

COMPLIMENTARY

Ascension

M A G A Z I N E

JANUARY 2024, VOL. 22 ISSUE 1



Tommy White

SEE PAGE 20

Photo from LSU Athletics

Valentine's Day



Starting February 1st, each purchase of \$250 or more will receive a luxurious bath gift set.

Any purchase of \$750 or more will receive BOTH the bath gift set and a Date Night (\$100 value) to The Library Wine and Provisions in Gonzales.

While Supplies Last
Promotion ends February 14th**



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Ascension Magazine

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The Holidays are Behind Us and Looking to the New Year

Tags & Titles hopes that the holidays and new year are treating our family, friends and customers well. Our commitment to you remains the same - Fast, Efficient, and Friendly Service to get you in and out and back to your busy life.

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Jamie Frederic-Braud

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ASCENSION GOVERNMENT INAUGURATES AND PREPARES FOR FIRST COUNCIL MEETING WITH NEW MEMBERS

On January 2, 2024, Parish President Clint Cointment and the Parish Council were sworn into office. The ceremony at Lamar Dixon Expo Center’s REV Center marks the beginning of a new era for the community, with seven new members joining the council. The event drew a diverse crowd of local and elected leaders, community members, and well-wishers who gathered to witness the swearing-in ceremony.

Parish President Clint Cointment, sworn in for his second term, vowed to continue the progress started in his first term, emphasizing his commitment to the community. “Yesterday’s inauguration was not just the swearing in of our Parish

leadership, but a symbolism of our commitment to work together as a collaborative unit to keep Ascension the number one Parish to live in the state,” said Cointment.

The following people were sworn into office:

**Parish President
Clint Cointment**

Council Members:

Oliver Joseph (District 1), new; has served previously

Travis Turner (District 3)

Brett Arceneaux (District 4), new

Michael “Todd” Varnado (District 5), new

Chase Melancon (District 6)

Brian Hillensbeck (District 7), new

Blaine Petite (District 8), new

Pamela “Pam” Alonso (District 9), new
Dennis Cullen (District 10), new; has previously served
Michael Mason (District 11)
Joel Robert (District 2)
 *returning; absent from the ceremony

The inauguration ceremony precedes the first meeting of the new Parish Council was scheduled for Thursday, January 4, at 6 p.m. at the Donaldsonville Courthouse at 300 Houmas Street.



Eagle Expo 2024

February 22 - February 24

Eagle Expo will be held February 22-24, 2024 in Morgan City, Louisiana. REGISTER NOW Explore Louisiana Cajun Coast

Thursday evening features a FREE Wings to Soar Presentation at 6:30pm at the Patterson Civic Center, 116 Cotten Road, Patterson, LA 70392

Jon and Dale Stokes of Wings to Soar have worked with Birds of Prey for a combined 60 years. They are passionate about birds of prey (or raptors) of America. Enjoy a variety of live birds of prey for a fun and informative presentation. Featured raptors include a Falcon, Hawk, Owl, Black Vulture and a Bald Eagle – many of which are free flying for an unforgettable “close encounter.”

Sponsored by Barataria Terrebonne National Estuary Program. (BTNEP) Please



arrive at least 15 minutes to program start time.

Activities on Friday include boat tours to view the American Bald Eagle. Tours include: The Atchafalaya Basin with Captain John Burke (Captain Caviar,) and Bayou Long with Captain Ivy St. Romain. We are also offering a Walking Tours to the Bayou Techen National Wildlife Refuge and a Photography Tour with Captain Billy in Bayou Black.

50 eagle sightings along with other birds including Anhinga, Peregrine Falcon, various species of hawks and ducks,

wading birds, some songbird species, Blue Heron, Snowy Egret, Great Egret, White Ibis, Belted Kingfisher, Red-tailed hawks, Double-crested Cormorant, the American White Pelicans, Red-shouldered Hawks, Yellow-rumped Warblers, Carolina Chickadees, various species of terns and gulls will possible be seen.

Friday evening will be a sunset social and dinner at Bay City Bistro. BTNEP Eagle Expo Cajun Coast

Shirts are also available for purchase.

Speakers

Delaina LeBlanc – Are Limpkins Becoming an Invasive Species

Mary Beth Lima – Are You Having A Good Year

Jane Patterson – Birds of the Atchafalaya

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Thank You!! Ascension Bama's



Feed the Needy OF ASCENSION

As we sat around the old Gonzales Country Club eighteen years ago, we heard about a few families that needed food for Christmas. That's when Feed the Needy of Ascension started. I cooked a black iron pot full of food and sold it to golfers and members. We raised over \$800. At that time the money was given to the families for food, clothes and toys for the holidays.

The following year we didn't wait to hear of needy families. After communicating with school principals and community leaders, we set a date to cook pots of jambalaya and promote the jambalaya sales to help as many families as possible.

This event became to be

known as Bama's Feed the Needy but I need to tell you it could have been named for any one of us. The dedication of the hundreds of people who have put their efforts forward to make this needy cause happen.

That first year we raised \$800 and now amounts of \$30,000 plus go to families all across this wonderful parish of ours.

The photos in this article showcase so many people that deserve thanks and pats on the back for having giant hearts. We have lost some of our volunteers and friends over the years but we still feel their spirit with every plate

sold.

This year we raised \$32,000 plus again. Thank you to our many loyal sponsors and donors. We were able to help local food banks, schools, many needy families and children

have a Merry Christmas.

If you care to donate, you can mail to: Bama's Feed The Needy of Ascension, 7245 Highway 44, Gonzales, LA 70737.

Thomas "BAMA" Aldridge

Feed the Needy funds disbursed from 2023.

Total donations for the year: \$32,738

Disbursed to:

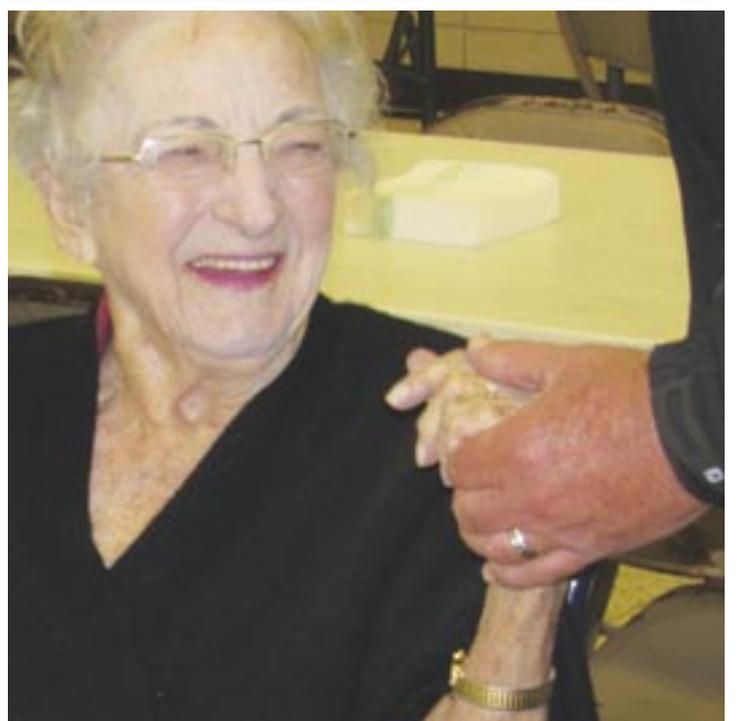
8,800.00	11 local Ascension Parish schools
10,500.00	5 Ascension Parish food banks
1,000.00	OTOW (Ode To Our Warriors)
1,000.00	EDANB (Every Day A New Beginning)
1,000.00	CHC Closet and Pantry
1,500.00	Catholic Daughters of The Americas
4,500.00	Distributed to Ascension Parish needy families

**TO HELP NEEDY FAMILIES CONTACT:
BAMA 241-0804 • RANDALL 270-4443**

The photos in this article spand back as far as 2012



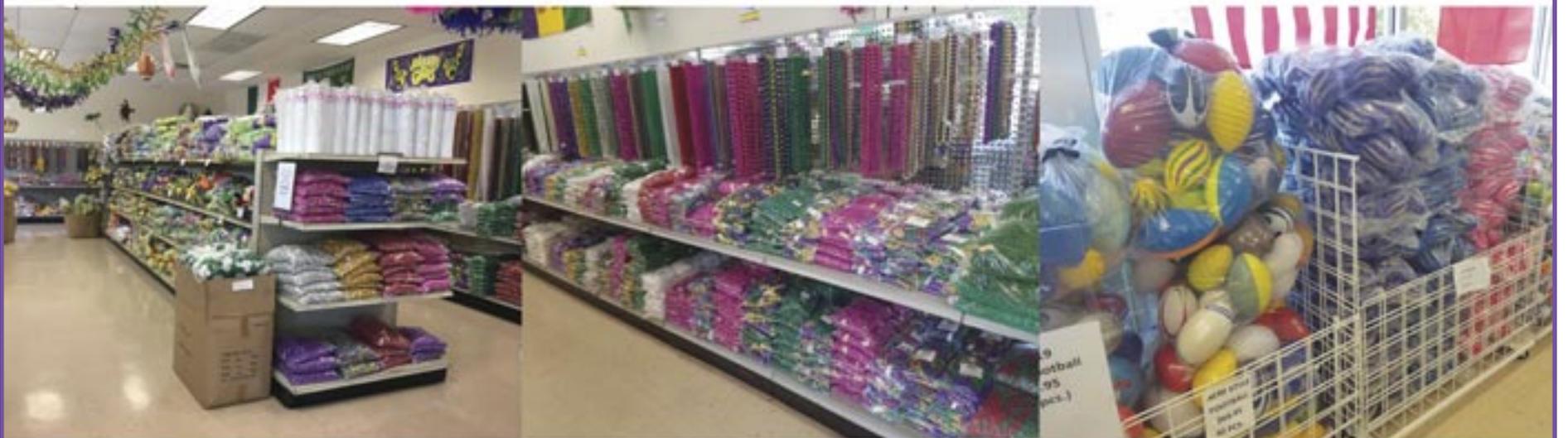






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From the Gonzales Garden Club

Beginning with Bees

Traditionally, the Gonzales Garden Club's January meeting is comprised of a chili luncheon, a guest speaker and guests from other garden associations. The January 10 gathering in the First Baptist Church reception hall included those components. Twenty members and three guests attended. Ascension Master Gardeners Victor Carrington, Erin Albarado and Jeanne Bourgeois came.

Hostesses Marilyn Rice, Conchita Richey, Razzie Cagnolatti, Elizabeth Saffell and Zanna Brewer stocked a buffet line with two of everything. One dish was a rich authentic chili con carne,



GGC Members Razzie Cagnolatti, Zanna Brewer, Conchita Richey, Marilyn Rice and Elizabeth Saffell hosted the January meeting.

the other a somewhat spicy Tex-Mex black bean and corn chili. Red salsa, cool sour cream and shredded cheddar were welcome toppings. Side dishes were a sheet of slightly sweet cornbread squares and a tray of fluffy corn muffins. A pecan praline king cake came

from Ralph's; a Bavarian cream king cake came from Rouses. Everything was delicious. Most attendees visited the buffet table more than once.

Corresponding Secretary Janis D'Benedetto kicked off the business meeting by asking each member to name a plant in her garden that bees like. Besides cool season annuals, small trees like satsuma and shrubs like clerodendrum and camellia provide nutrition for bees during winter months. Committee chairmen discussed the budget, Arbor Day, the Blue Star Memorial, garden therapy and the plant sale workshop.

There were three sentimental anecdotes and one good riddance justification in the Garden Inspiration segment of the meeting. Cynthia Stafford shared a memory of a plush meadow of shrimp plants growing unattended. Consequently, she was thankful to be able to successfully revive her nearly dead shrimp plant. Janis D'Benedetto carefully held a low-profile heart-shaped ceramic container, a cherished gift from her late mother. Dale Bowman declared her attachment to certain

pass-along plants. She had a vase of celosia grown from seeds from her sister and beloved amaryllis flowers from her aunt. Her aunt had the tradition of gifting six amaryllis bulbs to each family member when they bought their first new home. Dale's aunt gave her 12 when she married and moved away. Dale has "hailed those bulbs around with us ever since we bought our first home in Houma in 1974." She has grown and divided those bulbs over the years and given hundreds of them away to family and friends. She teared



Hostesses served chili, toppings, cornbread, soft drinks and king cake for lunch.



Janis D'Benedetto told of the origin of her heart shaped container given to her by her mother.



Cynthia Stafford shared her experiences in reviving shrimp plants.

up as she relayed that story while holding the vase. On a comical note, Katherine Stagg attested that the wretched Mother of Thousands growing



Katherine Stagg was inspired to pull up invasive, overgrown Mother of Thousands plants even though they bolt into chandeliers of bell-shaped flowers.



Dale Bowman's amaryllis blooms are descendants of bulbs gifted by her aunt when Dale bought her first home in 1974. Dale grew the celosia from seeds from her sister.

beside her sidewalk was so obnoxious as it blocked the path that she yanked it out of the ground on the way to the meeting despite its chandeliers of pollinator blooms. She felt empowered to be rid of the nuisance plant and vowed to remain vigilant in suppressing the prolific self-propagation of that weed. It did not spark joy.

Five members shared garden tips. Marilyn Rice cautioned against using plastic to cover plants during freezes because leaves can be damaged when in contact with plastic heated by the sun. Janis Poche said to plant tulip bulbs exactly one month before you want the blooms. Dana Tepell reaffirmed that bulbs do not need to be dug up during a freeze. Zanna Brewer learned that pruning young citrus trees yields more fruit later. Dale Bowman encouraged members to plant potatoes before February 1.



Master Gardener Victor Carrington spoke to the group about helping bees survive.

The program of the day was an educational presentation, "Beginning with Bees", by Master Beekeeper Victor Carrington. His PowerPoint visuals and verbal explanations specified how to help bees thrive by planning gardens with nectar-rich plants and trees while avoiding pesticides. Victor emphasized the support of native plants because "native bees are doing most of the pollination." One may think there are no or few bees nearby, but they are there. They hide because of predators plus some bees look like wasps or flies.

Victor recounted how bees gain nourishment. A bee's



Items for a seed exchange were displayed for members to help themselves.

eyes and tongue determine how it selects flowers. Unlike butterflies, bees are red/green color blind so their eyes orient to the sun to be able to follow the UV light to the petals. The most attractive flower to a bee is blue, lavender or yellow with white pollen and a sweet herbal scent. Interestingly, Victor reveals, "Nectar refills two or three times a day so bees revisit. Flowers, however, have an electric charge that tells bees that someone has already collected the nectar," so the bee moves on to the next bloom.

Tongue shape and length determine which flowers are compatible to the bee. Can they access the pollen and nectar in a deep tubular flower like cuphea, or do they rely on an open-faced compound flower like zinnia? Victor advised offering flowers with a variety of petal shape, color, pollen type and scent in order to attract a diversity of bee species. He detailed how cottage gardens are the ideal environments. They may look messy and cluttered, but bees love the abundance of quality choices that include wildflowers, herbs, berries, and fruit trees. A source of fresh, clean, still water is a must that bees will become dependent upon. Victor even says, "They play in it."

Another consideration that Victor brought up was the bees' reproduction quest. This requires both pollen and nectar. Their reproduction period spans from mid-February through mid-June. A second reproductive period may occur in August, September and October. Louisiana native plants that can help bee populations are

A1 clover, swamp maple, willow, and elm in the spring; tallow tree, coreopsis, blackberry, rudbeckia, swamp thistle, sunflower and buttonbush in the summer; and goldenrod in the fall. During a summer drought or a winter freeze, they must survive on their own honey.

Lastly, less noxious insecticides were mentioned with their modes of action and their effects on the bees. Repulsive herbs like fennel, marigold, mints and nasturtiums planted at the margins of the garden constitute a bee-friendly means of deterring pests. Victor touched on the attributes of honey and gave tips for beekeeping beginners.

All in all, the Master Beekeeper's informative presentation revealed the secret plight of bees and inspired the audience of gardeners to relieve bee stress by providing natural habitats of food and water in their home gardens without threats of noxious chemicals.

Victor became a Master Beekeeper in 2017 at the University of Montana. He was a student of Food Law at Michigan State University. Currently he is affiliated with Ascension Beekeepers and Ascension Master Gardeners. He has 85 hives and sells the honey he farms in St. Amant.



Let's Get It

Strange title, I know, but I've felt a sense of great anticipation for this year. Something in my spirit tells me great things are about to happen, so to prepare for blessings to come, I thought I would give you some tips on how to navigate through this year to optimize success. So, grab a notepad and a pen and let's get this!

Reflect on Your Achievements
Take a moment to celebrate accomplishments, big or small, that made you proud. Reflecting on your accomplishments will not only boost your confidence but will also

provide a solid foundation for setting your goals.

Define Your Priorities

Identify the areas of your life that require attention. Whether it's personal relationships, your career aspirations, or health goals, outlining your priorities will guide you in making decisions this week, this month, and this year!

Set Realistic Goals

Write down realistic goals that align with your priorities. Begin to think of ways that you can accomplish those goals and write down more detailed ways you can accomplish those goals. This will help you stay maintain focus as you work towards your priorities/goals.

Cultivate a Positive Mindset

Embrace positivity even when you don't hit the mark. I had the flu this holiday season, so I didn't start my fitness routine on January 1 the way I wanted to. I will bounce back and get to where I want to be, even if it does take a little extra time. Just remember a positive outlook is a great tool in combatting setbacks.

Invest in Self-Care

If you're not taking care of you, you can't take care of anyone. I love that saying, because it is so true. Prioritize self-care to maintain a healthy balance between your personal and professional life. And don't forget that it's not just about diet, it's about consistent daily movement and restorative

sleep.

Build a Support System
Cultivate strong relationships with like-minded individuals who support your aspirations. Having a reliable support system can provide encouragement, guidance, and a sense of community, making your journey more fulfilling.

Explore Learning Opportunities

Always be open to learn! In 2024, we have unlimited resources to learn easily. Utilize You Tube, podcasts, and audio books! There's no reason you can't be well equipped for whatever your designated goals are!

Celebrate Your Uniqueness

Embrace and celebrate your individuality. You may not be ready to compete in over 30 fitness competitions, but you can reduce your body fat ratio. You may not be married, but you can work on nurturing your social relationships. Just let your individuality shine in all aspects of your life.

So, as we walk out 2024, remember that this year is full of great potential. Here's to you Ascension Parish, go out there and be all you can be!

XOXO,
Sweet Eyes





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With the New Year comes New Resolutions, let us help you make that a reality with CoolSculpting! CoolSculpting will help you get your body back in just a few weeks. Quite often, people will diet and exercise but will still have stubborn fat pockets that just will not go away. Fortunately, there are options, and the best one is CoolSculpting. CoolSculpting fat reduction is a noninvasive body contouring treatment designed to use patented cooling technology to eliminate and destroy stubborn fat cells in a targeted area. It is FDA-approved, so it's safe and effective. That means you can finally get rid of fat without the risks and side effects of surgery. CoolSculpting will help you love your body and feel your best.



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Get Growing, Ascension!

Protect strawberries from freezing temperatures and pests

Nothing gets gardeners in South Louisiana going during the winter months like freezing temperatures in the forecast. There are pots to be moved inside, plants and trees that require covering, and multiple trips to the hardware store to be made.

If you are growing strawberries don't panic just yet. Strawberry plants can survive a freeze with temperatures as low as



Mariah Simoneaux

Plastic tarps, old sheets and blankets will also do the job. Secure your covering well, but do not pull it tightly over the plants. Anywhere the covering is touching the flowers, the flowers will die back. Be sure to remove your covering as temperatures warm during daytime hours. If you don't have coverings on hand, or it seems like too much trouble, another option is to cover your plants with a thick layer of pine straw. This will provide your plants with some protection from the cold and can be used



Netting can be used to prevent bird damage. Photo by Bonnie Plants.

shiny metallic spinners, streamers, aluminum pie pans, old CDs, plastic owls and plastic snakes. Vary the location of these devices as birds may become accustomed to them.

Strawberries are a great option for home gardeners. They can be grown in a traditional in ground garden setting, raised beds or pots. If you have never grown strawberries,

consider giving them a try. Strawberries are ready to pick 25-30 days after bloom. Check your plants for ripe berries often. Berries that are past their prime should be removed from the plant and discarded. Strawberry harvest can last well into May and June.

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



Strawberries are a great option for container gardens. Photo by Kiki Fontenot.

17 degrees. There is no need to cover plants that are not blooming. However, gardeners who are looking forward to their first strawberry harvest and wish to protect their blooms, should cover their plants when temperatures are predicted to be below 32 degrees.

Row covers made of weather protection cloth work best, these can be purchased from garden centers or online.

later in the season for weed prevention.

Insect pests in strawberries are not a major concern for most home gardeners. Birds and other critters can be quite a nuisance. While some birds may eat the whole berry, many often peck holes in the berry, leaving the rest of the fruit to decay. Bird netting or plastic mesh can be used to exclude birds. Visual scare devices may also work. These include

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Action Therapy & Wellness: A Home Run for Softball and Baseball Injury Prevention

Engaging in softball or baseball demands a combination of skill, precision, and athleticism. However, the repetitive nature of these sports can lead to injuries, affecting players' performance and longevity in the game. That's where Action Therapy & Wellness steps up to the plate, offering specialized physical therapy services designed to prevent injuries and enhance overall performance.

At Action Therapy & Wellness, our commitment to injury prevention begins with a personalized approach. We employ functional movement screens, a comprehensive assessment technique that evaluates different joints as they move through functional motions. This allows our experienced physical therapists to identify any biomechanical imbalances, weaknesses, or areas of potential injury risk specific to each player.

Once the functional movement screen is complete, our team crafts individualized treatment plans. These plans address the unique needs of each athlete, targeting specific areas of concern and working towards improved strength, flexibility, and overall performance. The goal is to mitigate the risk of injuries commonly associated with the demands of softball and baseball.

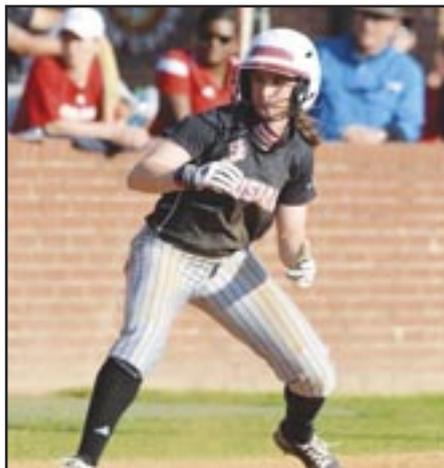
Meet Taylor Terrio: A D1 Softball Player Turned Physical Therapy Assistant:

Action Therapy & Wellness is proud to have Taylor Terrio as part of our team. Taylor's



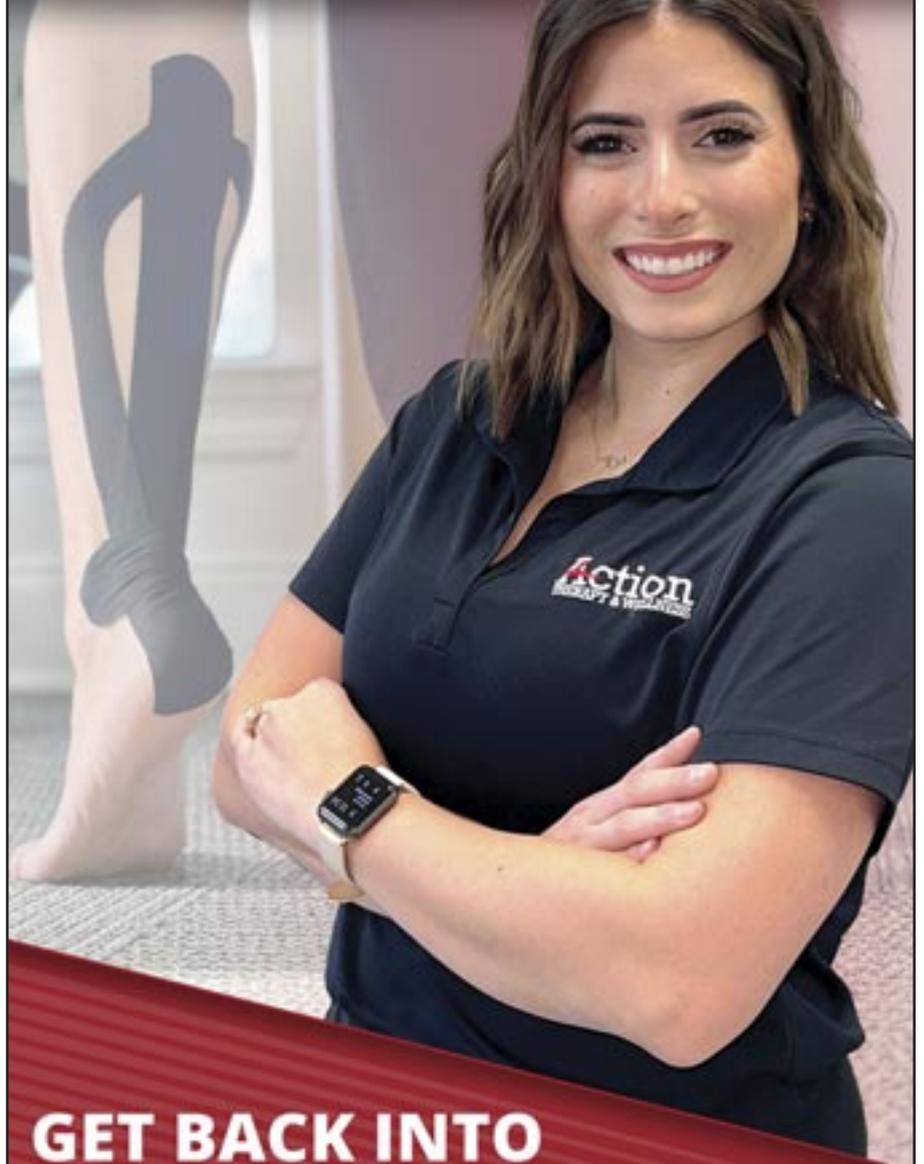
Taylor Terrio, PTA • Hailey Leindecker, DPT

background as a Division 1 softball player at the University of Lafayette not only brings a wealth of personal experience but also a deep understanding of the physical demands and potential pitfalls associated with the sport.



Taylor's firsthand knowledge of the physical and mental challenges that softball players face allows her to connect with athletes on a unique level. Her expertise, combined with the latest evidence-based practices, ensures that our clients receive top-notch care and guidance throughout their injury prevention journey.

In the dynamic world of softball and baseball, injury prevention is key to maintaining a successful and enduring career. Action Therapy & Wellness stands out as a premier destination for athletes seeking proactive solutions. Through our meticulous functional movement screens and personalized treatment plans, we empower players to overcome challenges, stay on top of their game, and enjoy a healthier, injury-free sports experience. Trust the experts at Action Therapy & Wellness to keep you in the lineup and swinging for the fences.



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YOUR ESTATE MATTERS



By Linda Melancon

Innovative Solutions for Extended Care: A Closer Look at Hybrid-Long Term Care Insurance

Embarking on life's journey involves facing uncertainties, and preparing for the future is an essential aspect of this voyage we all take. As we age, the prospect of needing long-

term care looms on the horizon. Fortunately, hybrid long-term care insurance has emerged as an innovative solution for those in need. The right policy can act not just as a financial safeguard but as an ally to your other planning, offering a unique option for extended care coverage. In this article, we'll explore what hybrid long-term care insurance is, its benefits, and why it has become an attractive option for many.

Based on the most recent Genworth Cost of Care survey (completed in 2021), the average annual cost of care for a Louisiana resident ranges from about \$45,000 - \$75,000, depending on what type of care is needed. Nearly 70% of Americans will require some form of long-term care services and support during their life, with 2.95 years being the average length of care needed. Many people think Medicare will pay, but Medicare does not cover the cost of long-term care. These statistics underscore the

importance of proactive planning, such as considering hybrid LTC insurance, to navigate the potential challenges associated with extended care in later life.

You may already be familiar with traditional long-term care insurance, which is typically a standalone policy designed solely to cover the costs of long-term care services if needed. Hybrid policies, however, combine features of traditional long-term care insurance with either life insurance or an annuity, offering a dual-purpose approach that provides coverage for extended care and additional financial benefits in case long-term care is not needed.

Some of the additional benefits with the hybrid policies are asset protection, a return on investment, and a simplified premium structure, distinguishing them from the more straightforward, use-it-or-lose-it traditional long-term care. This resourceful approach addresses the concerns of those who may be hesitant about buying long-term care coverage with the uncertainty of whether they will actually need extended care services.

Asset Protection: Hybrid policies provide a level of asset protection, addressing one of the common concerns individuals have about traditional long-term care insurance. If long-term care is not needed, the policy can offer a death benefit to beneficiaries or a cash value that can be accessed.

According to the American Association for Long-Term Care Insurance, in 2020, hybrid policies accounted for 92.5% of all individual long-term care insurance policies sold.

Return on Investment: Unlike traditional long-term care insurance, where premiums are often viewed as a "use it or lose it" proposition, while hybrid policies provide a return on investment even if long-term care is not required. If you're looking for a more versatile financial tool, this is a feature

that may be of special interest to you.

Simplified and Consistent Premiums: Hybrid long-term care insurance often involves a single premium payment or limited premium payments, offering a more straightforward payment structure compared to the ongoing premiums associated with traditional policies. Hybrid premiums are guaranteed not to rise in cost. This can be appealing to those looking for a more predictable financial commitment.

Paying Family Caregivers: Funds can be directed towards compensating a family caregiver with a hybrid policy. If the policy follows an indemnity model, you have the flexibility to allow direct financial support for family caregivers, unlike traditional long-term care policies, which solely operate on reimbursement.

Hybrid long-term care insurance has carved out a significant niche in the realm of estate planning, offering a unique blend of coverage for potential long-term care needs and additional financial benefits. As statistics reveal the growing adoption of hybrid policies, it's clear that people everywhere are increasingly recognizing the advantages of asset protection, return on investment, and simplified premium structures that these policies bring to the table. Furthermore, a policy of this kind can help ensure dignity, independence, and peace of mind during a stage of life where special care needs may arise.

When it comes to planning for the uncertainties of the future, hybrid long-term care insurance stands out as a versatile and comprehensive solution that empowers individuals to navigate the journey ahead with confidence.

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



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FINANCIAL FOCUS

How will higher rates affect you?

As you know, interest rates have risen considerably over the past couple of years. But what does this mean to you, as a consumer and as an investor?

From a consumer's standpoint, it's not hard to see the effects of higher interest rates. If you want to take out a mortgage or refinance an existing one, you'll find that it's considerably more costly, in terms of the interest you'll pay, than it was a few years ago. And the same is true of car loans and credit cards. Paying these debts at higher rates can affect your cash flow, so while rates are high, you may need to make some important decisions about your overall budget and spending plans. As an investor, though, you may find the effects of higher interest rates to be somewhat more complex. That's because higher rates can have a different impact on different types of investments, such as stocks and bonds.

When considering stocks, be aware that not all market sectors will respond the same way to higher interest rates. For example, the financial sector, which includes banks, insurance companies and brokerage firms, may benefit from higher rates. On the other hand, smaller technology companies, which still must invest heavily in their businesses, may not do as well due to rising interest rates making it more expensive for them to borrow. And other sectors will respond differently to higher rates. Keep in mind, though, that there's great variance within sectors and among companies, so when you

consider purchasing stocks, evaluate each choice on its merits and make sure it fits within your risk tolerance, time horizon and need for portfolio diversification. When you diversify your investment dollars, you can reduce the risk of market volatility affecting just one type of asset, although diversification by itself can't protect against all losses.

With fixed-income investments, such as bonds, interest rate movements can have significant and direct impacts. When interest rates rise, the value of your current bonds will likely fall because new bonds can pay higher rates. However, you can also buy bonds at the new, higher rates and benefit from bigger interest payments.

Still, there's no guarantee that interest rates will stay elevated — in fact, the Federal Reserve has indicated that it might actually start cutting rates in 2024 — which is why it may be a good idea to build what's known as a "ladder" consisting of short-, intermediate- and long-term bonds. Once you have your ladder in place, you'll have some protection from interest-rate movements. So, if rates were to keep rising, you could reinvest the proceeds of your short-term bonds in the new, higher-paying ones. But if rates level off, or even fall, you'll still benefit from your longer-term bonds, which typically (but not always) pay higher rates than short-term ones.

Of course, if you hold your bonds until maturity, you will continue to get the same interest payments, regardless of where market rates go.

In any case, it's useful to be aware of what's happening with interest rates — the more you know about the factors affecting your investments, the better off you'll be.

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



Edward Jones
MAKING SENSE OF INVESTING
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Talapia with shrimp in a reduced wine cream sauce over angel hair pasta



When I think of Brewbachers
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Broiled Talapia



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**In with the
 New - Out
 with the
 DIAPERS**

A new year means new goals, aspirations, and resolutions! What are your New Year's resolutions? Maybe they include being more active, trying new recipes, or starting a new hobby. Or maybe it's the dreaded thought of... **POTTY TRAINING.** If all your resolutions seem like a breeze in comparison to potty training your toddler, you are not alone. Here are some potty training tips that will help you ditch the diapers in 2024!

You may be asking yourself, "How do I know if my child is ready for potty training?" A few



Jada Kelsey, MOT, OTR/L.

readiness signs include remaining dry for hours, complaining when their pants are wet or messy, or seeking privacy from others when they have to go. If your child presents with any of the above signs, use the following tips to reach those potty training goals.

Tip #1: Stick to a consistent schedule. Plan trips to the toilet at the same time each



day, especially after eating and drinking and before bed. Make sure all caregivers are using the same schedule.

Tip #2: Dress your child in underwear. It's important for children to wear underwear versus pullups when potty training so they can feel when they are wet.

Tip #3: Involve your child in the cleanup. If accidents occur, have your child help clean up messes on the floor or furniture and put waste into the toilet.

Tip #4: Reinforce success. Think of something small yet rewarding for your child, such as a sucker, sticker, fruit snack, etc. Give your child a tangible reward and verbal praise immediately after voiding on the toilet.

Tip #5: Create a positive potty environment. When talking about toileting, use positive language and practice a calm demeanor. Play soft music in the bathroom, read books about going to the potty, and use a foot stool or potty chair for extra support. You can even add drops of food coloring or pieces of cereal to



the water to act as a color changing agent and fun target!

Tip #6: Be patient. Many potty accidents are expected when you first begin, but don't get discouraged. Keep reminding yourself of all the new hobbies you can start once you save time (and money) after ditching the diapers!

If your child is not showing readiness signs or continues to have day and/or night accidents after potty training attempts, an occupational therapy referral may be warranted.



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By Janell Brent

We hope that you all had a blessed Christmas and are having a Happy New Year. Did you get a gift card for Christmas that you won't use? We can find a use for it, no matter how large or how small. We always need to purchase some items that just don't seem to get donated very often, such as meats for the freezer. If you have a card you won't use or if you just want to make a donation you can drop it off at the pantry or mail it to us at **CHC Closet and Pantry 209 E. Railroad St. Suite B, Gonzales, LA 70737.**

If you are a sportsman with extra meat, fish or shrimp in your freezer, we can give it away. It just needs to come to us properly wrapped and frozen.

We have had many donations this month and we have lot of people to thank. Most of the middle schools in the parish have donated to us, food, hygiene items, socks and blankets. We would like to



thank P'Ville, Bluff, St. Amant and Central Middle schools for their generous donations in December.

We have also had donations from McDaniel Insurance Agency and Advanced America as well as from a sweet lady who brought us food from Olive Garden.

There have been other cash donations as well as lots of clothing and grocery items. I am sure that I have forgotten to thank someone and I am truly sorry if I did. Please know that if I forgot to thank you here that your donations were still



much needed and appreciated. St. Theresa's food bank shared their blessings with us and gave us five John Folse meals as well as ten hams. I'm sure that many people had a delicious Christmas dinner because of their generosity.

Our Raising Cane's fundraiser brought in over \$500. Thank you to Canes and to Nicholas Butler who helped us with this. I always know that God blesses us greatly and all that we have really comes from Him. I also know that sometimes we need to ask for what we need so I have asked Him and now I am asking you. We are in need of a small, maybe 9X12 ft., addition to our building for storage. It wouldn't have to be fancy, just attached to the building and rainproof. If

you can help or know anyone who could help, please contact me through our FB page, CHC Closet and Pantry or stop by on Tues. or Wed. when I am there.

We pray blessing to all of you from all of us for a happy and healthy 2024.





Jay Johnson

Tickets On Sale Now for Astros Foundation College Classic Featuring LSU in Minute Maid Park

Photos provided by LSU Athletics

The 24th annual three-day, six-team, nine-game tournament will feature the 2023 College World Series Champions, the LSU Tigers, who'll play Texas, UL Lafayette and Texas State March 1-3, 2024.

Tickets for the Astros Foundation College Classic, which will be held at Minute Maid Park from March 1-3, 2024, are now available for purchase at Astros.com/CollegeClassic.

The 24th annual three-day, six-team, nine-game tournament will feature the 2023 College World Series Champions, the LSU Tigers, who'll play Texas, UL Lafayette and Texas State over the weekend. Those four teams will be joined at Minute

Maid Park by the University of Houston and Vanderbilt.

LSU is coming off its seventh College World Series Championship in their program's history, which was won on June 26 with a resounding victory in Omaha. This marks the third time for the Astros Foundation College Classic to host the defending National Champion. This also occurred in 2006 with Texas and in 2004 with Rice.

LSU will make its fifth appearance in the Astros Foundation College Classic, with previous appearances in 2015, 2017, 2020 and 2022. The Tigers' 2024 appearance will be their second at the College Classic with Head Coach Jay Johnson, who is the reigning National Coach of the Year. LSU posted a 54-17 record in 2023 en route to

its National Championship.

Broadcast plans for the 2024 tournament will be announced at a later date.

Below is the tentative tournament schedule, which is subject to change. Home teams are listed second.

2024 ASTROS FOUNDATION COLLEGE CLASSIC SCHEDULE

Friday, March 1
Houston vs. Texas State – 11:05 a.m.

UL Lafayette vs. Vanderbilt – 3:05 p.m.

LSU vs. Texas – 7:05 p.m.

Saturday, March 2
Vanderbilt vs. Houston – 11:05 a.m.

Texas State vs. Texas – 3:05 p.m.

UL Lafayette vs. LSU – 7:05 p.m.

Sunday, March 3
Texas vs. Vanderbilt – 11:05 a.m.

Texas State vs. LSU – 3:05 p.m.

Houston vs. UL Lafayette – 7:05 p.m.

Three Tigers Named to D1 Baseball Top 20 List of Draft-Eligible Sophomores

The Tigers appearing in the Top 20 are right-handed pitcher/infielder Gavin Guidry, first baseman/catcher Jared Jones and outfielder Paxton Kling.

by Bill Franques

Three LSU players have been named to the 2024 D1 Baseball Top 20 list of draft-eligible sophomores. The Tigers appearing in the Top 20 are right-handed pitcher/infielder Gavin Guidry, first baseman/catcher Jared Jones and outfielder Paxton Kling.

Guidry, a product of Lake Charles, La., developed into one of LSU's top arms out of the bullpen last season as a true freshman, making 23 appearances (one start) and posting a 3-0 record with a 3.77 ERA and three saves in 28.2 innings. He recorded 42 strikeouts and 12 walks, and limited opponents to a .209 cumulative batting average.

He made relief appearances in Games 2 and 3 of the CWS Finals vs. Florida (June 25-26), working a total of 3.2 innings with four strikeouts. Guidry pitched the final 2.0 innings of Game 3 to seal the CWS title for LSU, as he allowed one run on two hits in 2.0 innings with no walks and two strikeouts. He made a total of four CWS appearances, allowing three earned runs in 5.0 innings with one walk and six strikeouts.

Guidry recorded a brilliant outing to earn the save in Game 2 of the NCAA Super Regional vs. Kentucky (June 11), firing 2.2 scoreless innings and allowing just one hit with no walks and four strikeouts. He also posted a save in the NCAA Baton Rouge Regional winners' bracket game vs. Oregon State (June 4), working a scoreless ninth inning with one hit, no walks and two strikeouts in a 6-5 LSU win.

D1 Baseball writes that Guidry's "quick arm and arsenal, combined with the ability to generate whiffs, elicit similarities to former LSU great, and current Detroit Tigers closer, RHP Alex Lange."

Jones, a native of Marietta, Ga., earned Freshman All-America and Freshman All-SEC recognition in 2023, as he played in 55 games (47 starts), batting .304 (49-for-161) with 12 doubles,



Gavin Guidry

14 homers, 45 RBI and 37 runs. Jones collected two doubles, five homers and 19 RBI in SEC regular-season games.

In LSU's SEC series win over Kentucky (April 13-15), Jones hit .400 (4-for-10) with two homers, five RBI and five runs. He hit .462 (6-for-13) in the Texas A&M series (March 17-19) with one homer, eight RBI and one run. He led the Tigers to the series-clinching victory over the Aggies on March 18 by going 4-for-5 at the plate with a three-run homer and a pair of two-run singles for a total of seven RBI.

Jones was named SEC Co-Freshman of the Week on March 13 after he batted .600 (6-for-10) from March 6-12 with four homers, 11 RBI and five runs. He homered four times in four consecutive plate appearances over the course of the Tigers' games versus Samford March 11 and 12.

Of Jones, D1 Baseball writes, "the 6-foot-4, 230-pounder is as imposing of a force as there is in college baseball with light-tower power thanks to elite hand/bat speed."

Kling, a native of Roaring Springs, Pa., played in 57 games (22

starts) last season, batting .289 (26-for-90) with five doubles, two triples, four homers, nine RBI and 29 runs.

He batted .652 (15-for-23) during a remarkable seven-game stretch (March 4-12) with three doubles, one triple, three homers, six RBI and 13 runs. Kling launched first career homer on March 6 vs. Butler, when he was 3-for-3 with a double and three runs scored.

D1 Baseball writes, "those scouts who remember Kling's knack for finding the barrel at a high rate with significant impact throughout his high school days are likely to be unsurprised if Kling becomes the breakout star of '24. At 6-foot-2, 210-pounds, he possesses the ever-rare five-tool potential with electricity set to all that he does."

White, Holman Receive Preseason All-America Recognition

LSU junior third baseman Tommy White and junior right-handed pitcher Luke Holman have been named to the 2024 Perfect Game



Hayden Travinski

Preseason All-America Team.

White was voted to the Perfect Game First Team, and Holman received Third Team All-America recognition.

White, a 2023 First-Team All-American, batted .374 (102-for-273) last season with 24 doubles, 24 homers, 105 RBI and 64 runs scored. He finished No. 1 in the nation in RBI (105), No. 3 in total bases (198) and No. 4 in RBI per game (1.59), as he helped lead LSU to the College World Series title.

White, a product of St. Pete Beach, Fla., completed the season No. 1 in the SEC in RBI (105), No. 2 in total bases (198), No. 2 in hits (102), No. 2 in doubles (24), No. 4 in homers (24), No. 6 in batting average (.374) and No. 7 in slugging percentage (.725).

Of White, Perfect Game writes, "Power is the calling card here and White is among the nation's best longball artists, launching 24 in 2023 to give him 51 for his career. White is an electric hitter when he's on a hot streak and the likely first-rounder will look to lead LSU back to another title in 2024."

Holman, who transferred to LSU from Alabama, made 31 appearances (15 starts) over the past two seasons for the Crimson Tide and posted a 4.05 ERA with 111 strikeouts in 100.0 innings.

Holman, a native of Sinking Springs, Pa., worked as Alabama's No. 1 starter in 2023, recording a 7-4 mark and a 3.67 ERA in 81.0 innings with 87 strikeouts and a .186 opponent batting average. He finished No. 2 in the SEC in WHIP (1.05) and No. 3 in the league in opponent batting average and hits per nine innings (6.00)

LSU, the reigning National Champion, opens the 2024 season at 2 p.m. CT on Friday, February 16, when the Tigers play host to VMI in Alex Box Stadium, Skip Bertman Field.

Reigning NCAA baseball champion LSU is No. 3 in the 2024 Perfect Game Preseason Poll released on Friday.

Wake Forest is No. 1 in the poll, followed by Arkansas, LSU, Florida, TCU, Vanderbilt, Texas A&M, Texas, Oregon State and Virginia to round out the Top 10. Other SEC teams appearing in the Perfect Game Top 25 include No. 11 Tennessee, No. 13 South Carolina and No. 15 Auburn.

Jay Johnson, the 2023 National Coach of the Year, enters his third season at LSU with a talented squad that has championship aspirations.

LSU has 21 players returning from its 2023 College World Series title team, along with a class of new Tigers listed as high as No. 3 in recruiting rankings.

The Tigers' returning position players include 2023 All-American third baseman Tommy White, 2023 Freshman All-American first baseman Jared Jones, catcher/DH Hayden Travinski, catcher Alex Milazzo, infielder/outfielder Josh Pearson and outfielder Paxton Kling.

Newcomers who should make an immediate impact upon the LSU lineup include outfielder Mac Bingham, shortstop Michael Braswell III and outfielder Jake Brown.



Josh Pearson



Thacher Hurd

The LSU pitching staff features exceptional depth and is led by veterans like right-hander Thatcher Hurd, left-hander Nate Ackenhausen, right-hander Gavin Guidry and left-hander Griffin Herring.

The staff will be bolstered by the addition of several new arms, including right-hander Luke Holman, left-hander Gage Jump, left-hander Cam Johnson and left-hander Justin Loer.

LSU opens the 2024 season at 2 p.m. CT on Friday, February 16, when the Tigers play host to VMI in Alex Box Stadium, Skip Bertman Field

2024 Perfect Game D1

Preseason Poll

1. Wake Forest
2. Arkansas
3. LSU
4. Florida
5. TCU
6. Vanderbilt
7. Texas A&M
8. Texas
9. Oregon State
10. Virginia
11. Tennessee
12. Stanford
13. South Carolina
14. North Carolina
15. Auburn
16. Iowa
17. East Carolina
18. UCLA
19. North Carolina State

20. Kansas State
21. Clemson
22. Oklahoma State
23. Duke
24. UC Santa Barbara
25. Coastal Carolina

LSU Transfer Class Ranked No. 2 by D1 Baseball

LSU has seven transfers that will make a significant impact this season, including shortstop Michael Braswell III, outfielder Mac Bingham, right-handed pitcher Luke Holman, left-handed pitcher Gage Jump, left-handed pitcher Justin Loer, right-handed pitcher Fidel Ulloa and right-handed pitcher Kade Woods.

by Bill Franques

D1 Baseball has ranked LSU No. 2 in its Top 25 list of the nation's best transfer classes for the 2024 season.

LSU has seven transfers that will make a significant impact this season, including shortstop Michael Braswell III, outfielder Mac Bingham, right-handed pitcher Luke Holman, left-handed pitcher Gage Jump, left-handed pitcher Justin Loer, right-handed pitcher Fidel Ulloa and right-handed pitcher Kade Woods.



Nate Ackenhausen

Braswell played two seasons (2022-23) at South Carolina before transferring to LSU. He played in 51 games for the Gamecocks in 2023, making 37 starts and collecting eight doubles, two triples, a home run and 23 RBI.

Braswell, a product of Mableton, Ga., earned 2022 Freshman All-SEC recognition, as he started in 54 games at South Carolina and hit .284 with 29 runs scored, nine doubles, two triples, two home runs and 27 RBI.

Bingham transferred to LSU after four seasons at Arizona (2020-23), where he earned 2023 All-Pac 12 recognition while hitting .360 with 68 runs scored, 20 doubles, two triples, 10 home runs, 51 RBI and a .573 slugging percentage.

Bingham, a San Diego, Calif., native, was selected as a high school senior by the Chicago Cubs in the 40th round of the 2019 MLB Draft.

Holman, who transferred to LSU from Alabama, made 31 appearances (15 starts) over the past two seasons for the Crimson Tide and posted a 4.05 ERA with 111 strikeouts in 100.0 innings.

Holman, a native of Sinking Springs, Pa., worked as Alabama's No. 1 starter in 2023, recording a 7-4 mark and a 3.67 ERA in 81.0 innings with 87 strikeouts and a .186 opponent batting average. He finished No. 2 in the SEC in WHIP (1.05) and No. 3 in the league in opponent batting average and hits per nine innings (6.00)

Jump transferred to LSU after two seasons at UCLA. He did not pitch in 2023 due to injury, and he made seven appearances as a true freshman in 2022, including three starts.

Jump completed the 2022 season with a 1-1 record, two saves, a 3.86 ERA, a .172 opponent

batting average and 22 strikeouts over 16.1 innings. A product of Aliso, Calif., he was ranked as the No. 1 left-handed pitcher in the state of California as a high school senior.

Loer transferred to LSU after two seasons (2022-23) at Xavier, where he made 29 appearances (one start) in 2023, posting a 6-2 record, a 1.89 ERA and seven saves in 57.0 innings with 63 strikeouts and a .182 opponent batting average.

Loer, a product of Lakeville, Minn., earned 2023 Second-Team All-Big East honors and helped lead Xavier to the Big East Conference Tournament title and an NCAA Tournament bid.

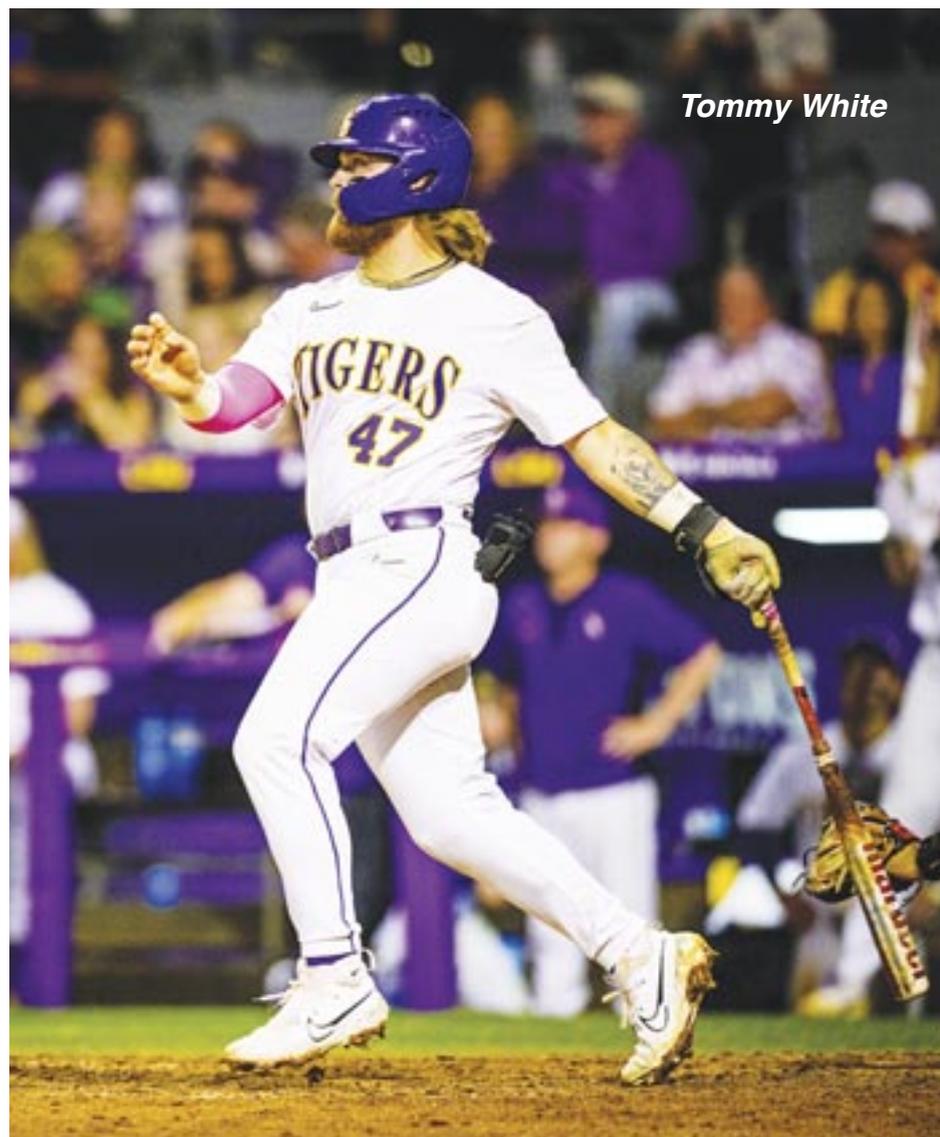
Ulloa, a product of Lodi, Calif., transferred to LSU after two seasons (2022-23) at San Joaquin Delta College in Stockton, Calif. He appeared in 14 games (10 starts) in 2023, posting a 5-1 record and 4.09 ERA in 55.0 innings with 75 strikeouts and a 1.29 WHIP.

Woods, a native of West Monroe, La., transferred to LSU after two seasons (2022-23) at Alabama. He posted a 4-1 record in 2023 with a 5.52 ERA, 38 strikeouts and one save in 29.1 innings.

Woods made 17 appearances last season for the Crimson Tide, including one start, and he limited opponents to a .219 batting average.

Four Tigers Listed Among Top 100 College Juniors by Perfect Game

LSU third baseman Tommy White is No. 9 on the list; right-handed pitcher Thatcher Hurd is No. 18;



Tommy White

right-handed pitcher Luke Holman is No. 28; and left-handed pitcher Gage Jump is No. 43.

by Bill Franques

Four LSU baseball players have been named to the 2024 Perfect Game list of Top 100 College Juniors.

LSU third baseman Tommy White is No. 9 on the list; right-handed pitcher Thatcher Hurd is No. 18; right-handed pitcher Luke Holman is No. 28; and left-handed pitcher Gage Jump is No. 43.

White, a 2023 First-Team All-American, batted .374 (102-for-273) last season with 24 doubles, 24 homers, 105 RBI and 64 runs scored. He finished No. 1 in the nation in RBI (105), No. 3 in total bases (198) and No. 4 in RBI per game (1.59).

White, a product of St. Pete Beach, Fla., completed the season No. 1 in the SEC in RBI (105), No. 2 in total bases (198), No. 2 in hits (102), No. 2 in doubles (24), No. 4 in homers (24), No. 6 in batting average (.374) and No. 7 in slugging percentage (.725).

Hurd was the winning pitcher in the 2023 College World Series

Championship Game, as he posted the victory over Florida to clinch LSU's seventh NCAA title. He limited the Gators to two runs on two hits in 6.0 innings with two walks and seven strikeouts.

Hurd, a product of Manhattan Beach, Calif., was brilliant in the 2023 postseason, recording three NCAA Tournament wins in four appearances with a 3.71 ERA and 25 strikeouts in 17.0 innings. He posted an 8-3 overall record and three saves last season with 84 strikeouts in 63.1 innings.

Holman, who transferred to LSU from Alabama, made 31 appearances (15 starts) over the past two seasons for the Crimson Tide and posted a 4.05 ERA with 111 strikeouts in 100.0 innings.

Holman, a native of Sinking Springs, Pa., worked as Alabama's No. 1 starter in 2023, recording a 7-4 mark and a 3.67 ERA in 81.0 innings with 87 strikeouts and a .186 opponent batting average. He finished No. 2 in the SEC in WHIP (1.05) and No. 3 in the league in opponent batting average and hits per nine innings (6.00)

Jump transferred to LSU after two seasons at UCLA. He did not pitch in 2023 due to injury, and he made seven appearances as a



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over 16.1 innings. A product of Aliso, Calif., he was ranked as the No. 1 left-handed pitcher in the state of California as a high school senior.



Eric Lambert
Owner

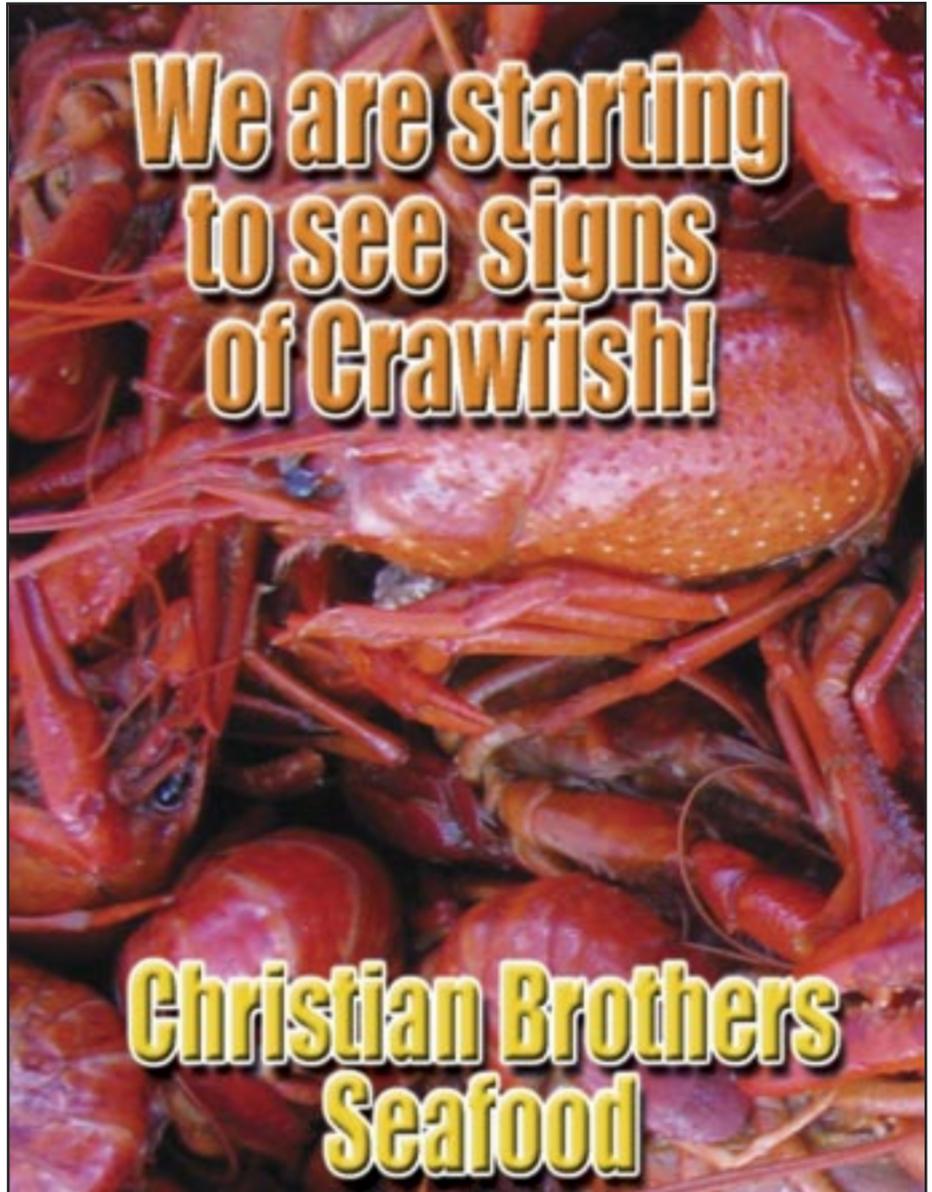
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Ascension Magazine Photo



Stump loses height contest against Boucherie Queen Gracie Guillot.



Jamie was asked to be a cooks helper at the Boucherie. She said sure just let me pack a bag and get a case of beer.



East Ascension brings TOO MUCH BLUE and wins EA vs STA Ryder Cup 2023 Golf Tournament



Bart Himel wins the coveted Nora Ricca Award



*Ascension Magazine Rib-Off winners 2023
L-R Aaron Guidry 3rd, Mike Strong 2nd and Justin Courville 1st*

Photo Highlights from 2023



Todd B has to be restrained by Todd Long before he Wo Woed all the way home!!!



Todd B's helper Damon Blue can Wo Wo Wo Wo Wo Too!



The Krewe celebrates Michael our float driver & DD. He got us back safe.



Todd B, 2023 Jambalaya Festival World Champion



Krewe of Nemesis wins trophy at Spanishtown. First time in 29 years.



Jarrett Marchand and helper Chad Dixon wins Champ of Champs 2023.





Todd B wears his new hoody sports wear. Santa knows what a champion needs.



Celebrated Bama's 67th Bday. We played ball 52 years ago. 1972 JV Baseball Champions. We faced Glen Oaks at Goldsbee Field. Bama had to come get me out of bed to get me on the bus. I was sleeping hard. I got dressed on the bus. We won 1-0. Unfortunately Mike Ramin got our only hit. He has not let us live it down since. Without him and his hit we are losers. Gotta love the Ram.



Adam Gautreau's cooking skills stay sharp by winning a BBQ contest against all Grand Champion Champs.



One of the proudest days of my life. My son, Michael, graduated from Columbia Southern University. Receiving his Bachelor in Science. Graduated Cum Laude Occupational Safety and Health Oil & Gas



The mixologist at Sno's Seafood L-R Adrian, Kayla, Alexis, Claire, Zack and Audrey



Proud Dad getting to enjoy a cold beer at the Florabama



Tiger Eye art donated for fundraiser to benefit battered women



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1 Biscuit
1 Orange Juice 8 oz
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Pancake Buffet...

\$9.95 per person minimum order of 10

2 Scrambled Eggs
2 Bacon Slices
1 Patty Sausage
Grits
Hashbrowns
1 Pancake
1 Orange Juice 8 oz
Paperware
Serving Utensils

Biscuit Buffet...

\$9.95 per person minimum order of 10

1 Patty Sausage Biscuit
1 Bacon Biscuit
2 Eggs cooked Over Hard
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1 Orange Juice 8oz

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Jane Patterson makes a Wild Life Sanctuary presentation at December meeting

East Ascension Sportsmans League

Letter from president -
Greg Cedotal

Allow me to introduce myself, I am Greg Cedotal, the new president of the East Ascension Sportsman's League (EASL). Being a lifelong resident of Ascension Parish, some of you know me, some of you don't. I will let you decide who the lucky

ones are.

No doubt recent presidents of EASL have had visions of restoring the organization to its former glory. I dream of bringing EASL back to being a vibrant organization. I believe there is no harm in dreaming, as long as you stop dreaming long enough to find a way to make things happen. Let me tell you about my plans as president of EASL.

To update the easlonline.org website and the Facebook page. Feeling that I know

what the interest of the older members are, I have a plan to reach out to younger members and potential members, not to

eliminate anyone, but about 55 years old and younger, to learn what are your interest and concerns about conservation and sportsman issues. I will work to reach out to a group of younger members who would be willing to serve on a committee to talk about issues like events for the club, meeting locations, topics of interest for guest speakers, and any other interest you may have. I also plan to talk to the older members about activities they would like to take part in.

What EASL has to offer is a long history of working with the Louisiana Wildlife Federation (LWF) to introduce legislation to help support conservation and sportsman concerns. In the past we have supported local groups like Ducks Unlimited, National Wild Turkey Federation, Every Fish Matters, American Sportsman Against Poachers, Ascension 4H Shooting Sports, local high school fishing clubs to name a few. EASL has an active bass club, EASL Bass Club, monthly silhouettes shooting matches. Yearly Big Buck contest and Big Turkey contest. Monthly Big Bass and Big Speckled Trout contest.

Let's talk about getting outdoors. In the past we have done things like hiking Clark Creek Hiking Trail or ATV rides in the Kisatchie National Forest. What type of events would the membership like to do, birdwatching, hiking on local trails, a trip to the lakes

like the one at Lamar-Dixon for some fishing? I am looking for feedback from the membership about what you would like to see as activities for EASL to offer, and what subjects would you like guest speakers to talk about.

Now for upcoming events. With the start of a new year comes events to attend. Two professional bass fishing tournaments, Major League Fishing's Bass Pro Tour, Jan. 30th – Feb. 4th, Many, LA. Bassmaster's Elite Series, Feb. 22nd – 25th, Many, LA. Two outdoor expos, 44th Annual Louisiana Sportsman Show, Mar. 1st – 3rd, Raising Cane's River Center, Baton Rouge, LA. Louisiana Outdoor Expo, Mar. 15th – 17th, Lamar Dixon Expo Center, Gonzales, LA. A local flyfishing event, Red Stick Day, Mar. 9th, Waddell Wildlife Refuge, Baton Rouge, LA, to mention a few.

In closing, I can lose sleep at night trying to come up with my ideas, but I would rather hear from the membership and work on things most of us want to do. If your children love the fishing, hunting, shooting sports, and getting outdoors, get active and help us make sure these things are available for them as they grow up. You can email me at gdcad1@gmail.com. Remember to be safe and conserve our resources for future use.



**ASL Meeting March 18th
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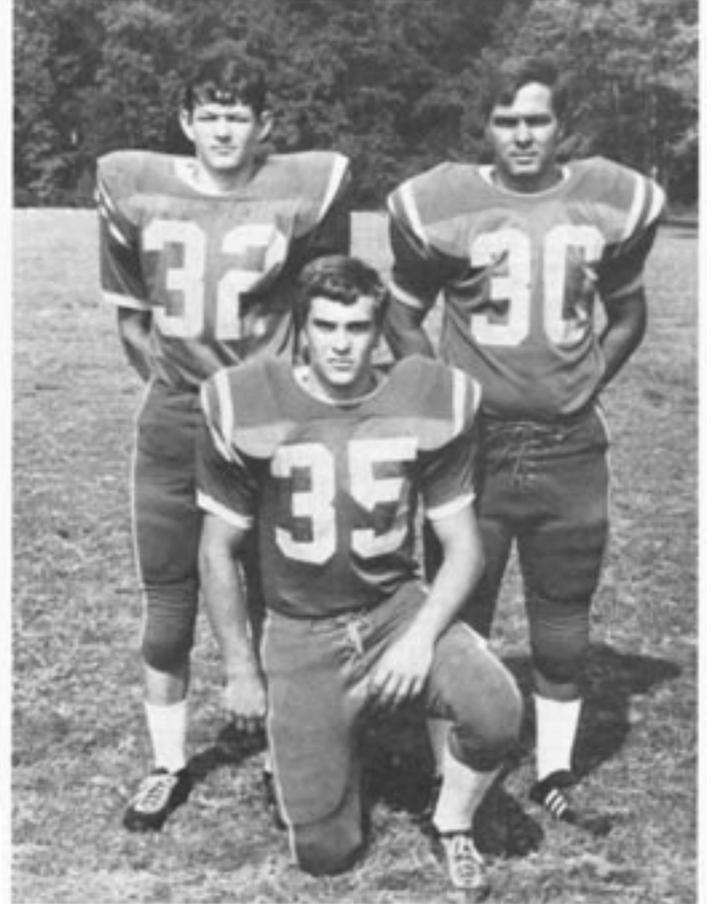
CENTERS—Steve Rogers, Andy Bercegeay, and James Jarreau.



HALFBACKS—Randy Troclair, Randy Williams, and Scott Harris.



QUARTERBACKS—Steve Fontenot, Mike Strong, Jackie Duplessis, and Juno Guedry.



FULLBACKS—Elsey Webb, Jerry Himel, and Brian Haydel.



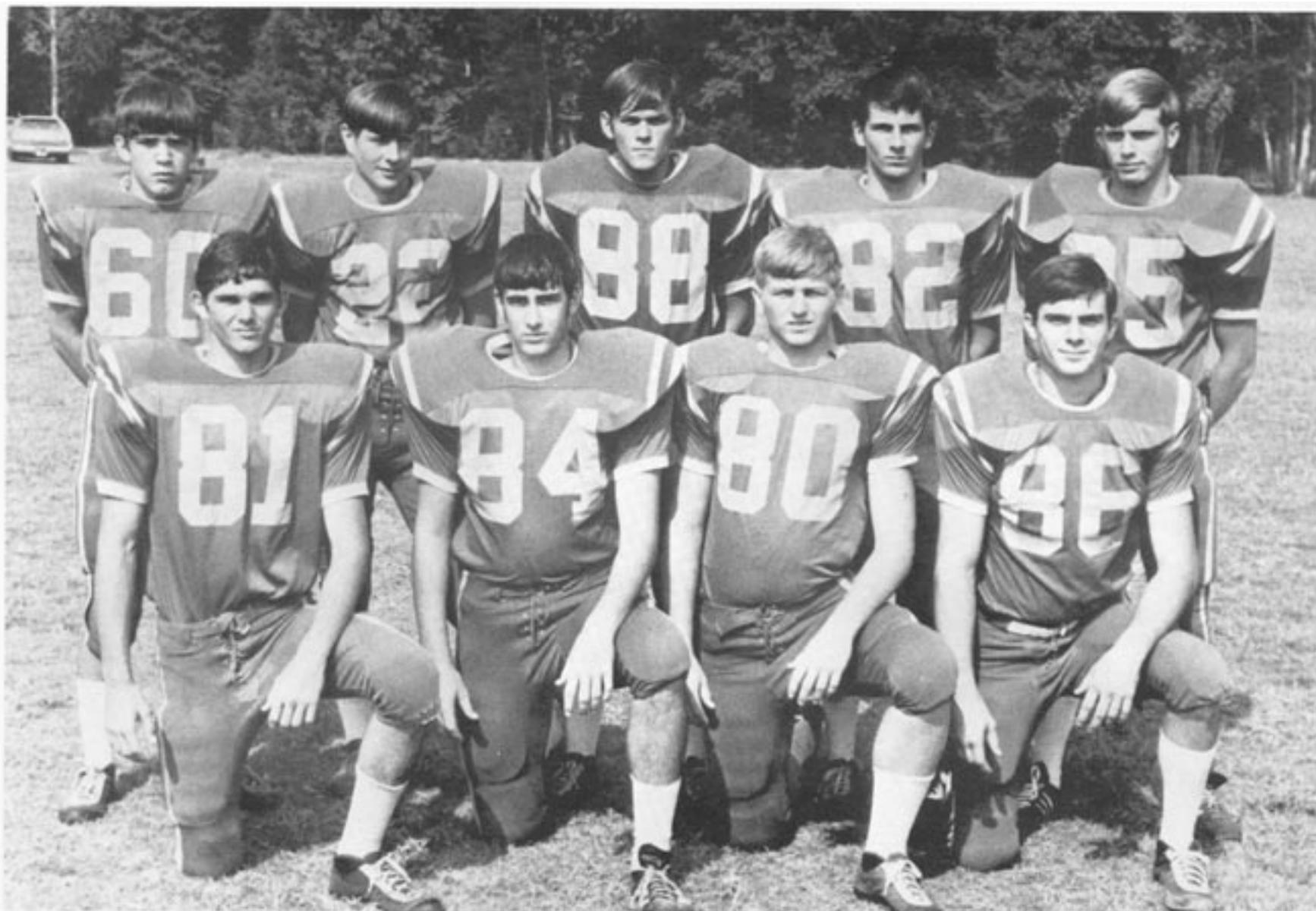
TACKLES—Dudley Mire, Greg Bourque, Al Robinson, Ed Tureau, Kim LeBlanc, Rufus Guidry, Wayne Sheets, and Jerry Jarreau.



COACHES—Standing Left to Right, Coach Riley, Coach Bond, Coach Brown, and Coach V. Lambert. Kneeling, Coach C. Lambert, Coach Fontenot, and Coach McGee.



CHEERLEADERS—Kay Lambert, Terri Babin, Julie Adams, Cheryl Luce, Patricia Henry, Chris Peno, Karen Weeden, Lolita Bullard, Connie Abadie, and Trudi Shannon.



ENDS—Joe Gill, Mike Richardson, Blaine Bourgeois, Charles Reeves, Tommy Aldridge, Gary Williams, Terry Templet, Jamie Guidry, and Marty Tripp.

By George- It's a Smoky Future for a Taylor-Made 2024

by Bill Delaune

"Welcome to the year 2000- plus two dozen more-Oh say can you see us for the smoke..." **Update of an old Kris Kristofferson song.**

Yes, the future is getting harder to predict these days with all the smoke clouding up my crystal ball. It's bad enough with all those bombs from the wars in the Middle East and Russia and the usual discharge from the chemical and petroleum plants. But now, we get an election year where politicians will be blowing smoke up our...-well, into the air and an Olympic torch's flames in Paris which will further blur our outlook. Throw in the Chinese "Year of the Dragon" whose fiery breath could burn all our fortune cookies to a crisp and the future becomes even more uncertain.

Not to worry, though, my faithful readers because help is on the way. Having acquired a pair of x-ray vision glasses that I ordered from the back of a Superman comic book, your All-Seeing Ninja will guide you through the fog and haze of the new year faster than a Gordon McKernan law suit commercial on predictions on sports, politics, music and other cultural literacy. Just don't bet the ranch on any of the prognostications.

So without Freddie Adu, let's look at the Year in Preview beginning with....

January-

Americans are shocked when the Jeffrey Epstein list grows larger as besides the usual suspects-Donald Trump, Bill Clinton, Prince Andrew, etc.-some new names surface. Included are half of America's "sweetheart couples"-Kansas City tight end Travis Kelce (Taylor Swift's football boyfriend) and Mark Consuelos (Kelly Ripa's husband and co-host of their morning show) and former LSU football coach Les Miles.

Taylor swiftly uses the accusations to update her 2014 hit "Bad Blood" and Kelly replaces her husband with a



cardboard cutout of Regis Philbin that nobody notices until a political guest tries to shake hands with him.

Miles attempts to explain with a cryptic statement that begins, "Against the underlying backdrop of the situation..." and everyone is lost after that.

Speaking of former SEC coaches, an Alabama source reveals the school has received a very impressive resume from one George Santos-a former congressman from New York- to replace Nick Saban.

February-

The Kansas City Chiefs appear to be eliminated from the playoffs after a loss to Buffalo. But CBS and the scores of Super Bowl advertisers decide to allow the Chiefs to play providing Taylor Swift and Travis Kelce make up on the air before the big game. The play works as the

pregame ratings soar higher than the "Golden Bachelor" wedding.

But alas, the feel-good vibes are wiped out when a delusional President Biden- under the advice of the head of that highly efficient Southwest Airlines- orders the Air Force to shoot down the Goodyear Blimp hovering over the stadium. The game between the Cowboys and the Chiefs ends in a tie and the NFL orders KC owner Clark Hunt and Dallas owner Jerry Jones to settle the issue in a match of what has truly become "America's Game"-Pickle ball.

The 58-year old Hunt easily disposes of the 81-year old Jones but Jerry blames the loss on Dak Prescott.

March-

March Madness, indeed. Prince Harry and Meghan-still trying to exclude themselves from the Royal Family-

announce they have joined up with England's "real Royal Family"-the Rolling Stones. Wearing headbands and "Still Rolling" T-shirts, Harry and Meg are spotted on tour with the world's oldest rock group. Many Brits are not amused including Sir Elton John-co-writer of "Candle in the Wind"-a tribute to Marilyn Monroe-and updated to "Goodbye England's Rose" for Princess Diana's funeral.

"Why do 80-year old men insist on still going on stage and jump around like arthritic monkeys?" asks Sir Elton.

Keith Richards (How is he still alive?) responds in typical Stones fashion. "Why should we care what some demented dwarf who writes songs about dead blondes says?"

April-

Charlie Woods-Tiger's 14-year old son-edges his dad by a single stroke to win the Masters. The match appeared to be tied and headed for a playoff but scorekeeper George Santos admitted to a mistake on Tiger's scorecard giving Charlie the victory.

At the Oscars, no one is quite sure what Taylor Swift is doing there since she's never been in a movie. But the Hollywood crowd-afraid of the "Swiftie" backlash-gives a standing ovation when she receives the "Most Camera Shots in an NFL Game by a Non-Player" award.

May-

Donald Trump's hopes for a rare sweep of the Kentucky Derby and the Indy 500 are dashed when his heavily favored colt Dancing with the Tsars is beaten at the wire by a long-legged filly named Swift Diva. The winner's trainer Bob "Silver Tongue Devil" Baffert gives credit to his jockey Jorge Santos-an unknown rider from New York.

"He sent me an impressive resume so I decided to give him a ride," Baffert tells the disbelieving press.

In the 500, Trump's car crashes in the second term-oops, turn-and the ex-President turns his wrath on his pit crew. "They're as useless as an election official in Georgia," he rants.

June-

Former football coaches Nick Saban, Pete Carroll and Bill Belichick form their own corporation called Triple Threat and start an NFL team located in Crowley, Louisiana.

"We thought the great fans of this state should have one professional team that won't break their hearts year after year," says Carroll. "And since Crowley is known as the 'Rice Capital of the World', we will call the team the Rice Krispies giving us an instant corporate sponsor in Kellogg's."

Saban chimed in, "And having three coaches guarantees us that if I 'snap' and Pete 'crackles', Bill will 'pop' right in and rescue us."

Belichick announced that he will handle the Rice defense guaranteeing, "It will be tough to go against the grain."

July-

Hoping to cash in on the recent basketball and gymnastics championships, LSU's Angel Reese and Livvy

Dunne team up with Masters champ Charlie Woods to produce a TV special called "Charlie's Livvin' Angels". And taking a hint from the Triple Threat guys, the group adds a third Angel-one Taylor Swift.

In the first episode, Charlie instructs the Angels to face a threat unlike any we have ever faced before, a threat that could endanger the entire Western Hemisphere, a threat that could wreak havoc on our entire fragile social system as we know it. We're speaking, of course, of the NIL in college sports.

August-

The Paris Olympics open with French soccer star Zinedine Zidane lighting the Olympic torch. The event marked the first time a celebrity with the initials Z.Z. had lit anything in public since the Texas band ZZ Top fired up some crooked cigarettes at a concert in Austin in 1974.

Hoping to gain support for his border wall, Donald Trump uses the Games as a bad joke that falls flat among even his most fervent supporters. "I don't suppose any Central American countries will win any medals this year," quips the Don. "Anyone who can run, jump or swim is already over here."

September-

After three consecutive losses to start the season, Saints' owner Gayle Benson finally relents to public pressure and fires the entire coaching staff. A mysterious new coach-known only by the initials A.I.-takes over and New Orleans immediately goes on a winning streak with offensive and defensive schemes never seen before.

Speculation ranges on the new coach from former NBA star Allen Iverson ("Practice-we talking about practice...") to actress Amy Irving (once married to Steven Spielberg) to Prince Albert I of Monaco. In fact, the whole Saints' cheer now changes to "Who dat A.I. coaching the Saints, Who dat..."

October-

When Alabama loses its third game of the season to LSU, the Tuscaloosa natives-forgetting that Saban lost three his first year-are on the warpath calling for the head of new head coach Kalen DeBoer. "DeBoer is da Bore" reads one sign while "This ain't the Pac 10 Kalen-so pack it in,"

bumper stickers are all the rage. Some Bama fans even resurrect the old "Dig Him Up" stickers from years gone by referring to the late Tide legend Bear Bryant.

November-

With the two leading Presidential candidates behind bars, the country's voters turn to a fresh new face-someone who is known internationally, who can handle large crowds, who exudes a positive attitude whether cheering for her favorite team or posing for pictures in public. Someone who makes the young voters say, "OMG, it's like-you know-her." We speak, of course, of Taylor Swift who along with running mate George Santos ("What a fabulous resume he had!") win the election in a landslide.

December-

President Swift announces that her first executive order will be to eliminate 24-hour news stations. "We will replace them with music videos of my concerts, Adam Sandler movies and classic cartoons like Bugs Bunny and 'Rocky and Bullwinkle'. That should brighten up everyone's outlook."

Fox and CNN don't seem too disappointed with the ban. "Without Trump and Biden, we don't have much to talk about anyway," laments one news executive.

Swift also reveals plans to abolish all major political parties. "From now on we are not Democrats or Republicans. We are all Humanists," the President announces. First Gentleman Travis Kelce and other NFL players are sworn in as Sergeants-at-Arms to make sure the orders are carried out Swiftly.

As the year draws to a close, Vice President Santos promises to rid the government of "lying scoundrels who have misrepresented themselves with false claims" and "clear the smokescreen surrounding Congress".

Good deal. Maybe next year- "I can see clearly now, the smoke is gone..."

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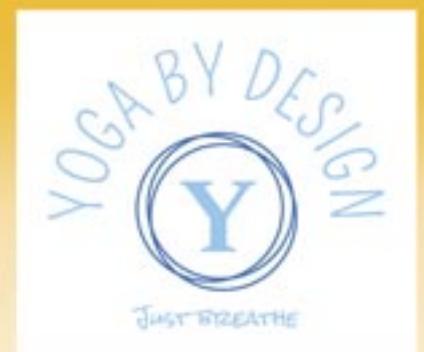


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Entertainment Schedule

1 / 20

Trent Bopurgeois and Fly by Night

1 / 26

Foret Tradition

2 / 3

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Our happy hour specials are \$2.50 domestic beer

\$3 Mexican beer

\$4 single well

\$5 double well

\$4 and \$5 bomb shots.

Sunday night is

2 for 1 drinks for all service industry

Monday special

-\$4 bomb shots

\$2.50 Blue Moon Draft

Tuesday special -

2 for 1 Bomb Shots

Wednesday special -

\$5 PBR and

bomb shot combo

Thursday special -

\$5 double well



Jan 26th Foret Tradition

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Useless Random Facts with Kellie

•
Dying stars caused that space smells like a combination of diesel fuel and barbecue, according to astronauts.

•
The Eiffel Tower can “grow” to 15 cm during the summer.

•
A teaspoonful of neutron star would weigh 6 billion tons.

•
Hawaii moves 7.5 cm closer to Alaska every year.

•
According to research, fans of classical music and those who love heavy metal have similar personalities.

•
There’s music made especially for cats. It seems like cats develop their musical taste soon after they’re born.

•
One in five country music songs refers to alcohol, one in three to tears, and one in seven to “mama”.

•
Dragonflies have six legs but can’t walk, because their legs are too weak.

•
It’s possible to turn peanut butter into diamonds, and one man accomplished it.

•
Simply taking just 1 step uses over 200 muscles in the body.

Jammin' with Goosie

Mission Accomplished

He said, "I bought that 6.5 Creedmoor today. Let me go inside and get it." I waited patiently while sitting on the swing outside for his return. As he approached me he gently placed the beautiful long gun in my hand. After feeling the craftsmanship of this firearm I said, "We'll go shoot it at my hunting camp rifle range whenever you may care to do so." He replied. "No. Don't worry about that but I would like for you to use it this upcoming hunting season and hopefully you will get to shoot a deer with it."

end and that it was now or never the time to buy the gun. As the family gathered at his homestead on the evening of his passing several things of high value were being distributed to family members so that they could be stored away properly for the time being. When the firearms were being sorted out the decision was made by the family that I should possess the Creedmoor rifle because he had for sure brought that gun for me to have and hold in memory of him.

It's amazing how items of great quality feel and perform verses items of lesser quality. Its weight, feel and trigger pull was fantastic. After a trip or two to the firing range I found



with firearms of great accuracy. I later took a quick long shot at a coyote in which I missed. Believe me, when I miss it is usually my fault and no fault of the gun.

The following season did not produce any kills from the rifle although I did let one shooter buck walk. That was a decision that I still regret to this day. Later that season I did let a really nice buck

my first deer kill while using it was complete. For the 2022-23 deer season I made the decision to leave my other rifles at home. The time had come to complete my dad's request of harvesting a whitetail with the use of that beautiful rifle. Given the fact that I am not a very lucky deer hunter I kinda figured that it would take some time for me to accomplish the task. On most occasions that fall I carried the gift with me and on December 22nd 2022 a beautiful eight point buck became its first victim. The large animal ran away after the gun's report but soon surrendered its life and fell dead in about a foot of water. Believe this, it was a great relief to see him lying there in that setting. The scene would have made a great photo but I had forgotten my phone at home that morning. At the moment I reached him I then touched the beautiful creature and apologized for taking its life with a promise of using its gift of food to me wisely. I then kissed the rifle and quoted out loud into that big beautiful sky, "Well dad it took a while but I finally did it." Thanks man. I love you and I damn sure miss you.



A week later dad passed on from the face of this earth.

The firearm was a Winchester Model 70 Super Grade caliber 6.5 Creedmoor. My dad loved firearms of great quality and this piece was that for sure. He had pondered with the thought of purchasing the gun for a couple of years and I believe he knew that his time here was coming to an

a round that performed better in the barrel than the others that I had tried. Although I did not use the rifle on all of my outings that fall I did manage to harvest a couple of feral hogs with that gun. One of the victims fell dead in it's tracks to a shoulder shot and the other met the same fate from a well placed head shot. Head shots of such can be made

outsmart me allowing only an iffy shot that I decided not to take. I did not want a wounded animal to be that guns first attempted deer kill. Dads gift deserved more than that.

My granddaughter who often hunts with me once asked me if she could use the rifle. I informed her that I would let her use the gun after

Till next time

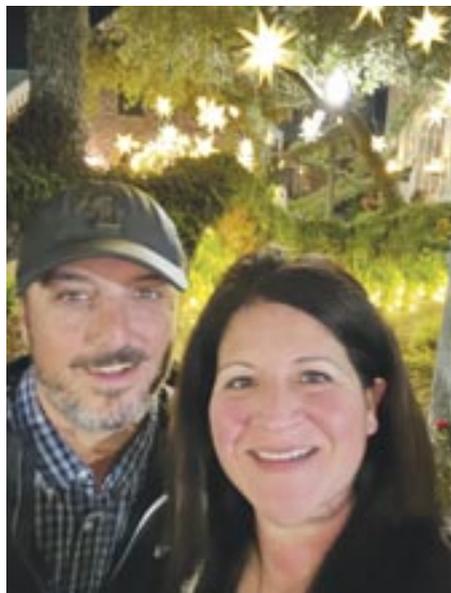
Enjoy your family and friends while you can

James "Goosie" Guice

Thoughts from Bully

California Kids Come for Christmas

As I get older I have turned into a home body but thank God I have family that is willing to travel to visit me. This Christmas I was blessed with family from California that wanted to experience Louisiana culture.



My nephew Tim and wife Adrienne brought 3 crumb crunchers to visit Uncle Mike for Christmas. They arrived on the 26th and we planned events all through the New Year.

When they all entered my home my loving black lab Thumper couldn't wait to lick on all of them. When the 3 year old twin boys came face to face with him they went screaming in the night like it was the chainsaw massacre.



Immediately it was a love hate relationship. They loved playing with him until he wanted to love on them. Then it was scream city again and again gain! Fortunately after about 3 days they became best friends and



Thumper caught every ball thrown or kicked at him and he would just give it back wanting to do it again.

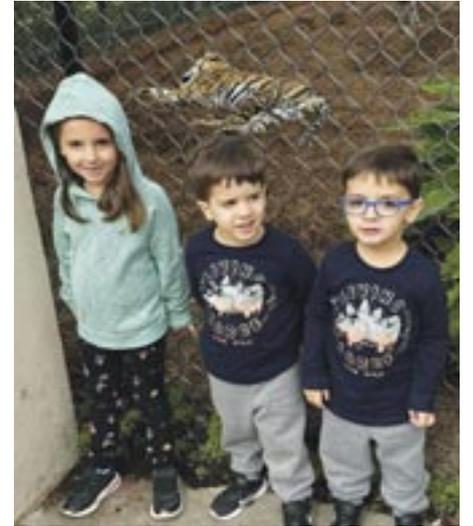
As a bachelor my home is pretty quiet but not now. It is full of life and love and so much going on I can't hardly

keep up. So lets start with the first morning. Uncle Mike went for donuts and chocolate milk. I knew they liked glazed but there were some assorted donuts covered with sprinkles. There were blue and pink, multicolored Mardi Gras colors and chocolate coated. It's as if Santa brought his favorite donuts for us to enjoy.



their surprise they each had their own beer mug and it lights up with Mardi Gras purple, yellow and green flashes. Every kids dream. Beer mugs.

The kids next adventure was any kids dream. See and meet, the great Mike the Tiger. Mike was so excited to see them he thought he



After they got dressed and the sugar high was in full force it was time for Christmas presents from Uncle Mike. The boys received some assorted cars, trucks and tractors and Josylyn received art supplies and carrying case. The the



deserved a nap.

Another trip they took that all kids needed to see was alligators. They took a trip to Cajun Village and hoped the gators were out in the sun and visible. Luckily

number one present came their way. All 3 received what everyone should have from Louisiana. They opened to



the gators were there. Of course there were souvenir shops full of useless stuff that kids have to have, gator teeth on a neckless. Fortunately the trinkets had to be small to fit



out the box. She didn't mind touching them but refused to taste. Fortunately they caught 3 but I don't think they got named but it was catch and release and a couple got a kiss on the way back to the pond.

What's the best thing to do after fishing? Ride 4-wheelers. Everybody took a ride with Dad and some rode more than others but they had

in the suitcase to put take back on the plane. Gator heads were off limits

The week and days kept clipping along. I learned about a couple of Disney movies that I'm still confused about. The kids hair colors in the movies probably were matching all the colors in a 24 pack of crayons.

It was time to go fishing and you know what that means, WORMS! Oh yea. Josalyn was naming each one right



cousins and a birthday party and marshmallows. It was a cold night and perfect for a fire and at least 14 cousins running wild.



bags. We passed around hugs and Thumper got the biggest hugs. With a wave and a smile they were gone. My house was quiet as a mouse. My heart was full of family. It was time for a beer. I opened my fridge to see some leftovers the crumb crunchers left me. Thanks kids for the pears and the Dino Buddies that are chicken nuggets shaped like the alphabet. However the strawberry cheese cake yogurt was pretty good.

I learned after, Josy was ask her 3 favorite things about the trip. She said, "Michael and Jacque playing with them, Thumper and Uncle Mike bringing donuts for breakfast. Twice!!!"

Love Yall!



to quit because we were having a shrimp boil.

Of course the boil was for the adults but the kids all got a chance to taste and with burning lips they ask for



The next big event is New Years and yes we had kid friendly fireworks. I know the boys tried to pop at least 100 poppers because half of them didn't pop and are hiding downstairs as I am stepping on them regularly, making me jump every time they popped.

The last thing we had to do was let Josy paint on the family mural. In the summer my nieces Millie and Addie, from Colorado, started a fence mural of a field of sunflowers. Josy got to paint her flower and sign the art. Sunflowers have a dark middle but pink is her favorite color. Got to let them create.

The day after New Years my California family packed their



chicken nuggets. Like I always say. More for me.

The next morning Uncle Mike picked up donuts again for breakfast. It was the beginning of a big day for a big night. We had planned a family bonfire with lots of



David

Josalyn

Robbie



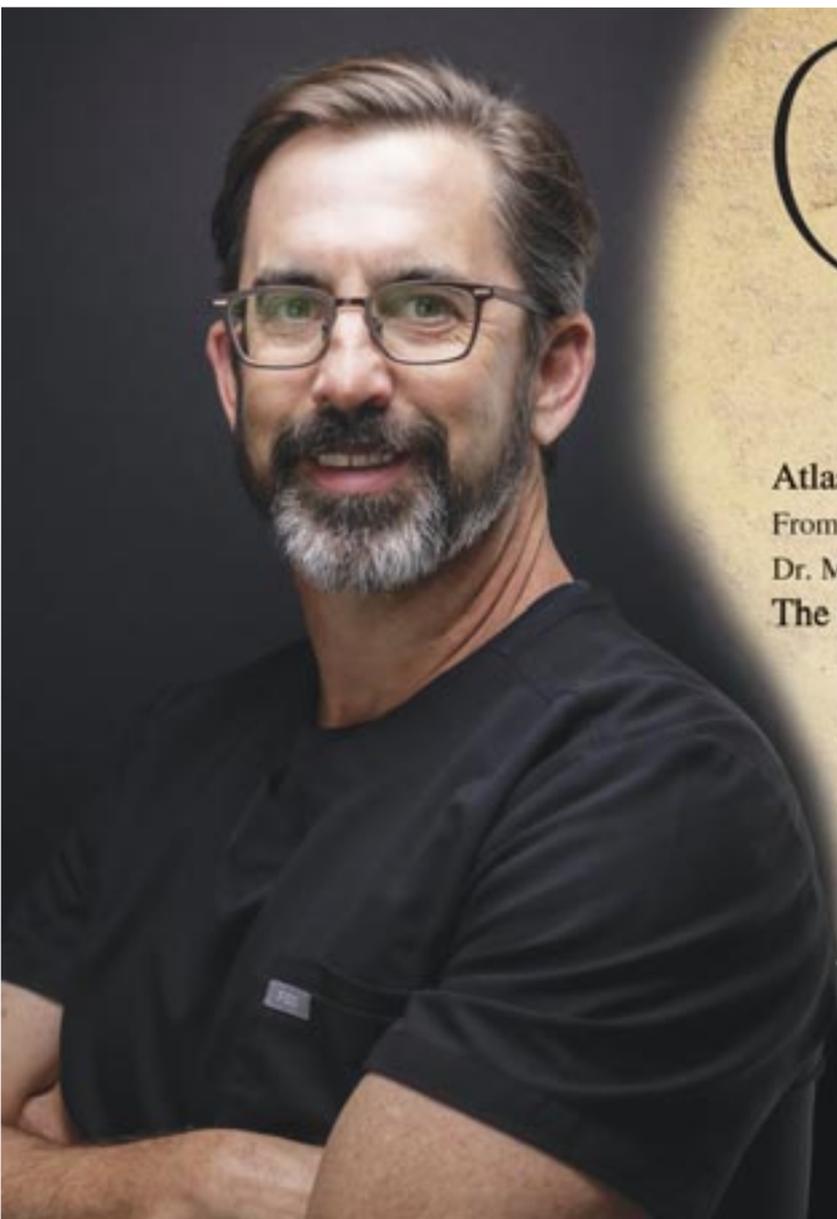
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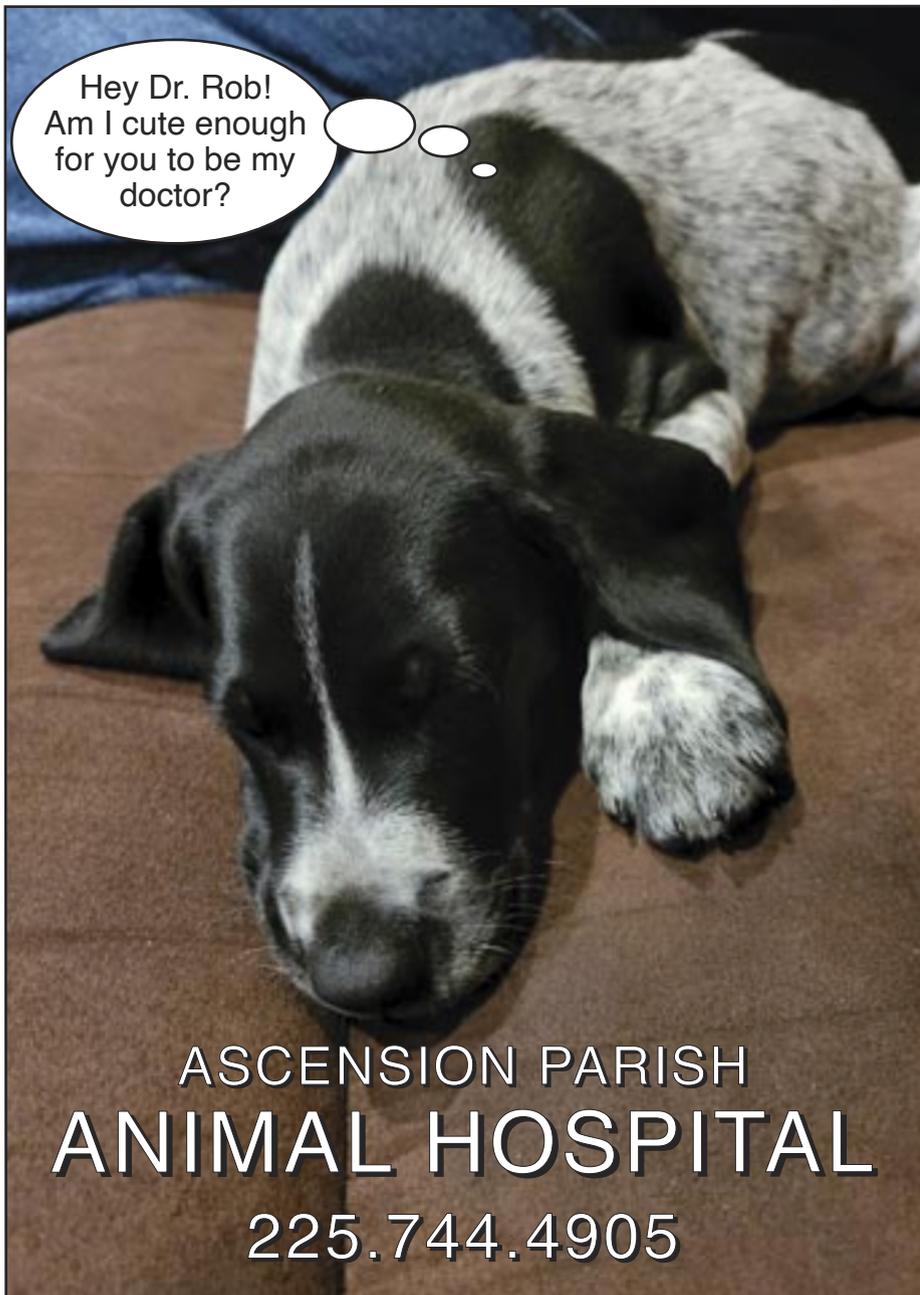
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Yield:
10-15 servings
Prep:
15 minutes
Cook:
10 minutes
Serving: 4

Ingredients:

8 ounces fresh Jumbo Lump crabmeat
1 small loaf French bread
1 Granny Smith apple
4 ounces Smoked Gouda (whatever cheese you like)
8 cherry tomatoes
1 ounce fresh basil
2 ounces extra virgin olive oil
2 lemons
Kosher salt & fresh ground black pepper to taste

Method:

First thing you want to do is get those toast points cooked. Set your oven on 375 and allow it to preheat. Take your French bread and cut it into ½ inch slices then lay them out on a sheet pan/cookie sheet. Drizzle them with olive oil and bake for 5 minutes or until lightly browned. Remove them from the oven and allow them to cool and get nice and crispy.

Next, grab your crabmeat and put it into a small mixing bowl. Drizzle the crabmeat with a little olive oil, the juice of the lemon (no seeds), and salt & pepper to taste.

Now get your cheese. Here we are using Smoked Gouda, but you can use any of your favorite cheeses. Shred the cheese and set aside until it's time to use. Take out your cherry tomatoes and cut them in ½ and add them to the bowl of crabmeat

Thinly slice the basil leaves

The last ingredient to prepare is the apple. Remove the core of the apple either with an apple corer or simply by cutting off each side of the apple. Cut the apple into small cubes and put them into the small mixing bowl with the crabmeat and tomatoes, then drizzle with the juice of the last lemon (no seeds). This will keep the apple from turning brown.

LET'S PUT IT ALL TOGETHER!!!

Lay out your crispy French bread toast points and top them with the crabmeat, tomato, and apple mixture. Sprinkle the shredded Smoked Gouda over the top then finish them off with the fresh basil. Serve immediately and enjoy this fresh and simple to make dish as an appetizer or accompaniment.

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