

COMPLIMENTARY

Ascension

MAGAZINE

FEBRUARY 2023, VOL. 21 ISSUE 2



Supporting Local Products





GRILL & BAR

Shucking & Grilling Oysters

**Fresh Shucked
Louisiana Oysters**

50¢ **Raw Oysters**
Thursday's
4pm till 9pm

Charbroiled Oysters
*with Parmesan Cheese,
Garlic & Butter Sauce*

**Jazzed Up
Oysters**
*Butter, Garlic,
Jalapenos,
Bacon Bits and
Pepper Jack Cheese*



'Happy Hour'
3pm - 6pm Everyday

Tuesday - Saturday 5am - 9pm • Sunday & Monday 5am - 3pm

For All Our Information & Services: franksrestaurantla.com • 225.673.8876

Publisher / Editor

Mike Strong

Associate Editor

Thumper

Sales Manager

Dottie Godbery

Staff Photographers

Robin Stevens

Jimmy Dunkley

Distribution Manager

Michael Strong

Contributing Writers

Bill Delaune

Linda Melancon

Bully

Goosie Guice

Orhan McMillan

Kellie Seymour

Tanya Stilley

Jimmy Dunkley

Patti Mouton

Jamie Lavigne

Mariah Simoneaux

Ashley Parrott

Brandi LeBlanc

Camille Brady

James 'Stump' Marchand

Robin Stevens

For Advertising

Information Please call:

225-622-1324

E-Mail Comments

to Stronggraphics1@cox.net

www.ascensionmagazine.net

Note: Features in this publication labeled "advertorial"

are paid for editorials.

All Rights Reserved.

Opinions expressed are not necessarily those of the

18386 Little Prairie Rd.
Prairieville, LA 70769

Table of Contents

WALLY TAILLON..... 4

GONZALES GARDEN CLUB ... 10

SWEET EYES W/ TANYA.....12

DELAUNE'S SUPERMARKET.....24

SPORTSMAN LEAGUE..... 26

JAMMIN' WITH GOOSIE..... 27

BILL DELAUNE..... 32

THOUGHTS FROM BULLY.....34

SNO'S RECIPE..... 45



On the Cover: Delaune's Supermarket ... Page 24

To Our Loved Ones and Revelers.

*Happy Valentine's
& Mardi Gras!!!*

**Throughout 2023 -
We continue
to offer the same
great service
since 2008.
For all your
DMV, DL,
Wildlife &
Fisheries
& Notary needs.**

Jamie Frederic-Braud



Tags & Title, LLC

225.644.1512 • 11296 HWY. 431, ST. AMANT, LA 70774



HONORING WALLY TAILLON AS THE 2022 GONZALES CITIZEN OF THE YEAR

The City of Gonzales honors a citizen for their dedication to community and life. This year the President of the Jambalaya Festival Association and community leader Wally Taillon has been chosen and was presented his declaration. The following showcases the award.

WHEREAS, the Citizen of the Year award is given in recognition of outstanding community service and volunteerism, in an effort to make the City of Gonzales a better place to work and live; and,

WHEREAS, one of our citizens, Wally Taillon, is such an individual, who for many years has generously dedi-

cated his time and energy to give back to this community that he loves. Throughout the years, he has cooked for, served and supported charitable organizations, disaster relief efforts, and multiple benefits and fundraisers. He has served on multiple boards, organized and helped organize local festivals, and coached the Gonzales Lassie League Girls to the Louisiana State Championship Title in 1984; and,

WHEREAS, Wally Paul Taillon was born on November 27, 1945, the third of four boys, to Arthur Sr. and Bertha Anderson Taillon; and,

WHEREAS, Wally has been a member of the community of





the City of Gonzales for 77 years. He graduated from Gonzales High School in 1964 where he achieved All District honors as a member of the Gonzales High football team. The next year, in 1965, he married his high school sweetheart, Rita James; and,

WHEREAS, Wally and Rita have two children, Darrin Taillon and Kellie Taillon, and 1 grandchild, Joshua Taillon; and,

WHEREAS, in his early years, Wally earned his Welder's Certification and began work at the Pascagoula

Ship Yard. Shortly afterwards, Wally found work locally and helped construct the Bank of Gonzales on Main Street. In the years to come, Wally was a member of the Ironworkers Local 623 and United Steelworkers Local 13-12. He was employed at various chemical sites in the area and eventually retired from Kaiser Aluminum in 2009, after 21 years of service; and,

WHEREAS, Wally was known for his craft for cooking and first learned to cook jambalaya from his uncle, Clarence Anderson, who competed in the very first

Jambalaya Festival cook-off in 1968. In 1979, Wally decided to put his own culinary skills to the test and entered the contest. Although he did not place, he was hooked. Over the ensuing years, Wally perfected his recipe and took the championship in 1993 and the Champ of Champs title in 1994; and,

WHEREAS, Wally, now having fulfilled his goal to cook the championship jambalaya, joined the Jambalaya Festival Association in 1994. He was elected Vice-President in 1998 and, in 1999, was first elected President. He has held that

position for 21 of the last 24 years and is the current reigning President; and,

WHEREAS, Wally's vision for the Jambalaya Festival Association was to have a building of its own. He worked diligently toward that goal for 18 years. In 2017, the vision finally came to fruition and Wally was able to have the Jambalaya Festival Association's building constructed on land that was donated by the City of Gonzales.

NOW, THEREFORE, I, Barney Arceneaux, Mayor of



Francois Bend's Around the Bend is a secure, specialized environment for residents with memory loss.



AROUND THE BEND
FRANCOIS BEND
SENIOR LIVING

Come take a tour today!

FRANCOIS BEND
SENIOR LIVING

INDEPENDENT • ASSISTED LIVING • MEMORY CARE COMMUNITY

326 East Industry St., Gonzales, LA 70737 • 225.647.2363

the City of Gonzales, do hereby proclaim Monday, January 23, 2023, as:

“Wally Paul Taillon Day”

in the City of Gonzales, Parish of Ascension, State of Louisiana, and urge that the citizens of Gonzales join in honoring this dedicated individual who has made an outstanding contribution to our community.

IN WITNESS WHEREOF, I have hereunto set my hand and have caused to be affixed the official Seal of the City of Gonzales, Parish of Ascension, State of Louisiana, on this the 23rd day of January 2023.

Congratulations Wally!



Weichert
REALTORS®

Villar and Company

37283 Swamp Rd., Prairieville, LA 70769

225-744-2610

225-802-9796

LIZ LAURENT

lizlaurent.com

Open the door...I'll bring results!



Independently owned and operated.



DREAMS COME TRUE

SOUTH LOUISIANA CRAWFISH FESTIVAL

CRAFT & CAR SHOW

@ LAMAR DIXON EXPO CENTER IN GONZALES



4 • 15 • 23



9:00am • 9:00pm



\$5.00 per person

TICKETS AVAILABLE AT THE DOOR
12 & UNDER GET IN FREE!

COMPETITIONS

ACTIVITIES

- Crawfish Boiling Contest*
- Jambalaya Cook-Off*
- Mini Pot Contest*
- Crackling Cook-Off*
- Crawfish Eating Contest*
- Celebrity Judges*
- Cornhole Tournament*

- All things Crawfish*
- Classic Car Show*
- Petting Zoo*
- 150 Crafts Booths*
- Live Music*
- Inflatables*
- 50/50 Drawing*



Eddie Smith Band



NA-NA-SHA

SPONSORS



100% OF THE PROCEEDS BENEFIT DREAMS COME TRUE OF LOUISIANA

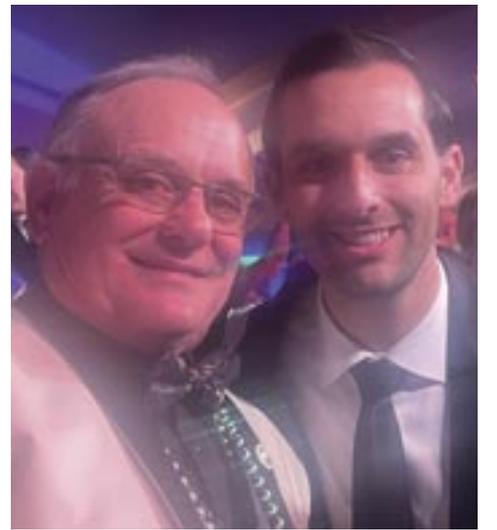
Call Rodney 225.328.6735 or Randy 225.413.8681 with your questions.
Email CajunLivinNCookin@yahoo.com about all competitions.
Info on Car Show call Sal Palermo at 225.937.2766.
Visit Crawfishfestival.org





Ascension Goes to Washington







From the Gonzales Garden Club

January Garden Club Events

The Garden Club Meeting

The January 11 meeting brought a new guest speaker into the Gonzales Garden Club fold along with garden inspirations, a seed exchange, the business meeting and a hearty lunch. Members answered roll call with comments on how they identify unknown plants. Most go to knowledgeable friends; some go to websites. Dale Bowman showed the club her Picture This – Plant Identifier app, and Mary Jo Pohlig recommended the iNaturalist app.



January hostesses were (LtoR) Gwen Heck, Rita Bourque, Marilyn Rice, Kaye Couvillion and Katherine Stagg. The plants were propagated by AgCenter students and donated by Professor Bob Mirabello for door prizes.



Mary Jo Pohlig shows the club a very old variety of African violet.

Four members shared garden inspirations. Mary Jo brought a phalaenopsis orchid for its prolific bloom habit. Razzie Cagnolatti displayed a painted clay pot soldier purchased at a Christmas craft show held in the Recreation Center once upon a time. Elizabeth Saffell told how she assembled a terrarium with rocks, activated charcoal and moss with miniature plants. Conchita



Razzie Cagnolatti bought this favorite Christmas decoration as part of a set of three 25+ years ago.

Richey explained how she keeps garden journals, which she has done since 1989.

Member Katherine Stagg presented a new variety of satsuma tree called “Artic Frost” from Saxon Becnel and Sons Citrus Nursery in Belle Chase. It is cold hardy down to 10°F, but it is not as sweet as familiar varieties. As a final horticulture aside, members shared seeds for strawflowers, coneflowers and devil’s



Receiving club tote bags embroidered by Ellen Posey are (LtoR) Jade Thibodeaux, Dana Teepell, Ellen, Katherine Stagg and Cynthia Stafford.

trumpet from their gardens.

Four of the five new members were re-welcomed into the club. Membership Chairman Razzie Cagnolatti presented Cynthia Stafford, Katherine Stagg, Dana Tippell and Jade

Thibodeaux with name badges. Ellen Posey presented customized canvas tote bags to the members, which she had embroidered with the name of the club, the first name of the member and a different flower on each.



LSU Instructor Bob Mirabello spoke to the garden club about Plant Identification. Former student and current GGC Member Elizabeth Saffell gifted him with a king cake.



Elizabeth Saffell was inspired to make a terrarium for the occasion.

The fifth new member, Kathy Guidry, was unable to attend and will receive her bag and badge next month.

Area garden clubs and master gardeners were invited to attend the educational portion of the meeting. LSU AgCenter Horticulture Instructor Bob Mirabello presented a program on Plant Identification. He covered plant nomenclature and taxonomy then featured new interesting plants. He explained the system that assigns scientific names to

plants and how species, varieties, hybrids and cultivars are designated. Understanding which plants are related gives clues to their disease resistance and insect tolerance. Flowers and leaf characteristics help classify plants into genres. He demonstrated this with agarista, ligularia



Conchita Richey has many binders like this chronicling her history of gardening.

and viburnum container plants. He ended his talk by giving the plants away to three lucky participants.

The Arbor Day Ceremony

The 55th Gonzales Arbor Day Ceremony was held at City Hall on Friday morning January 20, 2023; it was sponsored by the Gonzales Garden Club. Mayor Barney Arceneaux and garden club members were joined by Thurman Stagg, pastor of United Methodist Church. The group gathered outside City Hall near a young live oak, which had been planted this month by Harlan and Janis Poche.

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. During the invocation, Pastor Stagg



Attending the January 20 Arbor Day Ceremony with the planting of a live oak at City Hall are (LtoR) Pastor Thurman Stagg of the United Methodist Church, Mary Jo Pohlig, Marilyn Rice, Harlan Poche, Barbara McCormick, Janis Poche, Dale Bowman, Rita Bourque, Jamie Trisler, Mayor Barney Arceneaux, Cynthia Cagnolatti, Conchita Richey and Dana Teepell.

remarked on the faithful act of planting a tree for future generations to enjoy its beauty and the coolness of its shade.

The tree presentation was given by Arbor Day Chairman Janice Poche who said even their daughter had helped to plant the tree. Member Dale Bowman mentioned this tree

would one day be registered with the Live Oak Society, joining over one hundred other previously registered Ascension Parish trees.

Marilyn Rice thanked Mayor Arceneaux and all who were a part of the ceremony to celebrate Arbor Day. In closing,

long time member Conchita Richey read the lovely poem, "An Old Oak Tree Reminisces" an original poem written by the late GGC member Willie Mae Montgomery.

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



hope when I see you! You bless me in ways you don't know. Thank you for sharing the love of Christ in this world...".

I do not share this text to boast in myself, I simply boast in the Lord and that He gave me this opportunity, that He allowed me to experience my gift again, and that He gave me my inner joy back.

Also, I share this entire message to encourage YOU. My encouragement to you is to not take lightly the gifts you have; rekindle that inner joy by doing that thing that you absolutely love to do.

So, what is it that you're passionate about? What is that one activity that makes you feel better than nearly anything else? Is it painting, singing, basketball, maybe writing?

Reigniting that passion brings a deeper beat to your heart that creates peace but more importantly it ministers to those around you because your light inspires them.

Take a moment to read one of my favorite poems by Marianne Williamson in the image below.

Wishing you PASSION and joy as we prepare for spring fellow Ascensionites.

XOXO,
Sweet Eyes

When Passion is Rekindled

I'm not talking about the kind of passion typically celebrated on Valentine's Day; I'm talking about an inner passion that changes us at the core.

I've always been a dancer, but didn't take dance lessons until my early 20's. Where I grew up, we just didn't have "dance classes" nor did I or my Father consider it. I have a God given ability to hear different beats and rhythms and can naturally make my body move to those beats and rhythms. I grew up being able to watch videos of dancers and be able to

mimic their movements.

When I'm REALLY dancing (not just moving around in the car) I am at my 100% best! So how and why do we let that feeling go? Why do we stop doing the very thing that gives us joy?

I recently stumbled upon a dance cardio class. This class is certainly more dance than cardio. The teacher and many of the students are dance or ballroom dance instructors. We do the cha cha, rumba, lambada, cumbia, reggaeton, some old school jazz, and even a high kick line, all of which includes lots of choreography. Each class has changes in rhythms and styles that keep your body and your mind on its toes. There's always a

lesson in advancing technique and as my muscle endurance has increased, I've recently realized, my God given skill and the joy it brings has never gone away.

I've lost pounds, gotten very strong and have regained lots of technique I forgot I had, but you know what's better than that? I've regained more confidence because of the inner joy it brings. You know something amazing about having that inner joy again? That the inner joy is contagious. It inspires others around you.

My instructor sent this message to me a few days ago, which inspired this writing. "...You came to my mind in my morning devotional, because I was reminded you are always a ray of

"Let your Light Shine" by Marianne Williamson

- Our deepest fear is not that we are inadequate.
- Our deepest fear is that we are powerful beyond measure.
- It is our light, not our darkness, that most frightens us.
- We ask ourselves, who am I to be brilliant, gorgeous, talented, fabulous?
 - Actually, who are you not to be?
- You are a child of God. Your playing small does not serve the world.
- There is nothing enlightened about shrinking so that other people won't feel insecure around you.
 - We were born to make manifest the glory of God that is within us.
 - It is not just in some of us, it is in everyone.
- And as we let our own light shine, we unconsciously give other people permission to do the same.
 - As we are liberated from our own fear, our presence automatically liberates others.



AESTHETIC
DERMATOLOGY

GET THE ELITE *Experience*

With summer approaching it is time to think about getting your body "bathing suit" ready. 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.



Get Ready For Swimsuit Season with CoolSculpting



**Freeze Stubborn Fat on the
chin, abdomen, thighs, arms,
above knees, and more!**

- **1st in Louisiana to bring you CoolSculpting Elite**
- **RN Master CoolSculpting Providers**
- **DualSculpting, TriSculpting, & QuadSculpting Available**
- **25% Fat Reduction to the treated area**

Call today for a complimentary
CoolSculpting consultation
225-778-7540

Ann Zedlitz, M.D.
Board Certified Dermatologist
"Skin Boss"





Mariah Simoneaux

Get Growing, Ascension!

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.



EDIBLE LANDSCAPES WITH ANDRÉ BROCK

February 28 6:30pm Gonzales

Start eating local—right from your yard. Learn how to grow fruits and vegetables while improving your landscape. Louisiana's long growing season provides various opportunities for incorporating fruits and vegetables. Join André Brock, Horticulture Agent with the LSU AgCenter, on Tuesday, February 28 at 6:30pm in Gonzales to discuss what delicious edible plants we can grow in Louisiana. To register for this workshop, call (225) 647-3955.

POLLINATOR GARDENING WITH MILA BERHANE

March 14 6:30pm Galvez

Bees, butterflies, and bugs depend on blooms in your yard, but you have to know what to plant. Creating a habitat filled with nectar and helpful host plants is a welcome environment for nature around your home. Mila Berhane, senior research associate with Southern University AgCenter, will guide you through gardening to attract pollinators on Tuesday, March 14 at 6:30pm in Galvez. To register for this workshop, call (225) 622-3339.

ASCENSION'S OWN WILDLIFE SANCTUARY WITH JANE PATTERSON

April 4 6:30pm Dutchtown

The Amite River Wildlife Sanctuary, located between Prairieville and Port Vincent, provides a habitat for birds, butterflies, and other wildlife species. Jane Patterson, President of Baton Rouge Audubon Society, has been key in making this sanctuary a reality. On Tuesday, April 4 at 6:30pm in Dutchtown, Jane will share its history and what's in store for this special cypress-tupelo swamp. To register for this workshop, call (225) 673-8699.

GARDENING Q&A AND PLANT SWAP

April 25 6:00pm Gonzales

Have questions about gardening? Ask the experts! A panel of Ascension Parish Master Gardeners will be ready to answer all your questions. Bring your labeled plants, cuttings, bulbs, or seeds to exchange with other local gardeners after the panel. Leave with lots of information and something new to plant in your garden. To register for this workshop, call (225) 647-3955.



Ascension Parish
Library
Read • Learn • Create

GONZALES
708 South Irma Blvd.
Gonzales, LA 70737
(225) 647-3955

DUTCHTOWN
13278 Highway 73
Geismar, LA 70734
(225) 673-8699

GALVEZ
40300 Highway 42
Prairieville, LA 70769
(225) 622-3339

*Every photograph tells a story.
Let me help tell yours.*



OFF THE GRID
PHOTOGRAPHY

Robin Stevens • 225-573-9571 • www.otgphotography.com

YOUR ESTATE MATTERS



By Linda Melancon

Sole Benefit Trust: Qualify for Medicaid and Aid a Loved One

In this column, we've talked about a number of different planning tools that you can utilize to help yourself and your family. But one that is often overlooked, and a great option for families who have cross-generational support needs is a sole benefit trust. If a senior with more than \$2,000 in assets wants to apply for Medicaid – but also wants to provide for a disabled relative – a sole benefit trust may be a good choice.

What Is a Sole Benefit Trust?

A sole benefit trust is a type of special needs trust that helps a family care for an individual with a disability. The beneficiary of a sole benefit trust must be disabled and under 65 years old.

Medicaid allows an applicant to transfer assets into a sole benefit trust to care for a disabled family member without disqualifying them from long-term Medicaid care benefits.

A well-drafted sole benefit trust can help an applicant qualify for Medicaid more quickly. Because Medicaid is a means-tested health care coverage program, an individual generally cannot have assets worth more than \$2,000.

What is Medicaid Spend Down?

Transferring assets into a sole benefit trust can help an applicant with Medicaid spend down. Medicaid spend down is an option for an applicant whose income is higher than the asset limit set by Medicaid. Spend down lowers an individual's countable income so they qualify for Medicaid coverage.

An applicant whose assets exceed the limit set by Medicaid can transfer some of their property into a sole

benefit trust. This can help them qualify for Medicaid coverage.

What is the Medicaid "Lookback" Period?

An applicant for Medicaid should pay careful attention to the Medicaid lookback period. The lookback period is meant to prevent applicants from giving away or transferring assets to meet the asset limit.

As applied to a sole benefit trust, a Medicaid agency will find out whether the applicant transferred assets and received fair market value. If the transfer was for less than fair market value, the Medicaid agency will consider whether the transfer penalty applies.

Assets transferred to a sole benefit trust, however, are not subject to the Medicaid transfer penalty rule. The transfer penalty is explained further below.

What Is the Transfer Penalty?

The "transfer penalty" causes a Medicaid recipient to become ineligible for Medicaid benefits for a period of time. However, a Medicaid applicant may be able to avoid a transfer penalty under circumstances that include the following:

- Assets are transferred to a Medicaid applicant's spouse
- Assets are transferred to a trust benefiting a child who is blind or has a disability

• Assets are transferred to a trust created for the sole benefit of anyone under the age of 65 who meets the Social Security Administration's definition of "disabled"

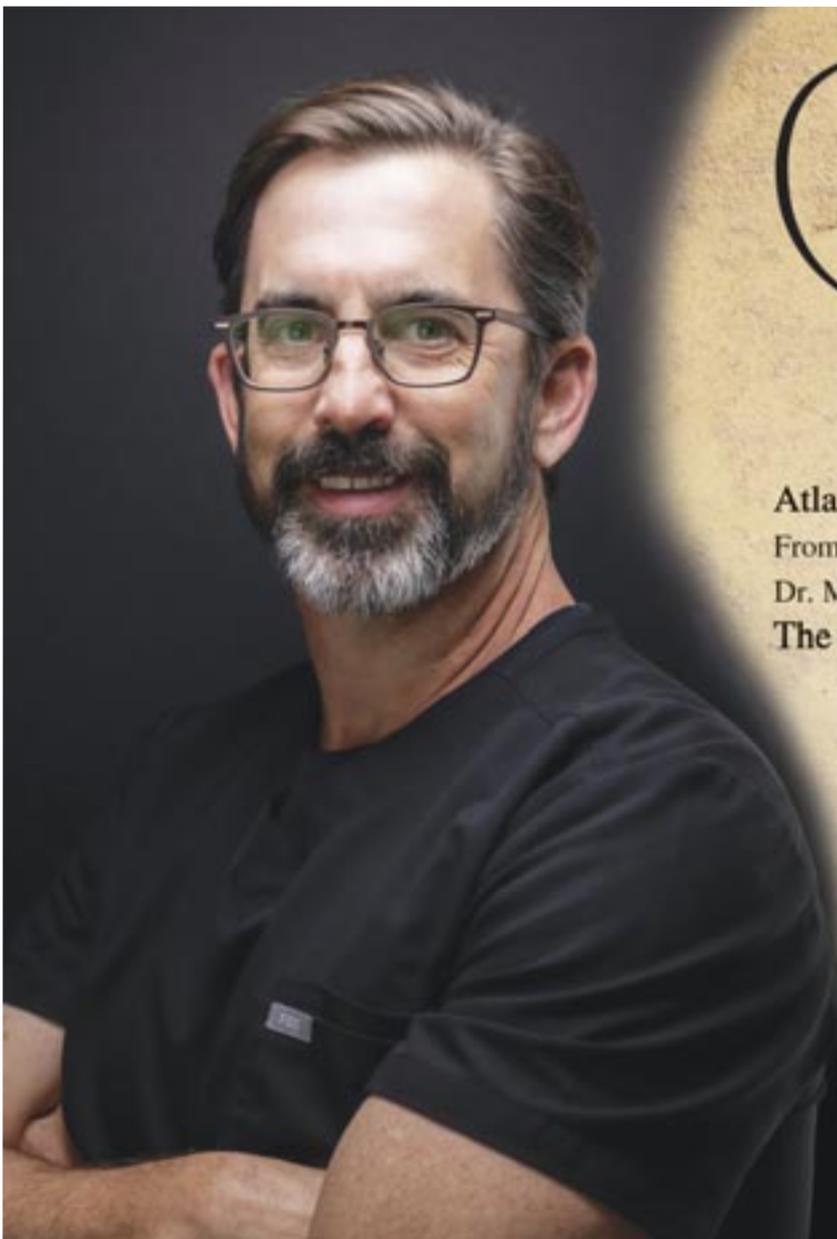
Transferring assets to a sole benefit trust helps a Medicaid applicant lower their total asset amount without facing the transfer penalty.

A Note of Caution

Creating a sole benefit trust can assist the Medicaid applicant as well as their loved one with special needs. However, there are some caveats to keep in mind.

For one, sole benefit trusts must provide a benefit only to the person with special needs. Also, in some cases, funding a sole benefit trust can create problems for a beneficiary who receives certain types of disability benefits. A person with disabilities who receives Supplemental Security Income (SSI), for example, could lose those benefits if named the beneficiary of a sole benefit trust.

Adding a sole benefit trust to your estate plan requires the help of a special needs planner. Your special needs planning attorney will explain how a sole benefit trust can benefit your estate plan specifically.



Atlas Dermatology provides general and surgical dermatology services. From diagnosing and treating skin rashes to the surgical removal of skin lesions, Dr. Massengale and his staff strive to exceed your expectations with every visit. **The care of your skin is on our shoulders.**

- Acne
- Skin Rashes
- Eczema
- Psoriasis
- Rosacea
- Dermatitis
- Moles
- Warts/Molluscum
- Skin Growth
- Skin Cancers

(225) 313-4560 | AtlasDermatology.com

PRAIRIEVILLE

17503 Old Jefferson Hwy.

BATON ROUGE

163 Burgin Ave.

FINANCIAL FOCUS

Have you built an emergency fund?

Many people make financial New Year's resolutions, such as reducing their debts or contributing more to their retirement accounts — both of which are certainly worthy goals. But among those who planned to make a financial resolution for 2023, the primary reason was the desire to build an emergency savings fund, according to a December 2022 study by research firm Morning Consult.

Factors such as economic concerns and the sharp rise in inflation seem to be driving this greater interest in building an emergency fund. But it's extremely valuable to maintain this type of fund in any economic environment. An emergency fund can help you prepare for a temporary job loss or early retirement, or pay for large home or auto repairs, sizable medical bills and other needs.

So, how much do you need to keep in an emergency fund? The answer depends on your stage of life. If you're still working, you might want at least three to six months' worth of living expenses in your emergency fund. If you're already retired, however, you may need at least three months' worth of expenses for emergencies, plus another 12 months' worth of expenses, after accounting for your other sources of income, to cover your everyday spending needs.

And if you are retired, it's



Jamie Lavigne, Financial Advisor

516 Moore St., Suite 103 • Baton Rouge, LA 70806
Office 225.314.3558 • cell 225.328.6900 • Fax 844.879.7129 • www.edwardjones.com

especially important to maintain this larger emergency fund so you can avoid dipping into your investment portfolio to pay for any unforeseen costs and daily expenses. As you know, the financial markets can be volatile, so, if it's possible, you'll want to avoid having to sell investments when their prices may be down.

When building an emergency fund, where should you keep the money? You'll need it to be accessible, so you'll want it in a liquid investment vehicle. At the same time, you don't want to take risks with this fund, so you'll want to be confident that your principal will likely be preserved. Some possibilities might include short-term certificates of deposit (CDs) or money market accounts. But wherever you put the money, keep it separate from your regular checking or savings account — it's called an "emergency" fund for a reason, and you don't want to mingle it with the accounts you use every day.

Given the high cost of living, it's not always easy to sock away money for emergencies — and if you wait until all your bills are paid before addressing an emergency fund, you may only make very slow progress. One possible strategy is to pay yourself first, so to speak, by having some money automatically moved from your checking or savings account each month into your emergency fund. And whenever you get a financial windfall, such as a tax refund or a year-end bonus at work, you might use some of it for this fund.

It will take time and discipline to build and maintain an emergency fund. But once you've got such a fund in place, you'll feel more confident in your ability to deal with unexpected costs that could potentially disrupt your progress toward your financial goals. So, make it a priority this year to build or strengthen your emergency fund. It will be worth the effort.

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



**FIRESTONE BRIDGESTONE CREDIT CARDS
ACCEPTED AND AVAILABLE AT BIGGEAUX'S**

**State-of-the-Art
Equipment**

**Front End
Alignments**



**NOW STOCKING: ANCO WIPERS,
HERCULES TIRES, INTERSTATE BATTERIES**



24 Hr. Emergency Roadside Service



- All tires from ATV to Commercial Machinery
- All brands to fit autos, trucks and 18 wheelers, including tractor/construction equipment tires
- Emergency road service assistance-Commercial Only
- Locally owned and operated since 2004
- New used and retreads



Call for Appointment • 225.644.8473

Todd B'S Mini Pot Festival

Let the Cooking Season Begin

The Annual Mini Pot contest heated up on a cool night

*Frank Sinatra sang: "If you can make it here, you can make it anywhere! New York, New York, New York!"
Todd B. said, "If you can cook mini pot here, you can cook mini pot anywhere!"*







Located on the corner of Airline & Highland

OLDE WORLD MADE FRESH DAILY



Empanadas



Breakfast Tacos



Rancheros



225.408.5997

THEKOLACHEKITCHEN.COM

*We cater! Order on line!
Locally Owned*

Hours of Operation... 6am to 2pm



Kolaches



Sandwiches



Coffees



Sweets



Lunch Tacos

Colonel Cody Melancon sworn in as a board member for the FBI National Academy Association Inc, LA State Chapter



“Sheriff Bobby Webre and the entire APSO family would like to congratulate Lieutenant Colonel Cody Melancon who was recently sworn in as a board member for the FBI National Academy Association

Inc, LA State Chapter. LTC Melancon, who has been with the APSO for 28 years, graduated from the FBI Academy in 2020. He is currently a Deputy Chief and oversees Special Operations

for the APSO, which includes our Communications Division, Community Outreach, Hazmat and much more. He also played a key role in the recent renovation and expansion of

the Sheriff’s Office. Thank you LTC Melancon for your continued dedication to law enforcement and to the citizens of Ascension Parish.”

Tax Season is Here! If you Need Help with Uncle Sam, We can HELP!

- Personal Loans
- Auto Title Loans
- Confidential Loans



13025 LA Hwy 44 Ste 105,
Gonzales, LA 70737

225-743-3739 • tessa@bblending.net
Monday-Friday 8:30 am 5:00 pm

Joie de Vie
SALON & SPA

**We are Growing to Fulfill Your
Full Service Salon Needs**

622.5085

44253 Hwy. 42 (1 mile from Port Vincent)

Jambalaya Festival

Cruising with Queen Ava!

Over the last seven months of my reign as the 2022 Miss Gonzales Jambalaya Queen, I've had the pleasure of attending countless wonderful

events and gaining new connections in and out of my local community. Most of my weekends consisted of traveling around Louisiana to

events such as balls, pageants and queen celebrations. My favorite events, thus far, include the Italian Ball in Tickfaw, St. James Sugar Day Events, Festival of the Bonfires Day Events, and emceeing the Sorrento Boucherie Pageant. I was able to represent Gonzales on a state-wide level at the Louisiana Association of Fairs and Festivals Pageant, February 2-5, alongside my rhinestone sisters. These amazing women have pushed me to be a better queen and friend every day since the moment I met them. Outside of the fairs and festivals world, I have been able to integrate my reign into my new community at Southeastern Louisiana University, participating in opportunities such as the

Hammond Chamber of Commerce fundraiser. Here, I was able to represent both my sorority, Alpha Sigma Tau, as well as Gonzales by serving jambalaya. During my remaining months holding this title, I am eager for what is still left to come and appreciative of the experiences I have gained.

If you are interested in becoming the next Miss or Teen Gonzales Jambalaya Queen, please reach out to the director, Katie Battaglia at gonzalesjambalayadirector@gmail.com

Your 2022 Miss Gonzales Jambalaya Queen

Ava Savoy







We are committed to providing local products from local vendors

DeLaune's Supermarket

You are our friend first and our customer second!

*It is with Great Pride that we have
Remodeled the Entire Store*

Local Louisiana Products • Local People

Daily Lunches • Local Service

Online Shopping • Local Shopping Experience

Digital Coupons • Associated Food Store • Shell Gas

*Enjoy the Quality Value
of Food Club Products,
Tasty & Affordable!*

**Fresh Cut
Beef & Pork**



Save BIG with Digital Coupons at DeLaune's

DeLaune's wants to offer the best savings to our customers, which is why we offer new Digital Coupons every week! In three easy steps, you'll find over 100 coupons at your fingertips!



Select the Digital Coupon tab on our website to login or "Create an Account".

LOGIN



Browse through digital coupons and clip offers you like.

CLIP



Enter your phone number at the register during check out.

REDEEM



Enjoy Our Local Flavor Sushi's



DeLaune's Supermarket

12516 Highway 431 • St. Amant, LA 70774

Phone: (225) 647-4987 • Fax: (225) 647-7285
Email: DelaunesAG@eatel.net

Hours: 6am-8:30pm

IN RODD WE TRUST



Rodd Bercegeay has been a valuable team member of Delaunes Supermarket family for the past 26 years. Rodd is 46 years young! He enjoys old cars, rodeos, classic country music and a cold beer. If you've ever been to Delaune's in the past decades, chances are you've encountered Rodd and his friendly smile each time you visit. One thing Craig always ask Rodd and he never a answers is, "Who is you favorite uncle?"



East Ascension Sportsmans League
Letter from president -
Mike Lambert

Well Hello again! There isn't much going on this time of year. So far it rained almost every weekend. Not great to be outside, but hey, that's south

Louisiana. I did see some robins in the trees and in my yard at least. Last year I didn't see any. It's weird that the robins don't want to come down here and the geese don't want to leave.

So far the board has met twice this year and we set the date for the annual kids fishing rodeo for July 29th at Twin Lakes. Watch for more on that as it gets closer. Also the big buck contest is wrapping up soon. We are asking all members to renew their dues. Memberships go from January 1st to December 31st. We will be having our first quarterly meeting March 20th at Cabela's upstairs at 7:00 PM. You can pay your dues then or mail \$20 check made out to EASL to 36156 Sycamore Circle Ave. Geismar 70734. I invite anyone else interested in joining

our organization to do the same. We will have a meal and a guest speaker at the meeting, so try to make it.

The board is also discussing the plans for other events this year. We will be having the big turkey contest. We are making plans this year so watch for later news on that. We have a bass club too as you can see every month here in the Ascension

Magazine. If you are a bass fisherman, you can join our organization to fish with the bass club. Hope to see y'all soon.

Thanks for your time,

Mike Lambert

Reminder to all members!
The first quarterly meeting will be held on March 20th, 7pm at Cabelas. Meal available.

EASL Bass Club News

The EASL Bass Club held its first Tournament of 2023 on January 28th. The Tournament was held out of Doiron's Landing either side with a 3:00 PM weigh in time.

There were 23 boats participating.

First place went to Jessie Argrave and BoJack Anderson with 5 fish weighing 11.11 lbs.

Second place went to Dirk Anderson and Brandt Fairchild with 5 fish weighing 10.22 lbs.

Third place went to Anthony Bonadona and Lester Rome with 5 fish weighing 9.98 lbs.

Fourth place went to Wilson Mulina and Gary Christian with 5 fish weighing 9.86 lbs.

Fifth place went to Donald Braud and Terry Molea with 5 fish weighing 9.40 lbs.

Big Bass was awarded to Carlos Gray with his lunker

that weighed in at 4.85 lbs

Congratulations to the winners of the January Tournament.

Our next Tournament will be on February 25th. Our meeting to

plan the Tournament will be on the 16th of February at Dirk Anderson's home on Babin Road.



Left to right, Terry Molea, Donald Braud, Wilson Mulina, Gary Christian, Carlos Gray, Lester Rome, Anthony Bonadona, Dirk Anderson, Brandt Fairchild, BoJack Anderson, Jessie Argrave

Jammin' with Goosie

Trap

As I approached the freshly lit fire one of the bystanders whispered out "look at that owl up there." I looked up and sure enough there sat a barred owl right above where some of my buddies constantly feed corn to many of the local squirrels, rats, doves and other birds in the vicinity. As several of the group were admiring the closeness of the raptor, I explained to them the reason for the owl's presence. It was not an accident that he chose to sit there and one thing that you can put your money on is that he didn't show up to eat the corn. The owl was there

thereafter a gray squirrel made a break for its nearby home in a very quick manner. The squirrels typically sit there and eat, but not today. The rodent knew what was up and wasted no time getting to the safety of its home.

As a hunter I often witness those types of events particularly in areas of feeding game or where feeders are permanently located. Predators such as hawks, owls, falcons, eagles, foxes, bobcats, coyotes, and snakes are drawn to these areas for a chance of getting an easy kill. Not only in the wild hunting world do these events occur, they take place in your backyard also. Many of our society feed birds,



because that baited area could become an easy meal site for the predator. As the fire grew larger some of its wind blown heat drifted upwards towards the creature and it finally flew away to another tree where it once again perched on another limb. Shortly

squirrels, and other wildlife for the enjoyment of viewing the beauty of these magnificent creatures. I would have to think that the benefit of feeding wildlife outweighs the risk of predation that is associated with this activity. There's probably some things that



can be done to minimize predation of the innocent. Acts such as moving the feed location from time to time may help, but by all means, a feeding area definitely increases the odds of prey being eaten by predators.

Not all predation occurs from wild birds and animals. Our own pet dogs and house cats can often be responsible for many of the feeding site killings. You may think that your sweet little cat is not a killer, but he or she most likely is. Cats are some of the best hunters on this earth. House cats probably kill far more animals and birds in one year than all of us hunters together do. On average pet cats kill 3.5 animals of some sort a week. It's estimated that in the U.S. alone that domestic cats kill over 2 billion birds and 12 billion mammals a year. I have a cat. I love him and don't know what I would do without him. But he is a killer and there is no way on this earth that I would ever try to feed any animals or birds in my yard with him around.



That would be an unfair situation to put any innocent creature in for sure.

The need for food tends to increase in the dead of winter for predators and prey. Feeding backyard wildlife is a great thing to do by all means and it is done with a heart warming intent in mind. But be aware that in many cases you could be setting a trap for many innocent creatures.

Till next time
We all need to eat to survive

James "Goosie" Guice



Johnny Lee Performs at The Moonlight Inn 'Hey Bartender, Last Call Farewell Tour'



Jordan Babin Opened for Johnny Lee.

He was accompanied by Corbin Barnes.



Jordan Babin



Corbin Barnes



"She's a little old, but still has alot of life in her"
Est. 1936

BAND SCHEDULE

FEB 17TH - **BOX WINE** 9-1
FEB 18TH - **TRENT BOURGEOIS & FLY BY NITE** 9-1
FEB 23RD - **DARRYL LEWIS** 7:30 - 10:30
FEB 24TH - **ERIC SHARP DUO** 9-1
FEB 25TH - **CONFIDENTIAL BAND** 9-1
MAR 2ND - **BRYAN MANNINO** 7:30-10:30
MAR 3RD - **3RD STREET** 9-1
MAR 4TH - **DIS-N-DAT** 12-4
MAR 4TH - **CLIFTON BROWN & THE RUSTY BUCKET** 9-1
MAR 5TH - **KENNY FIFE** 4-7
MAR 9TH - **ERIC STELLY** 7:30-10:30
MAR 10TH - **JOHN RUIZ** 9-1
MAR 11TH - **CHASE TYLER BAND** - 9:30-12:30
MAR 16TH - **BRYAN MANNINO** 7:30-10:30
MAR 17TH - **ALABAMA BIG EARL COMEDY SHOW** AT 9PM
FOLLOWED BY **MARK BABIN DUO**
(NOT FOR THE EASILY OFFENDED)
MAR 18TH - **JUSTIN CORNETT BAND** 9-1
MAR 19TH - **MITCH & GEORGE** 3-7



THIS AIN'T TOUR 2023 THE HAMPTONS

CREED FISHER

APR 7
FRENCH SETTLEMENT, LA
THE MOONLIGHT INN

225.698.6759 • 16757 HWY 42, French Settlement, LA
Must be 21 to enter

28TH ANNUAL KREWE OF DIVERSION BOAT PARADE

Even thou it was a nasty cold day it did not stop the Krewe of Diversion Boat Parade to happen and ended up at Manny's Bar. The parade raised \$22,000.00 for St Jude by its self and with the final auction a total of \$125,000.00 was raised for St. Jude. Wow! I am proud of my community.





The Case of the Missing Case with Private Investigator Sam Stone

by Bill Delaune

T.S. Eliot once wrote that "April is the cruellest month."

Well, apparently Thomas Sterns never sat through the winter of 2023 in an office the size of Vlad Putin's heart waiting for a phone to ring with a client of any kind on the other end.

Things were so bad that I'd quit singing to the Elvis poster on the wall with my out-of-tune Martin guitar and tried to rearrange the words on my door—"Sam Stone, P.I."-to see what I could come up with.

So far, the best I had done was "Piss on team" which could have been any sporting squad I had wagered on in the month of January. I'd had more losers in the first part of 2023 than a 300-pound jockey and not a single client had called to help foot the bill.

Now it was February 2-Groundhog's Day. My dad had been born on this day and his dad before him. I had ended that tradition by arriving in March-a Pisces working for scale-and my instincts told me that something fishy was about to transpire.

Then-just like Puxatawney Phil-she popped up. Trouble walking through my door in 4-inch stilettos at the end of a pair of legs that should have been running in the feature race at Evangeline Downs.

"Are you Stone?" she asked in a voice so raspy you could have sharpened a pocket knife on it.

"I was for most of 1969 but I didn't inhale," I replied. "What can I do for you?"

"I need to find a missing person. He has something of value that belongs to me."

"I see. And what is the name of this would-be perpetrator?"

"Hugo Urweigh."

"And yours?"

"Eilga Myne."

Not only was I as desperate as a Cajun in a crawfish famine for a job but I couldn't let this marvelous model of a marlin slip off my line.

"What's he got of yours?"

I was thinking of a diamond maybe as big as Yankee Stadium's but that was not the case.

"A case," she replied. "A guitar case with a name on it. Now



you do the leg work (Believe me-I'd done plenty already.) and I'll explain more when I pick you up for lunch."

Hugo Urweigh's trail was as easy to follow as elephant with diarrhea. Like many other South Louisiana males, he was a huge fan of LSU and NFL football and he was also what I liked to call a 4-G man. That is-his hobbies consisted of golf, guitars, gambling and -on occasion-go-go girls.

A man with that many weaknesses shouldn't be that difficult to find. In fact, I was surprised we hadn't run into each other somewhere before. And I had a pretty good idea

where we might find Hugo on this cold February morning.

Eilga picked me up in the Prairieville CBD around noon-her blond hair streaming behind her in a black Corvette, looking not unlike the goddess Aphrodite in an ebony chariot.

"Where to?" she asked.

I told her I figured there was only one place that Hugo would frequent on this date-the LSU football recruiting party-aka the Bayou Bash-conveniently located at the L'Auberge casino...

"Too cold for golf, too early for music or strippers. That leaves Tiger football and gambling. He's got to be there," I reasoned.

"You know, Stone, you're not as stupid as you look," Eilga said.

"Nobody is," I admitted.

"Now about this case..."

"Look, you might as well know," she began. "I could care less about Hugo or that beat-up old guitar he tries to play. It's the case I'm interested in and only the case."

We found LSU legend Skip Bertman, World Series winner Mike Fontenot, radio celebrity Jimmy Ott and a guy who owed my money from the 2018 Kentucky Derby. But we didn't find Hugo.

And the only case we found was a briefcase full of cash labeled "Texas A&M Recruiting".

"What's that mean?" asked Eilga.

"It's an outdoors group trying to recruit 'Fisher Men'," I explained.

We made a pass through the casino and came up empty-both on our quest for Hugo and at the blackjack table.

"You really got some bad cards," she consoled.

"Yeah," I agreed. "I had more 15's and 16's than Jeffrey Epstein."

She dropped me off back at my office over my protests.

"Come on, Eilga. It's still early. The night still has braces on its teeth."

"Get some rest, Card Shark. I'll see you tomorrow."

I waited for her on Thursday longer that Forrest Gump waited for that bus. She finally bopped into my cramped quarters around seven that evening humming an old Buddy Holley song called "Peggy Sue".

"Where have you been out gadding, my Ice Princess?" I asked trying to mask my anxiety.

"It's February 3," she explained. "It's 'The Day the Music Died'". I've been at a Buddy Holley, Richie Valens and Big Bopper Festival all day.

I hope you don't mind this 'Chantilly Lace' that I have on."

I resisted the urge against the old "I know something else that would look good on you" line and started for the door.

"We're headed for Spanky's in downtown Prairieville," I told her. "They're pulling numbers for the

big Super Bowl Board tonight and there's a guitar player after the drawing. Sounds like a perfect spot for Hugo to show."

The place was packed and it seemed everyone in the joint was getting better numbers than my cartel. Even with four squares, we ended up with a mixture of 2's, 5's, 8's and 9's that only the mother of a bookkeeper could love.

"Too bad," Eilga comforted looking at the disaster. "Not a 0,3, or 7 in the bunch. And no Hugo either."

"I've seen better figures at a Rosanne Barr look-alike contest," I lamented. "But I did spot a guitar case over by the bandstand."

That theory was shot down when local star Rhett Glindmeyer removed his acoustic from the case and launched into my favorite Van Morrison song "Into the Mystic".

"Oh well," I sighed. "Care to dance?"

"I'd rather have sex with a cactus," she shot back and headed for the door.

I didn't see her again until early Saturday morning when she woke me on the couch attempting to sleep off a tequila binge that Gram Parsons would have been proud of.

"I had to put a mirror under your nose to see if you were breathing," she scolded. "Come on-I've got a pretty good idea where Hugo is."

The a.m. weather was colder than a post-Monica Hillary Clinton and the wind was blowing like Mon...well, really hard.

"Where are we going at this hour of the morning?" I stammered. "I haven't even thrown up yet."

Eilga had the petal to the metal in the Vet and we were traveling south on I-10 at Starship Enterprise warp speed.

"Pelican Point," she answered. "Hugo's signed up to play in a Super Bowl Scramble at 8 o'clock. Something you would know if you spent less time with your buddy Jose Cuervo."

I started to say something about only idiots playing golf in these conditions but then I remembered some of the things I've learned about golfers over the years. For one thing, golf is a game where you yell "Fore", make a "six" and write down "five". For another thing, it's the only game that allows middle-aged men to dress like pimps. So for 50 or so semi-intelligent golfers to venture out in 30 degree weather with a 35 mile-per-hour wind is not unusual as a Tom Jones 60's hit.

The clubhouse was empty but the scoreboard revealed some disheartening information-"Hugo Urweigh-WD."

"What's that mean?" she asked.

"Well, he's either gone to Winn Dixie or he had the good sense to withdraw from this debacle," I answered. "How about a Bloody Mary?"

Eilga ignored my offer and yanked me into the parking lot with the wrath of a woman who would not be denied.

"We'll find him tomorrow if we have to go to every Super Bowl party in this state," she swore. "And do something about your breath-you could back down a dragon right now."

Super Sunday cleared up-although my mind was still cloudy-so I made a few crazy prop bets on the game, took a double shot of Tito's and Listerine and put on an antiquated Packers' jersey that may have been worn by Jim Taylor in the glory years of the 60's.

"What is that?" Eilga sneered eyeing my apparel.

"It's a throw-back," I tried to explain.

"Well, throw it back in the trash where it belongs and let's go to work."

Our first stop was at a card game composed mostly of my fantasy football buddies. Now these guys are so degenerate that one named his team "With Another Man's Privates" so that his opponents would have to say each week-"I'm playing 'With Another Man's Privates'" so the crude comments were not unexpected.

"Hey, Stone-why don't you crawl back in the gutter you came from and leave the hottie here."

"About that longshot you gave me, Stone-he went off at 20-1 and came in at 20 after 2."

"Very funny, you low-life losers. Now shot what little class you have in front of this lady. Anybody seen Hugo Urweigh? I've got a feeling he'd fit in with this motley crew. And does anybody know how many points and rebounds Aliyah Boston got for South Carolina? I got Jerrick McKinnon's receiving yards against her total," I confessed.

"And you call us sick?" shot back one on my so-called cohorts. "But I think she had 14 points and 9 boards for a total of 23. And I believe Hugo said he was going to a house party out in Galvez."

Well, I had a shot on that prop anyway. All I needed was one nice Kansas City screen pass

and...

"Uh, Stone-it is a nice day for a daydream but don't you think we should blow this joint and check out the lead?" snapped Eilga.

"Oh yeah," I mumbled. "I know where the best show in town is happening. Head down Roddy Road to the Douglas residence."

But alas, there was no Hugo at Tommy and Pat's Super Bash. There was a life-sized cutout of Patrick Mahomes and party favors for both teams all over the house but no trace of a case and more bad news on my props.

"Your theory of Chris Stapleton's Kentucky drawl leading to over 125 seconds in the National Anthem flopped," informed Tommy. "He barely went over two minutes. But I know you had tails on the coin toss-your favorite saying is 'Tails never fails'."

I didn't have the nerve to tell him that I switched to heads this year because I thought the public was on to my system. And McKinnon had exactly one catch for 5 yards. But I still had a beautiful client depending on me which trumped all my bad fortune right now.

"I still have one shot left in my cannon," I told my disappointed damsel faking a confidence that even I doubted now. "Take this rod to the Cottage Inn and step on it. I want to see the end of the game and I'll bet Hugo does too."

The Cottage was as full as a fat tick on a St. Bernard and spirits-not to mention the patrons-were sky high.

Eilga disappeared into the crowd so I found my fellow gamblers Frank and Bama and checked on the game. The score was tied 35-35 but the Chiefs were in the red zone driving for the game-winner.

"Hey, Stone, if they score a touchdown and kick the PAT you win a thousand on that 10-man line adding the final scores to get the last digit. You got a 7 and that would be 42-35," calculated Frank.

Well now wait a minute-I thought-maybe I can get out of this trap.

Just then, my boy McKinnon-who only had 15 yards receiving-broke away and headed for a sure touchdown when...he went down purposely at the 1-yard line. "No, no!!" I screamed at the TV set but to no avail.

"Smart play," said Bama. "Now they can run out the clock and kick a field goal with no time left."

Which is precisely what happened making the final score 38-35. But wait-those numbers rang a bell for some reason and I fumbled through my phone gallery and found a picture of the board at Spanky's and there it was -"K.C. 8 Philly 5". Those lousy numbers I had cursed all week had struck gold.

"Wait till I tell Eilga!" I shouted. But where was Eilga? In all the giddy post-game celebrations I had lost her.

Then-high above the crowd-I spotted a statuesque figure holding up an object on the Cottage bandstand-the same venue where Americana legends like Goosie Guice, Stonewall Broussard, Uncle Jim and even yours truly had once performed.

I shoved through the crowd and made my way to her side. She seemed oblivious to all the commotion around her as she clutched to her ample bosom a blue Martin guitar case.

"This is it, Stone-this is what I've been looking for." She was weeping shamelessly now-the icy visage finally thawed. "You did it, Sam, you found it."

Now there are some strange things that have occurred in this crazy world-Area 51 at Roswell, the Bermuda Triangle, the '69 Mets winning the World Series-but what happened next may never be explained.

For when she flipped the case over, there in gold letters-was a name-my name-"Sam Stone".

"But-how-where...?" I was speechless for only the second time in my life-a bad hop at third base that stuck me in a sensitive region had caused the first occasion.

"Don't ask too many questions, my Super Sleuth," she beamed. "By the way, are you kin to Fred Flintstone?"

"I don't think so-why?"

"Because I'm about to make your Bedrock tonight."

You know-I think my luck's about to change...

Thoughts from Bully

BEER, BEER AND MORE BEER



My son constantly shows me dumb stuff he sees on the net. You Tube videos of dumb people trying to dumb stuff. He showed me a kid trying to touch the middle of spinning blades at the bottom a blender. After the third attempt he found the blades and a trip to the hospital.

He knows just what to show me that pushes my hot buttons.

There was a 20 second commercial that promotes if you can't afford the weave hair you want they will finance your weave for you. No credit check. No money down.

He came to me last week and with a grin on his face, I knew he was going to show me something stupid again. "I have great news for you Dad", he said, "drink all the beer you want!" I told him it wasn't my birthday and then he showed me his phone with a display showing, Benefits of Drinking Beer. Wow. Are you kidding me? I finally did something right in life. I developed a taste for beer to improve my health.

On the chart displayed on this page it shows the benefits of beer.

First, for your heart it lowers risk of coronary heart disease and helps produce good cholesterol. For nutrition it provides B-group vitamins, minerals, and flavonoids. Your kidneys are benefitted because there is a 40% lower risk of kidney stones. Finally, beer is one of the few foods that provides silicon which helps build strong bones. Studies suggest beer drinking may help fight osteoporosis.

My day and life is looking up. Guilt is poring from my body for all those days I didn't wait till noon or 5 o'clock. I feel my blood pressure dropping as I drink.

As a food source little did I know I was adding fiber to my existing health benefitted beer drinking. While in college one morning with no milk I used beer in my Frosted Flakes. I killed two birds with

one stone. I gained some fiber while starting my Saturday game day off right.

Beer is famous and can be your best friend. There are times it's always by your side. It's there when you experience your 18th, 21st, 30th, 40th, 50th and soon to be 60th birthday.

Cases of beer made Katrina and Gustave much more bearable in the heat and dark nights.

Beer has inspired so many great songs through time, ZZ Tops 'Beer Drinkers and Hell Raisers' and Jimmy Buffets 'It's 5 o'clock somewhere' and many more.

Beer makes golf a lot more fun and sometime it makes your game better.

I've seen good golfers start having a bad day early in their round. They take to drinking a few and miraculously shots start flying true. At least we think so. During a tournament my buddy Wild Bill hit a remarkable shot up close to the hole. He turned and smiled saying, "That's a 2 beer swing boys! Can I have another?"

This past Easter I discovered me drinking beer kept some of my golfing buddies closer to the Lord after giving up beer for lent. Since I'm not Catholic and some of my buddies on the golf course are they ask me during a moment of weakness, to drink one for them. They

BENEFITS OF DRINKING BEER

- HEART**
LOWERS RISK OF CORONARY HEART DISEASE AND HELPS PRODUCE GOOD CHOLESTEROL.
- NUTRITION**
PROVIDES B-GROUP VITAMINS, MINERALS, AND FLAVONOIDS.
- KIDNEYS**
THERE IS A 40% LOWER RISK OF KIDNEY STONES IN BEER DRINKERS.
- BONES**
BEER IS ONE OF THE FEW FOODS THAT PROVIDES SILICON, WHICH HELPS BUILD STRONG BONES. STUDIES SUGGEST BEER DRINKING MAY HELP FIGHT OSTEOPOROSIS.

keep their vows and my golf swing was improving. Hell, I was having to drink 2 or 3 for some guys and a sip for Carl.

I didn't think about at the time. I enjoyed guiding and assisting my beer drinking flock but should have asked if their vows prevented them from purchasing beer. Now that Easter has come and gone my wallet is a little thicker.

Rail Road Auto Plaza

Eric Lambert
Owner

HOMETOWN QUALITY SERVICE
Our Front End Alignment Equipment is State-of-the-Art

STATE INSPECTIONS • NEW TIRES
BRAKES • OIL CHANGES
MECHANIC ON DUTY • A/C REPAIR
ENGINE DIAGNOSTIC

225.647.3000 • 1311 N. BURNSIDE • GONZALES

Oh, when the germs go marching in!

We're here to help with convenient walk-in care and online check-in for ages 3 months and up! Plus, we have rapid flu, COVID and RSV testing with on-site results in minutes. When you don't have time to be sick, be in that number and "Feel Better. Faster!" at Lake Urgent Care.

LakeUrgentCare
LakeUrgentCare.com

Walk-In, Check-In Online or Schedule a Virtual Care Visit

Give us a follow



Useless Random Facts with Kellie

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

•
Space travel makes mice run in loops.

•
About 20% of Earth's oxygen is produced by the Amazon rainforest.

•
Finland has the most metal bands per capita, with 53.5 metal bands per 100,000 people.

•
Hawaii moves 7.5cm closer to Alaska every year.

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

•
Sloths can hold their breath for longer than dolphins.
They can hold their breath for up to 40 seconds.

•
The only breed that can't bark at all is Basenji dogs.

•
The largest scrambled eggs ever made weighed nearly 3.5 tons.

•
Honey is one of the best cough suppressants.

•
The human body contains about 100,000 miles of blood vessels.



Entertainment Schedule

Feb 24

Party at Joes

March 3

True Spin

March 11

Jovin Webb

March 17

**Big Frank,
Branded for Exile,
Pale Shelter**



True Spin

March 3rd

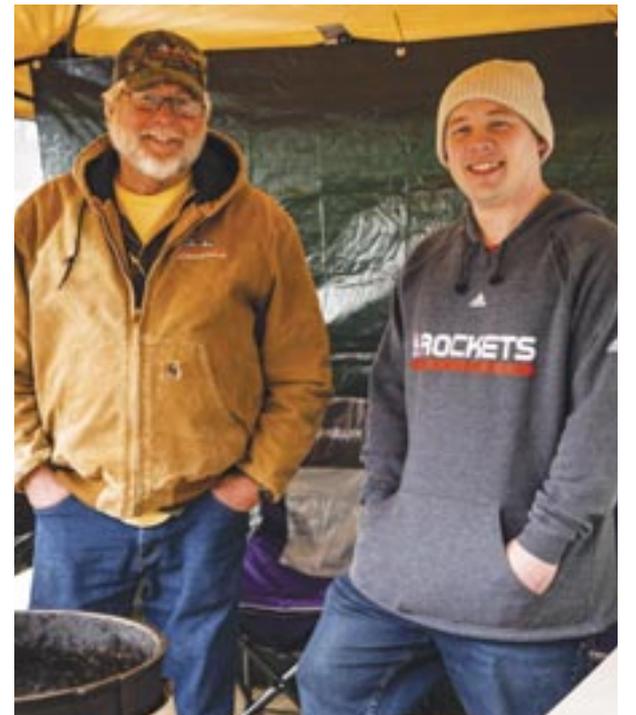
www.parkplaceofgonzales.com

Swamp Chicken

HOST IT'S ANNUAL COOK OFF

Photos by Robin Stevens



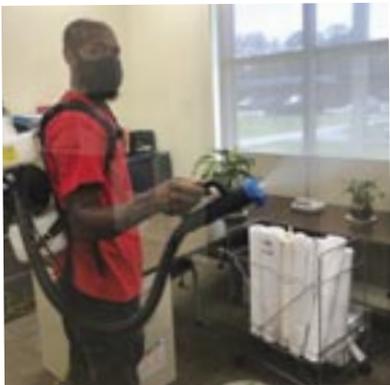




HARDWOOD • VINYL • CARPET • TILE & GROUT

Brite Shine

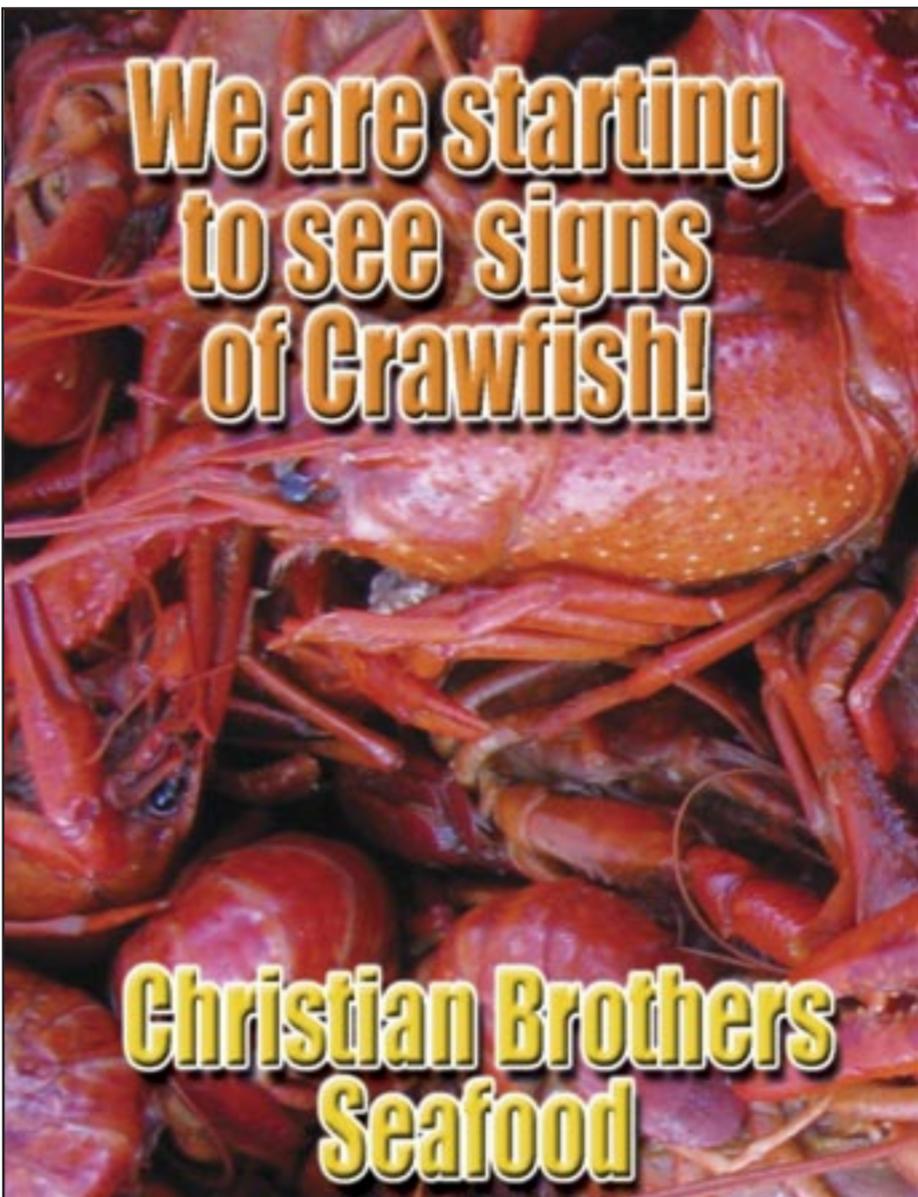
Cleaning and Floor Care



Janitorial - Office Cleaning • Floor Stripping & Waxing
• Carpet Cleaning • COVID 19 Disinfecting



Phone: 225.677.2003 ☎
Estimates@briteshineclean.com



225.647.4332 • Hwy. 44 • Gonzales



THE GARNEY GAUTREAU SENIOR SOC HOP CELEBRATE MARDI GRAS!





BRAUD
WELDING & INDUSTRIAL SUPPLY

9436 Hwy. 75 • P.O. Box 127
Geismar, LA 70734

Geismar: 225.673.3370
Toll Free: 888.269.4315
Fax: 225.673.5703

www.braudco.com

Ascension Proud for Over 35 Years

At Braud Company, we have been supplying the construction trades quality materials at competitive prices, with reliable delivery, for over 35 years.

Our emphasis is on service. Call or visit our walk-in showroom. We deliver on time, everytime 24/7 365.



225.673.3370 • Toll Free 888.269.4315 • www.braudco.com



The hardest part of getting a new roof is dealing with the insurance company.

**I am the solution.
Let me take care of the headaches.**

Call

**James "Stump" Marchand
225.348.1222
jsmarchand@eatel.net**



**SLC Development
of Ascension, LLC.**





**INJURED?
WE'LL GO TO
BAT FOR YOU!**™

GoToBat.com

**GAUTHIER
AMEDEE** APLC
PERSONAL INJURY LAW

Attorneys André Gauthier and Jody Amedee
2111 S. Burnside Avenue, Gonzales, LA 70737 LA-21-12854

An advertisement for the law firm Gauthier Amedee. The background is a baseball stadium at night. In the foreground, a man in a dark suit and yellow tie is holding a baseball bat and pointing towards a baseball that is in motion. The text 'INJURED? WE'LL GO TO BAT FOR YOU!' is written in large, bold, yellow and white letters. Below this, the website 'GoToBat.com' is displayed. The firm's name 'GAUTHIER AMEDEE APLC' and 'PERSONAL INJURY LAW' are prominently featured in white text. At the bottom, the attorneys' names and office address are listed.



8ft X 35ft band stand

Enhance Your Business with Custom Murals

Sports Rooms • Baby Nursery
Special Interior Designs

Contact Mike Strong
225.413.5485



8ft X 25ft bar wall



10ft X 50ft outside wall



Cooking Gourmet at Home with SNO'S SEAFOOD & STEAKS



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!!!!!!

LENTEN MENU

We're open Tuesday to Sunday
Dine in and Curb-side takeout

Follow Us for Daily Chef Specials 

CALL FOR TAKEOUT 225 647.2632
Airline at HWY 74 in Gonzales
snosseafood.com



New Limited Time Offer



**Sign Up Before
this Offer Expires**

Scan with
your camera



or go to
formore.cc/emxe



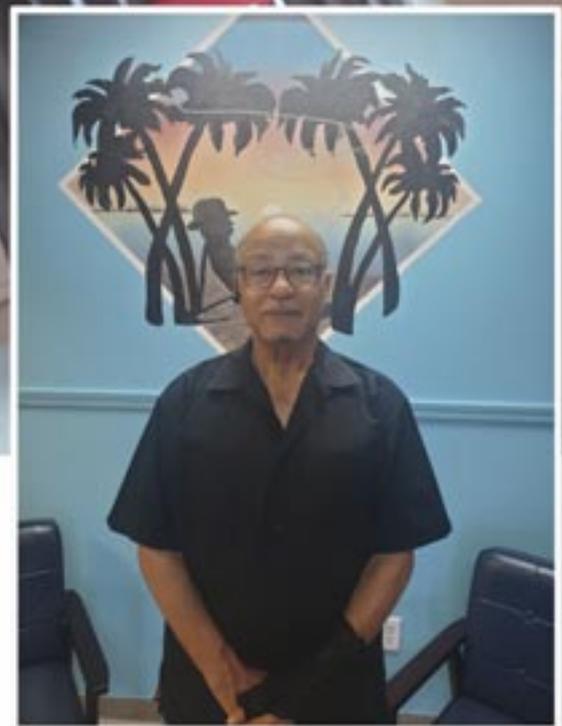
PELICAN POINT
Golf Club

GOLF MEMBERSHIPS

| 225.746.9900 EXT. 12

| WWW.GOLFTHEPOINT.COM

A True Cigar Lounge!



• **CIGARS • LIGHTERS • ASH TRAYS**
• **TOBACCO • ACCESSORIES**

- **A large Cigar Humidor with Huge selection.**
- **Great Roomy Lounge with plenty of seats.**
- **Available for Private Events!**
- **Large Wide Screen Televisions.**

Robert Martin
20 years experience in
the cigar business.
Veteran owned.

**REGISTER FOR
A FREE DRAWING**



- **Romeo Y Julieta Humidor**
- **Drew Estate Swag**

(Must purchase cigars to register. Details available on location)



PARADISE CIGAR & TOBACCO

719 S. Burnside Ave. • Gonzales La. 70737

225.390.1236

Monday thru Saturday 10am - 7:30 • Sunday 12pm - 6pm



Ann Zedlitz, M.D.
Board Certified Dermatologist
"Skin Boss"

As Seen On
THE DOCTORS

You Deserve The Best!

5305 FLANDERS DRIVE, BATON ROUGE, LA 70808 | 17497 OLD JEFFERSON HWY. PRAIRIEVILLE, LA 70769
ZDERMATOLOGY.COM | 225-778-7540



AESTHETIC
DERMATOLOGY