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MAGAZINE

FEBRUARY 2024, VOL. 22 ISSUE 2



Trash Talk

SEE PAGE 24



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Photos by Adrian

2005 Blackhawk helicopter (post hurricane Katrina)

Generations of Love through a Labor of Love

By Adrian Laiche

Every year since 2001 the Duplessis and Laiche families have spent every weekend between Thanksgiving and New Year's Eve building elaborate bonfires on family land, a tradition now spanning multiple generations. For years prior, the families celebrated New Year's by lighting the brush pile that built up throughout the year from fallen limbs and storm debris. But then a tragedy spurred a new tradition.



and power tools and of course, lots of chainsaws. For twenty-two years now, the group of cousins have built more elaborate structures each year. Some are based off of a major news events and others are a tribute to someone in the family. In 2005 in the wake of hurricane Katrina, Blackhawk helicopters were often seen overhead inspiring that year's bonfire. The 2016 flood similarly led to the building of an airboat bonfire and in 2019 a replica of the Sunshine Bridge was built after a barge hit the bridge diverting traffic for months. A replica of Villar's

the year. And although occasionally a forklift has been used on taller bonfires, most of the work is done with a tractor

2001 was a six sided teepee style



In September of 2001, Luke Villar was murdered in St. Amant. Two months later his brother Lance and cousins Cody, Chris, Chad, and Caleb Duplessis, Tyler and Courtney Laiche, went on a camping trip and it was there they decided to start building a structured bonfire. So, in 2001 they built a six-sided traditional tee-pee style bonfire. Most of them were teenagers when they started and along the years many other friends and cousins have joined. Often friends will offer the wood from fallen trees throughout



2018 Sunshine bridge after the barge hit it requiring repairs



2017-- a 1931 model A Ford, a replica of my grandparents honeymoon car after my grandmother passed away



2021 Carousel (a tribute to my aunt who passed away and loved carousel horses)

guitar was built in 2010 marking the tenth year since his death. And in 2017 after their grandmother Audrey Duplessis passed away (twelve years after her husband Joe) the bonfire crew built a replica of the couple's honeymoon car—a 1931 model A Ford.

The bonfires are lit on New Year's Eve—rain or shine—among a crowd of friends and family. Everyone in attendance is invited to take photos up until the 8:00 lighting and small firework display. Dooney Laiche spends days preparing enough food to feed the crowd, many of whom

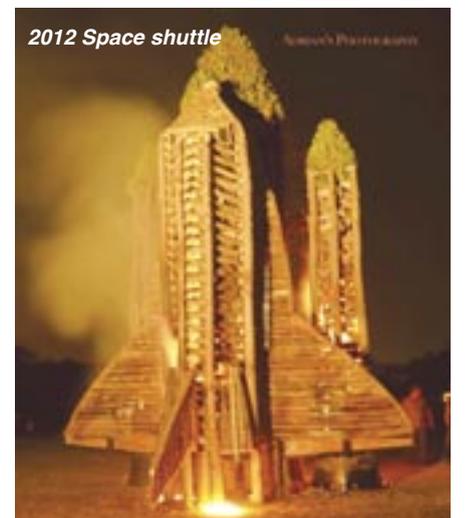
stay until midnight for the extravagant firework show. The family has a Facebook page, *Laissez les Bon Temps Brûler*, that is updated with each year's theme and bonfire progress. But the decision of what to build is never made until the annual November camping trip. The cousins look forward to the time spent together every weekend in "bonfire season." Most of them now have children of their own and have already begun teaching the next generation and passing on the tradition.



2023 Chainsaw



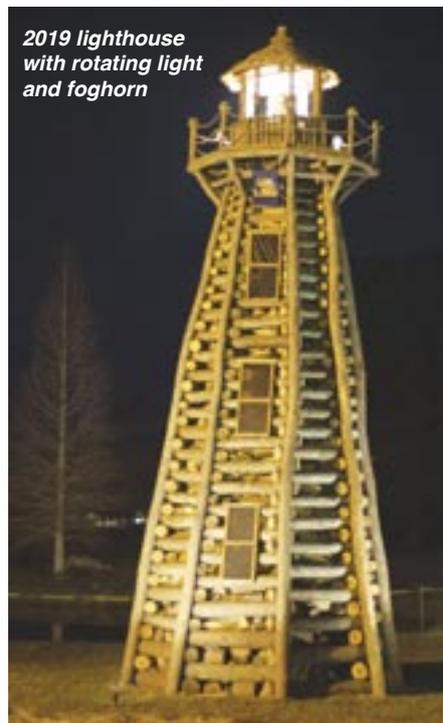
2009 Fleur de lis (Saints won the Superbowl a few weeks later)



2012 Space shuttle



2022 Jambalaya pot



2019 lighthouse with rotating light and foghorn



2015 WWII Navy bomber (a tribute to my uncle who served in the Navy and passed away several months earlier)



2004 pirate ship



2003 monster truck





2008 debris loader (post hurricane Gustav) and our 91 year old grandmother Audrey Duplessis lighting it.



2001 Winnebago (LSU championship)



2001 Winnebago (LSU championship)



2010 Guitar, a tribute to Luke Villar and replica of his guitar and amp



2006 bulldozer (still seeing lots of hurricane Katrina cleanup)



2002 tank



2016 airboat (after the 2016 flood)



2013 Crane

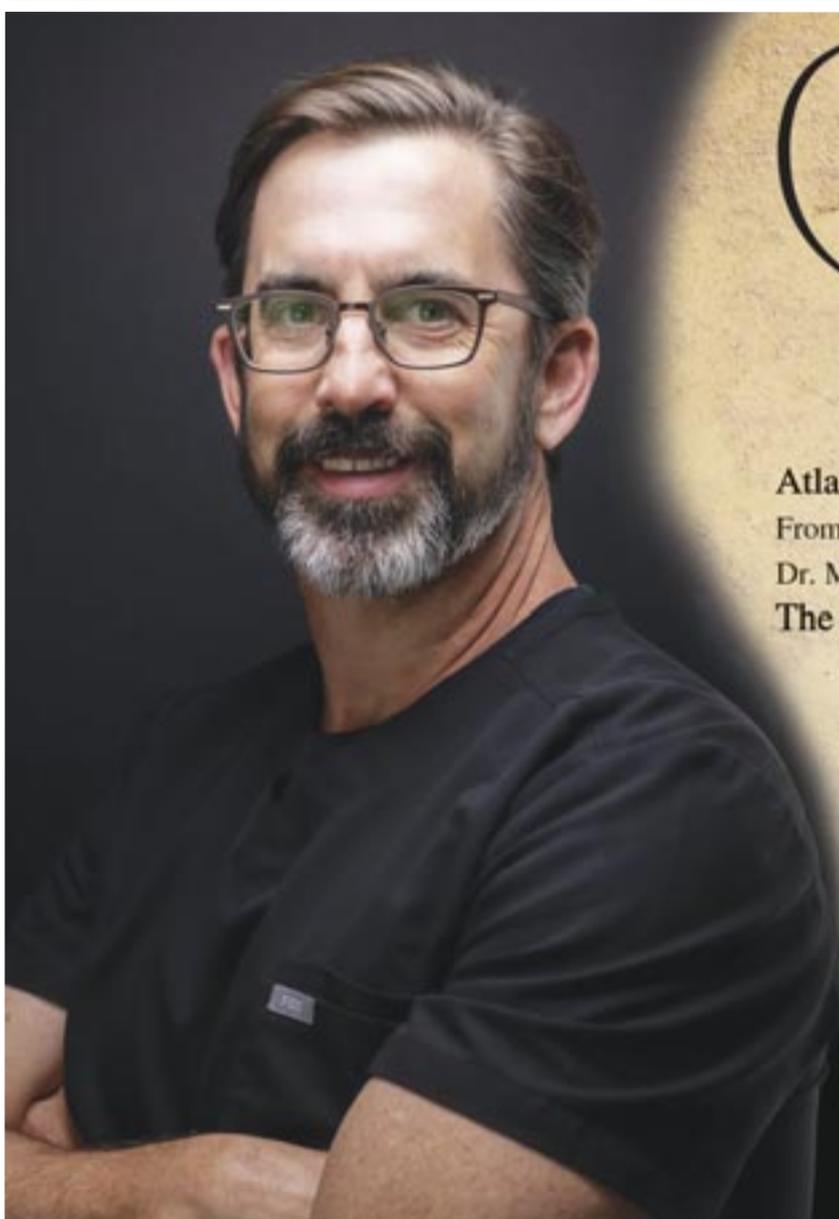


2020 dumpster



Publishers Note: As the publisher of Ascension Magazine this parish surprises continuously. I've been publishing 22 years and the Laiche and Duplessis family demonstrate a bond that only families can have. However their creativity has set them on a path of continued love and support that will bring dividends for decades to come. Thank you Adrian for bringing your memories to us.

Mike Strong, Publisher



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Drainage Solutions with Martin Moser

The garden club feels closest when they meet at a member's house. This month Member Dale Bowman made the club very happy. She opened her St. Amant home with a gumbo luncheon, a speaker presentation and her sprawling gardens with big plans for spring. Twenty members attended. The club welcomed Phyllis Charrier as a new member into the fold.

With drainage being the discussion topic, roll call asked about plants that tolerate wet feet. Many members said they grow irises in low spots. Other plants named were ferns, elephant ears, swamp milkweed, live oaks, horsetail reeds, scarlet swamp hibiscus, lettuce, spiderwort, Barbara's buttons and papyrus.

Because we live in a state with



Jade Thibodeaux, Dale Bowman, Kathy Guidry, Dana Teepell and Janis Poche hosted the February meeting.

an annual average of 57" of rainfall, drainage issues are common. The program "Yard Drainage Solutions for the Do-It-Yourselfers" was created at the club's request by Martin Moser, Landscape Architect. He enlightened the gardeners on subsurface drainage systems that help prevent future problems and discussed attractive surface drainage elements for rain gardens and

dry stream beds to mitigate standing water. He described a drainage problem as standing water for more than 24 hours or a low boggy area. A drainage solution could be filling in the low area with dirt or punching a hole in the bottom to drain the water away. Solutions include gutters, French

drains, catch basins, hybrid systems, trenches, swales, ditches, grading and fill-in dirt. Martin exhibited rigid perforated pipes and a catch basin for use in many homeowner drainage projects. He emphasized that proper



Dale protects her beloved plants like this staghorn fern in her greenhouse over the winter.



Conchita Richey brought a champagne fig cutting she received from AgCenter Agent Andre Brock at a Burden Reflections presentation.



The lunch entree was a bowl of chicken and sausage gumbo, rice, potato salad and smothered okra with a chunk of French bread. Oooh la, c'est si bon!

maintenance of installed drainage systems is necessary to keep the water flowing freely. Debris should be cleaned out once or twice a year.

Martin Moser is professionally licensed in Landscape Architecture. He graduated from LSU in 2012 with honors and numerous awards. He works in landscape design and construction with his father at Philip Moser Associates. He attested that work done by landscape architects must protect the health, safety and

welfare of the general public. As member testimony has it, Martin guarantees smart designs, quality materials and superior craftsmanship in his landscape services.

With savory aromas quaffing into the den, Martin decided to stay for lunch with the ladies. Serving the meal with Dale were Kathy Guidry, Janis Poche, Dana Teepell and Jade Thibodeaux. Dale outdid herself in the kitchen. She made the best chicken and sausage gumbo plus smothered okra from her



Landscape Architect Martin Moser explained how a transit with laser levels is used to assess land elevations and slopes.

Solutions

- Gutters
- French Drain
- Catch Basin System
- Hybrid System
- Trenches/Swales/Ditches
- Grading/Fill Dirt
- Green Infrastructure (Stormwater BMPs)

Martin identified seven drainage solutions.

Stormwater BMPs

- Stands for "Best Management Practices"
- The idea is to "Manage rainwater where it falls"
- If we take care of each raindrop where it falls, we don't generate point source flow which leads to increased volume and strain on city/community drainage facilities
- Can help to mitigate the causes of flash floods – small ditches > large ditches > streams > rivers etc

Martin advocated best practices to manage rain water.

garden. Janis made a highly complimented confetti potato salad seasoned with purple onions, red bell pepper and green celery to give it a little bite with color. French bread, garlic bread, crackers and soft drinks accompanied the entrée. Having been a 4H cookery judge, Dale replicated a winning recipe for our dessert, Buttery Pecan Pie Bark, and she also made her legendary bread pudding.

After the meal, GGC President Jamie Trisler conducted the business meeting. Reports came from committee heads on the registration of seven more live oaks, plant sale workshop readiness, district meeting preparations and a consensus of benevolence practices. Plans for next month's road trip to Amite were detailed with carpools to Bracy's Nursery.

Garden Inspiration came from Conchita Richey. She had attended a presentation on edible landscapes by AgCenter Agent Andre Brock. He gave her a cutting from a champagne fig tree. She told the group to cut the young branch into sections such that two nodes would be

submerged into the soil.

Horticulture studies included a plant exchange and personal garden tips. Martin's tip was to walk around your property with an umbrella during rain to identify drainage problems. The horticulture hint is to use a slow-release granular fertilizer to fortify cool season annuals and the spring bulbs planted last fall.

Before leaving, members toured Dale's property. They marveled at the meanderings of so many natives and pollinator plants in her back yard plus the side yard with a huge daylily plot, vegetable beds and greenhouse. Dale works tirelessly in her two semi-rural acres of landscape and generously shares the bounty with her friends and neighbors.



never forget how you made them feel.” How will you be known for making those around you feel?

Passing it down

Perhaps you can write some thoughts down and consider how your legacy might be passed down to those around you. Are there things you’d like to do that you aren’t currently doing to create a legacy? Writing itself can be a legacy; notes of inner reflection, hopes and dreams, daily achievements can be a pillar of legacy in my opinion. If we don’t document the value or tradition in some way, in deed, verbally, or even written, a legacy can’t be passed on to the next generation.

Final thoughts

How will you be remembered? How do you make those around you feel? What do you find valuable? What is your passion? Consider these things when navigating this life. At the end of the day, we can’t take anything with us when we leave this earth, and all that will be left is our legacy.

Praying for an impactful spring full of peace, joy, and love.

XOXO,
Sweet Eyes

What Will Your Legacy Be?

According to the American Heritage Dictionary, the word “Legacy” (noun) means – 1) Money or property given to another by will, 2) Something handed down from an ancestor or a predecessor or from the past.

I prefer definition number two, because legacy is so much more than money or property. A legacy to some may mean earthly possessions, but to have a legacy means leaving kindness, insight, help, love, wisdom, and generational teachings with

everyone - family, friends, and community.

What creates a legacy?

Beliefs are passed down through generations, influencing us and those around us. As women, we have an inherit way of molding values of friends, family, children, and grandchildren; we have a way of influencing the ambitions and attitudes of those around us.

Traditions strengthen family bonds and identity. Think about it...do you always do always pray before a meal? Then that’s a legacy that speaks to the importance of gratitude and taking the time to thank God for the food we have. Do you always make cookies or candy during the holiday? That legacy speaks to

the importance of quality time in the family.

Another way to build a legacy is contribution through personal and professional achievements. Do you know someone that got involved in community relations or politics because they want to make a difference? Well, that is certainly part of their legacy. Contributing to your local community through volunteer work and outreach is a legacy because it speaks to your desire to help your human.

Most importantly, how you treat those around you is probably one of the most impactful legacies to leave. Maya Angelou said, “I’ve learned that people will forget what you said, people will forget what you did, but people will





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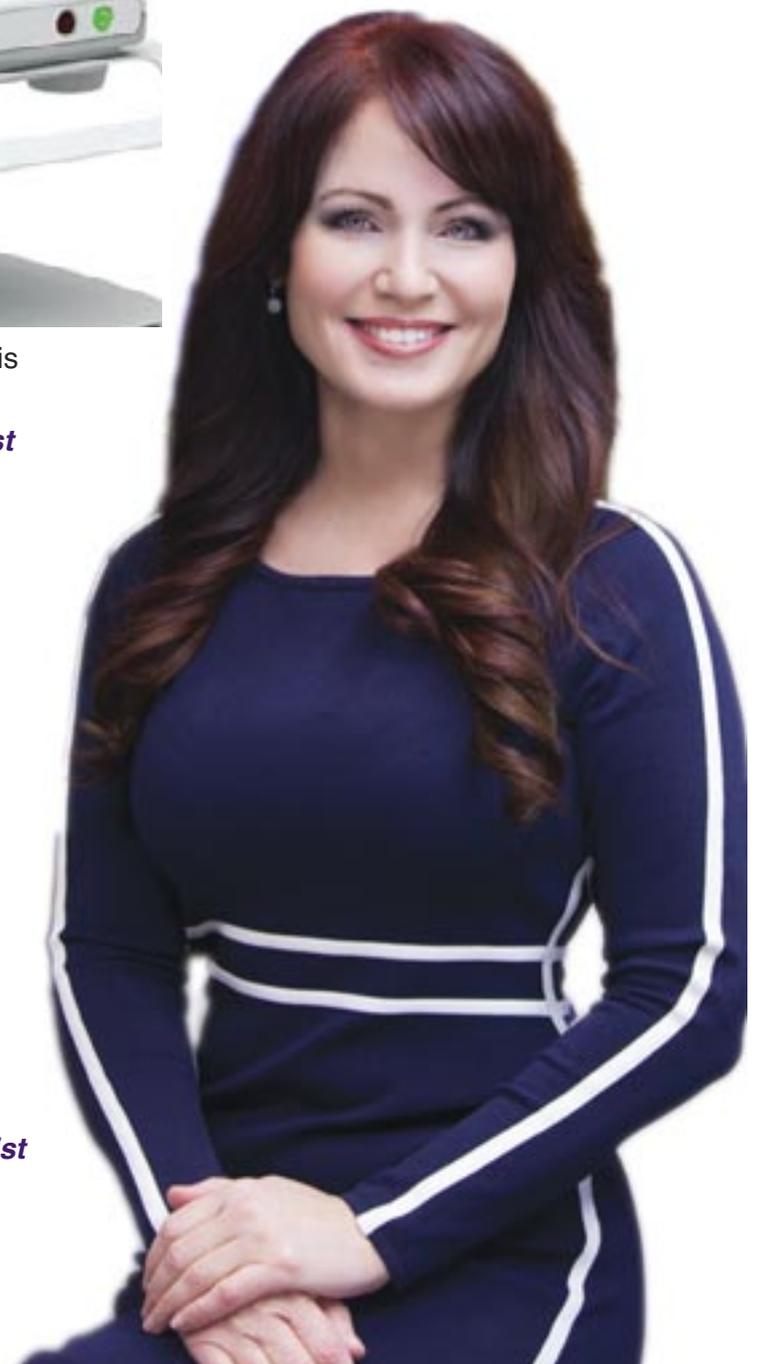


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Don't Skip the Mulch



Mulch serves many purposes in the landscape. In addition to giving planting beds a neat and uniform appearance, it reduces weed pressure, regulates soil temperature and moisture, and over time adds organic matter to the soil.

Mulch applied to flower beds, vegetable gardens, and around trees and shrubs decreases pressure from unwanted weeds. Many weeds that germinate from seed will not be able to sprout under mulch. Pine straw is one of the best mulch options in Louisiana and

black in order to prevent plant roots from becoming too hot. Mulch maintains soil moisture by reducing evaporation. Gardeners can water less frequently, and the likelihood of soil moisture fluctuations decrease. Many vegetable plants are sensitive to soil moisture fluctuations, especially tomatoes.

Mulching to a depth of two to three inches is sufficient in most situations. When applying mulch be mindful to go out and not up. This is

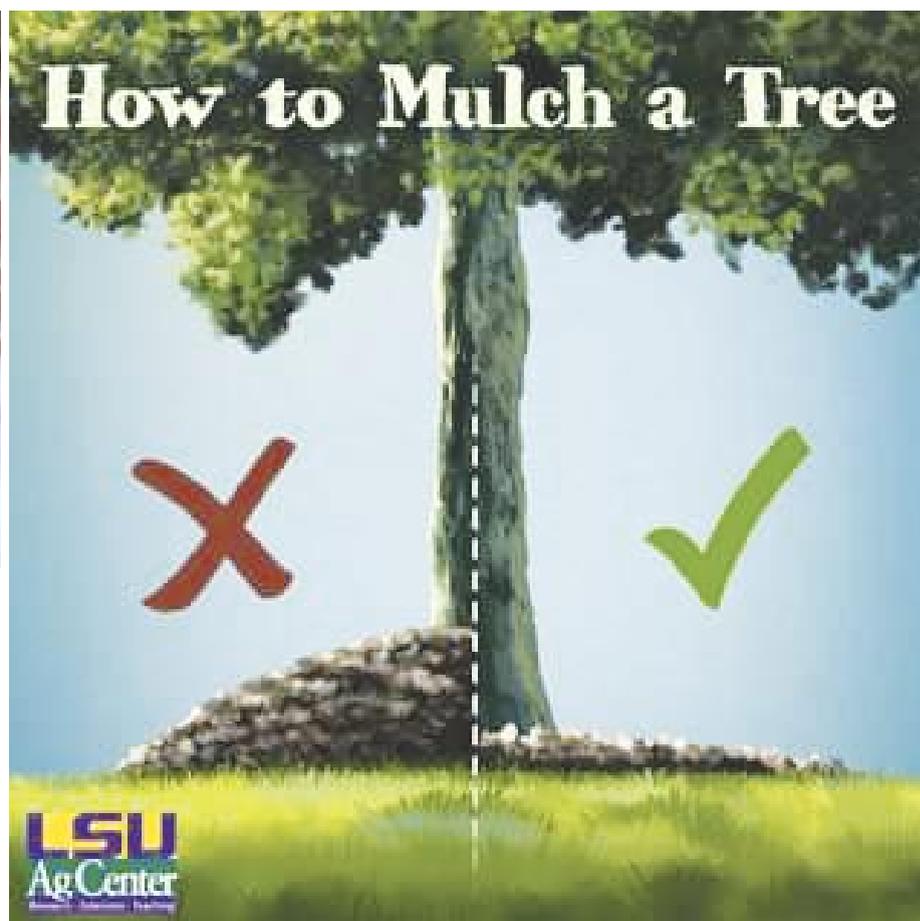


is readily available. Wood chips, pine bark, chopped leaves, dried grass clippings and straw also work well. If you have large areas to cover consider purchasing your mulch in bulk from a local nursery.

Mulch helps to regulate soil temperature. Plant roots are cooler in the summer and warmer in the winter. If you choose to use plastic mulch in the summer, select white not

extremely important around trees and other woody ornamentals. Often mulch is mounded in a volcano-like pile around the base of trees. This can be very detrimental, hindering oxygen exchange to the roots and resulting in disease and decay of the trunk.

Over time as mulch decomposes, organic matter is added to the soil, improving soil aeration, structure, and



drainage. There is no need to remove old mulch; simply add the new layer of mulch over the top when it is needed. If mulch becomes matted use a rake to break it up and refresh the appearance.

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



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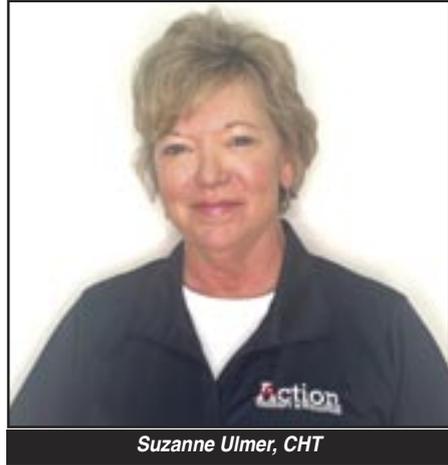
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Meet Suzanne Ulmer, our Certified Hand Therapist. Hand therapy is a vital component of rehabilitation for individuals dealing with elbow, wrist, and hand conditions. Action Therapy & Wellness provides comprehensive hand therapy services tailored to address the unique needs of patients with such conditions. Suzanne has over 20 years of experience treating patients with these conditions. From carpal tunnel syndrome and tennis elbow to fractures and arthritis, she employs evidence-based techniques to enhance mobility, reduce pain, and improve overall quality of life for her patients.

Elbow, wrist and hand conditions often come with debilitating pain

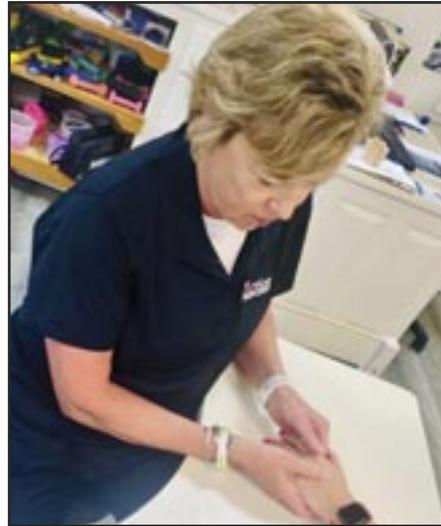
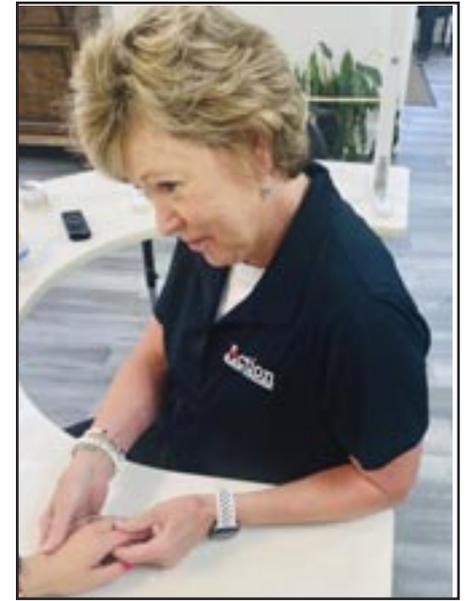


Suzanne Ulmer, CHT

that can significantly impede one's ability to perform daily tasks. The goal of hand therapy at Action Therapy & Wellness is to restore functionality to the elbow, wrist, and hand. Whether the condition stems from injury, surgery, or a chronic ailment like arthritis, Suzanne works diligently to help patients regain independence and confidence in their abilities. Through targeted exercises and activities, patients learn how to perform tasks ranging from simple grasping motions to more complex fine motor skills with greater ease and efficiency.

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care model employed by the multidisciplinary team. Our therapists work closely with physicians, surgeons, and other healthcare providers to ensure seamless coordination of care and optimal treatment outcomes. By fostering open communication and sharing insights across disciplines, the team at Action Therapy & Wellness delivers comprehensive care that addresses the diverse needs of each patient.

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By Linda Melancon

Is a Private Pay Caregiver the Right Option for You?

It's no secret that with advancements in health and medicine, life expectancy is nearly 10 years longer than it was just a few decades ago. But with age comes age-related health problems. Just because we are living longer, doesn't mean that we remain spry and active for those extra years.

Once someone can no longer care for themselves, they and their families have a few options, depending on the level of care needed. The preferred choice is having an at-home caregiver so the person needing care can remain in a comfortable, familiar environment.

From classified ads to websites like Care.com, there are numerous places to find individuals who work independently as caregivers. But before you start writing checks, there are a few things you should know about the responsibilities associated with hiring someone to work in your home.

Determine employment classification for tax purposes and file appropriate taxes

First and foremost, you will need to determine if the caregiver you hire will be classified as an employee or not. The determination of caregiver classification holds significant implications for tax withholding, payroll taxes, and other tax-related responsibilities,

emphasizing the importance of careful consideration and compliance with federal laws. The IRS uses a guideline called the Economic Reality Test to make this distinction.

While we won't go into detail about the Economic Reality Test in this article, when the test is applied, caregivers are almost always classified as employees. As such, they are entitled to be paid minimum wage and overtime in accordance with law. There are some exemptions to this, including caregivers who primarily perform something called companionship services. However, for the purposes of this article, we will treat the caregiver as an employee since more often than not, that will be the case.

Comply with employer requirements

As an employer, there are a number of tasks that must be completed so that you remain in compliance with state and federal laws regarding the employee/employer relationship. It should be noted that tax and employment laws change regularly so you will also want to make sure you keep up with any changes in the law.

As the employer of a household employee, you may be required to register with state and federal agencies, withhold taxes, ensure your employee is eligible to work legally, and file income tax returns reporting wages. If this sounds like a lot, there are companies that can assist you with these tasks.

Ensure you have a policy that will cover you against a potential injury claim

Another important thing to take into consideration when hiring a household employee is what you will do if that person is injured in your home. As the property owner, you have a duty to maintain a safe environment for anyone on your premises, including caregivers hired to provide assistance.

In Louisiana, household employers are not required to carry workers comp insurance (a policy that pays for medical expenses and lost wages if an employee has a work-related injury or illness). However, if you choose not to carry workers comp, you will want to ensure that your homeowner's policy has adequate protection. Homeowner's insurance typically includes liability coverage, which may help

protect you in case someone is injured on your property, but not always.

Run a background check before hiring

Like in any job application process, your caregiver should be able to pass a background check. Louisiana is a closed record state, however, and only conducts background requests for specific agencies – not individual people. Your best bet is finding a reputable online background check website, most of which will require payment.

Get a caregiver agreement

Though it is not a requirement, employers should have a written contract that outlines the terms and expectations of the caregiving relationship. This document should address crucial aspects such as the caregiver's responsibilities, working hours, days off, etc. Clearly defining the scope of care, including any specific medical or personal needs, ensures that both parties are on the same page regarding the expected level of assistance. Legal considerations, such as confidentiality clauses and dispute resolution mechanisms, should also be incorporated to provide a framework for addressing potential challenges. The contract serves as a protective measure, offering clarity and accountability for both the caregiver and the family. An experienced elder law attorney can help you with this step.

Hire the best fit for your family

While hiring someone to care for you or a loved one may seem an easy task, there are many things that need to be addressed before you do so. In addition, determining if they are a good personality fit for your loved one or weighing if they've got the right skills and experience you're looking for, there is a sizable list of tasks that are required for employers to be in good standing in the eyes of the law. If you are ready to take on that list, an independent caregiver may be the right option for you.

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



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FINANCIAL FOCUS

Time for financial spring cleaning?

Spring is almost here, which means it's time for some spring cleaning. This year, in addition to tidying your home and surroundings, you might want to consider sprucing up your financial environment, as well.

Here are some suggestions for doing just that:

• **Improve your vision.** Once the days are warmer and longer, you may want to get outside and clean all the winter grime and smudges from your windows, allowing you to see the world more clearly. And you may want to bring more focus to your financial vision by asking some key questions: Is my investment strategy still appropriate for my needs, goals and family situation? If not, what changes should I make? And am I prepared for changes in my life, such as health challenges or a need to retire earlier than planned? The answers to these and other questions can help you clarify where you are, in terms of your financial picture, and where you want to go.

• **De-clutter.** As you look around your home, you may find things such as expired health care products, old prescriptions, ancient cleaning solutions, and so on, in addition to duplicate household items (how many blenders do you really need?) and non-working equipment — printers, laptops, etc. Most people find that eliminating this clutter gives them a good feeling — and more livable space. As an investor, you can also find clutter

in the form of redundant investments — for example, you might own several nearly identical mutual funds. You might be better off selling some of these funds and using the proceeds to find new investments that can help you further diversify your portfolio. As you may know, diversification is a key to investment success, but keep in mind that it can't prevent all losses.

• **Plant seeds of opportunity.** Whether they're planting camellias and crocuses or carrots and cilantro, gardeners are busy in the spring, hoping their efforts result in lovely flowers and tasty foods. And when you invest, you, too, need to plant seeds of opportunity in the form of investments that you hope will grow enough to enable you to make progress toward your goals. So, you may want to review your portfolio to ensure it's providing this growth potential, given your individual risk tolerance.

• **Reduce dangers.** You may not think about it that much, but your home and surroundings can contain potential hazards. You might have ill-fitting caps on cleaning products with toxic chemicals, or sharp cutting instruments protruding from shelves in your garage, or heavy, cracked tree branches hovering close to your roof. Spending some time on a spring-cleaning sweep can get rid of these dangers — and devoting time to consider the possible threats to your financial security, and those of your family, can pay off, too. For starters, review your life insurance to determine if you've got enough. Your employer may offer some coverage as an employee benefit, but it might not be sufficient, so you may need private coverage. And the same is true for disability insurance, because if something were to happen to you, and you couldn't work for a while, you'd still want to protect your family's lifestyle. Spring is a great time for brightening your physical space — and your financial one, too.

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



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(Only at Gonzales location)

PEDIATRIC THERAPY SOLUTIONS
Helping little people do BIG things

**“Five more minutes!”
 Effects of screen time on little minds and how to help.**



*Bailey Krankey, COTA
 Certified Occupational Therapy Assistant*

Just five more minutes! Let me finish this level! Of course, videos of other children playing with toys and games about mining and crafting are much more exciting than starting homework or getting ready for bed. If this sounds familiar, you are not alone in this battle. Studies have shown that children are spending 3-4 times the recommended level of screen time per age group. Screen time addiction is a very real obstacle affecting children’s ability to grow cognitively and socially.

Some challenges linked to screen time include but are not limited to:

Delayed language development through decreased caregiver interaction

Poor sleep quality as screens emit blue light which decreases the production of melatonin, an essential sleep hormone, causing difficulty falling or staying asleep

Decreased time for play necessary to develop fine motor, gross motor, and executive functioning skills needed for higher learning

Poor self-esteem related to exposure to unrealistic standards

Behavioral challenges linked to hyper-arousal from increased

sensory input from loud or alerting sounds and fast-moving graphics.



If you have a child who is having difficulty putting down the devices here are some tips that may be helpful.

Setting time limits

Providing and maintaining clear boundaries for screen time is an excellent way to decrease the amount of time your child spends on their device. Perhaps you allow for a small amount just as your child gets off from school and then a small amount after

completing their homework. Most devices allow for parental control of screen time which can be tailored to certain times of day, days of the week, and even app or game specific. These parental controls also monitor the devices for content access to ensure children are not engaging in harmful or dangerous activities online.

Recommended screen times are as follows:

0-18 months: zero screen time is recommended for this age group

18-24 months: less than 1 hour watching educational content with a parent per day

2-5 years: 1 hour or less per day

6-17 years: 2 hours or less per day

community sport or club where social engagement is provided. Avoid utilizing the device as a way to calm your child. Also, allowing a child to be bored is okay! This is where a child’s imagination is allowed to thrive.

Put devices away

If the device is easily accessible, children will be more tempted to grab it. This is especially important at night – charge phones and other devices outside of the bedroom to remove the temptation for nighttime access. It is recommended to put devices away at least one hour before bed. Keep devices out of reach during structured times such as homework or dinner. If the device is accessible, children will always choose it.

Setting by example

This may be the toughest one of all. Children learn by observing their environment and those around them. While the digital world is all too inviting, especially after a long day of work, try engaging in these new activities with your children. Set up “do not disturb” times on your personal devices on moments when your children are around. Set up “no devices allowed” zones - such as the dinner table, during a family game night, or while taking a walk. You may notice a positive change in yourself while also setting a great example for your child.

If you feel your child may be displaying poor attention/focus, decreased language or social engagement, or behavioral challenges that may stem from excessive use of a device, an occupational therapy evaluation may be warranted.

Engaging children in other activities

There are countless hobbies that your child can engage in. For the creative type, try arts and crafts. For those who love building or STEM, try engaging in LEGOs or science experiments. While in the car or at a restaurant try playing iSpy, utilizing “busy books” or enjoying conversation with your child. Physical activity is another option, aim for 1 hour per day outdoors - or engagement in a

PEDIATRIC THERAPY SOLUTIONS

(225) 744-1717
 37278 Market Place Drive
 Prairieville, LA 70769

- Occupational Therapy
- Physical Therapy
- Speech Therapy
- Therapeutic Preschool

CHC Closet and Pantry

“Seeking to Glorify God by Helping People”

Follow us on FB @ CHC Closet and Pantry. Thank you and God bless.

By Janell Brent



CHC Closet and Pantry had a very successful 2023. We were busy and blessed. We were able to serve 1185 families with a total of 2840 people. We provided food to 1262 people and clothing or household items to 1014 people. We were able to provide help to 149 homeless people. Thirty seven people used our laundry facilities and twenty people were able to use our shower.

If we can help you, our hours are Tuesday, Wednesday and Thursday from 9-12 for shopping and laundry. If you need to do laundry, you must make an appointment and you are expected to stay and

volunteer while your laundry is washing and drying.

Our hours for donations are Monday-Friday from 9-3. If the pantry is closed you may go the Cut Rite Tree Services office in the front of the building and they will accept your donation. They are only able to accept donations, not let people shop. If no one is there to accept your donation, please come back at a time when we are there. Please don't leave donations on the porch. The neighborhood cats spray them and we have to throw them away.

At this time we are accepting clothing in good condition,

especially men's, linens, small household items and food. At times we have more clothing that we can handle and we might have to ask you to donate elsewhere. Please understand that it is only because we have no storage space.

We are trying to find someone who could build us a small storage room onto the building so if you can do this or you know someone who could, please contact us on our FB page.

On Feb. 1st several of our volunteers were able to attend the Dudley Debosier Leadership Academy in Baton

Rouge. The keynote speaker was Eddie Kennison, former player for LSU, the Saints, the Kansas City Chiefs and several other NFL teams. He had a lot of good advice for non profits as did the other speakers. We learned a lot that will help us in the future.

Some of our needs at this time are deodorant, sugar, laundry detergent and, as always, meat for the freezer and any groceries that are not out of date.

We thank you and pray God's blessings on you.

Janell Brent



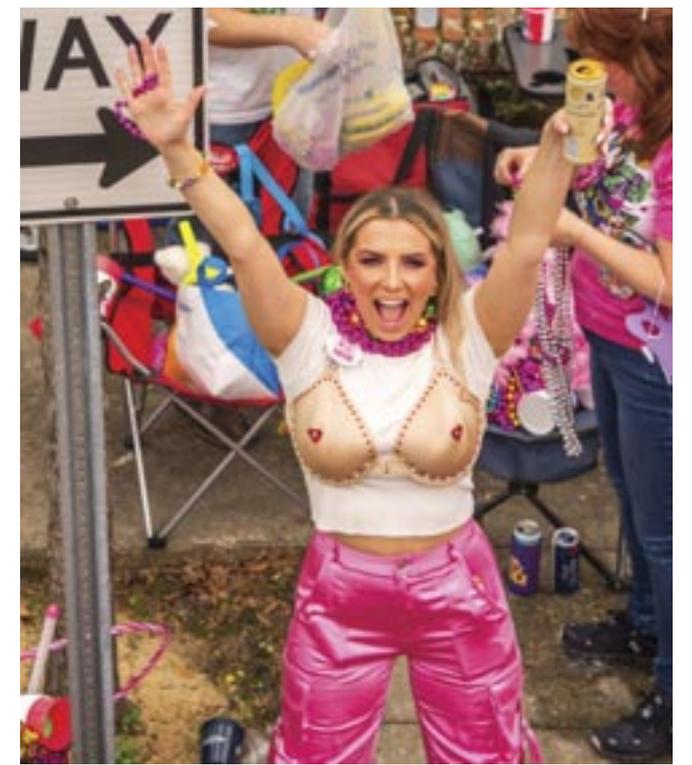


The Krewe of Nemesis Rides Again!

W A S T E D A W A Y I N F L A M I N G O V I L L E









Trash Talk



Trash Rangers, Ascension's premier local trash company, is a residential trash collection company serving Ascension and Livingston parishes. As a locally owned business, Trash Rangers strives to serve and satisfy Ascension Parish residents' trash collection needs.

From a vision to a reality: When he saw Ascension residents were lacking a quality and reliable trash collection service, Jake Poche had a plan! What started with one rear load garbage truck, 600 trash cans, and one employee in 2018, quickly

became the household name you all know and love. Today, Trash Rangers picks up over 22,000 carts per week. They quickly became Ascension's top ranking garbage company. Staying true to their roots, Trash Rangers always strives to give back to the community by sponsoring local sports teams, church fairs and school functions.

After a successful year and a half in business, Jake Poche partnered with Jimmy and James Boyce in 2020. As the business grew, Trash Rangers began rapidly signing up new

residents in Ascension and in turn, added more automated trucks to the road. These trucks provided a cleaner, safer



and more reliable trash collection service to keep Ascension beautiful for generations to come. In late 2020, Trash Rangers saw a need to extend their reliable services to Livingston Parish. The residents of Livingston had heard the raves of this new and upcoming trash company and wanted an upgrade from their current waste provider. Livingston welcomed Trash Rangers with open arms just as the residents of Ascension did.

Let's Get Trashy!



text reminders, that way you never miss a pickup and are left with a stinky mess. If you're looking for reliable experts to manage your trash collection needs, Trash Rangers is the company for you.

Trash Rangers offers free cart delivery, no hidden fees, multiple billing options to suit your financial needs all with a low monthly rate of \$27.95. We also offer senior and veteran discounts. As always there are NO HIDDEN FEES!!!! "What we say is all you pay." Give us a call at 225.363.9053 or sign up fast and easy online at www.trashsignup.com

"From our family to yours, we would like to take this opportunity to thank the residents of Ascension and Livingston Parishes for entrusting us with your trash collection. We look forward to serving you and your families for many years to come."

Stay Trashy with Us,

***Jake Poche and
James Boyce IV***

As a busy homeowner, we understand that you have a million other things on your plate. Worrying about your garbage shouldn't be one of them! That's why our team here at Trash Rangers offers safe and reliable curbside household garbage collection services for the communities we live in. Whether you need one, two, or more 96-gallon carts emptied on a weekly basis, we are here to take care of the trashy stuff. For your convenience, we even send



225.363.9053

www.trashrangersllc.com

14046 Hwy 431 | St. Amant, La 70774

Swamp Chicken

HOST IT'S ANNUAL COOK OFF

Photos by Robin Stevens



WHAT A WEEKEND!!!

Please help me in congratulating the winners of our annual jambalaya cook off!

- 1st place Greg Stone and helper Brandy
- 2nd place Jared White and helper Brittany
- 3rd place Bart Himel and helper Selena

Thank you to all of our cooks that participated and weathered that storm!

AND A HUGE THANK YOU FOR SUCH AN AWESOME ANNIVERSARY WEEKEND!

It was truly, the best one yet! The absolute best entertainment provided by Party at Joe's and The Lauren Lee Band!

From all of our staff, thank you for the continued support over the years, all of the great memories and many many more to come!

We love you all!





Embracing Eva Guedry Benefit Fundraiser

Promoted by: Life IV Louis Foundation

Saturday, March 23, 2024

VFW Post 3693

42430 Churchpoint Rd

Gonzales, LA 70737

11:00 am to 9:00 pm

*Jambalaya Cookoff
Food and Beer
Silent Auctions*

*Live Music
Shirts
Bake Sale*

*Car Show
50/50 Raffle
Live Auction*



Eva Braud Guedry, married to Dale Guedry Sr for over 40 years with their two children Dale Jr and Darren, and two grandchildren Kaden and Sophie, went for a routine colonoscopy where they found 2 polyps where one of which was found to be cancerous. Eva had to undergo surgery to remove a portion of her colon and she was diagnosed with stage 3 cancer. Unfortunately, her insurance does not cover the treatment she needs to

fight the cancer. Eva will undergo more surgeries and is routinely doing rounds of chemo treatments. With not having insurance to help with her medical expenses we are putting on a benefit to raise money for her ongoing medical costs. Any help would be greatly appreciated by the family.

Car show 9:00am-1:00pm | Jambalaya Cook off 7:00-10:00am

BAND LINE UP

David St. Romain 11:00-1:00

T-Boy & Just Us 1:00-3:00

Night Train 3:00-5:00

Live Auction 5:00-6:30

Kenny Cornett 6:30-9:00

Email address: daleguedr1@yahoo.com

Find us on Facebook for more details at: <https://www.facebook.com/LifeIVLouis>

Donations can be made via Venmo: [@LouisWhiteIV-Foundation](#)

Promoted by: **Life IV Louis** Foundation

The Amite River Boat Parade Raises Over \$50,000

Louisiana Friends Against Childhood Cancer Hosted the boat parade and a auction at Manny's Bar to raise money for St. Jude.

The day began with a bad weather report and the rain just wouldn't stop. It started with 10 boats signing up and

4 brave crews made it all the way to Manny's.

Once arriving the bar was full of cajuns ready to help St. Jude kids and boy did and boy did they.

This was the 29th year this LFACC organization had a fundraiser with all the money

going to St. Jude with no expenses.

You can see in the photos many happy people celebrating the Mardi Gras season and helping kids.

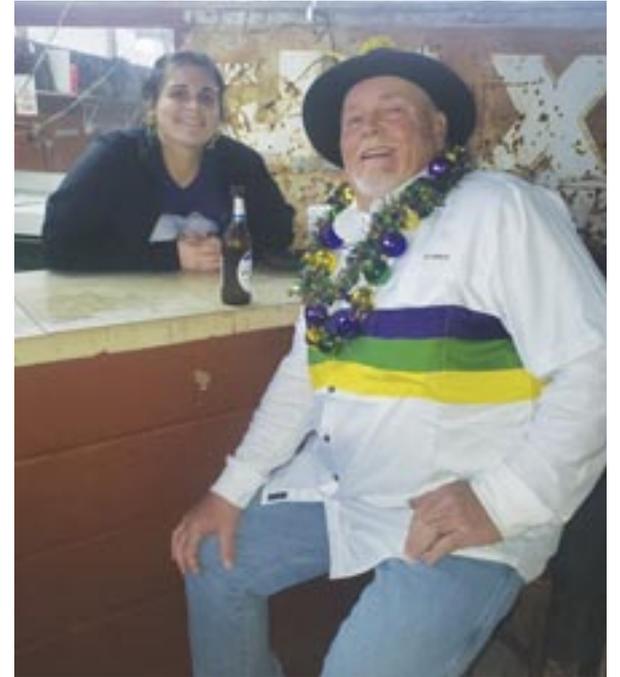
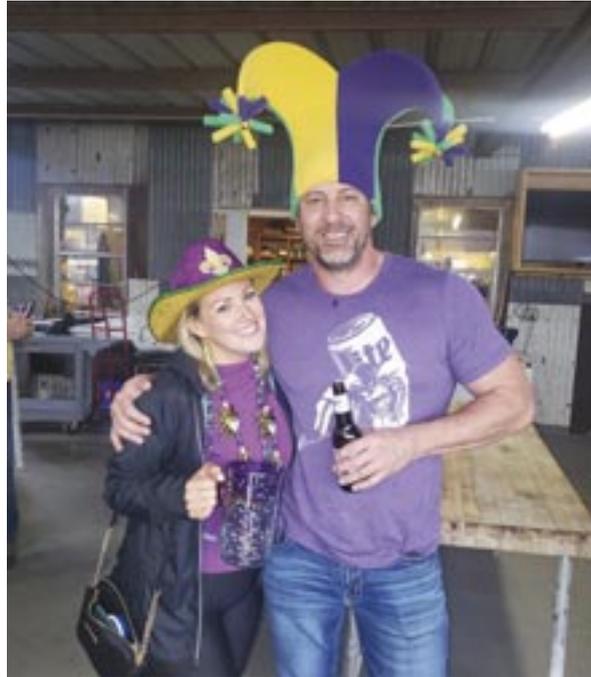
This year boat fees, food sales and auction sales combined raised \$50,190.

Laissez les bons temps rouler, Let the good times roll!

It's amazing what cajuns can do, come hell or high water.

We are looking forward to seeing you all again next year.

Thank You Manny

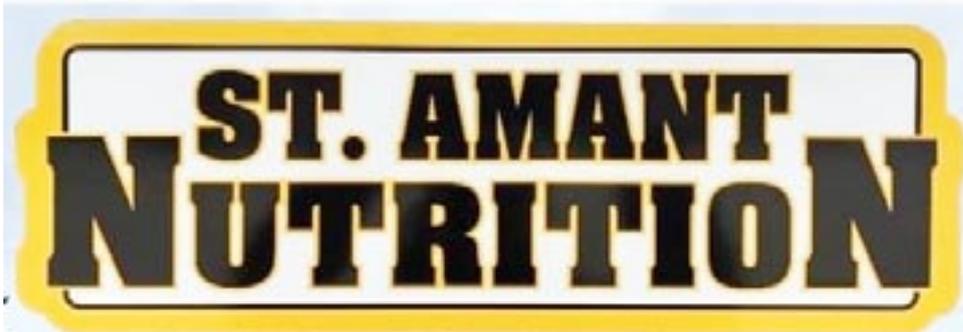






**Our renovations are almost done.
We expect to reopen in the second half of February.
*We can't wait to see our customers again.
We sure have missed you!!!***





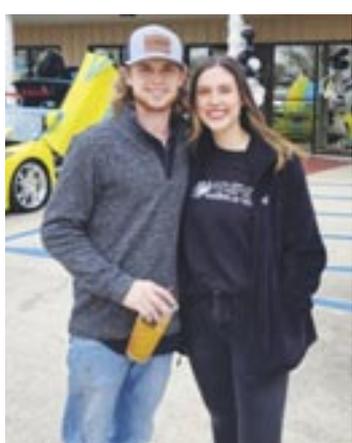
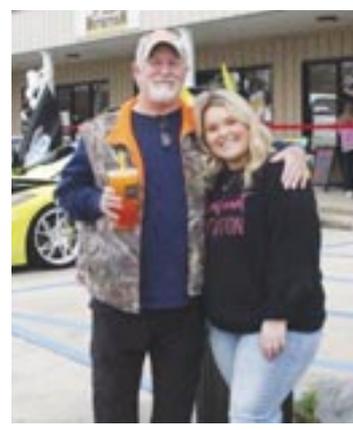
One Year Anniversary Grand Opening



Thank You

Owning a business for one year is a remarkable journey filled with challenges, growth, and moments of triumph. It's a testament to dedication, perseverance, and the support of cherished customers and community members. Each day presents new opportunities to learn, adapt, and innovate. As business owner, I am blessed to have the privilege of pursuing your passion and sharing it with others. Through the highs and lows, you've built something meaningful. This one-year milestone is not just a celebration of our achievements but also a reflection of the resilience and determination that drive us forward. With gratitude in our hearts, we look back on the past year with pride and look forward to the countless possibilities that are ahead!

Kaylee



Thank You

Thank you to everyone that came out to show support for our grand opening! The love I've seen from this community is a huge reason we get to do what we love to do. After a year in business at this location, I can say with confidence that we are prepared to satisfy Ascension Parish with any of your window tinting needs.

With that being said, if you're in need of window tint, look no further. With our fair pricing, top quality materials, professional installation, and ability to offer a real lifetime warranty... we can't be beat. We strive for satisfaction and love the process of doing so. Block the heat, and gain your privacy back. Get your windows tinted with us!

Coco

225-210-7354 - Call or Text.
(Automotive and Commercial)

Hitching a Ride *or* Is Anybody Going to Spanish Town

by Bill Delaune

“...Hi there high-line, hello highway, here comes a big old semi my way.

I stick out my thumb, here the truck comes, But the truck goes by, look like it's flyin' whooping big licks on my Levis...”

“I've Been a Fool”

by Roger Miller.

A long time ago-in a galaxy far, far away-where there weren't any computers or social media sites and people actually talked to one another face to face rather than texting initials and little images on cell phones as a means of communication...

Damn-you put a John Williams majestic musical score to that and we might have the intro for a blockbuster throwback movie.

But while we wait for his people to get back to our people, let me tell you about a time in the early 1900's when restless men traveled across the country by jumping into boxcars on moving freight trains and taking a free ride to wherever the rails took them.

Later in the century-when automobiles became more common-a new mode of transportation evolved to those vagabonds and a new term was born with it-hitchhiking.

Back before people thought anyone walking on the road was either a serial killer or a drug addict, motorists-especially truck drivers-often picked up these children of the road and dropped them off a little closer to their destination-if they had one.

Of course, these days hitchhiking is almost obsolete for reasons stated above unless you're lucky enough to catch a ride on Elon Musk's spaceship. And before you say, “Hey, Wild Bill, that might just

be a million dollar movie idea-a hitchhiker in space,” well, forget it, because someone's already beaten us to it.

A very talented writer named Douglas Adams wrote a book in 1979 called “The Hitchhiker's Guide to the Galaxy” (Musk read it when he was 14.) which was made into a movie in 2005 that told the story of Arthur Dent-the last surviving man on earth- who catches a ride in a spaceship moments before the planet is destroyed. The book is one of my favorites so please indulge me for a moment if I share an excerpt from the first page.

...”And then one Thursday, nearly 2000 years after one man had been nailed to a tree for saying how great it would be to be nice to people for a change, one girl sitting on her own in a small café in Rickmansworth suddenly realized what it was that had been going wrong all this time, and she finally knew how the world could be made a good and happy place. This time it was right, it would work, and no one would have to get nailed to anything.

“Sadly, however, before she could get to a phone to tell anyone about it, a terribly stupid catastrophe occurred, and her idea was lost forever...”

My own hitchhiking experiences are not nearly as exciting as Arthur's although you could meet some interesting characters on the road in the '60's. Catching a ride home from USL in Lafayette often involved a trio of rides beginning with a school chum bringing you out to the Evangeline Thruway where some trusting soul might give you a lift to Opelousas. Remember, boys and girls, these were the days before I-10. Not every driver



was as kind or eager to pick up some shaggy-haired college boy in a peace sign sweatshirt and faded blue jeans.

So like my musical idol Roger Miller in the opening lyrics, I saw lots of cars and trucks go by “whooping big licks on my Levis”. I soon discovered that if I took my guitar in a case with me on the road, I got a lot more rides. Whether it was fellow musicians feeling sorry for one of their own or people thinking they might be picking up the next Hank Williams (Big mistake in my case.), my old acoustic Stella served as an excellent accessory to flag

curious drivers down.

Once I made it to 190 (Airline Highway), it was fairly easy to hitch a ride to Baton Rouge or-if I was lucky-all the way to Prairieville. There was something romantic, mysterious and free about hitchhiking and Marvin Gaye even had a 60's hit with song called “Hitch Hike” and the dance that accompanied it.

Some guys headed back to New Orleans once took me all the way home and dropped me off at our old family store which had been built in the early 1900's. When those city boys saw Delaune's Grocery, built over the waters of the Grand

Goudine, they thought they had stumbled onto the set of some old Western movie.

Another time, I lucked up and caught a ride with some sorority girls from USL. I had them pull in at Dr. Cary Phillips' plantation home-now Oak Lane Memorial Park-a little ahead of my actual residence. Those chicks looked at me and then at that stately manor and thought, "This guy's been holding out on us. That country boy stuff was all an act-he lives in a mansion."

But that was then-this is now-and the closest thing I do to hitchhiking is calling an Uber driver which is precisely what I did on the Thursday night before the Super Bowl to take me to Carli-Co Café for the number-drawing party.

My driver was a delightful Latino woman named Isabella who spoke perfect English but had trouble grasping some of our terms.

"This place is Calico-like the cat?" she asked innocently.

"Close-but it's Carli-Co-named for the owner's two daughters Carly and Courtney."

"And you are running numbers like a lottery?" she inquired with genuine interest.

"Something like that," I said-not wanting to get her involved with football boards and the rules.

"One last question," she promised as we pulled into the already crowded parking lot. "Why is the Super Bowl always listed in Roman numerals?"

"Vaya con Dios," I replied not wanting to admit I had no earthly idea.

My ride home was not as cute but a lot more savvy than Isabella. Sam was more like a New Orleans cabbie and as he pored over my numbers, he shook his head sympathetically.

"Not a 0, 3 or 7 in the bunch," he observed. "I've seen better figures at a Roseanne Barr look-alike contest."

I could have enjoyed a ride home from Lafayette back in the day with either one of my

Uber folks for obviously different reasons.

On Saturday my ride to the Spanish Town Parade took on more of a "hopping a freight" – or "hopping a float", if you will-nature. I hooked up with Mike Strong and his band of Merry Margaritaville party-goers and rode downtown with them on their Mardi Gras float. A brisk, early-morning breeze made the ride down a bit chilly but the Krewe had plenty of good spirits to take the chill out of your bones.

I don't ride on the float anymore for a variety of



Wild Bill and Ralph Jukkola reminisce about Pistol Pete.

physical, mental and spiritual reasons so when the parade began, I was free to roam aimlessly around and take in the sights. At one party I ran into former LSU basketball player Ralph Jukkola who played with Pete Maravich. When I correctly identified him and the starting five of the 69-70 team, he turned to the crowd and proudly exclaimed, "I told y'all someone would know me."

He also told me he was the answer to a trivia question-"Who was the only Tiger teammate to outscore Pete in a game?"

Jukkola chuckled, "Tennessee double-and triple-teamed Pete the whole game and he only got 21 or 22 points. I was left open most of the time and made 26."

The pickup for the ride home was a bit more eventful as

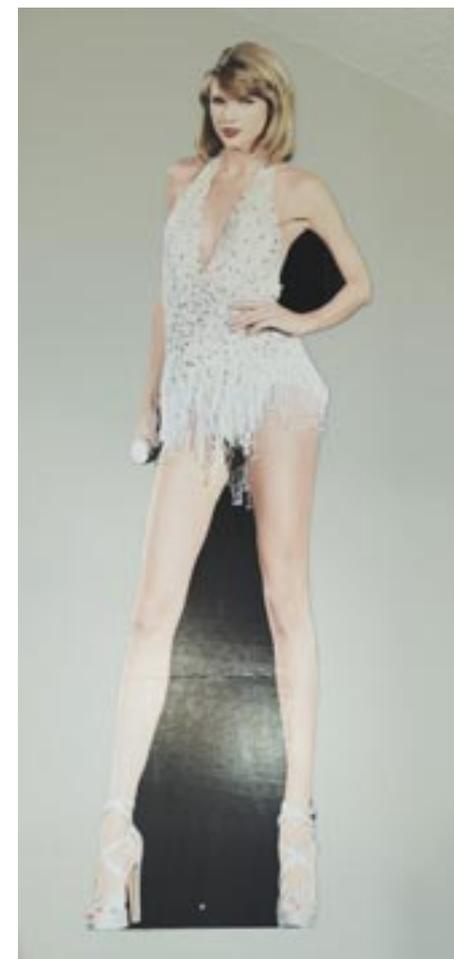
some float riders were getting off at River Road to return to their hotel and I was attempting to get on. There was only one minor incident when Ted took a tumble but he quickly pronounced himself okay.

"My ice chest broke the fall," he said.

I didn't need to hitchhike to Pat and Tommy Douglas' Super Bowl party the next day where some of my coaching buddies and ex-players (among others) gathered to take in the good food and lavish decorations.

As for the game itself, I was safely home with sons and grandsons so no Uber was necessary. And due to some very fortunate events in overtime, I won enough money to pay for my lost weekend.

Now if someone could just give me a lift to that crossroads on Highway 61 where legendary Mississippi blues man Robert Johnson met that gentleman who turned him into one of the greatest guitar



Taylor rules over the Douglas' Super Bowl party.

players of all time, I would be much obliged. I'll even trade you two Taylor Swift tickets for a ride.

Hey Dr. Rob!
Is this puppy abuse
making me get
the beer?

ASCENSION PARISH
ANIMAL HOSPITAL
225.744.4905

A photograph of a black and white speckled dog sitting on a chair outdoors. The dog is holding a beer can in its mouth. A speech bubble above the dog contains the text: "Hey Dr. Rob! Is this puppy abuse making me get the beer?". At the bottom of the image, there is a white box with the text: "ASCENSION PARISH ANIMAL HOSPITAL 225.744.4905".



Entertainment Schedule

2 / 17

Landon Davis

Band

3 / 2

Regeneration

3 / 15

Chemical City

Rebels with

Corker and Tidus

Monday special

-\$4 bomb shots

\$2.50 Blue Moon Draft

Tuesday special -

2 for 1 Bomb Shots

Wednesday special -

\$5 PBR and

bomb shot combo

Thursday special -

\$5 double well

Our happy hour specials are \$2.50

domestic beer

\$3 Mexican beer

\$4 single well

\$5 double well

\$4 and \$5 bomb shots.

Sunday night is

2 for 1 drinks for all

service industry

**Come and become
a regular during
Happy Hour.**

www.parkplaceofgonzales.com



Useless Random Facts with Kellie

"Lent' is a shortened version of the Old English word 'lencten', a word which simply means spring (in relation to the season).

"Lent started out as just the six-week period, excluding Sundays, in the lead up to Easter, so the fast was only 36 days long! Lent was extended to 40 days to parallel with and help Christians remember the time Christ spent in the wilderness."

There are more than 70 secret societies (or "Krewes") involved in today's Mardi Gras festivities.

The King Cake, a traditional dessert, has biblical roots.

The first North American Mardi Gras was celebrated in Alabama—not Louisiana.

The tradition of fasting throughout Lent is thought to have begun 2,000 years ago.

People are very charitable in Lent - an average of \$250 million has been donated because of Lent by Catholic Christians.

Chocolate is the most common thing that people give up for Lent!

Google images was literally created after Jennifer Lopez wore that infamous dress at the 2000 Grammys. So many people were searching for her outfit, the search engine added an imagine function.

Big Ben's clock stopped at 10:07 p.m. on 27 May 2005, most likely due to an extremely hot temperature of 31.8 degrees Celsius.

You can hear a blue whale's heartbeat from over 2 miles away. Blue whales weigh an average of between 130,000 and 150,000kg, with their hearts weighing roughly 180kg.

Thoughts from Bully

Painting a Mardi Gras Float for Beginners.

(This is a play by play for the talentless.)

I hear it from everyone, it's easy for you to say. Yes I am a professional artist but everyone is a professional when it comes to Mardi Gras floats.

Here are your ingredients you need to paint a float:

1. Use old paint. The float rides for only one day.
2. Get a float to paint
3. Make sure you have an ice chest of beer
4. Check the weather.
Rain will wash off wet paint
5. Think about the parade theme and hope a plan comes to you.
6. Turn some music on. This float was painted listening to Jimmy Buffet. The Spanishtown parade was a tribute to him. Wasted away again in Flamingoville.
7. Find a chair and start slinging some paint

What you see is last years float that was like the car in Dukes of Hazard. Sometimes I cover the float with white paint covering everything but I was lazy knowing I would be painting enough to cover it all any way. (sample below with yellow, white & blue)

In my case I started spraying sky colors over the



yellow creating the mood of evening and the sun going down.

After the sky is set I started painting the palm trees with black creating a silhouette and time of day.

Because the float is for Spanishtown you always have to have flamingos. Paint some



simple pink necks and put white circles as the beginnings of eyes and let dry.

After the flamingos black dots are put in the eyes create some goofy Mardi Gras dumb stuff as shockers for viewers and matches Jimmy Buffet's life style.

Add a few cool graphic such as a clock that reads it's 5 o'clock somewhere along with him sailing off into the sunset. Now you have a finished float.

The final lesson is here is it's a Mardi Gras float and no one looks at the float while they are screaming for beads.



Don't get caught up with everything being perfect.

The last thing to do is dress up like 'Granpa Goes to the Beach' and party like a Rock Star or Jimmy Buffet!!!





East Ascension Sportsmans League
Letter from president -
Greg Cedotal

Springtime is coming. Before long hunting season will take its early spring break between the regular season and turkey season. Bass

tournaments will be in full swing, I am already seeing pictures of sac-a-lait being caught and the bream will be starting their springtime topwater activity.

With that in mind, after having lunch with some members of Red Stick Fly Fishers, I drove to the BREC Soccer fields on Bluebonnet to see if anyone was catching anything in the pond on a wonderful bluebird day. At least the weather was cooperating. While sitting on a bench watching, others were enjoying the sunshine and view, that is when the thought crossed my mind of how BREC has many ponds and walking trails available for locals to get out and enjoy close to their communities. I wondered how nice it would be if the Ascension Parish Recreation department had ponds and walking trails at most of their recreation facilities around Ascension Parish for residents to enjoy. Not to belittle Lamar-Dixon, it is a great facility if you have the time to drive across the parish to

enjoy being close to the water. Let me know what you think about the idea of the Ascension Parish Recreation department including such forms of recreation.

I would like to thank Lamar-Dixon for stocking Rainbow trout in the lake at the Lamar-Dixon facility.

Here is a little bit about EASL events. You must be a member to participate in these events. EASL Bass Club will be fishing a tournament on Feb. 24th, the location will be decided the week before the tournament. If you are interested, contact Jim Hebert at 225-717-6037. There will not be a February .22 Rifle Silhouette Match because most of the shooters will be attending an air rifle match in Jonesboro, LA. Don't forget to weigh your bass for the Monthly Big Bass contest and weigh your specs for the Big Speckled Trout contest. The Big Turkey contest will be here before you know it.

Daylight Saving time starting March 10th, Wednesday evening Bass Tournaments will be starting at Canal Bank Club. Contact them for information. Bassmaster's Elite Series tournament, Feb. 22nd – 25th, Many, LA. Two outdoor expos, 44th Annual Louisiana Sportsman Show, Mar. 1st – 3rd, Raising Cane's River Center, Baton Rouge, LA. Louisiana Outdoor Expo, Mar. 15th – 17th, Lamar-Dixon Expo Center, Gonzales, LA. A local flyfishing event, Red Stick Day, Mar. 9th, Waddell Wildlife Refuge, Baton Rouge, LA.

So, go outdoors with family and or friends and enjoy nature. Remember to be safe and conserve our resources for future use. Questions or comments you can email me at gdcad1@gmail.com.

EASL Bass Club News

The EASL Bass Club held its' first Tournament of this year on January 24th.

As usual, we met at Dirk Anderson's home on Babin Road to sign up the members

and to plan the Tournament. The event was held out of Doiron's Landing either side with a 3:00 PM weigh in.

The weather was a little rough during the pre-dawn hours but

ASL Meeting March 18th at 7:00PM upstairs at Cabela's.

cleared up early and it ended up being a good day of fishing. There were 11 boats signed up to fish this one. All but two boats caught their limit of Bass.

The Tournament winners were Austin Abadee & Jessie Argrave with 5 fish weighing 16.82 lbs.

They also won the Big Bass with their lunker that weighed 4.88 lbs.

Second place was won by Murray & Ryan Alexander with a limit that weighed 14.92 lbs. Their biggest Bass weighed 4.80 lbs.

Congratulations to the winners of the January Tournament.

Our next Tournament will be held on February 24th. The meeting to sign up will be at Dirk's Home on February 15th.



Austin Abadee & Jessie Argrave



Murray & Ryan Alexander

Jammin' with Goosie

My Yard Is Full Of Wildlife

After our drummer wrapped up the last few beats of the old country song we were playing he looked at me and said, "Bro, my yard is full of wildlife these days. I've got squirrels, rabbits, doves, canada geese, racoons, opossums, and I have even seen some of those whistling ducks out there recently."

I replied to that statement with, "I wish that it would have been like that back years ago when we were younger and were still able to hunt around here. We sure could have cashed in on some of that action back then." As the conversation continued on at some point my mind brought me back to those days of the past as I remembered all of the animals and fowl that were available to us during those times. At that moment I reminded him that back in that era we actually had a good bit of wildlife to hunt locally and that we were very successful in doing so. One thing that has changed since those days is the fact that several species that we pursued in those times have kinda vanished while other species of game have flourished. Bobwhite quail, turtle doves, snipe, woodcock, mallard ducks and to some extent, fox

squirrels, and rabbits, were more plentiful in our fields, waters and woodlots back then. They have been replaced to some degree by canada geese, whistling ducks, gray squirrels, ring-necked doves, coyotes and whitetails.

As always, good habitat will be the ace card needed when it comes to having stable wildlife populations. Fortunately, our surroundings are still rural enough and able to still support an abundant population of wildlife. The availability to harvest game on some private property is steadily diminishing in our locality for sure and will continue to do so. Legal hunting does not typically affect wildlife populations when done properly. Many people still harvest some species such as squirrels, doves, deer, rabbits, etc. from their property and there is nothing wrong with doing so. Some species such as squirrels, canada geese, etc. can become, I hate to say it, a nuisance if not controlled in a proper manner.

It would be nice to still have some of the game species of yesteryears using our area as their home at this day and time. But time has changed and they have been replaced by other birds and animals. Mother nature has her own way of doing things and she will continue to do so. As the years pass by our environment along with the creatures that inhabit it will change for sure. In seventy



years of living I have observed it first hand and I'm sure that in twenty years down the road from now the game species revolution in our area as well as other areas will again change to some degree. It is certainly true that a good environment for wildlife is usually a good environment for people and

at this day and time it is a pleasure to see an abundant population of wildlife on our neighboring properties.

Till next time
Enjoy them while you can

James "Goosie" Guice



Eric Lambert
Owner

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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)
1 cup diced onion
¼ cup diced celery
¼ cup diced bell pepper
2 teaspoons minced garlic
1 tablespoon chopped green onions
½ cup extra virgin olive oil
1 lemon (juiced)
½ cups fresh shredded smoked Gouda
(any cheese you like)
Kosher salt & fresh ground black pepper to taste

¼ cup Mayonnaise
1 tablespoon Creole Mustard
1 tablespoon Ketchup
2 teaspoons Horseradish
1 tablespoon Worcestersauce
4 eggs
2 cups panko bread crumbs
1 cup bread crumbs

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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