

COMPLIMENTARY

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MAGAZINE

NOVEMBER 2024, VOL. 22 ISSUE 11

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Distribution Manager

Michael Strong

Contributing Writers

Bill Delaune

Linda Melancon

Bully

Goosie Guice

Kellie Seymour

Tanya Stilley

Jimmy Dunkley

Patti Mouton

Jamie Lavigne

Mariah Simoneaux

Robin Stevens

For Advertising

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www.ascensionmagazine.org

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November is a time to Give Thanks
It's not the only time but it's the time of the year when
most of us are reminded to GIVE THANKS!!!

We at Tags & Titles continue to serve our family, friends and customers and are thankful for them and their continued patronage to our business. We continue to strive to serve their needs and are expanding our services as OMV allows us to – our newest additions are: issuing REAL ID and Motorcycle Endorsements to our Driver's License department. With the approaching changes to travel, the REAL ID will be a necessity to board a plane for those much needed vacations. With the help of the new OMV website, we are able to direct our customers to login themselves and clear flags or issues that prevent them from renewing or obtaining duplicate driver's licenses or completing vehicle transfers. Coming soon will be the capability of name changes to your driver's license and CDL Renewals.

We at Tags & Titles wish you many blessings as this holiday season comes upon us and blessings for our country and the new government. As always, we are here for you – FAST, EFFICIENT, FRIENDLY, KNOWLEDGEABLE SERVICE TO GET YOU IN AND OUT AS QUICK AS POSSIBLE.

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Jamie Frederic-Braud



Boucherie Festival

Boucherie Festival Draws Record Crowds with Swamp Pop, Culinary Champions, and Balloon Glow!

The 2024 Boucherie & Balloon Festival, held from October 18-20 in Sorrento, Louisiana, was a grand celebration of local culture, music, and cuisine. Hosted by the Sorrento Lions Club in partnership with Shell, the festival attracted large crowds eager to experience everything from live Swamp Pop music to hot air balloon glows and thrilling cooking contests.

This year's festival lineup featured an array of talented local bands, including the Ryan Foret and Foret

Tradition, Justin Cornett Band, Don Rich, and Wayne Toups, who had attendees dancing to Louisiana's unique Swamp Pop sound. Guests were treated to the mesmerizing sight of tethered balloon rides and a captivating balloon glow, illuminating the night skies and adding a magical backdrop to the festivities.

Culinary Competitions Celebrate Local Talent One of the festival's biggest draws, the cooking contests, brought out the best in Louisiana's culinary talent. After intense competition, the coveted titles were awarded to:

- Jambalaya Champion: Jared & Brittany White
- Cracklin Champion: Jacob Mayer & Farrell Kilburn



2024 Cracklin Champion: Jacob Mayer & Farrell Kilburn



Cracklin Contest 2nd Place: Koby Thacker & Matt Gautreau



2024 Jambalaya Champion: Jared & Brittany White



Jambalaya Contest 2nd Place: Justin Courville & Pappy



The cooking competitions, spread across all three days, showcased the region's most beloved dishes, with participants competing for the honor of being crowned champions in traditional Cajun cooking. The jambalaya and cracklin' contests were crowd favorites, allowing attendees to watch, taste, and cheer on the competitors.

Festival Highlights Included:


- Swamp Pop Music & Bands – Featured performances from acts like Dustin Sonnier & The Wanted and Aaron Foret, giving festival-goers a chance to dance the weekend away.
- Balloon Glow & Rides – Hot air balloons provided stunning visuals, with tethered rides and nightly balloon glows creating a unique festival experience.
- Vendor Market & Family Fun – A wide range of local vendors offered crafts and goods, while the kid zone kept families entertained throughout the weekend.
- Culinary Competitions – The Jambalaya and Cracklin contests celebrated the festival's culinary heritage, with champions announced on the final day.



Cracklin Champ of Champs: Zip Mayer and Joel Mayer




Jambalaya Champ of Champs: Carlos & Steffi Braud



This is our 18th year. Thanks to our many loyal sponsors and donors, we have been able to help local food banks, many needy families and children to have a Christmas.

Thomas "BAMA" Aldridge



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December 7th, 2024

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"We couldn't be happier with the turnout and the incredible energy everyone brought to this year's festival," said Rey Prado, Festival Organizer. "The Boucherie Festival is about community, tradition, and sharing our love for Louisiana's unique culture, while making an impact directly in children's lives. It's heartwarming to see so many people come together to celebrate."





PPLGA Think Pink for Breast Cancer.



It was the perfect setting to farewell Sandra Robert. The group presented Sandra with a dozen roses in appreciation for all her years (20) guiding the PPLGA. Sandra shared pictures and newspaper articles about our Breast Cancer events at Pelican Point. Sandy Riley, Diane Cloutre and Karen Snell were also in attendance to wish Sandra a fond farewell.

So many contributed to this special day beginning with the day before with all the volunteers arriving to create the special bags to be presented to all attendees.

Truly, all contributed their time and or their financial support for this day.

The golf tees, pink towels, water, pink shot glasses, pink socks, drink tumblers, breast cancer tote bags, a wine bottle, dessert mints and of course our pink balls were all donated by all the attendees.

Must mention Dawn and Sherry for their creative ideas decorating their carts.

We are all grateful to Mike Strong of Ascension Magazine for coming out and taking pictures of our event. Check out the next issue!

The game for the day was "Individual Net Pink Ball"

1st Flight • 1st Maria F. • 2nd Chris C.

2nd Flight • 1st Betty L. • 2nd Karen L.





From the Gonzales Garden Club

Beaver's Abundance

When Conchita Richey found out that a new native plant nursery opened in Prairieville, she had to go. After one visit she set up a tour of the site for the garden club, so on November 6, members

enjoyed a program at Beaver's Abundance on Jefferson Hwy. Owner Ian Richardson talked about the beauty and benefits of native plants in general. As the group browsed through his outdoor display of plants, Ian called attention to his signage at each plant group which notes its bloom time, light and water requirements, and attraction of specific bees,



Members ready for the tour of the nursery: (seated) Janis Poche, (standing LtoR) Jamie Trisler, Marilyn Rice, Dale Bowman, Owner Ian, Dana Teepell, Janis D'Benedetto, Patti Mouton, Cynthia Stafford, (back row) Kathy Guidry, Zanna Brewer, Raakhee Malani, Phyllis Charrier and Conchita Richey.



GGC members browse the tables of native plants at Beaver's Abundance.



Kathy Guidry and Zanna Brewer smile behind a table of perennials.

birds and butterflies. Members consulted him for recommendations to satisfy their particular garden needs and purchased suggested native varieties.

The group then moved indoors to the Eco-Boutique. The showroom products are curated for their craftsmanship of natural, recycled and repurposed materials. These gifts and goods made by local artists and vendors support a sustainable lifestyle. Items include handmade soaps,



During his presentation, Owner Ian Richardson recalls details of how his business came to be "Beaver's Abundance" in April of this year.



Artwork in Beaver's Eco-Boutique includes these lovely pressed flower wall hangings.



The house plant selection includes many containers of flawless succulents.

candles, jewelry, pressed flower designs, paintings and birdhouses. Ian said, "On Saturdays, it's like a little farmer's market here. We have people making and selling things like bread, coffee, and jellies. If you know anybody to reach out to us, we always need vendors."

Phyllis Charrier hosted lunch at her home assisted by Zanna Brewer, Raakhee

Malani, Pat Mouton and Janis Poche. Sauce piquant and rice (made by husband Thomas), corn maque choux, vegetable pasta, cole slaw, yeast rolls and fall mimosas were followed by baklava and "Slice of Heaven" cake. Next month's meeting will revolve around a Christmas celebration.

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

Yard of the Month • RESIDENTIAL



Residential Yard of the Month winners are Edric and Casandra Smith on East Haven St. for their nicely shaped crape myrtles, sago palms, potted crotons and a beautifully manicured lawn. The garden also boasts metal sculptures and fall decorations.

Yard of the Month • COMMERCIAL



The Taco Bell at 1202 Airline Hwy. was chosen as the Commercial Landscape for its colorful vincas, variegated ginger, evergreen shrubs and neatly trimmed palms.



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Battle on Burnside







A Needle for Knots?

I recently went through a couple of months of dry needling therapy for shoulder pain that built up but sent me over the edge from heavy lifting and general overuse. When I went to see my physical therapist, I was surprised when he said it was a trigger point (despite not knowing exactly what that meant or was).

Trigger points are also called muscle knots, which surprised me, because it felt sooooo much worse than just a knot. I honestly thought I may have

to get surgery. That's how bad it hurt!

My trigger points were painful to the touch on the top, front and back of my shoulder area. I also started to notice (it got worse over time) that my neck, jaw, and back of the scalp has some very painful spots as well.

My therapist said my trigger points could have formed for a variety of reasons, likely from overuse and not enough stretching. I basically had microtears and enzyme buildup in these areas which led to a hypercontraction state.

We started treatment with weekly dry needling. I'll say it

doesn't necessarily hurt, but you can feel when the needle hits the point that it should. When the needle hits the specific area, I could feel my muscle twitch and then relax. This is part of the process, the needle hitting that hypercontracted muscle, encourages blood flow and oxygen to the area, reduces inflammation and that is what encourages it to release.

I had several points in my traps, lavater and other areas that were treated over the course of a couple months. After each treatment, I was sore and a bit low on energy. This is because my therapist said it's like an intense workout on those specific

muscles and points. The following day however, I felt like my pain and range of motion were improved.

I thought I could get to a recovery point in just a few weeks, but it took nearly eight weeks. I would have gone eight more weeks if that meant I didn't have to have surgery or stop working out.

The treatment was something I would do again; however, I have learned that specific at home exercises and massage techniques should keep most of these issues at bay.

There are oodles of videos on you tube that offer guidelines for stretches and massage techniques you can do to target your trigger points at home, but of course, always consult your doctor with any issues or concerns. I just wanted to share my experience with should pain and how dry needling worked for me.

Wishing you all a peaceful, healthy, joyful Thanksgiving holiday Ascension Parish.

XOXO,
Sweet Eyes





It's Christmas Time: Give the Gift of Healthy Beautiful Skin!



The holiday season is here, and what better way to treat your loved ones than with a gift that promotes wellness, confidence, and self-care. As we enter the season of giving, consider giving the gift of healthy beautiful skin with gift cards for a wide range of rejuvenating treatments. Whether it's Botox to smooth fine lines, Morpheus8 to tighten skin, or a relaxing facial to renew the skin.

At Z Dermatology we deliver a **personalized experience**. Every person's skin is unique, so a gift card allows your recipient to choose the treatment that best suits their needs and goals.

Popular Aesthetic Treatments to Gift This Holiday Season:

1. Botox/Dysport Relaxant Treatments – Smooth Wrinkles and Fine Lines

Botox/Dysport is one of the most requested and trusted cosmetic treatments in the world. This injectable treatment is used to smooth out fine lines and wrinkles, particularly around the eyes, forehead, and mouth. It works by temporarily relaxing the muscles responsible for causing wrinkles, creating a smoother, younger-looking appearance.

2. Dermal Fillers – Restore Volume and Contour

Dermal fillers are used to restore volume to areas of the face that have lost fullness due to aging or other factors. Common treatment areas include the cheeks, lips, under-eye area, and jawline. Fillers can also smooth out deep lines and wrinkles.

3. Morpheus8 – Skin Tightening and Rejuvenation

Morpheus8 is an advanced treatment that combines microneedling with radiofrequency energy to tighten, tone, and rejuvenate the skin. It's effective for treating skin laxity, fine lines, and uneven texture on the face and body. This treatment also stimulates collagen production, improving the skin's overall appearance and elasticity.

4. IPL (Intense Pulsed Light) – Sun Damage and Skin Tone Correction

IPL is a popular treatment that uses light energy to target skin concerns like pigmentation, sun spots, and redness. It's ideal for individuals dealing with sun damage, age spots, or uneven skin tone. The treatment helps to rejuvenate the skin by stimulating collagen production while treating vascular issues like broken capillaries.

5. Chemical Peels – Renew and Revitalize Your Skin

Chemical peels are a great way to exfoliate the skin, removing dead cells to reveal a brighter, smoother complexion. They can target a variety of skin concerns, including fine lines, acne, hyperpigmentation, and dullness. The depth of the peel can be customized depending on the individual's need.

Whether your loved one is looking to refresh their skin, smooth fine lines, or rejuvenate their complexion, there's an array of treatments to choose from, including Botox/Dysport, Morpheus8, IPL, chemical peels, fillers, and more. Aesthetic dermatology gift cards

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There are several misconceptions about physical therapy that can prevent people from seeking help or fully understanding the value it provides. Here are some of the most common ones:

Physical Therapy is Only for Injuries

Misconception: Many people think that physical therapy is only for those recovering from surgery or serious injuries. *Reality:* Physical therapy is beneficial for a wide range of conditions, including chronic pain, mobility issues, posture correction, neurological disorders, and even preventative care. It's also helpful for conditions like arthritis, headaches, or general muscle weakness, not just acute injuries.

Physical Therapy is Painful

Misconception: Some believe that PT is a painful and uncomfortable process. *Reality:* While physical therapists may challenge you to work through certain discomforts, therapy is generally aimed at improving mobility and strength without causing unnecessary pain. A good therapist will adjust techniques to ensure that discomfort is minimal and within safe limits.



Taylor Terrio, PTA • Hailey Leindecker, DPT

You Need a Doctor's Referral to See a Physical Therapist

Misconception: Many people think they need a physician's referral before seeing a physical therapist. *Reality:* In many places, direct access laws allow individuals to see a physical therapist without a prescription. If you're experiencing pain, mobility issues, or other physical concerns, you may be able to book an appointment with a PT directly.

Physical Therapy is Just A bout Exercises

Misconception: Physical therapy is just a set of exercises that anyone can do at home. *Reality:* While exercises are an important component of PT, it's a

comprehensive treatment plan that may include manual therapy, modalities, education, and advice on posture and movement patterns. A PT will tailor the approach to your specific condition.

Physical Therapy is Only for Older Adults

Misconception: Some believe PT is only for seniors dealing with age-related issues. *Reality:* People of all ages, including children, athletes, and young adults, can benefit from physical therapy. PT is commonly used for sports injuries, recovery from surgery, and even managing conditions like scoliosis or repetitive strain injuries.

Physical Therapy Will Just Treat Symptoms, Not the Root Cause

Misconception: Some people think physical therapy only addresses symptoms, not the underlying cause of the pain or dysfunction. *Reality:* A skilled physical therapist works to identify and treat the root cause of the problem, not just the symptoms. They may assess posture, gait, muscle imbalances, or movement patterns to address the deeper issues causing pain or dysfunction.

Once You Start PT, You're Committed to Long-Term Treatment

Misconception: People often believe that starting PT means you'll have to continue indefinitely. *Reality:* Physical therapy is often a short-term, goal-oriented treatment plan. The goal is to get you to the point where you can manage your

condition independently or with minimal ongoing support. Once the specific goals are achieved, therapy may conclude.

All Physical Therapists are the Same

Misconception: Some people think all physical therapists provide the same care or specialize in the same areas. *Reality:* Physical therapy is a diverse field, and therapists often specialize in areas like sports medicine, orthopedics, pediatrics, neurology, or geriatrics. It's important to find a PT whose expertise matches your specific needs.

You Can Get Better on Your Own Without Physical Therapy

Misconception: Many believe they can heal on their own without professional help, especially for minor injuries. *Reality:* While some minor issues may resolve on their own, PT can expedite recovery, improve outcomes, and prevent future injuries. A physical therapist can also teach you how to prevent the issue from recurring, helping you manage or avoid complications.

Physical therapy is a highly effective, evidence-based approach to managing and improving a variety of conditions, not just a "quick fix" for injuries. Understanding these misconceptions can help individuals make better-informed decisions about their health and well-being.

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YOUR ESTATE MATTERS



By Linda Melancon

Do You Own a Business? If So, Are you ready for the Corporate Transparency Act Deadline on January 1, 2025?

What is the Corporate Transparency Act?

The Corporate Transparency Act (CTA) is a new law requiring certain entities to

disclose certain information to the Financial Crimes Enforcement Network (FinCEN). The purpose of this law is to combat money laundering, terrorism, tax evasion, and other misconduct being run through shell companies or companies with intentionally shady ownership structures. Yawn, am I right? Well, while this may sound like something only corporate lawyers and C-suite occupants might care about, it actually has a much greater reach. Although the name implies otherwise, the CTA does not only apply to corporations – it applies to all entities which meet the definition of a “reporting company.”

What is a reporting company?

A reporting company is any corporation, LLC, limited partnership or similar entity created by filing a document with any US state, territory or Indian tribe.

The CTA requires “reporting companies” to submit a report called a Beneficial Ownership Information Report to FinCEN which provides the company’s legal name, current address, jurisdiction of formation, EIN, and personal information about the company’s beneficial owners.

This reporting requirement applies to all companies ranging from large corporations to single-member LLCs.

Who is considered a beneficial owner?

There are two ways an individual can be considered a beneficial owner.

First, a beneficial owner is any individual who owns or controls at least 25% of the ownership interest in a reporting company.

Ownership interests includes any mechanism used to determine ownership, including but not limited to stock, voting rights, and/or equity.

Second, a beneficial owner is an individual who exercises substantial control over the reporting company. This definition is broad and encompasses anyone who can be considered to have substantial influence over important matters, from CEOs to board members. Every company will have at least one beneficial owner; however, it is likely many companies will have multiple beneficial owners. Each reporting company will have to report the following information for each beneficial owners:

- Legal name
- Residential address
- Date of birth
- Identification numbers from the beneficial owner’s non-expired driver’s license, state ID card, or passport

How can I be sure if my company is considered a reporting company or if I am considered a beneficial owner?

The CTA is new and there are several questions about how the rules will be interpreted in the future. Keep in mind that

failure to report or update a company’s Beneficial Ownership Information report can result in significant fees – up to \$500 per day the company is not in compliance, up to a maximum of \$10,000. In cases of fraudulent reporting, these fines could be paired with two years in prison.

Therefore, it is better to err on the side of caution by providing more information rather than less.

When is the Beneficial Ownership Information Report due to FinCEN?

The deadline to submit your Beneficial Ownership Information Report depends on the date the company was formed.

- For all entities formed on or before December 31, 2023, the deadline is January 1, 2025.
- For all entities formed between January 1, 2024 and December 31, 2024, the deadline is 90 days after formation.
- For all entities formed on or after January 1, 2025, the deadline is 30 days after formation.

How do I complete the Beneficial Ownership Information Report?

The Beneficial Ownership Information Report must be completed on the FinCEN BOI E-Filing System, which can be found at <https://boiefiling.fincen.gov/>.

As always, the best way to make sure you’re protected is to seek competent professional help. Our legal team at Legacy Estate & Elder Law has the experience and expertise to guide you through this important deadline before time is up.

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 dogs have narcolepsy??

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Abigail Estevez, COTA/L **Certified Occupational** **Therapy Assistant**

Crawling is often celebrated as one of the first significant milestones in a child's development. Typically occurring between 6 to 10 months of age, this phase is not just about mobility; it plays a vital role in a child's development overall.

Crawling develops muscle strength, coordination, vision and so much more. The skills developed through crawling also play a huge role in a child's future academic performance. Academic skills such as reading readiness, writing, problem solving, attention and focus, as well as social skills may come a bit easier to children who crawled as a baby.

Understanding the importance of crawling can help parents and caregivers support their children effectively during this critical period.



Skills Developed **Through Crawling**

Strength, Coordination, and Balance: As babies move, they strengthen their arms, legs, and core muscles, laying the foundation for walking, running, and other physical activities. Crawling requires bilateral coordination between the arms and legs. This movement enhances balance and spatial awareness, skills that are crucial for later activities like riding a bike or participating in sports. The muscle strength and coordination gained from crawling also contribute to fine motor skills necessary for writing. Children who crawl may have an easier time holding a pencil and forming letters.



Abigail Estevez, COTA/L
Certified Occupational Therapy Assistant

Sensory Integration: Crawling exposes children to different textures and surfaces, stimulating their sensory systems. This sensory exploration is vital for developing an understanding of their environment and improving their sensory processing abilities. Children who are more aware of their environment may find it easier to concentrate in a classroom setting.

Cognitive Development: As babies crawl, they explore their surroundings, which fosters curiosity and problem-solving skills. They learn cause and effect, spatial relationships, and how to navigate obstacles, all of which contribute to cognitive growth.

Social and Emotional Skills: Crawling allows children to freely engage with their environment and interact with caregivers and peers. These interactions promote social skills and emotional bonding, helping children develop trust and security. Strong social skills are

important for collaborative learning and group activities in school.

Visual Development: Through crawling, babies learn to judge distances and navigate their environment. This experience develops depth perception, which is crucial for later skills like reading and writing. Crawling encourages children to visually track objects as they move which is a skill essential for academic tasks, such as following along with text while reading or tracking a moving object in sports. The coordination developed through crawling enhances hand-eye coordination. This skill is vital for activities like writing, drawing, and participating in sports, all of which are important for academic success. Crawling integrates visual input with motor output. Visual Motor integration is crucial for tasks that require coordination between what a child sees and how they respond physically, such as catching a ball or using scissors.

For children who miss the crawling milestone or exhibit delays in these skills, occupational therapy can be a valuable resource. Here's how we can help:

1. Targeted Exercises: Therapists provide exercises and activities designed to strengthen muscles, improve coordination, and enhance balance. These activities often incorporate play, making them enjoyable for children and encouraging movement.

2. Reflex Integration Activities: OTs may incorporate specific activities aimed at integrating primitive reflexes. These activities help children develop more coordinated and voluntary movements, facilitating crawling.

3. Sensory Integration Techniques: OTs use sensory integration strategies to help children process sensory information more effectively. This can include activities that expose children to various textures, sounds, and movements, enhancing their sensory

processing abilities.

4. Encouraging Crawling: Therapists can create an environment that encourages crawling by using toys and obstacles that motivate movement. They may also demonstrate techniques to parents for encouraging crawling at home.

5. Parent Education: Occupational therapists work closely with parents, providing guidance on how to support their child's development at home. This may include suggestions for play activities that encourage crawling and exploration.



Overall crawling is essential in our development and enhances skills that follow us throughout life. Crawling is a fundamental milestone that lays the groundwork for a child's physical, cognitive, emotional development and more. Missing this milestone can have lasting effects that may potentially hinder academic performance later in life. With the right support, including occupational therapy, children can overcome these challenges and thrive. By understanding the importance of crawling, parents and caregivers can better support their children during this critical phase of growth.



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FINANCIAL FOCUS

What should you know about RMDs?

You may spend many decades contributing to your IRA and 401(k), but eventually you will likely need to take the money out — in fact, you must take the money out or face penalties. What should you know about these mandatory withdrawals?

Here are some of the basics:

- *What are they called?* Mandatory withdrawals are technically called required minimum distributions, or RMDs.
- *When must I take RMDs?* If you were born before 1951, you've probably already begun taking RMDs. If you were born between 1951 and 1959, your RMD age is 73. And if you were born in 1960 or later, your RMD age is 75. You can postpone accepting your first RMD until April 1 of the year after you reach your RMD age, but this will result in two RMDs for the year. After you take your first RMD, you must take subsequent

ones by December 31 of each year.

- *What penalties will be assessed if I don't take all my RMDs?* For every dollar not withdrawn, the IRS will charge a 25% penalty, but this can drop to 10% if you subsequently withdraw the correct amount within two years.

- *Which accounts have RMDs?* RMDs apply to traditional IRAs, as well as other types of IRAs, including SIMPLE and SEP IRAs. RMDs don't apply to Roth IRAs. RMDs also apply to traditional 401(k)s, but not Roth 401(k)s.

- *Can I withdraw more than the RMD for any given year?* Yes, you are free to take out as much as you want. However, if you take out more than the RMD for one year, you can't apply the excess to the RMD for the next year.

- *How are RMDs calculated?* Typically, your RMDs are determined by dividing your account balance from the prior December 31 by a life expectancy factor published by the IRS. Your financial professional should be able to perform this calculation for you.

- *If I have multiple accounts,*

do I have to take an RMD from each one? If you are taking RMDs from a traditional IRA, you must calculate each RMD individually, but you can take the total amount from one or more IRAs. If you're taking RMDs from a 401(k) or similar plan, you must take the RMD from each of your accounts.

- *How are RMDs taxed?* You are typically taxed at your income tax rate on the amount of the withdrawn RMD. You may be able to avoid taxes in a particular year if you transfer your RMDs to a qualified charity in what's known as a qualified charitable distribution.

- *If I inherit an IRA or 401(k), am I subject to*

RMDs? Yes. When you take RMDs from an inherited account, you generally must withdraw all the funds within 10 years, as opposed to over your lifetime, which is the RMD window that applies to your own accounts. The rules are somewhat different if you inherit an IRA or 401(k) from your spouse. In any case, though, you'll want to consult with your tax advisor about how to take RMDs from an inherited account.

If you're already subject to RMDs, be sure you've taken them before the year ends. And if you haven't yet started taking RMDs, learn as much as you can about them — because the more you know, the more likely you'll make the right moves at the right time.

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



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Wild Turkey Days-or-How Did I Get into this Yam

by Bill Delaune

On Thanksgiving Day, 1971, the so-called "Game of the Century" took place in Norman, Oklahoma.

Number one Nebraska, riding a 20-game winning streak, took on number two Oklahoma, averaging a record 472 yards a game in its wishbone offense, in what Sports Illustrated described as "Irresistible Oklahoma Meets Immovable Nebraska".

The teams would combine for 17 out of 22 first-team all-conference selections, and the Cornhuskers would prevail 35-31 en route to a National Championship. But none of the participants were aware of another "Game of the Century" going on the same day in a cow pasture in Prairieville, Louisiana.

Each Thanksgiving on a makeshift field decorated with water troughs and cattle droppings as part of the 100-acre tract known as the "Delaunederosa", the annual Turkey Bowl took place.

Men and women, boys and girls, surprise celebrities and an occasional beast would take part in a no-holds-barred football game prior to Thanksgiving dinner that would have rivaled the old Detroit Lion-Green Bay Packer classics in intensity and effort-with a slight drop-off in the talent department.

In this particular year, some of my college roommates joined my siblings and me-along with some mystery guests who arrived on Harley Davidson choppers-to put on one of the great Turkey Bowls of all time.

Modesty forbids but I did throw five touchdown passes during that memorable fray only to lose out on the coveted MVP award because all the girls voted for my roomie

Tommy Solis because "he was so cute".

The real action started later at a crowded dinner table when the food was served and there were more flying elbows than an Irish bar on St. Patrick's Day.

Now there was always a big crowd of in-laws and outlaws at our Thanksgiving table and

precious few" good seats" in the living room to watch that other "Game of the Century" that all the sportscasters kept talking about.

Woe be it to the person with a sofa position who had to go to the bathroom during the game because that spot would be occupied upon his/her return.



my mother turned no one away. She was happy to have the family-and extensions-all together especially since my sister Diane had decided to run off to California earlier that year to see the Pacific and try and set the West Coast on fire.

Anyway, the prodigal daughter had returned and-we assumed-brought a couple of bikers back with her. No matter-the food was hot, the beer was cold and we even celebrated with a fine, red wine-Boone's Farm Strawberry Hill, I believe-as this motley crew of friends and folks sat down to eat.

After dinner there was another mad scramble for the

Ironically, the only real "gentlemen" in the entire group were the two motorcycle guys who make sure all the "ladies" had seats before politely taking their place on the floor in front of our massive 24-inch television. They even cheered when Nebraska's Johnny Rodgers returned a punt for a touchdown because I had casually mentioned having a small financial interest in the Huskers.

At halftime the bikers got up, thanked everyone profusely for the hospitality and roared off-"Easy Rider" style- toward New Orleans.

My mother, who was a sucker for manners not having

witnessed an abundance of etiquette among her own, remarked how impressed she was with the Davidson duo's manners despite their scruffy exterior.

"Just goes to show you can't judge a book by its cover," she said. "And Diane, that was very nice of you to invite your California friends over for Thanksgiving. Those boys probably had nowhere to go"

My sister stopped massaging an alleged "injury" that Tommy had received to his leg during the Turkey Bowl and shot a confused look across the room.

"My friends? I thought they were Bill's friends."

As far as I know they might have been Peter Fonda and Dennis Hopper off to find America and they probably will be during the next retelling of this story.

Anyway, I'm thankful for the memories I have of the "good old days"-of friends and family and-sometimes-total strangers. But I also have a lot to be thankful for these days also. I know it's not my usual style but I'm allowed to get a little sappy during the holiday season. And don't worry-I'll try to have something crude and sophomorically vulgar for you in the next issue. Let's start with...

1. Ascension schools- We should all get down on our knees at night and give thanks for the public school system in this parish. Not only are they "A-rated" in academics, the extra-curricular activities are second to none. And what fun we have when the high schools on the east side play each other. Pictures are worth more than a thousand words so take a look at Mike's photos from the East Ascension-St. Amant golf tournament and the

tailgating before another Spartan-Gator classic if you don't believe me.

All three established east side high schools make the playoffs most years (as does Donaldsonville on the west bank) giving new meaning to the term student-athletes in this parish. And if we are lucky enough to get a rematch with any of the teams in the playoffs-well, what a party that will be. And watch out for Prairieville in a couple of years. There's a spirit storm brewing in Hurricane country.

2. Local baseball and music- South Louisiana seems to do okay in other sports also-particularly baseball. As suggested in some of my earlier writings, I firmly believe that one way we can come together as a state, nation or even world (I can dream, can't I?) is with baseball and music as common denominators.

I cite baseball because of its universal appeal from the Far East-Japan and Korea-to the Caribbean, from Canada down

to South America; everybody loves "America's Pastime". Besides, as that great American philosopher George Carlin once pointed out, "Football is a game that involves bombs, blitzes and field generals. The object of baseball is to get home safely."

Add music to the equation-no matter what the beat-and you have the perfect solution to all the world's problems. So what better spot to start the movement than right here in Ascension and surrounding parishes.

I'm so thankful for the great baseball we have in this area-from parish and city leagues to travel teams, from high school squads to the LSU program which leads the U.S. in attendance year after year.

And what about the music down here. From Swamp Pop to hip-hop, from country to gospel, from big bands to one-man acoustic shows, on any given night you can find a gig that suits your taste. So just imagine, if I may borrow a line from one of my idols John Lennon, people of all races,

religions and economic levels gathering at a local park to watch a ball game and then, in the seventh inning, swaying and singing Harry Caray style, "Take me out to the ball game..."

Even those on the short end of the score would be winners that day.

3. New Orleans Fairgrounds- The Fairgrounds opens Thanksgiving Day and spectators will fill the old track for a day of fun, food and racing.

I'm thankful to my friends in the public relations department that sent me a press pass a few years back, but isn't that like giving crack to an addict?

Anyway it's always a good time at the old track-even when your longshot goes off at 20 to one and comes in at 20 after two.

4. Family and friends- I'm thankful that holiday gatherings can resume and that after two sons and five grandsons we finally have a little girl-a great-granddaughter-to join the gang of merry men. Although the common comment at the

gender reveal party among the guys was, "She's going to get all Paw-Paw's money..."

Throw in two beautiful daughters-in-law and a just-as-beautiful grand daughter-in-law, and a wife that has put up with my Peter Pan existence for over 50 years now, and you can see I'm a lucky man indeed-no matter what happens at the track.

5. Readers- I'm especially thankful for you-my faithful readers-who pick up Ascension Magazine and check out my monthly rants and observations. And don't hesitate to comment -good or bad-when you run into me.

In fact, my favorite comments begin, "Bill, I read your column every month but sometimes I don't know what the hell you're talking about..."

That's quite all right. I write the thing and sometimes I don't know what I'm talking about!"

Happy Thanksgiving and be more thankful for who's at the table than what's on it.



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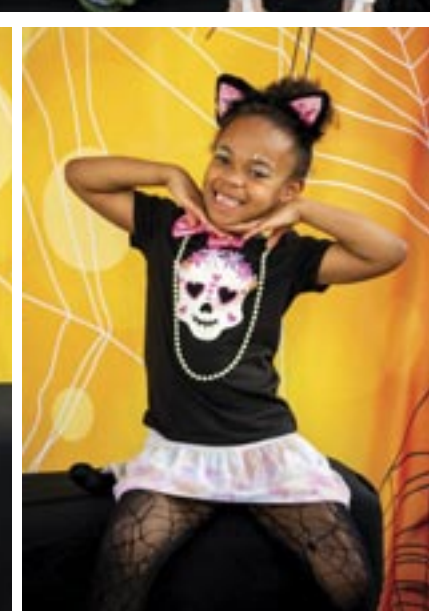
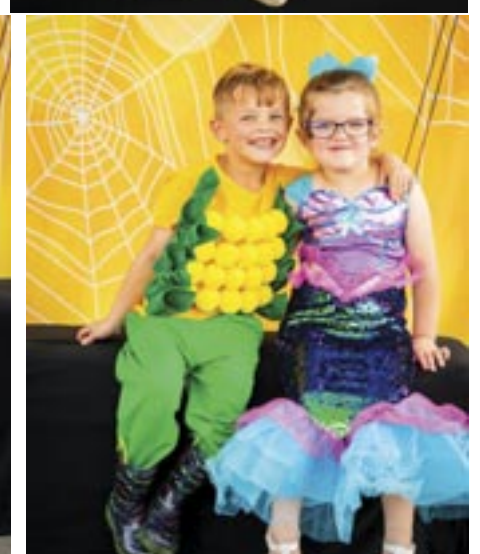
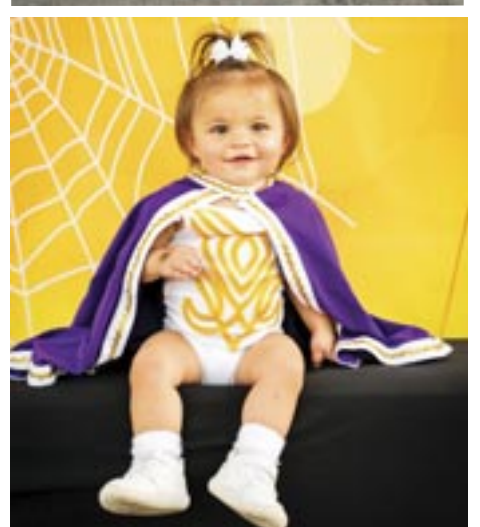
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What started as a small beautification project – refreshing a few garden boxes at Jambalaya Park – quickly turned into a blooming partnership between our locally owned company & the city of Gonzales! As soon as we heard about plans for the city’s first fall festival, we knew it would be another fantastic opportunity to give back to our garden community & the families of Gonzales.

Although we had already ordered our pumpkins for the fall season, we decided to get 4 extra crates specifically for a donation to the festival. With a mix of traditional orange and white heirloom pumpkins – and a few hundred goody bags – we set up our booth and got ready for



the crowd!
Traffic was slow at first, but then all at once our booth was chockfull of amazing costumes and painted pumpkin masterpieces! I was worried parents might get upset when the paint mysteriously travelled from pumpkins to costumes, but they seemed happier than ever to take a break under our shaded booth. The paint station was run with the help of a Dutchtown student organization. They did an amazing job helping the kids with pumpkin designs and made sure we were well taken care of throughout the event. This donation and other projects are part of our ongoing dedication to community involvement. We hope to

continue expanding that presence throughout Gonzales and all of our service areas.
Thank you for supporting our local plant nursery!

-The Louisiana Nursery Team /
Digital Media Manager of Louisiana
Nursery, Beau Mutrie



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Jammin' with Goosie

Outdoor Meals!

It was my most awaited morning of the year, the first day of squirrel season. I was awakened by the stirring of my buddies' movement on the screened in porch and the soft light of a coal oil lamp. The camp's generator had stopped running sometime during the night making the ability to sleep in the still humid air very hard to do even though my aching head from the prior evening's event could have used some more shuteye. The delightful smell of real home brewed coffee skillet fried bacon, biscuits, and eggs greeted me as I approached Mike

who was standing by the camp stove. As the eastern sky was starting to lighten up I began enjoying every bite of the delicious meal as we discussed our morning plans. That very well might have been the best breakfast that I have ever eaten.

We have probably all heard the old saying that states "Everything seems to taste better at the camp" many times before. There's probably some truth to that statement and several reasons for that line of thought. One reason could be because you are finally where you have been wanting to be for some time now at that point. You're probably with some pretty close friends or family members and maybe even



cooking some game, fish or fowl that the group has harvested on the outing. Hunger also is created from being cold at times along with some of the exhaustion created from waking up early and participating in some of the tasks of outdoor activities.

On a warm July night several years ago, myself and a couple of co-workers of mine decided to go frog hunting in the Des Allemands area after work. As soon as the sun disappeared we began to catch frogs at a pretty steady rate. Time passed quickly and around midnight we decided to shut the outboard engine down and take a short break from the action. Hot, sweaty and thirsty as we sat there listening to the sounds of the Louisiana darkness the driver of the small boat broke out several cans of Vienna sausage and potted meat along with a pack of crackers for a midnight snack. I'm telling you that I can't remember anything, anywhere, at any time that actually tasted any better than that did at that particular moment.

I will say that all of my experiences of camp food eating have not led up to my most pleasurable nights of sleeping for me in the past. Surely many of those unpleasant situations were attributed to the abundance of delicious but unhealthy snacks available in these settings combined with the act of having just a little bit

of too much fun at the time, if you know what I mean. One important part of my camping bag belongings consist of indigestion relief medicines, aspirins, etc. So does eating food in the outdoors or at a campsite



setting make it taste better than it would appear to be in a more normal situation? I guess that the answer to that is left up to each individual. So you make the call. It sure seems to have a different flavor than the normal come home from a stressful day of work supper that you eat in a hurry as you are discussing normal everyday life challenges of the day with your better half. I personally do enjoy campsite cooking and I can't wait for my next opportunity to try some more of it in the future.

Till next time

Can,t wait for the next one

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East Ascension Sportsmans League

Letter from president -

Greg Cedotal

The leaves have started falling, it won't be long before you can sit in the deer stand and see a long way through the woods. You will be able to watch the squirrels playing in the trees, the coons, opossums, and other creatures going

about their day while you wonder where all the deer that you saw on your trail camera have gone. That is still better than being at a desk or pulling on a wrench somewhere else while wishing you were in the woods. Hope you are able to get a nice deer or two.

I have been watching tent caterpillars walking across my front porch and seeing them in the back yard. Seeing them moving about makes me want to go do a little fall fishing. I will let you know how that goes.

We are approaching the time of year when we elect officers and board members for EASL. I look at the state of the organization and wonder how much longer it will exist if younger members do not step up to serve as officers and board members. If you are interested in serving and

making a difference in our community and state, please consider serving. If you have questions about serving, feel free to contact me.

Now for a little bit about EASL events. You must be a member to participate in these events. EASL Bass Club will fishing a tournament on November 26th. If you are interested in fishing with the bass club, contact Jim Hebert at 225-717-6037. The November 22 Rifle Silhouette Match will be November 23rd 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 gdc1@gmail.com.

EASL's next regular meeting is December 16th in the second-floor meeting room at Cabela's, starting at 7:00 PM.

EASL Bass Club News

The EASL Bass Club held their October Tournament on the 26th. The members could launch anywhere between Amelia to Pigeon Landing. The weigh in was held at the Spillway public landing at 3:PM. There were 12 Boats participating in the Tournament.

Even though the Tournament was held after the hurricane, 6 boats caught their limit, 3 boats caught fish also and there were 3 boats that zeroed.

When the weigh in was complete, the winners were Gary Christian & Wilson Mulina with a limit that weighed in at 11.02 lbs. They also won "Big Bass" with their lunker that weighed 3.50 lbs. Second place was won by Tim and Jason Fatheree with a limit that weighed in at 10.72 lbs.

Congratulations to the winners of the October Tournament.

The next Tournament is the Classic which will be held on November 16th.



Left to right, Jason & Tim Fatheree, Gary Christian & Wilson Mulina

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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

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Pepper Jack Hamburger Patties
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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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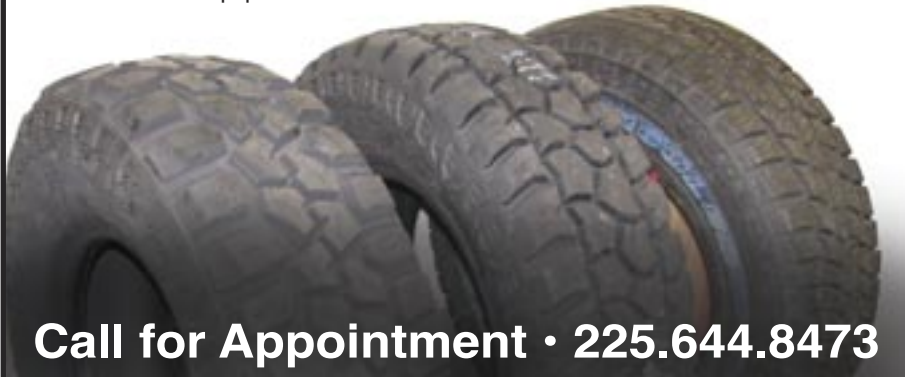
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Useless Random Facts with Kellie

You are more likely to lose your hearing than any of the other senses if you are hit by lightning.

One of the first lightbulbs was a thread of sheep's wool coated with carbon.

The sixteenth-century astronomer Tycho Brahe lost his nose in a duel with one of his students over a mathematical computation. He wore a silver replacement nose the rest of his life.

Reindeer's milk has more fat than cow's milk.

In Hong Kong soy milk is as popular as Coca-Cola in the West.

The Bloody Mary is known as the "Queen of Drinks" and was invented in Harry's Bar in Paris in the 1930s.

Tic Tacs contain carnauba wax-the same ingredient found in many car polishes.

Pepsi is commonly used by wooden boat owners to clean mold from decks. You can spill it on for about thirty seconds, but it needs to be rinsed to be sure it does not erode the decks completely.

Forty-eight million people in the United States receive their drinking water from private or household wells.

Charles Dickens never finished his schooling. He was also an insomniac, who believed his best chance of sleeping was in the center of a bed facing directly north.

Dr Jekyll first name is Henry.

Thoughts from Bully

Mr. Twong Does Mr. Wong ... Wong?

In my early days in the publishing industry I sold ads for a local publication, Ascension Parish Magazine.

I sold many ads for the premier issue. After the issue hit the streets I made appointments with all the my clients. Client after client raved about the magazine and I was 10 for 10 with happy customers.

My next appointment was with Henry Wong a Chinese Restaurant owner. In the sales presentaion to Mr. Wong for



the ad, he requested specifically that his ad was to run in upper "white" hand

corner. We signed the contract and his ad was put in the magazine.

When I arrived at his office I expected him to be satisfied

like all the customers before him.

Hey Henry, "How are you doing? What did you think about the magazine?" Before I tell you what he said I need to point out my last name is Strong. Henry looked at me and said "Mr. Twong you did Mr. Wong ... wong." You can imagine my surprise and I was supressing a laugh but he was serious. "You came here selling ads and I signed 'contwact' to run ad and I requested upper 'white' hand corner."

Part of my duties with the magazine, along with sales, was as Art Director and I put the pages together. At 4am I was finishing the magazine and realized I had one ad space left and available. To fill the space I put an ad for myself and my portable DJ service in the space.

Henry said, " Mr. Twong you really did Mr. Wong wong."

I purchased ad mainly because I ams friends with the publisher. Mr. Twong I wanted ad in upper 'white' hand corner. Where's Mr. Wongs ad? Is it in upper 'white' hand corner? No, it's in bottom 'white' hand corner. Who's in upper 'white' hand corner? Mr. Twong DJ Service. Mr. Twong is over Mr. Wong. You did Mr. Wong, wong."

He then led me over to the door and he opened it. He pointed at his sign on Airline Highway that was flashing and lite up the night. "Mr. Twong I like the magazine but I don't need to abertise. I have sign on 'Airwine' highway. It looks like Las 'Begas' out there".

I ended up giving Henry a free ad but will never forget the the day I was accused of treating Mr. Wong, Wong!!!



Eric Lambert
Owner



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The Gulf Coast Police Motorcycle Skills Championship

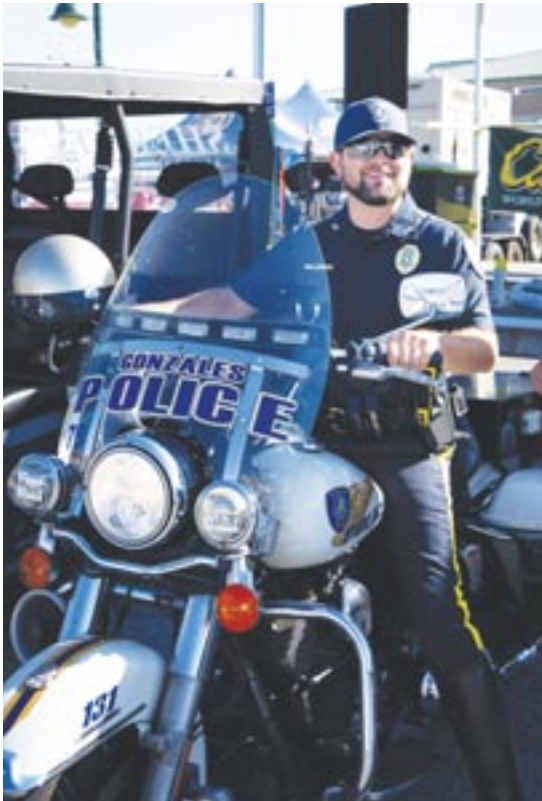
The Gulf Coast Police Motorcycle Skills Championship is a competition in which motorcycle teams from various law enforcement agencies across the country

test their skills at Cabela's in Gonzales. There is a registration fee with all proceeds going to the Dream Day Foundation and St. Jude Hospital. There are also

several fundraising and auction events throughout the week leading up to the big competition day. We're honored to be a hosting agency for the past several

years. This event is always open to the public all throughout the week at no charge, we encourage everyone to come out to support the teams.



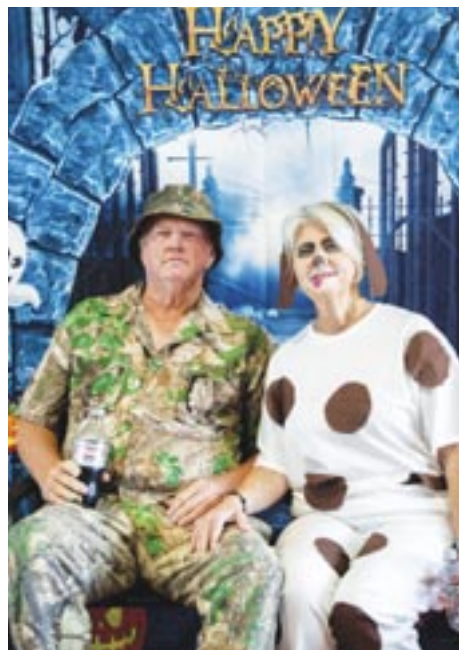




The Garney Gautreau **Monster Mash Soc Hop**

PHOTOS BY ROBIN STEVENS, OFF THE GRID PHOTOGRAPHY





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STUFFED REDFISH DANTES



Executive Chef, John Donaldson

Prep Time: 1 hour

Cook Time: 15 minutes

Servings: 4 servings

Ingredients:

1 lb. -eggplant (peeled and thinly sliced)
 ¼ cup -green bell peppers – small diced
 ¼ cup -green onions-chopped
 ¼ cup -celery – small diced
 1 tsp -granulated garlic
 1 cup -onion – small diced
 1 cup -bread crumbs
 1 ½ tsp -kosher salt
 1 cup -small shrimp
 ½ lb. -crawfish tails (rinsed thoroughly)
 4 -redfish filets (cut a pocket in the middle to place stuffing in)
 Pinch -red pepper
 Pinch -black pepper
 1 tsp -granulated garlic

Instructions:

Place eggplant on a sheet pan and rub both sides generously with olive oil and bake at 350 degrees until tender. Chop well with spatula to break up the eggplant into a puree. In a small braising pan over medium heat cook onion, celery, and bell peppers until tender then add eggplant and seasonings. Add shrimp and crawfish to pot and cook for five minutes. Remove from heat. Add bread crumbs and green onions and fold until fully incorporated. Allow mixture to cool then scoop a generous portion into redfish. Place fish on a baking pan and season to your taste. Pour a half cup of melted butter and a half cup of water onto pan and place into a preheated 350 degree oven for 15 minutes or until the center reaches an internal temp of 165 degrees. Remove from oven and enjoy!


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