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On the Cover: The Hospice of Baton Rouge!

Like the Tiger Baseball team We have a Great line up at Tags & Titles!

Well we just thought that February would bring us something close to warm weather but.....maybe March. But regardless life is gonna go on and baseball, soccer, and camping are all around the corner. Tags & Titles remains here to serve you for all your DMV/DL and Notary needs. We are still **RECOMMENDING APPOINTMENTS** Monday-Friday so that we are prepared to assist you quickly and efficiently to your schedule for your notary and DMV work. However, we are still available for the unexpected and daily drop-ins, we will do our best to get you in and out as quick as possible. **But Driver's License MUST HAVE APPOINTMENTS DUE TO LIMITED SPACE.** CALL EARLY 225-644-1512. Our waiting area is open but we recognize the social distancing and CDC rules for the safety of our customers who are still at risk. Masks are at the customers discretion, but our office still maintains the safety shields. My staff and I continue to take all the necessary precautions to ensure your safety while still providing you the fastest service possible in our office.

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Jamie Frederic-Braud





A ‘Penny’ for Your Thoughts

On the morning of January 17, 2022, our community lost a treasure. Lionel “Penny” Duplessis died at the age of 87.

His grandson, Ronnie Johnson, said it best in his eulogy of his grandfather “If I only had a Penny” as he recalled the fond memories of his grandfather. Penny is

probably best known throughout Ascension Parish for his love! Love of family, friends, community and music!

Back in the 1940’s when St. Amant was a community of farms and dirt roads; back when hanging out on the front porch and visiting neighbors was a daily way of life; when electricity was beginning to

light homes over kerosene and the radio was the only “technology” found in nearly every home; four teenage boys from Gold Place formed a little band called the “Starlight Boys”. With instruments in hand, the Boys walk down

Gold Place Road to the local dancehall known as Gold Place Bar. Instant stardom came with bookings at other regional juke joints like Club Forest in Maurepas, Georges Bar in Sorrento, Moon-Light Inn in French Settlement and

The Music Box in Prairieville. It was from the bandstand that he eyed a girl dressed in Red! He would marry that girl, Earline Braud, and for 69-years of marriage he would always say he was married to the prettiest girl in the world!



L-R T-Yank Templet, Steve Babin, Penny Duplessis & William Lambert



L-R T-ank Templet, Forrest Mire, Olly’e Gautreau, Penny, Steve



L-R Mervin Babin, Penny Duplessis, T -Yank Templt, Steve Babin, Janson Babin, William Lambert



way added two more musicians, cousins Jansen and Mervin Babin, and changed their name to the Trademarks. For more than 40 years, the Boys played music for dances, weddings and benefits in and around Ascension Parish. Perhaps only Kenny Fife, Na Na Sha, or the Rolling Stones

And if he wasn't playing music or dancing to it, he was traveling or camping. Penny and Earline traveled by car to anywhere the road would take them. From California to New York, Florida to Michigan, and each year to the Great Smoky Mountains, his favorite vacation spot!



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have surpassed their longevity! Penny loved sharing his love of music with everyone who wanted to listen, dance or play. When Penny saw his 10-year-old nephew, Gary "Snake" Templet turn cardboard boxes and a box fan into a drum set, his Uncle Penny showed up around midnight, after a gig with a real drum set for his nephew! They assembled the drums that very night and played until dawn!

And when the Boys retired from touring the dancehalls of Ascension Parish, Penny built himself his own social club in his back yard, Penny's Blue Room. Penny's Blue Room became the spot for Monday Night Jam session, where musicians old and young would gather for many years. And the strongest drink served was Miss Earline's pot of coffee.

Penny's Blue Room became the gathering place for family, friends, and neighbors. For many years Penny and Miss

Earline hosted Christmas parties, wedding showers, baby showers and graduation parties. Any given Saturday night you could find Penny stirring in his pots, cooking a large pot of jambalaya or gumbo. And usually once the meal was done, the mics and instruments came out and you could hear the deep notes of his base guitar all the way back to Gold Place Road!

For Penny, his family was his favorite melody! His Saturday Nights mellowed into weenie roasts and John Wayne Movies; ballparks and gyms; and his grandchildren took the spotlight. His cross-country vacations turned to short Sunday drives with his girl to Middendorf's and the Gulf Coast! So, when you find a penny pick it up, all day long you'll have good luck!

And don't pass by that penny when you're feeling blue; it may be a penny from Heaven that an angel tossed to you!





I WISH I HAD A PENNY!!

Paw Paw Penny was born on March 17, 1934, St Paddy's Day! How fitting ...and how LUCKY for us! PawPaw's passion was music and after decades of playing in and around Ascension Parish, you could always find him jamming with friends or cooking a jambalaya and gumbo in "Penny's Blue Room".

PawPaw and MawMaw were married for 69 years. Life was a fun filled adventure. It was not always a cake walk but it sure was sweet!

Now You might ask, "How did such big, strong burly man get a nickname like PENNY!"



Well, There was a lady named Mrs. Guidry who lived nearby. She would always pay the kids a wooden token to do chores for her. One day she gave little Lionel one and he said, "I don't want that!" I want real money!! So to quiet this





boy down she gave him a REAL PENNY. Mrs. Guidry also had a son named Lionel so she began calling Lionel Duplessis, PENNY. And PENNY was his name!

I WISH I HAD A PENNY FOR EVERY STORY HE TOLD OF ABOUT HIS LIFE, HIS CHILDHOOD, HIS ANTICS, HIS MEMORIES!

I WISH I HAD A PENNY FOR EVERY NOTE HE PICKED, EVERY SONG HE PLAYED AND EVERY RUG HE CUT

I WISH I HAD A PENNY FOR EVERY MILE HE DROVE AND EVERY SLOT HE PULLED

I WISH I HAD A PENNY FOR EVERYTIME HE TOLD MAWMAW SHE WAS SOOOO



PRETTY! AND FOR EVERYTIME I HEARD HIM SAY "HEY EARLINE, MAKE US A SHOT OF COFFEE"

I WISH I HAD A PENNY FOR EVERY SCRAMBLED EGG THAT WAS FRIED FOR HIM AT 2AM

I WISH I HAD A PENNY FOR EVERY LESSON HE TAUGHT MY MOM. The important ones, like horseback riding, hunting, fishing, skiing, and to drive ..at 13...if she went straight to church and back.

I WISH I HAD A PENNY FOR EVERY DRIVE HE MADE TO TEXAS TO BRING AUNT VONDA TO SEE THE BELLS.

I WISH I HAD A PENNY FOR EVERY TIME HE WAS CALLED "THE LADY'S MAN"

I WISH I HAD A PENNY FOR EVERY CORNBREAD HE ATE

I WISH I HAD A PENNY FOR EVERY WESTERN SHOW HE WATCHED.

I WISH I HAD A PENNY FOR THE NUMBER OF BASE-BALL, BASKETBALL, FOOT-BALL, SOCCER AND

LACROSSE he attended to watch his grandkids play ball.

I WISH I HAD A PENNY FOR EVERY TIME HE SANG "BUSHELL AND A PEC".



I WISH I HAD A PENNY FOR EVERY TRACTOR RIDE HE GAVE TO US KIDS AND FOR EVERY ACRE HE CUT, PLOWED AND BUSHHOGGED

I WISH I HAD A PENNY FOR EVERY CARD GAME HE PLAYED

I WISH I HAD A PENNY FOR EVERY TRIP HE MADE TO MAC – DONALDS AND EVERY HOT DOG WE ROASTED IN THE BACK YARD.

I WISH I HAD A PENNY FOR EVERY THIN FRIED CATFISH WE ATE FROM MIDDENDORF'S AND EVERY PHONE CALL TO HIS BELOVED SISTERS IN LAW

I WISH I HAD A PENNY FOR EVERY BIRTHDAY SONG HE SANG TO US.

I WISH I HAD A PENNY FOR EVERY PARTY WE HAD IN THE BLUE ROOM AND EVERY POT HE STIRRED MAKING JAMBALYA, GUMBO AND SPAGHETTI.

I WISH I HAD A PENNY FOR EVERY TIME HE TOLD US "I LOVE YOU"

WITH THE PENNY WE HAD, WE WOULD NOT TRADE FOR ALL THE GOLD IN THE WORLD !!



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From the Gonzales Garden Club

Ceremony, Service and Social

The Gonzales Garden Club (GGC) met on February 2nd at the First Baptist Church of Gonzales (FBCG) for an Arbor Day Program, business meeting and luncheon social.

Due to inclement weather on the January 21, the annual outdoor event planned by Arbor Day Chairman Janis Poche was rescheduled to coincide with the meeting. The Arbor Day Ceremony was held in a breezeway on the FBCG campus. Club members and a church official gathered outside the chapel near a young Natchez crape myrtle, which had been planted by Harlan Poche, Janis' husband, last month. Club President Jamie Trisler began the ceremony by welcoming the group and commented on the club's long-standing commitment to add trees to the local environment for their beauty and ecological benefits. Associate Pastor Jarrod Lamberth enhanced the tone of the gathering with an invocation and thanked the club for donating "a living gift". He also thanked Harlan for installing it on the grounds. Club Vice President Mary Jo Pohlig described the tree species as "beautiful all year



This Natchez crape myrtle was planted by Harlan Poche in January for the FBCG on behalf of the Gonzales Garden Club. He encircled the bed with metal edging to hold in the mulch and keep out the grass.

long." It is a Natchez crape myrtle which produces new green leaves in the spring, clusters of white flowers in the summer, yellow/orange/red foliage in the fall, and a smooth cinnamon-brown underlayer revealed by peeling bark into winter. Member Conchita Richey read a poem written by the late GGC Member Willie Mae Montgomery, "An Old Tree Reminisces", which is traditional to the annual ceremony. Member Patti Mouton thanked everyone for attending the event and expressed the club's gratitude for the church's generosity and hospitality in allowing members



From left, Hostesses Barbara McCormick, Patti Mouton, Mary Jo Pohlig and Elizabeth Saffell are seated on a bench outside the church reception hall.

to meet at the facility over the past year. It marked the 54th Annual Arbor Day Program sponsored by the Gonzales Garden Club.

The business meeting included committee reports, discussion of upcoming garden events in the area and plans for next month's presentation. President Jamie Trisler noted



Vice President Mary Jo Pohlig cheerfully expounded on the ornamental features of the Arbor Day tree presented to the church.



Traditional to the GGC Arbor Day Program, Conchita Richey read a commemorative poem while others followed along. From left: Pastor Jarrod Lamberth, Conchita Richey, Cynthia Cagnolatti, Dale Bowman, Jamie Trisler, Loretta Ramirez and Janis D'Benedetto.



Every monthly meeting begins with the Pledge of Allegiance led by Parliamentarian Barbara McCormick. Clockwise from left: Barbara, Janis D'Benedetto, Dale Bowman, Jamie Trisler, Mary Jo Pohlig and Cynthia Cagnolatti.



Elizabeth Saffell, Mary Jo Pohlig, Dale Bowman and Loretta Ramirez serve themselves a little bit of everything.

that newspapers can be brought to the recycling center at 42077 Churchpoint Rd. or donation centers such as Goodwill on Airline, Fellowship on Burnside, or St. Vincent de Paul off Burnside in the Eastbank Shopping Center at Hwy 30 and 44. Plastic grocery bags can be reused at food banks such as St.

Theresa Food Pantry.

Hostesses Elizabeth Saffell, Barbara McCormick, Patti Mouton and Mary Jo Pohlig provided a finger food spread for lunch. A smorgasbord of cheese and crackers, finger sandwich platter, deviled egg plate, vegetable tray, pans of fried shrimp, catfish and craw-

fish pies, fresh fruit bowl and king cake boards spanned the buffet table. It was a casual meal with easy conversation such that many members opted for seconds.

Besides cleaning tools and starting seeds, the club mentioned two horticulture hints for February. Fertilize many plants in your garden. Cut back rose bushes by one third and fertilize.

Ideally, any new shrubs and trees have already been planted so they can get their roots established before they start putting out leaves in the spring.

At next month's GGC meeting, a member will lead the study of horticultural practices for daylilies, and S-curve floral designs will be featured.

The Gonzales Garden Club is federated by



Lead Hostess Elizabeth Saffell stands at the head of the buffet line of finger foods ready to serve beverages.

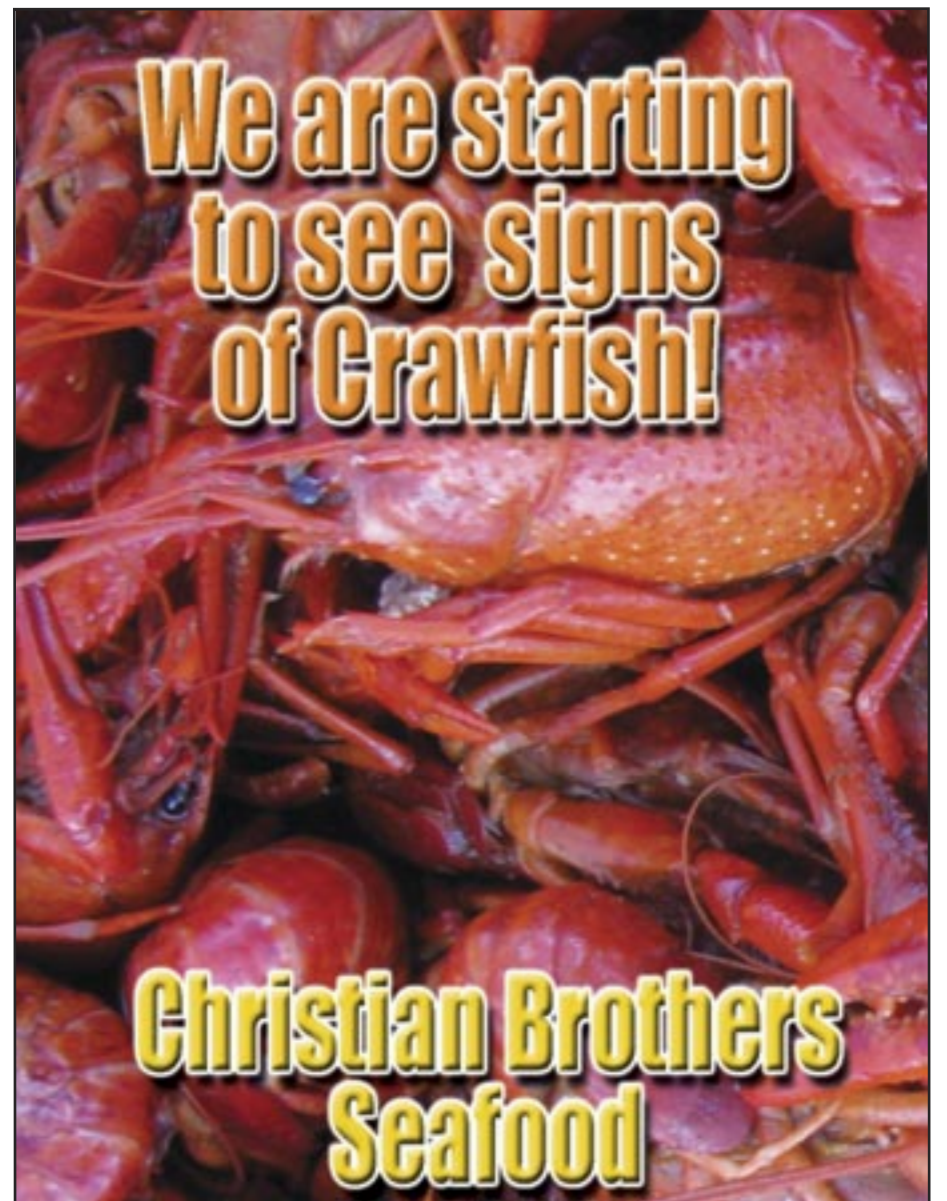
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Five Must Do's for Optimal Immune System Function

Please note this is not medical advice. The habits and supplements suggested are simply what I've used and enjoy.

What is immunity?

First.... let us identify what the immune system is. Well, our immune system is our God given network of processes organs and cells that ward off and protect us from disease and foreign bodies that try to harm us. When our immune system detects a problem, it triggers cells and responses to ward off and fight the invasion... when our immune system is functioning properly.

For our immune system to function properly, we must get rid of anything that delays or prohibits our immune system from working at its best level and optimize habits to boost and strengthen our immune response.

We have two types of immunity: innate and adaptive. Innate immunity is what we are born with, as stated earlier when our immune systems are working healthily. Adaptive immunity is when our body produces antibodies after being exposed to a virus or disease or is simply protected by a vaccination. In this article, I'm going to focus on how we can increase our innate immunity.

According to the CDC, "immunity to a disease is achieved through the presence of antibodies to that disease in a person's system. Antibodies are proteins produced by the body to neutralize or destroy toxins or disease-carrying organisms."

How do you boost your immunity?

Hydration –

When our body is attacked by infection, our body combats the infection through a few ways, one of which is releasing mucus. Mucus is a way for our body to naturally trap, disable, and kill germs, bacteria, and virus'. When we are dehydrated, its more difficult for us

to produce enough mucus for this protective function. Basically, the more hydrated we are, the more our body can create a protective layer to combat foreign bio attackers.

Moderate activity/exercise –

Moderate, not strenuous exercise can help boost your immune system and help with natural immunity. How so you ask? Exercise increases circulation of the body's systems including the immune system, so those cells can move about and do their intended job, protecting you from illness. Walking 20 to 30 minutes a day is a good start and helpful in creating the circulation you need to assist in movement of your immune system warrior cells.

A healthy plant-based diet-

A diet that's full of nutrient rich, fresh fruits and vegetables is a great way to keep your body strong and build natural immunity. A variety of colored fruits and vegetables are always a great way to get additional vitamins and minerals, naturally.

Supplemental Vitamins and Minerals –

Most often we cannot intake via food and drink the total amount of minerals and vitamins we need daily, much less when we are trying to ward off infection or build our immune system capabilities. A few you can incorporate are zinc, vitamin C, quercetin, magnesium, vitamin D, and a good probiotic, and more. I suggest speaking to a medical professional to find out if you are eligible to supplement with these, and if so, the proper dosage. The products I use are shown in the article image.

Rest –

A study published by the CDC studied a group of nurses working night shifts that only received approximately four hours of sleep and what was found was even after just one night, lack of sleep leads to impairment of immune function and a variety of other disorders.

I go for eight to nine hours a night, and if you're not feeling well, sleep as many hours as needed or able.

Who should build their immunity?

Well, everyone should boost their immunity, but especially people that are older or those with immune compromised health conditions, allergies, or asthma.

Why build up immunity?

Gaining immunity means lessening the effects of illness, potentially warding off any other impending, encroaching disease, the common cold, allergies and more.

Where can I get supplements for my immune system?

I typically purchase my supplements off Amazon, simply because I can read lots of and because their return policy is very easy if I am not satisfied.

In conclusion, if you're looking boosting your immune system, get enough rest, supplement with vitamins and minerals, eat a rainbow of plant-based food, engage in moderate activity, and stay hydrated with purified water. These small, daily practices, are easy and can help defend against illness and disease.

Wishing you health and happiness as we emerge on the Spring of 2022!

XOXO,
Sweet Eyes

Sources:
<https://www.medicalnewstoday.com/articles/320721>,
<https://pubmed.ncbi.nlm.nih.gov/32139352/>,
<https://www.cdc.gov/niosh/work-hour-training-for-nurses/longhours/mod2/05.html>



Get Growing, Ascension! Native Plants



Mariah Simoneaux

What exactly is a native plant? According to the Natural Resources Conservation Service (NRCS) a native plant is defined as those that have developed over hundreds or thousands of years in a particular region or ecosystem. In the United States only plants found in this country prior to European settlers are considered to be native.

Native plants are a great choice in the home landscape for a number of reasons. They are excellent at attracting butterflies, birds, and wildlife. Pollinators are some of native plants biggest fans as they produce flowers, nectar, and pollen throughout the year. The seeds and berries produced by native plants provide food for wildlife and birds. Oak trees are one of the best native trees

you can add to your home landscape. Oak trees serve as a host to over 500 species of butterflies and moths. While most oak trees are native to the United States, the Southern Live Oak (*Quercus virginiana*) is the only oak tree native to Louisiana.

An additional bonus of native plants is that the majority of them are low maintenance. They are well suited to our climate and require minimal care. Many native plants are drought tolerant or can withstand wet feet. They are more resistant to damage caused by insects and diseases. Native plants create a beautiful, natural look in your landscape. They can be left to grow with little pruning needed.

If you are contemplating



Yellow and black coneflowers are commonly found growing along roadsides. Photo by R. Matthews | wildflower.org

adding trees, shrubs or other plants to your landscape why not consider some native options. Large native trees include the southern live oak, bald cypress, boxelder maple, red maple, southern magnolia and sweetbay magnolia. Small native trees include the American fringetree, pawpaw, red mulberry, southern blackhaw, and two-wing silverbell. American beautyberry, Carolina rose, coralberry, oakleaf hydrangea, swamp azalea, swamp mallow, yaupon holly, and wild azalea

are examples of native shrubs. If you would like to start by incorporating native herbaceous perennials into a flower bed or pot try cardinal flower, great coneflower, Louisiana iris or Turk's cap.

The availability of native plants can be an issue for some gardeners. Check with local nurseries first and then search for reputable online retailers. Native plants and seeds may be available at plant swaps or sales conducted by garden clubs and master gardener associations. Several of these are coming up this spring in Ascension and surrounding parishes. If you can't find the native plant you are looking for be sure to let the retailer know. If enough people ask perhaps they will add more native plants to a future order or begin to propagate their own.

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



Cardinal flowers grow well in sunny or shady locations. Photo by S. Brundage | wildflower.org



City of Gonzales to Celebrate Centennial

The City of Gonzales is celebrating its 100 year birthday in 2022! On April 22nd - 24th the City will host a Centennial Celebration. The weekend will kick off with a live broadcast an opening of the 75th Time Capsule on Friday. There will be arts and crafts, a 5K & Family Fun Run, music concerts and performances, Jambalaya cooking contests, fireworks and a non-denominational community prayer

service, just to name a few.

More information on event sponsorship, festivities and applications for arts and crafts vendors, runners and contest cooks, can be found on our website

www.GonzalesLA100.com

Be sure to follow us on social media @GonzalesLA100.

Mark your calendars and come out to celebrate our 100 years in the making!



FRIDAY, APRIL 22ND

EATEL Wine & Cheese VIP Party

Tee-Joe Museum Tour - Gonzales through the years in Art and Photography

Live Stream unveiling of the 75th Celebration Time Capsule

Musical performance at Ascension Community Theater

SATURDAY, APRIL 23RD

Centennial Celebration 5K & Family Fun Run

Arts & Crafts/Farmer's Market

Jambalaya Mini-Pot Contest

Musical Performances

Center Stage Performing Arts

SUNDAY, APRIL 24TH

Jambalaya Cooking Contest for 100 Year Centennial Grand Champ

Arts & Crafts/Farmer's Market

"We Are Blessed!" Non-denominational prayer service

Musical Performances

Centennial Time Capsule Interment

Fireworks

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A woman with blonde hair, wearing a light-colored floral dress and high heels, stands in the center of a large, dark wooden arched doorway. Above her, three ornate lanterns are hanging in a vertical line. The scene is brightly lit from the doorway, creating a warm and inviting atmosphere.

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Lynelle Johnson sworn in over 3rd Justice Court

Judge Erin Lanoux swears in Lynelle Johnson, Judge Justice of the Peace over 3rd Justice Court Ascension Parish.

Lynelle has committed her philosophy to our citizens to be open minded, fair and honest. To treat everyone with respect no matter the

situation. To be available when the public needs her. To give the people resources to help them understand how to resolve their current unfortunate situation and to be a good public servant to the community that serves our wonderful way of life.





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YOUR ESTATE MATTERS



By Linda Melancon

Why You May Need a Trust in Addition to a Power of Attorney

A durable power of attorney is a document that allows you to appoint someone you trust to step in for you to handle financial and legal matters if you become incapacitated. We all are at risk of incapacity from illness or injury, whether temporary or permanent. Of course, this risk rises as we get older. Without someone in place to handle legal and financial matters, bills can go unpaid, contracts can't be signed, homes can't be refinanced, leases can't be terminated, investments go unmonitored and unadjusted, and families often fight over who is in charge. The remedy of seeking court-appointed conservatorship is expensive, cumbersome, and time-consuming. It's best that you pick your own person or people for this role.

However, it's not always enough. There are two reasons for this: financial institutions often don't honor older powers of attorney and agents sometimes don't step in until it's too late. Both problems can be remedied through the use of a revocable trust.

Financial institutions often reject older powers of attorney, claiming that they can't know whether the document has been revoked since first signed. Sometimes the institution will require the drafting attorney to attest to the fact that the document hasn't been revoked, even though the attorney may not have met with the client for many years and, of course, can't know everything the client did during that time.

Financial institutions are uncomfortable honoring powers of attorney because they do not want to be held liable for any malfeasance by the agent appointed under the document. In the opinion of most estate planning attorneys, such institutional rejection is contrary to law, but there is no good remedy when this occurs since any lawsuit against the likes of Bank of America or Fidelity will be expensive and time consuming.

Fortunately, there are three ways to avoid this institutional intransigence:

• **Refresh your documents periodically.** Financial institutions are more accepting of newer documents than older ones, so

it's a good idea to execute new durable powers of attorney every five years.

• **Use the financial institution's forms.** Most banks and investment companies have developed their own durable power of attorney forms that they are more comfortable accepting than general ones you may have found online or the one your attorney prepared. Contact each financial institution where you have an account and ask whether it has a durable power of attorney form.

• **Create a revocable trust.** Financial institutions seem to accept revocable trusts more readily than durable powers of attorney. Revocable trusts have the added advantage that you can appoint a co-trustee to serve with you, so that if you become incapacitated, the co-trustee can step in and act.

As we age, we all become increasingly susceptible to making financial mistakes and falling victim to scammers. Having a financial advocate in place can help avoid both. An important step is to name an agent under a durable power of attorney. However, such agents often don't step in until it's too late and the senior has already lost a significant amount of money.

A co-trustee on a revocable trust, however, is already named on the accounts in trust. Even if the co-trustee doesn't take an active role, he or she can monitor the accounts to make sure nothing untoward is occurring. Further, when it's necessary to step in, the co-trustee can do so immediately and seamlessly. In contrast, an agent under a durable power of attorney must present credentials to the financial institutions and go through the institution's vetting procedure, delaying access to accounts and prohibiting the agent from protecting the accounts or being able to pay bills on behalf of the grantor.

For these reasons, revocable trusts often work better than durable powers of attorney. However, two caveats are in order: First, trusts only control the accounts actually held by them. So, for the trust to work, you must retitle your accounts into your trust.

Second, even if you have a revocable trust, you still need a durable power of attorney. This is for two reasons: First, you may not have transferred all your accounts into the trust and will need to give your agent control over those accounts and the ability to transfer them into the trust. Second, the trust only governs financial matters. Your agent under your durable power of attorney can also handle legal ones on your behalf, including signing your income tax returns. An attorney who specializes in estate planning can help you determine if a revocable trust is right for you.

The information provided is not intended to be legal 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, Lake Charles, and New Orleans. 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.



Being Real with Real Estate

with Ashley

LET'S PLAY BALL!

EXCITED! Baseball season is upon us, and I could not be more excited! I just love everything about the game of baseball...the cracking of the bats, the smell of popcorn and hotdogs coming from the concession stands, and the roaring of the crowd as the batter is knocking a homerun out of the park! Strangely enough, the game is very strategic...from the batter line up to the stealing of bases...and it reminds me of the steps that we all take in purchasing a new home.

Deciding to sell or buy is equivalent to "stepping up to the plate." You are nervous and yet full of energy because it is finally your turn! You have so many questions as to what you can realistically afford vs. what you want out of a new home. To conquer this step and move forward to each base in the game of real estate...You are going to need a head coach and some great teammates! Choosing a knowledgeable and professional realtor is the exact same thing as a head coach. Your realtor will be able to listen to your concerns, desires, and any issues that you are currently facing and guide or advise you on each step of the process to secure your outcome and "knock it out of the park"! A good realtor will introduce you to or refer you to your cheering squad, or your "teammate" if you will...this will be your lender!

Now that your coach is in place and your team is built...everyone is cheering you on and rooting for your success...instruction has been given and with this new knowledge you now have decided on the type, size, school district and location of your new home...congratula-



tions...you and your realtor make an offer on a new home...you have made it to first base! Communication and signals are particularly important parts of coaching baseball. Whether it is the rubbing of a ball cap or constant communication over an email or phone calls...your lender will instruct you as to what they need to advance you as quickly as possible to a successful closing...if you act on their advice...you now have advanced to second base!

As your coaches and teammates are instructing/coaching you and doing their job to bring home the win for the team...the same is true in real estate. To get you to home plate...there are inspections to be passed, appraisals to be done, underwriting and last-minute negotiations. This is where the action is...it is the heart of the "game" and when it all comes together it's like rounding "third base" and headed straight for home plate!

And finally...your lender ...or "teammate" calls you with those five words you have been wanting to hear the whole time... "We are Clear to Close"! You have made it to home plate...YOU FINALLY SCORE!

Happy baseball season everyone! If you are looking for a realtor who wants to be your coach and make sure you WIN...call me at 225-933-6869, let's chat!

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FINANCIAL FOCUS

Use your financial strategy like GPS

When you're driving these days, it's pretty hard to get lost because your smartphone's Global Positioning System (GPS) can get you just about anywhere. And as an investor, you can have a similar experience by employing another directional tool – a personalized financial strategy.

Let's look at the parallels between your GPS and this type of strategy.

To begin with, your GPS pinpoints your exact location at the start of your trip – in other words, it tells you where you are. And when you create a financial strategy, your first step is to evaluate your current situation by answering these types of questions: What are your assets?

How much do you earn? How much do you owe? How much are you contributing to your IRA, 401(k) or other retirement accounts? Once you've got a clear picture of your finances, you'll be ready to begin your journey toward your long-term goals.

Once your GPS has identified your starting point, it will then show you where you want to go and the routes to help you get there. And it's the same with your financial strategy – you want it to help lead you to a particular place in your life. In fact, a well-designed strategy can show you the steps you need to take to help reach more than one destination – to a place where you can send

your children to college, a place where you can retire comfortably, a place where you can leave the type of legacy you want, and so on.

Here's another element of your GPS that applies to your financial strategy – the warnings. You're certainly familiar with those thick red lines your GPS shows to indicate traffic slowdowns ahead. And while they're annoying, they're also useful in cautioning you that you may arrive at your destination later than you had originally planned. Your financial strategy can also express "warnings" about events that could hinder you from reaching your goals. These obstacles might include an illness or disability that could keep you out of work for a while, or the need for some type of long-term care, such as a nursing home stay or the services of a home health aide. Your financial strategy can not only identify these threats, but with the guidance of a financial professional, suggest potential solutions.

In addition to providing warnings about things such as heavy traffic and road construction, your GPS can change your route if you miss a turn or if you decide, for whatever reason, to go a slightly different way. Your financial strategy can also show you alternatives, if it's comprehensive and overseen by a financial professional, who, using specialized software, can create hypotheticals – illustrations that provide alternative outcomes for different steps, such as retiring at various ages, investing different amounts each year or earning different rates of return. These hypotheticals can be quite helpful to you as your chart your course toward your goals, especially if you need to change your plans along the way.

Your GPS and your financial strategy are two great tools for helping get you where you want to go.

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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Ultherapy: Everything You Need To Know About The Non-Invasive Lift That Works

Dr. Z's secret to lifted tight skin!

What is Ultherapy?

Ultherapy is the only FDA-cleared, non-invasive procedure that lifts the neck, chin, and brow, and improves lines and wrinkles on the upper chest. This non-invasive treatment goes deeper to stimulate the production of your body's own collagen and elastin, for natural-looking results without surgery or downtime.

ULTRASOUND, NOT SURGERY

Ultherapy relies on ultrasound therapy to go deeper than other non-invasive treatments for collagen stimulation. It leverages traditional ultrasound imaging so our Ultherapy providers can see the layers of tissue they are treating. This ensures the treatment energy is delivered to where it benefits you most.

What is the function of collagen?

It is a naturally occurring protein, which keeps skin firm, toned, and youthful. Over time, collagen begins to lose its strength,



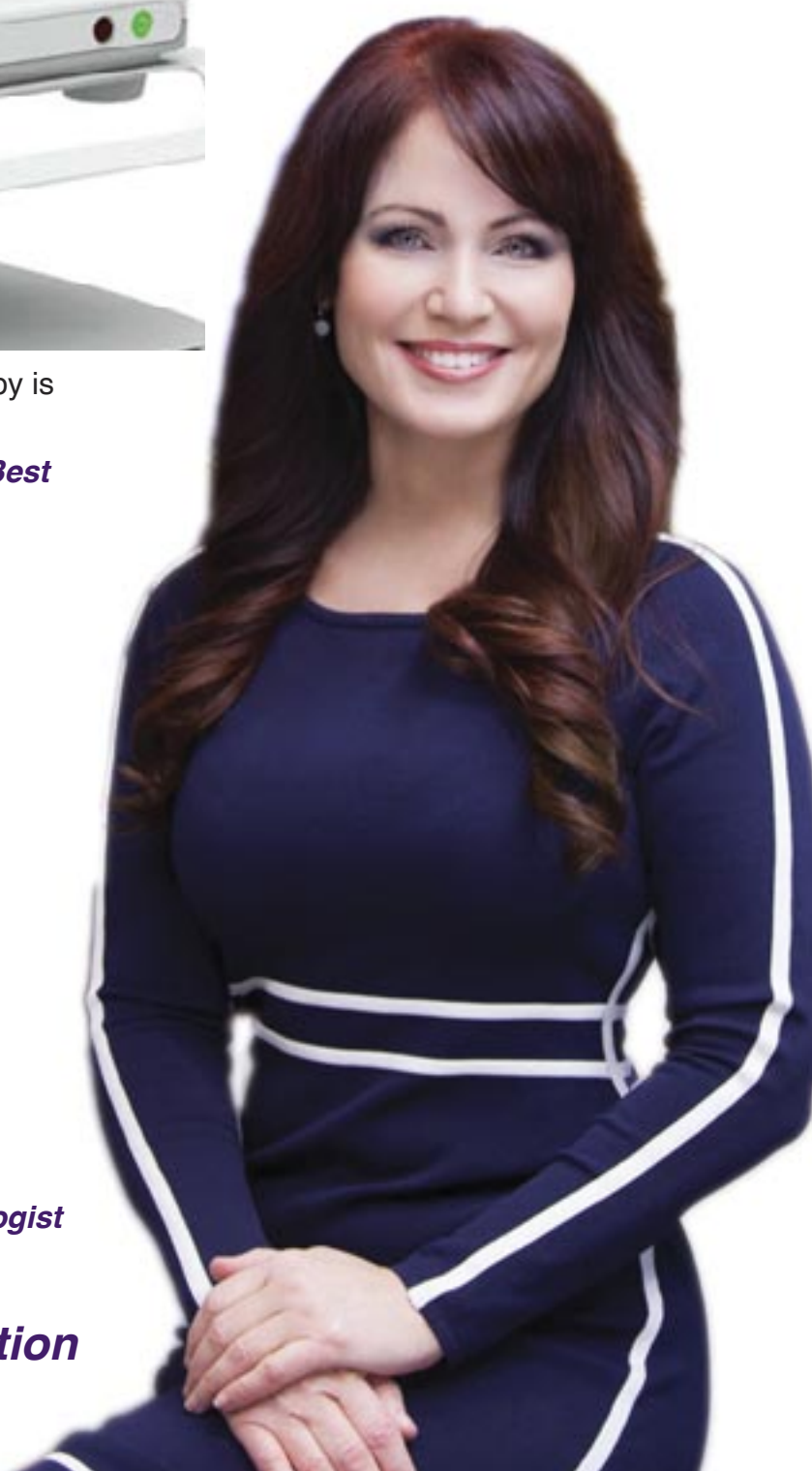
inhibiting its ability to fight the force of gravity and skin begins sagging. Ultherapy is a way to jumpstart the natural remodeling process that repairs existing collagen and produces new collagen.

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The Hospice of Baton Rouge

The First. The Only.

The Most Trusted.

For 38 years, The Hospice of Baton Rouge has garnered a reputation of being the most trusted choice among families in Baton Rouge and surrounding communities for hospice and palliative Care services. The organization was formed out of the dream of Mr. Don Berlin, Dr. David Lion, and Dr. David Kahn. Mr. Berlin and Dr. Lion, diagnosed with terminal cancer, wanted an option to pass away at home; however, there were no hospice services available in the community. So, together with Dr. Kahn, their oncologist, they successfully laid the groundwork for The Hospice of Baton Rouge. Since 1984, the organization has served three generations of residents in eight parishes with the highest quality end-of-life care. The Hospice of Baton Rouge remains the only non-profit hospice organization in the Greater Baton Rouge area.

Over the years, new programs have enhanced the patient and family experience. One of the programs, Palliative Care of Baton Rouge, formed in January 2018. This team of specially trained doctors, nurses, social workers, chaplains, and volunteers provides an extra layer of support and comfort to patients at any age and stage of serious illness. This care is provided in-home, alongside ongoing curative treatment, and includes round-the-clock support services for patients enrolled.

Our Support

- Registered nurses make most visits.
- Small patient caseloads enable nurses to spend more time with each patient.
- Prompt admission after referral.
- Many Hospice and Palliative Care Certified Nurses (CHPN) are on staff and helping families.
- Bereavement support is offered to anyone in the community, including short-term individual counseling.
- Hospice aide is available up to 7 days a week, including holidays and weekends, based on patient need.
- Registered nurses are available 24/7, including nights, weekends, and holidays for emergencies.

Our Care

- The Hospice of Baton Rouge accepts ALL appropriate hospice patients. Medicare, Medicaid, ANY insurance, and patients who have no payer.
- Hospice care for all ages (youngest was three days old; oldest was 108 years old).
- The first and only non-profit hospice provider in Greater Baton Rouge.
- Preferred hospice provider for all insurance companies, most assisted living communities, and many nursing homes.
- We Honor Veterans® program to honor and serve veteran patients.
- CHAP accredited; Medicare/Medicaid certified.
- Pet Peace of Mind® program to support pets of hospice patients.
- Camp Conquer – bereavement camp for kids.

Our Experience

- 38 years of providing hospice care to the Greater Baton Rouge community (since 1984).
- Pediatric support for children with terminal conditions for more than three decades.
- For over 30 years, Dr. Gerald Barber has been the Medical Director for The Hospice of Baton Rouge.
- Our Medical Directors combined have 50 years of hospice experience.
- The first inpatient unit in the Greater Baton Rouge area, The Butterfly Wing® was opened in 2005.

The Butterfly Wing®, the first inpatient unit in the Greater Baton Rouge area, provides a full range of medical, emotional, social, and spiritual services for those patients who need more acute care, including symptom management in a closely monitored setting, 24/7. In addition to hospice and palliative care services, free patient care programs fulfill the hospice mission of providing supportive services to patients and their families. Particular emphasis is placed on identifying different groups of individuals and the support services that would serve them in the right ways. From veterans to children and the stages in-between, these programs are specially designed to support those who need it at any phase of their end-of-life or bereavement journey.

The Hospice of Baton Rouge continues to thrive today, thanks to the support of dedicated volunteers who provide a wide range of services including, but not limited to, administrative services, special events coordination, bereavement support, and direct patient care. As a non-profit organization, The Hospice of Baton Rouge relies on the generosity of the community they serve. Giving to The Hospice of Baton Rouge means becoming part of the mission to provide end-of-life care to anyone in the community who is in need, regardless of financial resources.

"In addition to the excellent care we provide, donors contribute the funds that enable us to offer our comprehensive Grief Support Services that are free to anyone in the area; ground-breaking palliative care services for patients not on hospice, and professional and community education." – Catherine Schendel, CEO, The Hospice of Baton Rouge

For over three generations, The Hospice of Baton Rouge has continued to further its mission of serving the families of Greater Baton Rouge with excellence, compassion, dignity, and respect during their end-of-life journey. For further information on hospice or palliative care services, volunteer opportunities, grief support services, or opportunities for giving, visit www.hospicebr.org or call 225-767-4673.



The First. The Only. **The Most Trusted.**

As the first hospice established in the city and the only nonprofit, The Hospice of Baton Rouge has dedicated 38 years to being at the forefront of Hospice and Palliative Care. Choose a local organization that has devoutly served three generations of families.

Call (225) 767-4673 or visit www.hospicebr.org



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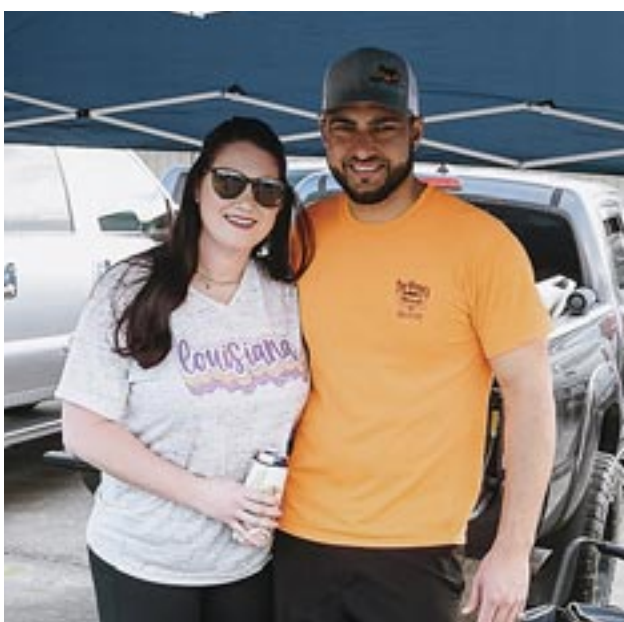
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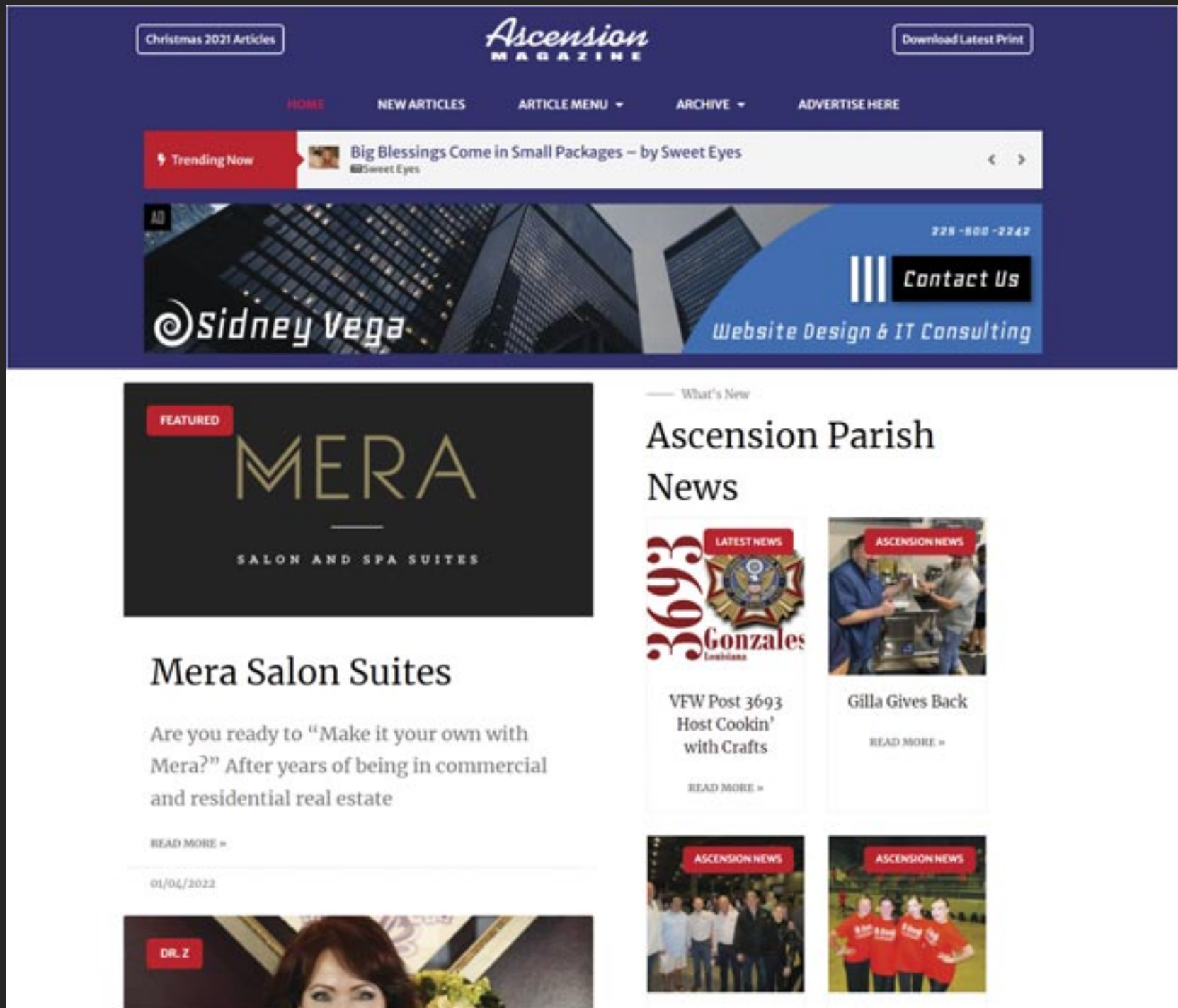
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Jammin' with Goosie

Everyday Life in the Outdoors

With my muzzleloader in hand, I gently focused my attention to the rustle of leaves to the west of me. I then noticed two very young deer passing my location. One was still spotted and the other evidently had just lost its spots. As they scampered off into the palmetto thicket, I began to wonder where their mother was, although I had no plans of shooting a female deer on that hunt in any case. A couple of hours had passed without any other deer encounters when I decided to get down and hang some markers to another stand location of mine. After descending, I rested the old smokepole on the side of a nearby tree to retrieve my trail markers from my carry bag. At that moment I heard noise in the palmettos where the yearling deer had entered earlier. A large doe stepped out of that area with another animal following it. I immediately thought that the two babies had found their mother, when much to my surprise, I saw that it was a coyote that was following her. I quickly grabbed my muzzleloader and the deer bolted in a full throttle run with the coyote on her heels. I started to fire at the running target and quickly decided not to for fear of hitting the deer instead of the wild dog. It then occurred to me for the reason being that the two babies had been separated from their mom. I then again rested my firearm against the same tree as before and began to dig in my bag for the trail markers again. From the same location, as just moments before, I heard more noise and commotion and at that moment I noticed two more animals running directly at me. I naturally thought that these

were the two displaced yearlings. At that point I then realized that the two animals running towards me were coyotes. As I reached for my gun, my movement frightened them and they took off running about twenty-five yards in front of me. I fired and missed the running shot sending them on their way.



That fall I often wandered back to that scenario and began to realize that this kind of behavior between predator and prey goes on constantly. In other words, I promise you that the incident of being chased by a wild dog wasn't that old does' first time having to endure that kind of behavior. I hear those coyotes howling in the evening fairly often. They lived there every day and night and so do the deer.

Through many years of my life in the outdoors, I've seen some incredible predator-prey encounters. I once saw two house dogs chase, track, and kill a rabbit while I sat viewing from my deer stand. After the kill was made, the killer dog carried the bunny to the other dog that actually ate it while the killer sat and watched. I've seen hawks knock flying ducks from the sky. I once watched a hawk catch a dove in flight and drop it to the ground after being



frightened by me. After hitting the ground, I picked up the dove and it flew off. On one occasion, while turkey hunting, a hawk chased a rabbit up to where I was sitting. My surprise movement made the bird give up on the adventure and it lit in a nearby tree. The rabbit sat at arms length from me up against another tree knowing that I was the reason that the raptor had given up on the attempt of trying to catch him. The hungry bird sat on a nearby branch for a while and finally flew off. Shortly after that, the bunny quietly hopped away. Another turkey hunt brought about a dive bombing expedition attack from a hawk that was aimed at a one legged hen that was feeding in the food plot that I was set up on. Don't you know that she, believe it or not, took off flying and beat her attacker to a nearby wooded area where the villain had to give up on the effort. Just a couple years ago, I

was taken out of a daze, so to speak, after sitting in one spot for several hours on a spring turkey hunt. I had noticed a hen turkey at that location that had a nest in some briars across from my setup. She would appear from that little brush patch every morning and evening to feed for a short time and then she would eventually return to her little hideout. Out of nowhere in a flash of seconds, around five o'clock that evening, I saw and heard the nesting hen putt, jump, and fly from her nest site. I was startled by what had happened when I finally laid eyes on the culprit of all the commotion that was taking place. When the coyote came in clear view of the brush, he took the last step that he would ever take. I typically don't shoot them, but I shot that one. Turkeys already have a hard enough life to endure without having to put up with that.

Predators and prey have been living together forever. Most of these catch and kill incidents occur without being witnessed by humans. Others are visible in plain sight on a large scale such as a school of speckled trout feeding on a school of shrimp or baitfish. We may sometimes think that the only time that these events take place are when we have the opportunity to see it with our own eyes. Predator attacks on prey take place every night and day and those events are just part of everyday life in the outdoors.

Till next time
It's going on right now
James "Goosie" Guice

what's happening @ Ascension Parish Library

myAPL.org

Creative Writing Workshops with Larry Schexnaydre

Explore your creative process – was the message to participants at two creative writing workshops led by Larry Schexnaydre, owner and studio director of Center Stage



Performing Arts Academy. The workshops, held at Ascension Parish Library's Dutchtown location, allowed beginning and experienced writers to approach the writing process in a fun and creative way.

After learning more about each participant,

Schexnaydre encouraged the audience to complete and perform a short story or monologue. Participants said they learned how to be more expressive through the experience.

Ascension Parish Library hosts events for all ages, all year long. To find out what's happening at the library, stop by one of our locations or visit us online at myAPL.org.



Fly Tying Workshops with Darrell Crawford

Darrell Crawford, a local fishing enthusiast, shared fly tying tips over a series of two, three-hour workshops at Ascension Parish Library's Gonzales location. With more than 40 years of experience, Crawford expertly demonstrated how to tie Bream Kills, Little Tommy, Charlie, Gotcha, and saltwater ties at both workshops. Those who

attended left with a new way to pursue the sport of fishing.

Ascension Parish Library hosts events for all ages, all year long. To find out what's happening at the library, stop by one of our locations or visit us online at myAPL.org.

Day at the Beach

Outside temperatures were chilly in January, but inside Ascension Parish Library locations it was warm and sunny as kids and their parents enjoyed a day at the beach! Sensory activities like playing with sand, water beads, and hunting for shells and sea creatures allowed children to learn fun facts about ocean life. No day at the

beach is complete without a swim. Children took a pretend dive to practice their gross motor skills.

Ascension Parish Library hosts events for all ages, all year long. To find out what's happening at the library, stop by one of our locations or visit us online at myAPL.org.



- new challenge each month
- monthly prize drawing



READ 2022

sign up
@

myAPL.Beanstack.org

Ascension Parish Library's year-long reading challenge is back. Move beyond the authors, genres, and formats you typically read, get outside of your comfort zone, and have fun with your reading list.

We have selected 12 book challenges for this year and will reveal one challenge each month.

One winner in each age group will be chosen monthly in a randomized drawing.

Will you accept our challenge?

How to participate:

- Check our readers' advisory blog at shelfanalysis.myapl.org, social media pages, or @theLibrary newsletter for our current monthly reading challenge.
- Read a book from our suggested titles on our blog or choose your own book that fits the month's challenge.
- Participate in any month that interests or inspires you—this event is flexible.
- When you complete a month's challenge, log your book on Beanstack at myAPL.beanstack.org or stop by any Ascension Parish Library location to fill out a printed reading log.

Monthly Drawings:

- For each challenge completed, you will earn one chance in our monthly drawing.
- One entry per person per challenge.
- One winner in each age group will be chosen monthly in a randomized drawing.

Prizes:

- Adult (ages 18+)—Foldable lawn chair
- Teen (ages 13–17 years)—Quick charge power bank
- Kids (ages 5–12 years)—Lion plushie



The Ten Commandments of Mardi Gras

by Bill Delaune

Once upon a time when the world was in a total state of confusion and there were no government bailouts, a guy named Moses went up to a local mountain top and came down with the Ten Commandments-guaranteed to improve your life here and now and in the hereafter.

Well, once a year in New Orleans, the world returns to that aforementioned state of confusion with lots of lost souls in search of guidance.

And so, as a public service to you my faithful readers, Ascension Magazine feels a moral obligation to publish the Ten Commandments of Mardi Gras-handed down by Mac Rebennack, better known as Dr. John the Nite Tripper, when he came down from the roof of Tipitina's one night. These may not save your soul but they have saved my life a few times during the Carnival season.

Pronouns such as "thee" and "thou" have been translated into local slang which brings us to the first commandment...

I LEARN TO SPEAK THE LANGUAGE SOME

First and foremost, it's not New Orleans with the accent on the last syllable and rhyming with "jeans" no matter how many old songs that you listen to.

It's Noo Awlins. And if you want to greet someone in Noo Awlins, you certainly don't say something foolish like, "How do you do?" The correct form of address is "Where y'at, Tony!" even if the person's name is not Tony. In normal conversations, you should adjust to "Where y'at, Antony!" being careful to leave out the "h" especially since Pelican center Antony Davis is such a big deal in the Big Easy these days.

Omitting the "h" from "ninth ward" is also acceptable as is ordering raw "eysters" down at Felix's. Tourists should carry a copy of "A Confederacy of Dunces" for further translations and catch phrases.



II DON'T CATCH FOOT IN MOUTH DISEASE

This one comes courtesy of my personal experience files. While battling two rather large women-oh, what the hell, they'll never read this-make that obese trolls for worthless trinkets one Carnival, I took more licks than an all-day sucker as the tag team of tanks took turns battering my then bone-thin body.

Finally, I beat a retreat to the edge of the crowd hoping my Dutchtown letterman's jacket was not torn to shreds. Suddenly, a deep voice on the side of me asked in that unmistakable native accent, "Hey, bro. What's that 'D' stand for? De La Salle?"

The booming voice came from a giant in a Holy Cross jacket with more stripes for football and wrestling letters than one would find in the zebra pen at the Audubon Zoo. Add to that fact that his sidekick was an exact clone with a similar jacket and perhaps you'll understand why I chose a New Orleans response.

"Yeah. De La Salle," I mumbled. Wrong choice.

"Boy, we kicked you 'Salley Dollies' all over City Park last year, didn't we, Tony?" gloated Monster number one.

"Yeah you right, Antony," laughed Monster number two.

Blame it on the beer. Blame it on my country boy-can-survive upbringing. Blame it on the bossa nova. But I just couldn't leave well enough alone.

"Yeah, well I got hit harder by those two tush-hogs up by the floats than I did in the entire Holy Cross game," I sneered.

"Wait a minute," huffed Tony, "which two broads you talkin' 'bout?"

"Those two," I pointed out. "Bertha and Betty. The Butt sisters."

"Dose are our girlfriends," roared Antony and the pair started after me probably thinking they'd each grab a leg and make a wish. Fortunately, there was a break in the parade and I lost them by racing through the Fortier Tarpon Marching Band to the other side of the street. As I caught my breath, I remembered a rule Randall told me they used in Viet Nam-"Get in the middle and keep quiet."

III DON'T TOUCH THE COPS' HORSES AND DON'T SIT ON THEIR CARS

Those horses wouldn't spook if you detonated a nuclear device at their feet. I've seen people throw cherry bombs, silver salutes and Molotov cocktails at those horse and the nags never even flinched. All you'll accomplish is giving one of New Orleans's finest a case of the redass and then your evening will become a night-mare.

The worst I've ever seen a guy get beaten in New Orleans was because he didn't follow the second section of this commandment. A pair of cops approached him and asked him to get off the police car. Twice! When he

refused, the men in blue pulled him into an alley and played a passable version of "South Rampart Street Parade" with their nightsticks on and about his body parts.

Remember-those guys are already edgy and working 16-hour shifts. If they tell you to move and the crowd won't let you-mark time.

IV KEEP ABREAST OF THE CROWD-DON'T KEEP A CROWD WITH YOUR BREAST

Self-explanatory.

V DON'T START DRINKING TOO EARLY

One year my friend Tinker-yes the one who led our band called "Tinker and the Bells"- decided it was time "to get down to some serious drinking."

Now I'm not sure what kind of drinking we had done in the French Quarter the night before but my head was hurting so bad that I couldn't open my eyes.

"Not a problem," said Dr. Tinker, "I was in the same fix just a few short minutes ago. But then I discovered this secret elixir. I'm telling you-this stuff would raise Lazarus from the dead."

And so that is how, on one Mardi Gras morning long, long ago, four grown men-so hung over that their eyes hurt-got their first taste of vodka, Boone's Farm apple wine and Visine. ("I didn't know you were supposed to put the Visine in your eyes," Tinker later admitted.)

I think back then we might have been that wrong crowd your mother warned you about.

VI REMEMBER WHERE YOU PARKED YOUR CAR AND WHAT HAPPENED TO CINDERELLA

After attending Mardi Gras so many times, you begin to think your vast experience is going to give you an edge. Just remember-the gods like confidence, they don't like cocky.

We were so smart. We parked

our car on the West Bank and took the ferry across the river to the foot of Canal Street. Everyone congratulated Canton on such a wonderful idea. No traffic. No parking hassles. We hit the streets running and partied into the wee hours.

There was only one small problem. The last ferry from the East Side departed at midnight and we arrived at the landing area some time between three and daybreak. Just like those two star-crossed Indian lovers Running Bear and Little White Dove, the raging river separated us from our car beckoning to us in the moonlight across the way.

If you've ever wondered how you would get to the West Bank from Canal Street at four in the morning, well I'm here to tell you. You take the Algiers Loop bus. And do you know who rides the Algiers Loop bus at that hour-with the exception of some dumb, drunk honkies who left their car somewhere over the river? Why every gypsy, tramp and thief on his/her/its way back to a project named Desire.

The bus driver eyed our group suspiciously as we got on board.

"Y'all got a gun or a knife on any of you?" he asked.

"Of course not," came the curt reply from one of our more self-righteous members who had passed out on the vodka and Visine concoction earlier in the evening.

"Well, y'all gonna need one or both if you go back there," said the driver motioning toward some shadowy figures in the back of the bus. "Y'all better stay up here with me."

I practically sat in his lap all the way across the bridge.

VII DA WEST SIDE'S DA BEST SIDE

The last horror story notwithstanding, there are some great parades on the West Bank-especially for those of us at the end of our erratic-and erotic-careers. The crowds are pleasant, the throws are plentiful and there's usually a bathroom within shouting distance. Just remember Commandment II and don't ask a lot of questions.

Hollywood has tried in vain to capture the true New Orleans accent but there is a scene in the movie "No Mercy" where a typical Westsider pretty much sums up the feelings of the area. If you were one of the few that didn't go to that flick just to see Kim

Bassinger slosh through the swamp in a wet shirt, then you may recall the scene where detective Richard Gere starts snooping around on the West Bank.

Finally, one of the natives informs the star in classic Yat, "You start asking questions in Algiers, Baby, and dey'll cut your @\$%^&*() tongue out."

Amen to that.

VIII MAKE A SIGN FOR A BEADS BONANZA

People on floats love signs. Signs give them a chance to show how accurately they can throw and hit a target and you can be the beneficiary if you're creative and clever enough.

Let's say you're getting a little heavy to climb up on your old man's shoulders these days but you still want to reap the benefits of Carnival throws. Back off from the maddening crowd and make a sign-ideally one that will inspire love or-even better-hate from the float riders.

My friend Buzzy, who now lives in Key West where it's Mardi Gras every day, was the king of sign makers during the 90's. His picture of Saddam Hussein with the inscription "Scud Me" drew violent reactions-and tons of beads-during the Gulf War.

His sign depicting Dorothy Mae Taylor, the New Orleans councilwoman who wanted to do away with Mardi Gras, drew a similar response the following year. Not nearly as successful was a poster featuring the Clintons as one big happy First Family in 1998. Buzzy later told me he thought he'd figured out the problem.

"Most people didn't get it because they couldn't distinguish Chelsea Clinton from Socks the Cat," he explained.

IX LOCATE PROSPECTIVE RESTROOM FACILITIES AS EARLY AS POSSIBLE

"Find the euphemism," Dr. Seuss might have put it. Anyway, if you're not lucky enough to have a friend's house or apartment nearby, you need to have a plan because in most cases the local song about "There Ain't No Place To Pee on Mardi Gras Day" is painfully accurate.

At the aforementioned debacle at the ferry landing (See Commandment VI.), a couple of us began to

feel the need. Thinking we couldn't possibly pollute the river any worse than it already was in New Orleans, we began to relieve ourselves in the dark off the upraised ferry dock. That's when we noticed a boat directly below our mainstream attack. Gradually, as the waves turned the boat into the moonlight, we could make out the writing on the side-"New Orleans Police River Patrol." Simultaneously, a voice boomed from the darkness behind us, "Just what do y'all think you're doing?"

The zip of the zippers, the flash of a badge and we were in trouble once again. But when we explained our dilemma and the cop realized we would have to ride the Algiers Loop bus to get back from whence we came, he just laughed and mumbled something about that being worse punishment than be locked up in the First Precinct Jail.

Who knows? I might have met Mister Bojangles in that cell and become Jerry Jeff Walker. Or I could have at least penned a tale to rival Arlo Guthrie's classic "Alice's Restaurant". There's no telling what kind of exposure I could have gotten from a little indecent exposure.

X LEAVE YOUR GOOD CLOTHES AT HOME

The day after my brush with death the hands of Holy Cross and Holy Crosser (See Commandment II.), I swore off chasing after beads and fighting over doubloons.

I put on a new pair of Levis, hooked a six-pack to my belt the way I'd seen my back-Galvez friends do and stationed myself at the very rear of the mob preparing to watch thousands make complete fools of themselves at the Sunday afternoon Mid City Parade.

The first float was not even in sight yet when this convertible came cruising by with one flashy dude sitting on top of the back seat. He had no beads but he was waving one crummy doubloon at the crowd like he had received it from Jean Lafitte himself.

"That's the king's doubloon," I heard one lady tell her daughter.

Big deal. I didn't care if it was part of King Solomon's jewels, I wasn't playing that stupid game anymore.

But that's when Fate decided to throw me a curve. With people crowding around his car and

begging for the coin, the king spotted me in the back. His majesty looked me right in the eye and motioned as if to throw. Well, I thought, if he's going to single me out, I might as well catch the damn thing. And with that, the king sailed the treasured doubloon right to me.

At first, I thought I wouldn't have to move a step. But then my old outfielder's instincts honed on Sunday afternoons at the Prairieville Ballpark told me I'd have to take a couple of steps to the right and backhand it.

Then a gust of wind caught the silver circle and kept it airborne longer than I had anticipated. Now I'm in a full sprint and it's going to be a Willie Mays over-the-shoulder catch. Despite keeping my eye on the prize, I also became faintly aware of a small black kid roughly the size of Webster matching me stride for stride. I glanced back and saw the doubloon floating gently toward my outstretched fingers. Flaunting my two-foot height advantage, I reached up...

That's when I fell off the curb.

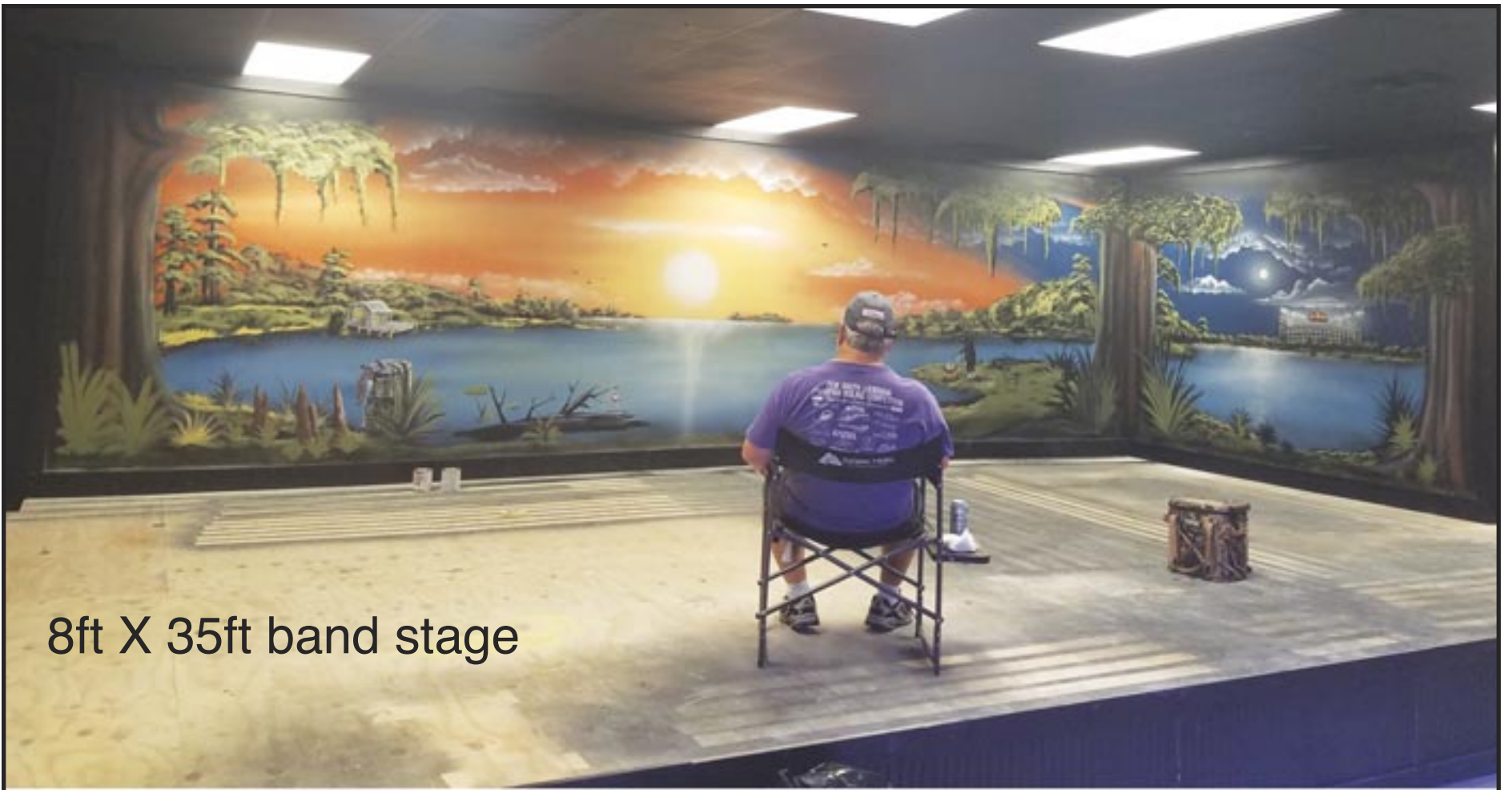
As I lay in the gutter, a burst six-pack of beer foaming and gurgling around me, there were a few things that were painfully obvious. First of all, I was lying in a gutter in a puddle of beer at one o'clock in the afternoon and the parade was still an hour away.

Secondly, Webster had the king's doubloon and was grinning at me like a possum eating grapes.

And if those factors were not bad enough, my new Levis were torn at both knees and strawberries that would have made any Hammond farmer proud were forming on my kneecaps. But the thing I remember most clearly is the woman with the little girl shielding her daughter from me and telling anyone who would listen, "People like that are the reason I hate coming to New Orleans for Mardi Gras."

You were probably right, ma'am. But people like that are the reason I still go back.

Happy Carnival!

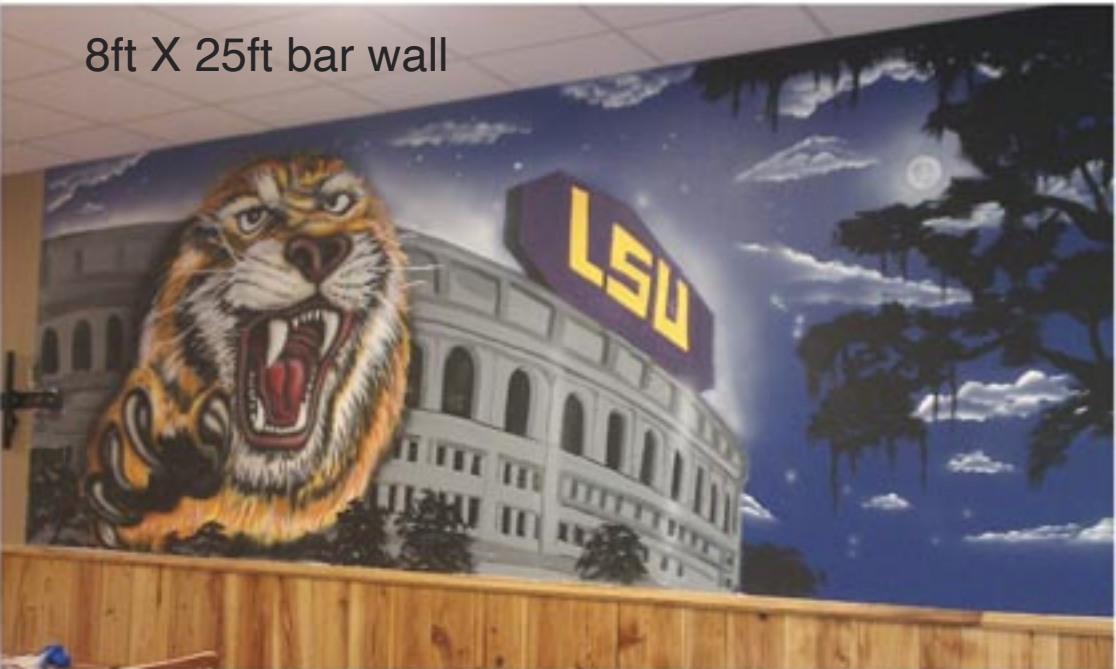


8ft X 35ft band stage

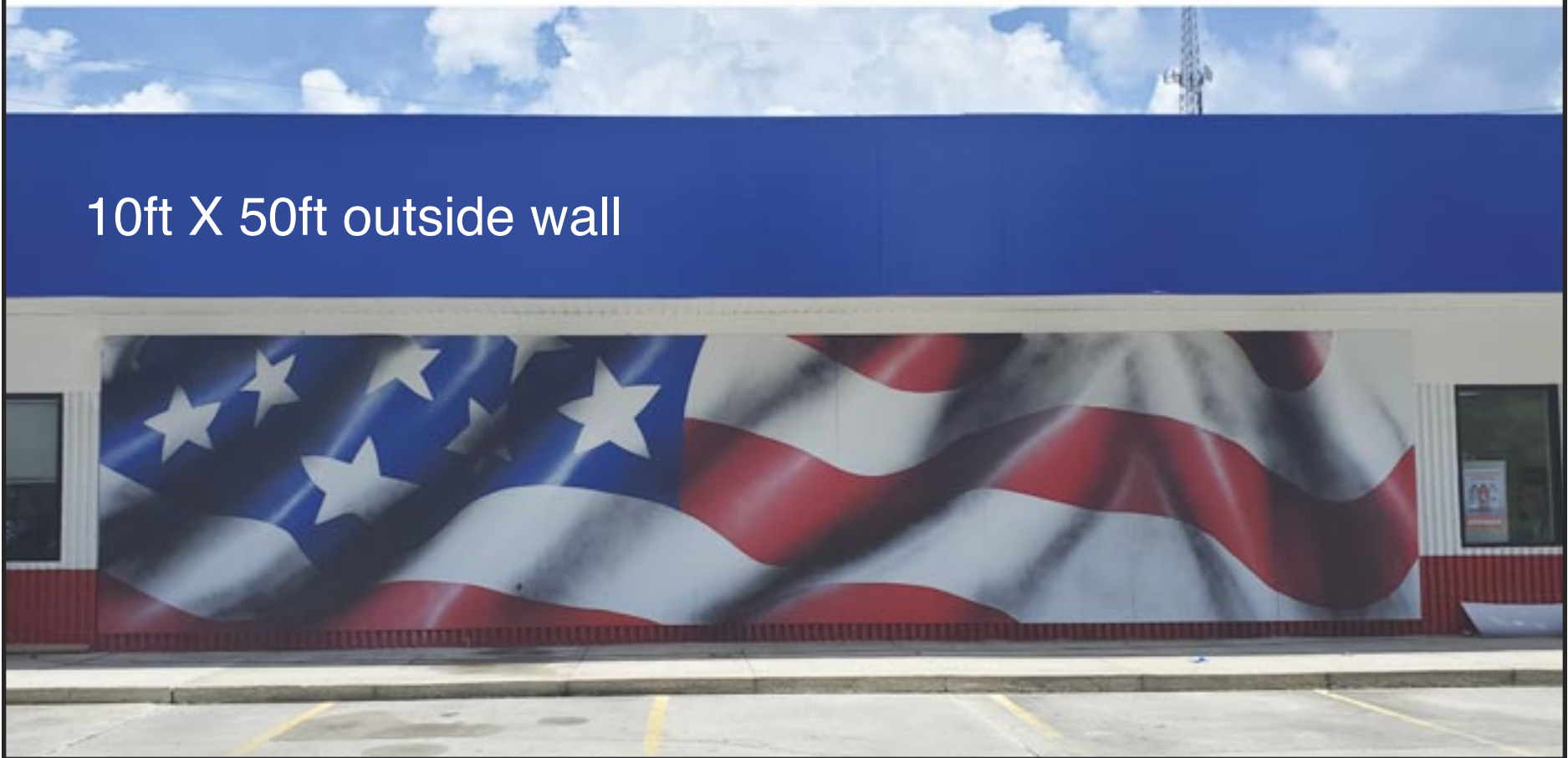
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8ft X 25ft bar wall



10ft X 50ft outside wall



Useless Random Facts with Kellie

About 7% of all humans who have ever lived are alive today. About 108.2 billion people have ever been born in the history of the world, according to the Population Reference Bureau. And about 7.442 billion are alive today.

The Greenland Shark has the longest lifespan of all known vertebrates, living an average of 272 years, and some of them can live to be around 500 years old.

A Mantis Shrimp can punch with the force of a 22-caliber bullet.

Wojtek the Soldier Bear was released from the prison camps of Siberia only to be picked up in Iran by Allied forces. A Polish army looked after him, and he helped out with the war effort, moving ammunition during the Battle of Monte Cassino in Italy. Following the battle, he was promoted to the rank of a corporal. And after the Allies won World War II, he moved to Britain and lived in the Edinburgh Zoo until his death in 1963.

NASA estimates that there are between 100 billion and 400 billion stars in the Milky Way galaxy.

According to a paper in Nature, there are more than 3 trillion trees on Earth.

Oxford University is older than the Aztec Empire. The Aztec Empire was founded in 1428. And the University of Oxford was founded in 1096.

Honey has a perfect chemical composition that makes it never spoil. Organisms can't live inside it, meaning there's nothing that can spoil in the first place. 5,000-year-old honey has been found and, in theory, is perfectly edible.

Humans have been performing dentistry since 7000BC, which makes dentists one of the oldest professions.

Canada eats more macaroni and cheese than any other nation in the world.



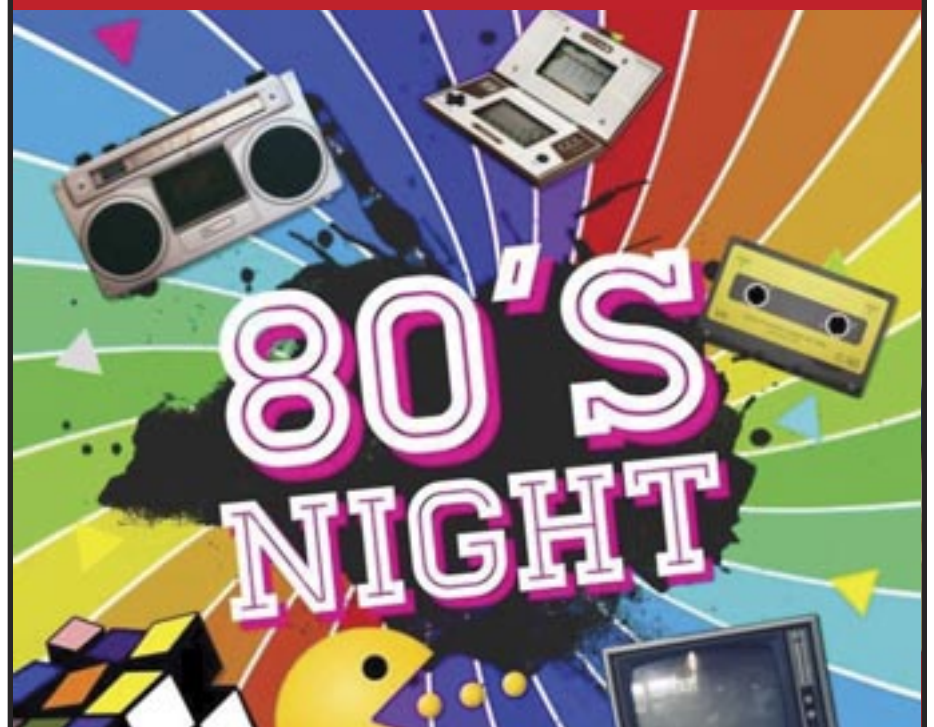
Entertainment Schedule

February 26 - **Party at Joe's**

March 4 - **Petty Betty**

March 11 - **Sugar Shaker**

March 19 - **80's Night**



March 19th

80's Night with DJ Slugga

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Thoughts from Bully

A bitter Sweet Cooking Contest The Super Bowl Rib-Off

What was once known as 'The Super Bowl Rib-Off' was held every Super Bowl Sunday. In reality a group of my nephews conjured up the idea to combine a party with a contest to settle bragging rights of who can cook the best ribs.

The event turned out to be so much fun it became the event of the year for these guys and the bragging rights for victory still ring loud today.

After many years the event started to waiver as these boys grew and got older and family responsibilities hampered organization, Ascension Magazine stepped in to help

organize and keep this family fun event on track.

This year we entered our 16th year as an annual local marque' cooking event and it is getting more competitive than ever. The Ascension Magazine Super Bowl Rib-Off has grown bigger and better than ever.

This years event was a little bitter sweet. Our family lost my nephew Justin. He had stopped cooking a few years back but this year we had a cooking team cook on his behalf. Justin's dad Larry and son Kalep cooked in his memory.

It was 10 year old Kalep's

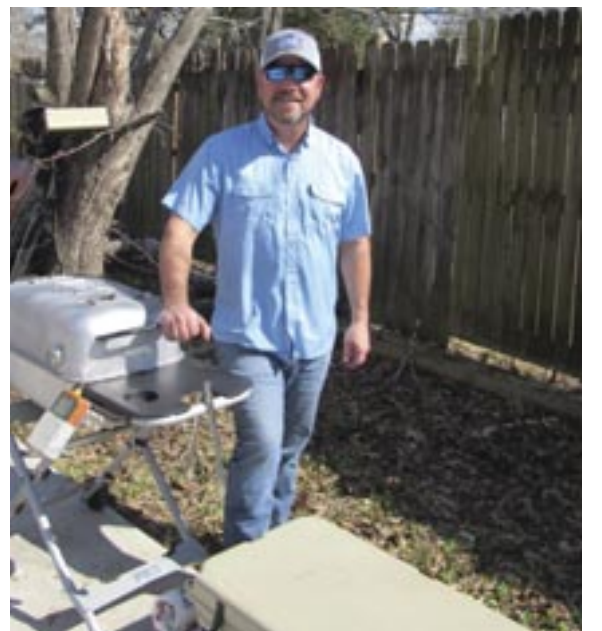


Remembering my nephew Justin aka. Chopper

first attempt at cooking in a contest and was distracted a bit by friends but PawPaw Larry held the course and kept the pit hot.

I've noticed a trend in the winners of the cook-off. Three years ago Taner brought his pit and cooked ribs for the very first time and won the event. Last year first time entering cook Matt won and now this

year a first time entry of Josh won. There is also another trend I'm noticing. There were 3 cooks this year that work with World Class BBQ Master Adam Gautreau, Matt, Koby and Josh. As I walked around I noticed all 3 of these guys following the exact same procedure for putting their ribs in foil. A unique combination of a bed of brown sugar with pats





of butter and honey. I hope this isn't a secret because I've exposed it now. Two of the three ended up 1st & 3rd.

We had another first this year. Chef Denise cooked for the very first time. The unique fact about her cooking style was she brought her husband as her Sous Chef. She found a nice spot in the shade and her husband took care of the fire the flipping and she told him when they were done. She didn't win this year but she had the best time and said he'll do better next year.

As I looked around we had a

combination of the old school cooks and the new school cooks. Former champions Lebo got back into the fold this year and cooked on a throw together pit with holes plugged with foil and cooked the way is Granny would with knowledge and love. Big Luke showcasing his multiple victory trophies and a 3 legged pit that has seen better days. Luke is looking good but his pit cook use a face lift. Then there is Shake. Shake had multiple trophies on display under his tent with all his peeps. Shake descends from the Porky's





1st Place
Josh Bordelon



2nd Place
Taner Bourque



3rd Place
Koby Thacker

BBQ on Airline from years ago and even though he did not win the cooking contest he did win Mr. Congeniality. No one smiled as much as Shake.

Ascension Magazine Super Bowl Rib-Off came off without a hitch. First time cook Josh came in 1st. Former Champion

Taner came in 2nd and Koby came in 3rd.

The best win of them all was Kalep who cook for his Dad. He won the trophy for the Best Ribs that didn't make it to the finals. Congratulations Kalep and look forward to seeing you again next year.





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LSU is Ranked #4 in the 2022 Perfect Games Top 25 Poll



By Bill Franques

LSU is ranked No. 4 in the 2022 Perfect Game preseason Top 25, marking the Tigers’ second Top 5 appearance in a preseason poll. LSU is No. 3 in the Collegiate Baseball preseason ranking that was released last month.

LSU wrapped up fall practice prior to Thanksgiving, and the Tigers will report back to campus next week to begin preseason workouts. The 2022 season begins on February 18, when LSU plays host to Maine in Alex Box Stadium, Skip Bertman Field.

LSU’s 2022 roster includes nine position players that started in a significant number of the Tigers’ 63 games last season, including outfielder Dylan Crews, the 2021 Perfect Game National Freshman of the Year; Freshman All-America first baseman Tre’ Morgan; outfielder Gavin Dugas, the 2021 SEC leader in RBI; infielder Cade Doughty, shortstop Jordan Thompson, designated hitter Cade Beloso, catcher Alex Milazzo, outfielder Giovanni DiGiacomo and outfielder/infielder Drew Bianco.

Other players with starting experience include outfielder Brody Drost, infielders Collier Cranford and Will Safford, and catcher Hayden Travinski.

The veterans are joined by several talented newcomers, including impact transfers like infielder Jacob Berry – the 2021 Collegiate Baseball National Freshman of the Year at Arizona – catcher Tyler McManus (Samford) and first baseman/outfielder Brayden Jobert (Delgado CC).

Infielder Jack Merrifield is an accomplished transfer from LSU-Eunice, and a group of skilled true freshmen features outfielders Josh Pearson and Josh Stevenson, and infielders Luke Leto and Brennan Holt.

The LSU pitching staff includes 10 hurlers that recorded innings last season, including graduate right-hander Devin Fontenot, senior right-hander Ma’Khail Hilliard and graduate right-hander Trent Vietmeier.

Other returners on the mound include redshirt sophomore left-hander Jacob Hasty, sophomore left-hander Javen



Coleman, and sophomore right-handers Ty Floyd, Will Hellmers, Garrett Edwards, Michael Fowler and Blake Money.

Right-hander Eric Reyzelman, a transfer from the University of San Francisco, is expected to impact the staff, as are a pair of transfers from Arizona – right-hander Bryce Collins and left-hander Riley Cooper.

The staff is bolstered by left-hander Trey Shaffer, a graduate transfer from Southeastern Louisiana, JUCO transfer right-handers Paul Gervase and Jason Bollman, and by a gifted crew of true freshmen pitchers that

includes right-handers Cale Lansville, Grant Taylor, Grant Fontenot and Samuel Dutton.

LSU is one of seven Southeastern Conference teams appearing in the Perfect Game 2022 preseason Top 25, along with No. 1 Vanderbilt, No. 6 Mississippi State, No. 9 Arkansas, No. 10 Ole Miss, No. 21 Tennessee and No. 23 Florida.

Texas, who the Tigers will face on March 5 at Minute Maid Park in Houston, is No. 2 in the Perfect Game ranking.

2022 Perfect Game Preseason Top 25

- Vanderbilt
- Texas
- Stanford
- LSU
- Notre Dame
- Mississippi State
- North Carolina State
- TCU
- Arkansas
- Mississippi
- Georgia Tech
- Texas Tech
- East Carolina
- Arizona
- Florida State
- Oklahoma State
- UCLA
- Miami
- Oregon
- UC Irvine
- Tennessee
- Nebraska
- Florida
- Long Beach State
- Liberty



Four Tigers Earn Collegiate Baseball Preseason All-America Honors

Four LSU players on Tuesday received 2022 preseason All-America recognition from Collegiate Baseball newspaper.

by Bill Franques

Four LSU players on Tuesday received 2022 preseason All-America recognition from Collegiate Baseball newspaper.

Outfielder Dylan Crews and infielder Jacob Berry were named first-team All-Americans; first baseman Tre' Morgan was voted to the second team; and outfielder Gavin Dugas was a third-team selection.

Collegiate Baseball also projected Berry as its 2022 National Player of the Year.

Crews, the 2021 Perfect Game National Freshman of the Year, hit .362 (89-for-246) last season with 16 doubles, two triples, 18 homers, 42 RBI, 64 runs scored and 12 stolen bases. The product of Longwood, Fla., also received All-America, Freshman All-America, Second-Team All-SEC and Freshman All-SEC recognition, and he was voted the Louisiana Freshman of the Year.



He finished No. 1 in the SEC last season in total bases (163), No. 3 in batting average, No. 3 in on-base percentage (.453), No. 4 in base hits, No. 4 in runs scored, No. 5 in doubles and No. 5 in home runs.

Crews helped lead LSU to the NCAA Eugene Regional title, earning all-tournament honors as he batted .476 (10-for-21) with two doubles, one triple, three home

runs, four RBI and six runs scored.

Berry, who transferred this summer to LSU from Arizona, led the Wildcats to the 2021 College World Series and the Pac-12 championship.

A product of Queen Creek, Ariz., Berry batted .352 in 2021 with team highs of 17 homers and 70 RBI, and Collegiate Baseball newspaper named



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him the National Co-Freshman of the Year.

Berry earned first-team All-America recognition from the National Collegiate Baseball Writers Association, and he received second-team All-America honors from D1Baseball and Perfect Game.

Morgan, a product of New Orleans, La., batted .357 (89-for-249) in 2021 with 16 doubles, four triples, six homers, 42 RBI, 64 runs scored and 15 stolen bases.



He received Freshman All-America, Second-Team All-SEC and Freshman All-SEC honors, and he was named to the SEC All-Defensive Team. Morgan was twice recognized as the SEC Freshman of the Week during a three-week period in late April-early May.

Morgan collected six hits, including a double, in the NCAA Eugene Regional to go along with three RBI and three runs scored. He finished No. 4 in the SEC in batting average, No. 4 in base hits, No. 4 in runs scored, No. 4 in triples, No. 5 in doubles, No. 5 in stolen bases and No. 7 in on-base percentage (.441).

Dugas, a native of Houma, La., led the SEC in RBI last season with 66, and he was No. 3 in the league in home runs with 19, including two grand slams. He was also No. 5 in slugging percentage (.641) and No. 8 in total bases (141).

Dugas, a two-time member of the SEC Academic Honor Roll, batted .295 (65-for-



220) in 2021 with 13 doubles, three triples and 54 runs scored. He was voted the Most Valuable Player of the NCAA Eugene Regional, hitting .438 (7-for-16) with one double, two triples, three home runs, six RBI and seven runs scored.

Dugas was voted SEC Co-Player of the Week after leading LSU to an SEC series victory in May over Alabama. In the three-game series, he hit .364 (4-for-11) with one double, two homers, five RBI, four runs, one stolen base and a .429 on-base percentage.



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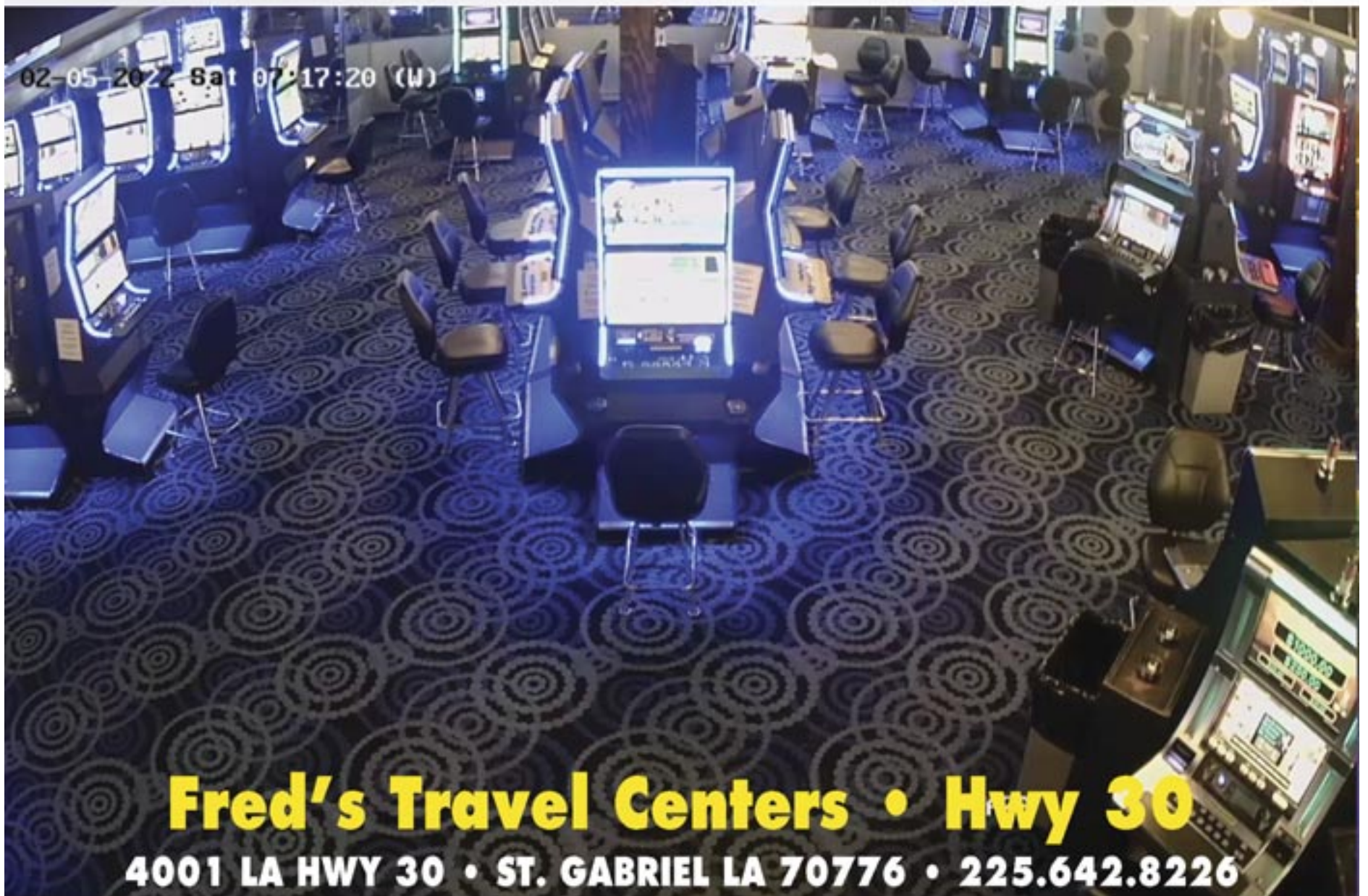


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LSU Baseball 2022, Let's Knock it Out The Box!!

New Year, New Coach Jay Johnson, Welcome to Tiger Country

By Bill Franques

Jay Johnson, the reigning Pac-12 Baseball Coach of the Year who led Arizona to a conference championship and a berth in the College World Series in 2021, has been named the head coach of the six-time national champions LSU Tigers, director of athletics Scott Woodward announced on June 25, 2021.

The architect of college baseball's best offense in 2021, the 44-year-old Johnson led Arizona to two College World Series appearances – including a Championship Series berth in 2016 – over five full seasons, regularly producing the nation's most potent lineups and signing top players from across the country.

After landing college baseball's No. 4 recruiting class in the fall, Johnson's 2021 Wildcats smashed their way to Omaha in the spring, leading the nation in hits and ranking first in the Pac-12 in runs, hits, doubles, triples, RBI, walks, batting average, on base percentage, slugging percentage, total bases, and extra base hits.

Overall, Johnson's Wildcat teams finished first in the Pac-12 in hits, runs, and on base percentage in four of his five full seasons, while leading the league in slugging percentage, on base percentage, runs per game, and batting average in three seasons. And in each of his final two full seasons, the Wildcats topped the league in hits, walks, runs, runs per game, slugging percentage, on base percentage, and batting average.

When he was hired by Arizona after the 2015 season, Johnson took the reins of a program with a rich tradition and instantly made it richer. When he arrived in Tucson, the Wildcats had won four national championships, recorded three national runners-up finishes (now four), made 16 CWS appearances (now 18), and made 37 NCAA Tournament appearances (now 40).

Johnson's impact was immediate. In 2016, he became the fifth coach ever – and the first since 1994 – to lead his team to the College World Series finals in his first season. That team, which had finished 12-18 and 9-21 in the Pac-12 in its previous two seasons, slugged its way to Omaha, finishing fifth nationally in hits and leading the conference in



walks, doubles, hits, runs, and stolen bases. The Wildcats returned to the NCAA Tournament in 2017 and finished first in the Pac-12 in batting average, doubles, hits, on base percentage, runs, scoring, and slugging percentage. In 2019, Johnson's offense led all Power 5 teams and finished second nationally in runs per game, slugging percentage, and on base percentage, while finishing third in batting average and total runs.

In addition to his reputation for developing hitters, Johnson is also considered one of the top recruiters in college baseball. Both Baseball America and Collegiate Baseball ranked Johnson's 2020 signing class

No. 4 in the country – the highest ranking for a program west of the Mississippi River. The class featured 14 players from six states, including two players who ranked in Perfect Game's Top 100 prep rankings. In 2018 and 2019, Johnson landed Collegiate Baseball's No. 3 and No. 11 ranked classes, respectively.

Arizona was not the first program where Johnson's impact was felt instantly. Prior to his success at Arizona, Johnson spent two seasons as head coach at the University of Nevada, earning Mountain West Coach of the Year honors in 2015 and leading the Wolfpack to their first ever conference championship in just his second season. That year, the

Wolfpack finished 41-15 and ranked first in the country in on base percentage, second in slugging percentage, and third in batting average.

Johnson spent 2006 to 2013 as the associate head coach at the University of San Diego, where he spearheaded recruiting efforts and served as the hitting coach over eight seasons. There, Johnson helped sign the nation's No. 1 class in 2008 and No. 2 class in 2010, and USD's lineups topped the WCC in hitting six times. At USD, Johnson recruited and coached Kris Bryant, who won the Golden Spikes Award and the Dick Howser Award as the nation's top player before the Cubs selected him No. 2 overall in the 2013 MLB Draft.

Johnson's coaching career began at his alma mater, Point Loma Nazarene, where he served as an assistant coach from 2002 to 2004 before accepting the head coaching position in 2005 at 27 years old. He finished his playing career at Point Loma in 2001, hitting .326 as a senior and earning a Gold Glove as the team's starting second baseman.

A native of Oroville, Calif., Johnson becomes the 26th head coach in LSU baseball history, succeeding Paul Mainieri, who retired after the 2021 season. Johnson and his wife Maureen, a former University of Arizona soccer player, were married in 2016.



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Crawfish Cakes with Remoulade sauce



Executive Chef, John Donaldson

Yield: 8 cakes

Prep: 15 minutes

Cook: 10 minutes

Serving: 4

Ingredients:

1 lb Louisiana Crawfish tails (peeled)	¼ cup Mayonnaise
1 cup diced onion	1 tablespoon Creole Mustard
¼ cup diced celery	1 tablespoon Ketchup
¼ cup diced bell pepper	2 teaspoons Horseradish
2 teaspoons minced garlic	1 tablespoon Worcestershire
sauce	
1 tablespoon chopped green onions	4 eggs
½ cup extra virgin olive oil	2 cups panko bread crumbs
1 lemon (juiced)	1 cup bread crumbs
½ cups fresh shredded smoked Gouda (any cheese you like)	
Kosher salt & fresh ground black pepper to taste	

Method:

In a large skillet, heat 2 tablespoons of the extra virgin olive oil over medium high heat. When the oil is hot, add your onions, celery, bell pepper, and minced garlic and cook for 1 minute. Add the crawfish tails, Worcestershire. Cook for about 3 minutes, stirring occasionally, then remove from the heat and pour into a large mixing bowl.

Now, add your shredded cheese to the crawfish mixture and season to taste with salt & pepper. Add the green onions, 2 eggs, and the regular bread crumbs to the crawfish and mix well. At this point your mixture should be able to hold its shape. (add a little more bread crumbs if not)
Form mixture into cakes


In a mixing bowl add the 2 remaining eggs, salt & pepper then whisk. In another small bowl add the panko bread crumbs

In a large skillet, heat the remaining olive oil over medium high heat. While the oil is heating, dip each cake into the egg mixture, then the panko bread crumbs. Once your oil is hot, add the cakes and fry them for about 2-3 minutes on each side. (You can also bake these cakes for a healthier option- 350 for 10 minutes) Remove the cakes from the hot oil and set them on a plate with paper towel to drain.

In a small bowl combine your mayo, Creole mustard, ketchup, horseradish, and lemon juice.
Mix well and drizzle over the top of your delicious crawfish cakes ENJOY!!!!!!

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