we have a martyr for our cause.

Dr. Phil would have wanted it that way.

Award-Winning Director of Immigration, Clint Eastwood. A firm proponent of Teddy Roosevelt's "Speak softly and carry a big stick" policy, Eastwood's "big stick" was often a .44 magnum-"the most powerful handgun known to man".

His relationship with the Mexican community dates back to the days of the "Fistful of Dollars" trilogy where he helped solve a feud between two families south of the Border by killing every single person in both families.

"There are the Rojos on one side and the Baxters on the other side and me in the middle," pointed out the astute compromiser.

In the sequel "A Few Dollars More", Eastwood again showed his tact and diplomacy by infiltrating a Mexican gang, gaining their trust and then killing every single member for the reward money.

The third installment-"The Good, the Bad and the Ugly" saw Clint team up with a Mexican named Tuco for a very profitable partnership. Eastwood rewards Tuco at the end by leaving him balanced precariously on a cross in a graveyard with a noose around his neck.

If this isn't the guy to work out better relations between us and our Mexican neighbors, I want you to tell me who is.

Gender General-Richard "Kinky"

Friedman-"Houston, we have a problem." My perfect choice for this post is no longer with us. The founding member of the Texas Jewboys band decided to go to Rock-n-Roll Heaven instead of accepting this post. But remember, this gentleman received almost 13 per cent of the vote in a gubernatorial race in the great state of Texas so he was well qualified to repair the "gender benders" that are taking place all over our globe.

Sure he was voted Male Chauvinist Pig of 1978 for his stirring ballad about women's rights-"Get Your Biscuits in the Oven and Your Buns in the Bed", but Kinky had grown a lot more sensitive to the issues in his later years.

Witness his answer to the abortion issue during his Texas campaign.

"I'm not pro-life and I'm not pro-choice, I'm pro-football"

And his touching takes on gay rights.

"I support gay marriage. I believe they have a right to be as miserable as the rest of us."

Kinky's replacement-his long-time friend and keyboard player Jeff "Little Jewford" Shelby-will fill in and his first assignment will be to establish a women's beach volleyball league in Iran.

Ruler of Race Relations-Morgan Freeman. This one was a no-brainer. Freeman has shown the ability to lead an all-black unit in the Civil War ("Glory"), to deal with a cranky old white woman in the Deep South ("Driving Miss Daisy") and to straighten out a tumultuous world as God ("Bruce Almighty").

And with that great baritone voice of his, Freeman is a natural to do all of our propaganda-oops-public service announcements that will air all over the globe.

Freeman has also shown the ability to work closely with Immigration Director Eastwood ("Million Dollar Baby") and will not throw in the towel when the real fighting begins.

Transportation Tsars- Batman, Spiderman and Ironman. Hey, these guys never seem to have any trouble making their way through traffic. Let's get everyone a Batmobile (Isn't

Morgan Freeman head of Bruce Wayne Enterprises? See how nicely this is all coming together.) Or some of Spidey's ultra-strong webbing or maybe a couple of Ironman's rockets and we'll all soar above the traffic snarls below.

And, by the way, where are all those jet packs we were promised we would all be using in the 21st century?

Weather Wizard-Jim Cantore. One of my first actions as King of the World will be to change hurricane season from its current June through November status to a one month period in December.

Next our designated hurricane halter Jim Cantore, who always seems to know exactly where the storm is going to hit, will be sent out to issue an out-of-season ticket to any hurricane that tries to enter the coast during the old six-month period. Violators will be sent back to Africa to do time-out in the Sahara Desert where they can dump all the rain they want to.

Unfortunately, the rare storms that do come in December will have to be allowed to enter the

mainland. The advantages will be that generators will not be needed to run air conditioners in the winter, families will probably all be piled in one house for Christmas anyway and Santa Claus can use the wind at his back to expedite the delivery of gifts.

Now I know what you're thinking. With all these duties being designated, what am I-as King of the World- going to have left to do?

The answer comes in the final verse of our national anthem...

"If I were the King of the World, tell you what I'd do,

Throw away the cars and the laws and the wars, and make sweet love to you.

Joy to the world, all the boys and girls..."

But if you don't care for this idea, then get out there and vote. It matters more than you think.



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Jambalaya Festival

Gracie Guillot Crowned 2024 Miss Gonzales Jambalaya Queen

A MESSAGE FROM

Gracie Guillot
Jammin' with Friends

On June 8, 2024, I was crowned the 2024 Miss Gonzales Jambalaya, and my teen, Sophia Tureau was crowned the 2024 Teen Miss Gonzales Jambalaya. The moment that crown was placed on my head was the moment I dreamed of ever since I was a little girl. I grew up in Ascension Parish going to the Jambalaya Festival every year, attending the JFA Christmas Parade, and competing in the children's pageant. I have vivid memories of seeing all the cooks competing, the smell of cotton candy, begging my parents for more money to play the carnival games, and most of all, seeing the queen walk around the festival, wishing I had that opportunity one day. To represent not only the "Jambalaya Capital of the World" but also the community of people behind it is one of

the biggest honors I could ever receive. Traveling around the State of Louisiana visiting other Louisiana Fairs & Festivals and forming friendships and connections with other festival queens and associations brings some of the best experiences. It's true what they say...you've never seen Louisiana until you've seen it through the eyes of a festival queen. I've been competing in pageants off and on since I was 9 years old but this was always the title I wanted most. 11 years of passion and preparation led me to this moment and I'm so proud to represent something that has provided me and a whole community of people with the best memories.

A little about me and Sophia:
I'm the 20-year-old daughter of Clint and Belinda Guillot.



I graduated from St. Amant High School in 2022, and I'm now a Junior at LSU majoring in Mass Communication, concentrating in Broadcast Journalism. I've been a reporter and anchor for LSU's student media broadcasting station, Tiger TV, since August 2022, which is a career I've known I wanted to pursue ever since high school.

My teen, Sophia Tureau, is the 17-year-old daughter of Resa and Tony Tureau. She is currently a senior at East Ascension High School, a member of the EA Volleyball team, and has earned a spot on the 2024 Homecoming Court.

Something I didn't discover until I was older was the close connection I had with the Jambalaya Festival. My great-uncle, Steve Juneau founded the festival back in 1967 and made Gonzales the "Jambalaya Capital of the

World." He recognized how many people cooked jambalaya for events going on in the city, whether it be a celebration, a church event, or just a weekend get-together with family and friends. Jambalaya was used to bring people together. After traveling to other fairs and festivals to get advice and ideas and presenting his ideas to the Gonzales Lions Club, the Jambalaya Festival Association was formed and he was elected the first president of the JFA. I was



lucky enough to have him and his wife, Sue, at the pageant back in June and he was able to watch me get crowned 57 years after his vision came to life. The moment I saw him with tears in his eyes, was the moment I most cherish from that night. We had conversation after conversation of him telling me countless stories about the festival, a play-by-play of how he got this festival up and running and I knew all the hard work and preparation

I did for this title was worth it. I'm so proud to be able to call him family and I can't wait to continue his mission of promoting the City of Gonzales throughout the rest of my reign.

Please reach out to Katie Battaglia at gonzalesjambalayadirector@gmail.com if you are interested in becoming the next Jambalaya Queens.



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Jambalaya Festival

Jambalaya Festival Association Holds Annual Election

*The results of the election
of officers for the 2024-2025
term are as follows:*

President - **Mike Gonzales**
Vice President - **Tammy Guillory**
Secretary - **Joey Cornett**
Treasurer - **Bart Himel**

Members @ Large -
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Shelby "Doty" Gautreau
Layne Gautreau
Jared White
John Quigley



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Jammin' with Goosie

The Hunt!

This writing is part two of my prior September article title "Back Then And Now" of which I made my first attempt to control a clan of nutria rats from destroying my roadside property. That first try led to a confrontation with the law and definitely changed my approach of how to solve the problem. This is how it all played out.

The hunt is about to begin now that the law and I are on the same page of what I can and can not do to get rid of my nutria invasion problem. I decided to comply with one of the Ascension Parish deputies' suggestion of trying to trap them out of existence. Once in the trap the pellet rifle would take care of the finishing need. I found a live trap unit in my shed that my dad had once used to catch nuisance squirrels. I placed it in the center of the ditch and baited it with cucumbers and squash. I watched the dam rats pass on one side or the other of the trap for about a week or so. I got so used to seeing them that I was almost getting to the point of not wanting to kill them anymore. I finally did catch a turtle in the trap. On my next trapping attempt I placed the trap in a rectangle culvert that crossed under the road and I got the same results as my ditch attempt had afforded me. They went around it. At this point I had not totally given up on the idea of shooting them between open spots of the passing vehicles if that would become my only option. On one attempt while trying to get a bead on one of them I noticed one of the others coming from across the road through the pipe culvert. That 36 inch o.d. pipe runs parallel to the rectangle culvert that also undermines the highway at that location. After seeing them use the pipe crossing several times afterwards I decided to try setting the trap in the center of the round pipe. After all, to cross through that pipe culvert you basically would have to walk down the

center of the pipe to navigate it properly. The trap was set in the center of the pipe for a day or two without any luck. I would have to remove it from time to time because of the fear of losing it in heavy rain events. This was going to take time. A couple of weeks had soon passed without anything to show for my trapping efforts. Meanwhile the nutrias were now beginning to eat the grass along the ditch banks at an alarming rate. I knew that if I could just sit there for a while concealed in some way or another that I could probably take several of them out in just a short amount of time with the pellet rifle. I considered



the thought of setting up my turkey hunting blind on the side of the road for a means of concealment. In that situation no one could see me with the gun and call the law on me again. Sitting in my truck and poking the barrel out the window for a shot when traffic would allow was another option of being hidden from the public. Believe me. I wanted to do that. I somehow held myself back from attempting some of those stunts. Probably a smart move. On one particular day as I approached the ditch from a distance I could see that the trap set in the pipe had been tripped. And sure enough after grabbing the device with one



of my garden tools, while trying not to fall off of the pipe or get run over by a vehicle, I finally had my first victim.

Me and the trap now had something going in the way of success. I had finally figured out how to catch the ones that were crossing back and forth through the bottom of the pipe. A couple of weeks later

attempts during those weeks of time to make that work. There was a telephone pole that I would hide behind with the pellet gun concealed as I waited for them to crawl up the bank and devour the vegetation. It seemed that every time they would get in the open for a shot, a car would be passing and I would have to pass on the attempt. Having to play a game like that with those skittish creatures led to them seeing me and vanishing from the scene after a time or two of those encounters. It would sometimes take several hours before they would reappear.

I'm telling you it was like a two month long hunting season in the middle of the summer for me. At one point I actually told myself that I may have to accept doing time over this issue if necessary but the nutrias had to go. I was gonna hang in there until they were gone or authority would haul me off. One or the other. Well it took several more days to complete my mission. When it was all said and done the final total was seven nutrias. Five with the trap and two with the rifle. Success at last.

To be honest with you that was quite a challenge. At present most of the bank vegetation is growing back with more of the erosion damage yet to appear. It will come in time for sure but for me the hunt is over and I did not get run over and at the moment I am still a free man.

Till next time

Don't send bail

James "Goosie" Guice



East Ascension Sportsmans League

Letter from president -

Greg Cedotal

I am thinking about starting a free public service, if anyone has a pond they need some pesky fish, bass, bream, sac-a-lait or catfish, removed from, let me know. I will be happy to make the sacrifice and provide a needed service. You say, in the winter time, well yeah. I recall traveling Hwy. 30, after working a bitter cold night shift, passing a pond I had fished many times. I recognized a truck parked by the road and decided to

get out and see how my friend was doing. I broke ice to cross a frozen barb wire fence and make my way to the pond where I was greeted my friend. He was happy to show me the three bass he had caught. As we talked about a trip I had recently made to Old River where Goose and I had caught some really nice bass on jigs, the urge to fish overcame my being tired and cold from working a long night shift. So, I asked if I could borrow his spare rod, he said sure. Searching through the tackle box I found a jig and started fishing. After about half an hour of pulling up nothing but pond slime my tiredness and the cold started getting the better of me. So, I cleaned off the jig and placed it back in the tackle box. While closing the box, I saw a Rogue on the top shelf. There was no going home without trying my favorite lure. I tied it on and proceeded to catch three nice bass, larger than the ones my friend had. I do not know if it was the cold or being tired, but those fish put up a strong fight. Upon seeing this, my friend came and got his rod. I went home happy, happy, happy. Thanks, Alan, for that great memory.

Ah, hunting season is here, now if the cooler weather will soon follow. I hear people talking about getting out in the woods

looking signs of squirrels, deer and other quarry. Remember to make sure your deer stands are in usable condition and to drive you ATV safely. For years at the December meeting a member who was a nurse at a local hospital would give me a count of how many injuries from falls out of tree stands and ATV wrecks were treated where she worked. To many were life changing and some were life ending injuries. Be safe and enjoy your hunt, we want to hear happy stories.

The Annual Squirrel Rodeo has come and gone for 2024, there was a total of 19 squirrels weighed in by 7 hunters. Others were at the weigh in with reports of squirrel sightings. Thank you to every who participated, donated squirrels and worked to make the Squirrel Rodeo happen.

We are approaching the time of year when we elect officers and board members for EASL. If you are interested in serving and making a difference in our community and state, please consider serving. If you have questions about serving, contact me.

Now for a little bit about EASL events. You must be a member to participate in these events. EASL Bass Club will fish a tournament

on October 26th. If you are interested in fishing with the bass club, contact Jim Hebert at 225-717-6037. The October 22 Rifle Silhouette Match will be October 26th at the Sheriff Shooting Range starting at 8:30 AM. Members don't forget to weigh your bass for the Monthly Big Bass contest and weigh your specs for the Monthly Big Speckled Trout contest. The Big Buck contest has officially started. Get that rack or racks measured by the contest chairman to be eligible for a free mount and prizes. See EASLONLINE.org, Annual & Monthly Contest, Big Buck Contest for contest rules.

If you get to enjoy some time with family and or friends catching fish and making memories, consider sharing photos with the members of EASL. We can post them on the website and Facebook page.

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 Bass Club News

The EASL Bass Club fished their September 28th-Tournament at Lake St. John in Concordia Parish. The Club has an option each year to schedule a one day Tournament at an out of town location and this was the choice. It was a good one,



George Valentine and Jim Bridges

considering the fish kills locally in the area due to the Hurricane.

There were 10 boats signed up for this Tournament. Most of them went up early to do a little scouting before the event. The fishing there was very tough. I guess it was too late for the summer pattern and too soon for the fall patterns to be established. There was only one team that brought in a limit of 5 Bass. Four teams didn't weigh a fish and others weighed 1 or 2 fish. The winners of the Tournament were

Corey Guitreau and Ronald Gautreaux with a limit that weighed in at 8.02 lbs.

Second place went to George Valentine and Jim Bridges with 2 fish that weighed 4.22 lbs. Carlos Grey was the Big Bass winner with hisunker that weighed 3.82 lbs.



Corey Guitreau and Ronald Gautreaux



Big Bass Carlos Grey

Congratulations to the winners of the September Tournament. The next event is scheduled for October 26th. The meeting to plan the Tournament will be held at Dirk Anderson's home on October 17th.

**EASL's next regular meeting
will be in December**

As Hunting Season Approaches Tee Wayne's Restaurant is Gearing Up to Turn Your Game Harvest into a Specialty Meat

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Bacon Wrapped Stuffed Tenderloins
stuffing choices:
Brisket & Pepper Jack Cheese
Brisket, Jalapeno & Cheese
Mac n' Cheese
Jalapeno & Cream Cheese
Boudin & Pepper Jack Cheese
Pulled Pork & Pepper Jack Cheese
Glazed w/ Pepper Jelly & Brown Sugar
w/ Jalapeno & Cream Cheese

Bacon Wrapped Boneless Chicken Thighs
stuffing choices:
Boudin & Pepper Jack Cheese
Boudin & Jalapeno
Jalapeno & Cream Cheese

Fresh Sausage
Pepper Jack Cheese
Jalapeno & Cheese
Green Onion
Cajun Green Onion
Regular
Italian
Alligator
Jalapeno & Cane Syrup
Green Onion Chicken
Crawfish
Alligator Green Onion
Alligator Jalapeno

Bacon Wrapped Stuffed Duck Breast
stuffing choices:
Mac n' Cheese
Jalapeno & Cream Cheese
Brisket & Pepper Jack Cheese
Boudin & Pepper Jack Cheese

Boneless Pork chops
Stuffed with Boudin

Partial De-boned Stuffed Chicken
stuffing choices:
Brisket & Pepper Jack Cheese
Rice Dressing
Red Beans & Rice
Mac n' Cheese
Pulled Pork & Pepper Jack Cheese
Loaded Mashed Potatoes

Smoked Sausage
Pepper Jack Cheese
Jalapeno & Cheese
Green Onion
Cajun Green Onion
Regular
Andouille
Pineapple & Brown Sugar
Alligator
Crawfish
Duck

Lagniappe
Regular Boudin
Pepper Jack Cheese Boudin
Hoghead Cheese
Smoked Andouille
Shrimp Burger Patties
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Green Onion Chicken Patties
Boneless Chicken Tenders
Boneless Skinless Chicken Thighs
80/20 Ground Beef
Pre Cut Jambalaya Pork
Meatloaf
Hamburger Patties
Pepper Jack Hamburger Patties
Crawfish Cornbread

Gumbos & Stews
Seafood Gumbo (gallon or quart)
Chicken & Sausage Gumbo (gallon or quart)
Shrimp Stew (quart)
Shrimp Etouffee (quart)
Chicken Sauce Picante (quart)
Pork Sauce Picante (quart)
Crawfish Stew (quart /seasonal)

Cooking Instructions

Bacon Wrapped Chicken Thighs
Completely thaw and place on a sheet pan. Do not cover. Preheat oven to 350. Cook for approximately 60-90 min or until internal temperature is at 155.

Boneless Stuffed Pork Chops
Completely thaw and place on a sheet pan. Do not cover. Preheat oven to 350. Cook for approximately 45 min or until internal temperature is at 155.

Crawfish Cornbread
Completely thaw and place in oven. Do not cover. Preheat oven to 350. Cook for approximately 30-45 min or until golden brown.

Bacon Wrapped Tenderloins
Bacon Wrapped Duck Breast
Completely thaw and place on a sheet pan. Do not cover. Preheat oven to 350. Cook for approximately 60-90 min or until internal temperature is at 155.

Partial De-boned Stuffed Chicken
Completely thaw and place on a sheet pan. Do not cover. Preheat oven to 350. Cook for approximately 60-90 min or until internal temperature is at 155.

Bacon Wrapped Chicken Thighs
Completely thaw and place on a sheet pan. Do not cover. Preheat oven to 350. Cook for approximately 60-90 min or until internal temperature is at 155.



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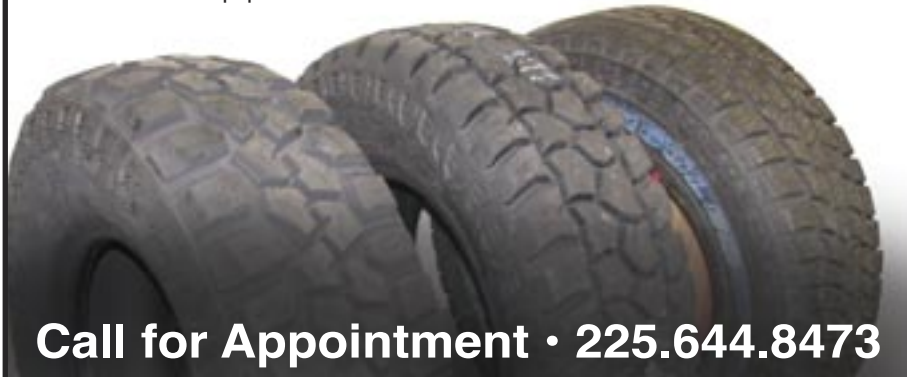


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Useless Random Facts with Kellie

It takes one fifteen-to twenty-year-old tree to produce 700 paper grocery bags.

A temperature of 70 million degrees Celsius was generated at Princeton university in 1978. This was during a fusion experiment and is the highest manmade temperature ever.

Scotch tape has been used as an anti-corrosive shield on the good year blimp.

The side of a Hammer is called a cheek.

The average lead pencil can draw a line thirty-five miles long or write approximately fifty thousand English words.

Ivory bar soap floating was the result of a mistake. The manufacturer had been mixing the soap formula and causing excess air bubbles that make it float. Customers wrote and told them how much they loved that it floated, and it has floated ever since.

The highest lifetime yield of milk for a single cow is 55,849 gallons.

The largest hamburger in the world weighed in at 5,520 pounds.

The mask worn by Michael Myers in the 1978 horror film Halloween was actually a \$2 Captain James Kirk mask from Star Trek. The crew reshaped the eyeholes and painted it white to make it more sinister

Apple bobbing originated in the 14th century as a matchmaking game. Women would try to bite a floating apple to discover the names of their sweethearts.

Versions of trick-or-treating have been around since medieval times, when it was known as "guising".

Children and poor adults would go around in costumes, begging for food and money in exchange for songs or prayers.

Thoughts from Bully

I Tried Hooking Up with an Older Woman

College is a wonderful time to enjoy any and all experiences.

In my college days I had all types of jobs but my favorite was working as a bartender.

It was 1976, legal drinking and working age in a bar room was 18. I had been working in a bar for a year and considered myself an experienced bartender. I had broken up fights, spun records at the beginning of the disco era and felt I was grown up. I had experienced many late night parties but one evening an older woman gave me a wink.

She was cute and probably 25 years old. She passed me a note with a map to her trailer and asked me to meet her when I got off work. I winked back at her, my ego grew up like I was really something. I was hooking up with an older woman.

This was a slow Wednesday night and we were going to close early. I couldn't wait to head to the trailer.

After I finished my bar chores I headed her way. Nervously, I knocked on her door. She answered with a smile and a tight t-shirt. Come in Bully. Let's make a drink.

After a few drinks the moment of truth happened and our lips were on their way to touching. Right before that magic moment, a truck came driving up in the shell driveway. "Oh No! It's my boyfriend!" I started thinking older woman, older boyfriend. I am about to get my butt kicked. She sent me to the bathroom. I headed down the hall, entered the bathroom, and sat on the seat of the toilet. "I heard a knock on the door. I heard her say, 'Come in Baby, Let's have a drink.'"

Here I am sitting on the toilet 20 feet down the hall in a dark bathroom. I can hear all of the festivities and sounds of a



good time. Ice was clanking, kisses were passed and some of the things this guy was saying to her were making me blush.

After about 30 minutes reality started setting in. I was in an older woman's trailer, with her older boyfriend, and I have this sinking feeling of my immediate future.

The boyfriend spoke up and said, "Let's go to bed, Baby, but let me go to the bathroom first."

As he headed my way there was a giant dark shadow coming down the hall. His shadow was haunting and scary as it moved toward the bathroom and looked like something from a Batman movie. He stood in the doorway 8 feet from me and was reaching and searching but couldn't find the light switch. The woman came down the hall, stuck her head under his arm and turned the light on. There I was sitting on the toilet with a dumbfounded look on my face.

He looked at her. He looked at me. She looked at him. She looked at me and said, "Oh Bully, I think you need to leave."

I was in total agreement but first I had to get past him to get to the door. As I stood up he had this befuddled look on his face. I eased by him, without getting hit, and hurried to exit through the door.

Once outside I noticed his work truck was parked behind my car. He then came outside and closed the door behind him.

This is it. He is going to beat



my butt and soon I will be bandaging wounds from the shell driveway. I was silent and didn't utter a word as he approached me. Then the moment of truth he spoke these words. "Hey, Dude. Did I mess you up?" I said "Excuse me?" He said, "I work at a bar and this woman came by earlier. She gave me a note

with a map to visit her after I got off work." He then offered to let me go back in the trailer and I said, "NO WAY. Just let me get out of here."

I learned my lesson that evening dealing with older women. Don't park where you can get blocked in and stay in my dating pool. She did have a sexy wink! Mmmmm!!

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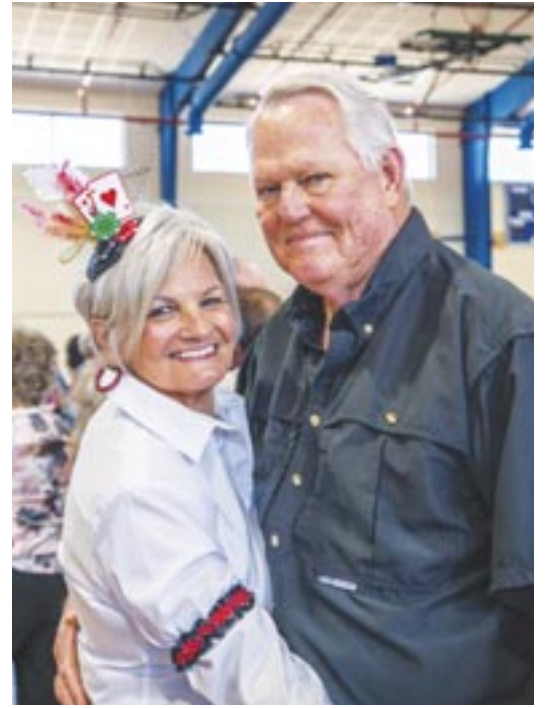
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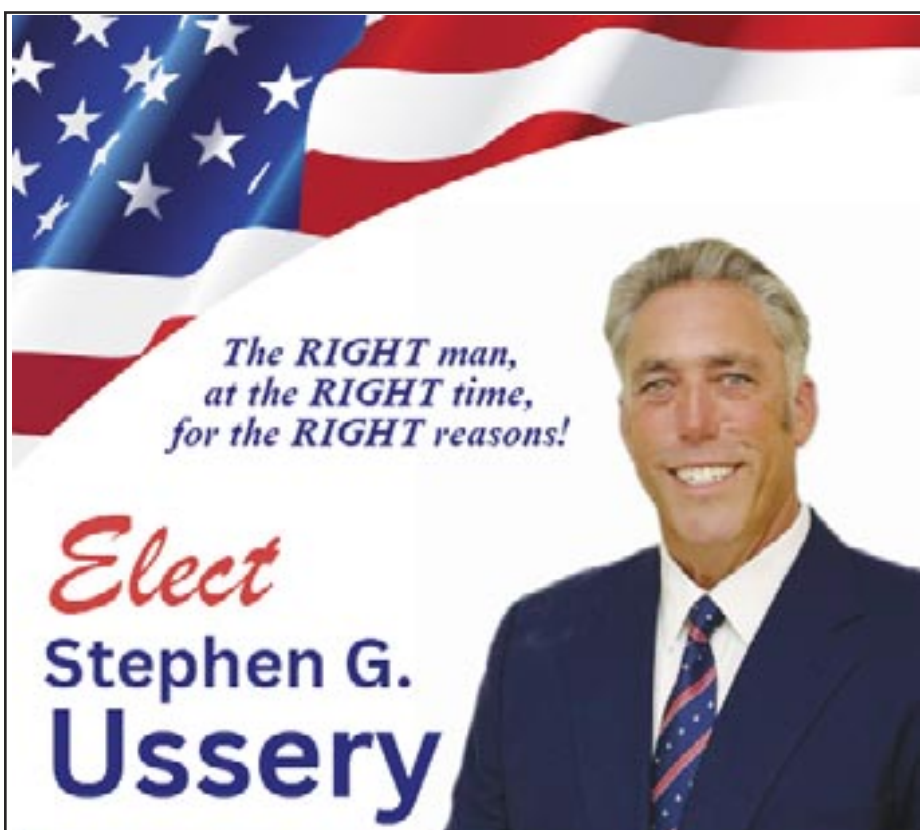
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4. Moving from mostly reactionary policing to pro-active policing.
5. Emphasizing the importance of community policing.
6. Diligently addressing the ongoing drug epidemic plaguing our nation as well as our own community.

✓OTE #42

Tuesday, November 5, 2024

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Cook Time:
25 minutes

Servings: 8

Ingredients:

6 mirlitons
1 ½ lbs baby shrimp
2 cups finely chopped onion
1 cup finely chopped celery
1 cup finely chopped bell pepper
2 tbs minced garlic
½ cup thinly sliced green onions
¼ cup creole mustard
1 ½ cups bread crumbs
(more or less depending on your preference)
Salt, black pepper and red pepper to taste.
(2 tsp salt, 1 tsp black pepper, ½ tsp red pepper)

Method:

Place the mirlitons in a large pot and cover with water. Bring the water to a boil and cook for about 20 minutes or until tender. Drain in a colander and cool. When cool enough to handle, half the mirlitons, peel, then remove the seeds and cut into cubes.


While the mirlitons are cooking, cook your onions, celery, bell pepper and garlic in a little olive oil until tender. Add the mirlitons and shrimp and cook until shrimp are done (about 15 minutes). Remove from heat, then add the creole mustard, green onions, bread crumbs and seasoning. Mix well.

Preheat oven to 450 degrees. In a greased baking dish, evenly spread your stuffing and bake for 20-25 minutes or until brown. Sprinkle the top with parmesan cheese and serve.

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