

COMPLIMENTARY

Ascension

M A G A Z I N E

MARCH 2023, VOL. 21 ISSUE 3



**Not All Little League
Programs are
Created Equal**

Matt Mistretta



Page 24



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On the Cover: Total Diamond Performance ... Page 24



We are Going Green!!!

It's **MARCH** and if you know me, you know I LOVE to celebrate my "little leprechaun" for St. Patrick's Day. Yes, it's spelled different but so is my Etienne'. **Just a quick shout out for his 25th birthday on St. Patty's Day!! A few fun facts about St. Patrick's Day -**

- There is a myth that Patrick used the three-leaved shamrock to explain the Christian Doctrine of the Trinity, (Father, Son, and Holy Ghost), to the Irish people. {The Cajun's have our own "trinity" when it comes to cooking and 1 is green}

- In the mid 1990's Ireland began Saint Patrick's Day festivals to showcase their culture. Many cities held parades and festivals, which is typical of the Cajun's again. We are always looking for a reason to celebrate. Even though not a legal holiday, the USA began celebrating the Irish/Irish American culture with feasts, parades, drinking of the 'green beer', wearing of the green clothing or getting pinched if you don't, shamrocks and leprechauns searching for the lucky pot of gold at the end of the rainbow.

- It is rumored, that on this day 13 million pints of Guinness, Irish stout, are consumed, which is twice the amount consumed on other days. Many of them are tinted green.

- But that has little to do with the man who started it all - (according to the internet it states)

There really is a Saint Patrick. He was British, a priest, and called as a bishop as an early missionary to Ireland in 432 where he evangelized for almost 30 years, until he died in 461. He is highly regarded in the Irish church and is known as their patron saint for having founded Christian churches, schools and monasteries. Technically, St. Patrick isn't a saint because the Catholic Church didn't officially canonize saints during his lifetime. However, Patrick became a saint over time simply by popular appeal, and eventually became the patron saint of Ireland because he lived his life in the path of righteousness as a missionary legacy of the church by offering himself for the cause of spreading Christianity. In his prayers he asks for God's help in various ways: May the Strength of God pilot us. May the Power of God preserve us. May the Wisdom of God instruct us. We continue today to ask for those same prayers to guide us through life.

We at Tags & Titles wish you a HAPPY ST. PATRICK'S DAY and hope that you continue to bless us with your business as we continue to fulfill your needs by offering the same fast, efficient and friendly service. We strive to be YOUR '1' STOP SHOP for all your DMV, DL, Wildlife & Fisheries & Notary needs for every day and holiday.

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CHAMBER OF COMMERCE

Annual Awards Banquet

The Ascension Chamber of Commerce celebrated the successes of 2022 and honored award nominees and recipients at their Annual Awards Banquet presented by Our Lady of the Lake Ascension on Wednesday, March 1 at the Lamar Dixon REV Center. With nearly 400 guests, the evening started with a Social Hour presented by Express Employment Professionals and concluded with an awards program recognizing Chamber and member achievements in 2022.

During the program, Chamber President/CEO Robert Burgess highlighted the invaluable community and unprecedented collaboration

amongst entities and organizations, large and small within the Parish that truly make Ascension special. Chamber Board Chair Michael Bonfanti of Bonfanti Investment Services led the introduction of this year's nominees.

2022 New Members of the Year Nominees were Acadian House Design + Renovation, Curve Mart, and Estate Law Solutions. 2022 Small Business of the Year Nominees were Alinity Wealth Management, Cadence Insurance (Gonzales), and TruBlue Water. 2022 Medium/Large Business of the Year Nominees were EFCU Financial, Hancock Whitney, and REV/REV





Business.

The Chamber is proud to announce 2022 Ambassador of the Year: Brent Phillips, 2022 Individuals of the Year: Brian Henderson of Hancock Whitney and Tia Starr of Ochsner Health, 2022 New Member of the Year: Acadian House Design + Renovation, 2022 Small Business of the Year: Alinity Wealth Management, and 2022 Medium/Large Business of the Year: REV/REV Business.

The evening also included a table decorating contest voted on by attendees. The crowd favorite table decorations were



awarded to the team at the Ascension Economic Development Corporation (AEDC).

The Ascension Chamber presented local, non-profit Child Advocacy Services with a donation on behalf of our banquet sponsors. The Chamber would like to thank our top event sponsors: Our Lady of the Lake Ascension, Presenting Sponsor; Westlake Corporation, Awards Sponsor; Express Employment Professionals, Social Sponsor; Neighbors Federal Credit Union, Bar Sponsor; and Platinum Sponsors: BASF; CF Industries, Church Funeral

Services & Crematory, Forte & Tablada, Ochsner Health, REV/REV Business, and Rubicon. The Chamber would also like to thank our event trade vendors: Ascension Boards & Balloons, AV Express, Crawford Photography, Lamar Dixon Expo Center, and Rebel Graphix.

If you would like information on how to get your business involved with the Ascension Chamber of Commerce in 2023, please visit www.ascensionchamber.com.

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Griffin Boosters Host Jambalaya Cook-Off



Broc Manuel and Chris Rutzen

The Dutchtown Booster Club held its first annual Jambalaya Cool-Off in conjunction with the Stephen Richardson Memorial Baseball Tournament on Saturday, February 25, behind the Griffins' baseball field. The competition was spirited-complete with some good-natured ribbing-among the 12 teams of two cooks and Broc Manuel and Chris Rutzen emerged the winners.

All jambalaya was then donated to



William Vadnais - Caleb Cognevich



1st place - Broc Manuel and Chris Rutzen



2nd place - Brett Hughes and Darryl Decoteau



Blane Brignac and Mike Richard



Dwayne Henderson and Danny Mitchell



Jim Bullion and John Murphy

be sold at the concession stand and to the general public in front of the DHS gym. Proceeds from the sales were split evenly between the

Booster Club and the tournament. Booster Club president Jared Roden said he was pleased with the turnout and hoped that the contest

would grow even bigger next year. Most of the participants are pictured here including the

winners receiving the first prize check from Roden. Not pictured are John DeArmand, Dane Murphy and Gregg Gaudin who also participated.



Brett Hughes and Darryl Decoteau



3rd place - Kevin Frederick and Christy Frederick

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March 23 - Kendell Schaffer @ 7pm
March 24 - DJ Vick Feat. Matt Hatter @ 8pm
March 25 - Chris Pryor & the Main Event Band @ 9pm
March 26 - Loose Change Band @ 3
March 31 - Petty Betty Band @ 9pm
April 1 - Press 1 for English @ 9pm
April 2 - Eddie Smith Band @ 3pm
April 6 - Kyle Wilson @ 7pm
April 7 - Spank the Monkey Band @ 9pm
April 8 - Highwater Band @ 9pm
April 14 - True Spin Band @ 9pm
April 15 - Chase Tyler @ 9:30pm
April 16 - Chris Allen Trio @ 3pm

Pat Michel
GM



Chase Tyler April 15th ... 9:30pm



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Our New Favorite Place

It looks like the Gonzales Garden Club has a new favorite place. Member Janis Poche arranged for the club to attend a demonstration of floral design at a relatively new business located in Gonzales. On February 1, the club met at Flower General by Carlstedt's at 218 E. Bayou Narcisse, a block off N. Burnside Ave.

Carlstedt's is a wholesale florist that buys in bulk. Flower stems are sold in bunches of 25. Floral Designer Susie Summer remarked that the store "delivers all over the area." The staff was gracious in their welcome, offering generous refreshments to members while waiting for everyone to arrive. The friendly staff encouraged the attendees to visit anytime they are in the area.

Licensed Floral Designer Susie Summer is skilled in the basics of constructing flower arrangements. She



Carlstedt's gave each attendee a Mardi Gras rose as a souvenir. The hostesses were Patti Mouton, Elizabeth Saffell, Barbara McCormick, Mary Jo Pohlig and Cynthia Stafford.



Here's a closeup of a Mardi Gras rose with the hydrangea, mums and wire netted ribbon.



Painted roses are a Carlstedt's specialty.



Florist Susie Summers poses with Members Cynthia Stafford and Katherine Staggs behind the arrangements they won as door prizes.

demonstrated different techniques for two holiday designs. The first design was a typical standard round bouquet for Valentine's Day. Susie filled a tall clear vase with gel beads and water fortified with preservative to prevent bacteria growth. She set the vase on a turntable/lazy Susan so she could spin it to view elements from all angles as she worked. Susie used clear floral tape to create a grid across the top of the vase opening and stacked in tall and short stems for balance and height. She started with variegated roses and added

irises and tulips, maintaining a color scheme of red and pink. She filled in spaces with stems of red hypericum (hyperberries) and lepidium (peppergrass) to add texture. The result was an interesting array of blooms and foliage in a wispy mass.

Susie employed different techniques in her second design. The base was a soaked wet foam oasis in a square metal container. She secured the foam to the vessel with a grid of green floral tape. Susie chose specialty roses from a bucket of preserved



The florist chose variegated roses to highlight a Valentine's design with hyperberries and peppergrass.

water in the store's cooler. These were Mardi Gras roses imported from Ecuador. The petals had been hand painted in yellow, green and purple. (These types of painted roses cost \$2.25 per stem and come in different color schemes for seasonal occasions.) Susie cut the stems one and one-half to two and one-half times the height of the container, inserting them as she spun the

Susie drew two participants' names from a bowl for door prize winners. Member Katherine Stagg won the Valentine arrangement, and Member Cynthia Stafford won the Mardi Gras arrangement. Truly delighted, Cynthia admitted, "I really do love gawdy!"

Carlstedt's staff provided a tour



Flower General by Carlstedt's is stocked with all sorts of plants: live, dried and silk with all accessories possible.

turntable. Next, she added light green mini-hydrangeas, yellow mums and purple status. She embellished the arrangement with pieces of shiny wire ribbon that she expanded and attached to picks before nestling the pieces among the blooms. Last, she added a glittery Mardi Gras motif stake to finish the masterpiece.

of their facility to show the inner workings of a floral wholesale/retail operation. Assortments of materials and supplies useful in floral design such as fresh flowers, floral supplies, silks, dried flowers and plants were on display. The large flower cooler room was most impressive. Member Conchita Richey remarked,

Upcoming Gonzales Garden Club Events

Garden Inspiration Exhibit



An exhibit of floral designs, container plants & horticulture specimens will be on display for the public's viewing during normal library hours, April 12 -14, at the Gonzales Branch. Those viewing the exhibit will have opportunity to vote for the People's Choice Awards for each category.

Three Mini-Presentations

On Wednesday, April 12, at 9:00 am, a three-prong presentation will be given by garden club members on the care and mounting of tillandsias, the propagating of Christmas cacti, and the creating of small floral arrangements.



The presentation is open to the public.

"This is the cleanest cooler I've ever seen," to which Susie replied, "If your cooler's not clean, your flowers are going to get mold." It was an immaculate setting of cool, fresh air.

Before the club left for lunch and an informal meeting at Brewbacher's, members browsed the store's inventory. They purchased floral supplies, especially those used in

The March hint is to plant cantaloupe, collards, corn, cucumbers and eggplant now and transplant or divide flowering perennials.

Recently, the club conducted a plant sale workshop assembling hanging baskets and container plants for the purpose of generating funds at their May plant sale. The club is also looking forward to its reimagined flower show at the



The fresh flower cooler is loaded with varieties of all colors and shapes.

today's demonstration such as floral tape, packs of gel beads and stem snippers. The club was happy to find this friendly business offering merchandise for all its floral design needs plus such beautiful, fresh flowers readily available for all occasions.

The February horticulture hint was to plant broccoli, cabbage, carrots, cauliflower and lettuce. Also, during extreme weather, gardeners should have protected their delicate plants.

Gonzales library in April. The event has been restructured into a Garden Inspiration Exhibit to include container plants besides floral arrangements and horticulture specimens. There will also be a free demonstration involving three garden topics on April 12. Annual events are back to normal for the club.

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



Comes in many sizes and colors; retail \$225 and available for order at carmensol.com. Check out their IG at [carmensolofficial](https://www.instagram.com/carmensolofficial).

Aetrex – The Sydney Quarter Strap

This is an orthotic shoe company, but I am recommending FASHIONABLE pieces only, so I recommend the SYDNEY quarter strap wedge. This shoe is for flat feet, wide feet, heel pain, arch pain, basically any foot issue, these shoes address. I can attest to their comfortable design because I have the champagne color, and I can walk in these all day with zero-foot pain. That's a first!

The Sydney is a stylish, 3" espadrille wedge that has a memory foam support system and is made of leather upper, cork and jute. It has adjustable straps and features a footbed made of microfiber treated with antimicrobial technology for odor control.

Available in many different patterns and colors and cost around \$150. Check them out at aetrex.com/sydney-espadrille-wedge.

Those are just a few of my latest favorites. Check them out if you can! And remember, this spring, use lots of sunscreen and stay hydrated but most of all, enjoy each day... for it is God's gift to us.

XOXO,

Sweet Eyes

Like Biz Markie Said...It's Spring Again!

For all my Gen Xer's out there, y'all remember Biz Markie's song, "Spring Again"? (If you don't know it, it's worth looking up.) Well, it's that time...we're springing forward spraying sunscreen.

This spring I'd like to share with you some of my newest, favorite finds that will ensure you're feeling fabulous as we embark on longer days and hotter temps!

Physician Endorsed Hats

I recently found Physician Endorsed Hats. These are naturally woven, stylish, sun

protective hats that offer sun protection of up to UPF 50+ (like wearing SPF 30) the maximum rating for textiles. They offer men's and women's hats and are great for travel and going to the beach, because they are crushable and lightweight. They also have an adjustable inner strap that makes each hat adjustable for all head sizes. Check for retailers on physicianendorsed.com and their IG at [physician_endorsed](https://www.instagram.com/physician_endorsed).

Pool to Party P2P

California based beach fashion line that feature hip boho styles using soft and breathable fabrics, perfect for hot weather and also perfect to throw on after a pool or beach day. These aren't your typical cover up; they are fashionable pieces featuring

beautiful hints of gold and braided straps and that will take you to the most elegant of dining establishments.

They have maxi dresses, kaftans, dresses, long flowy cover up vests and multi wear coverups, just throw on and go! Ranging from \$56 to \$123; available at subtleluxury.com or check them out on their IG at [pooltoparty](https://www.instagram.com/pooltoparty).

Carmen Sol

Italian based company Carmen Sol offers salt and water resistant bags, shoes and accessories. I have the Seba Mid Tote in Nude and love it because of its durability and fashion forward design. I especially love the cool studs (they call them jumbo borchia studs). The jelly line bags are made from recycled material and are now even rose scented!

IT'S SPRING AGAIN



Elegant Coverup



Waterproof Bag



SPF 50 Hat



Comfy Shoes



Dr. Z shares her skin tips for Men!

Experience Matters

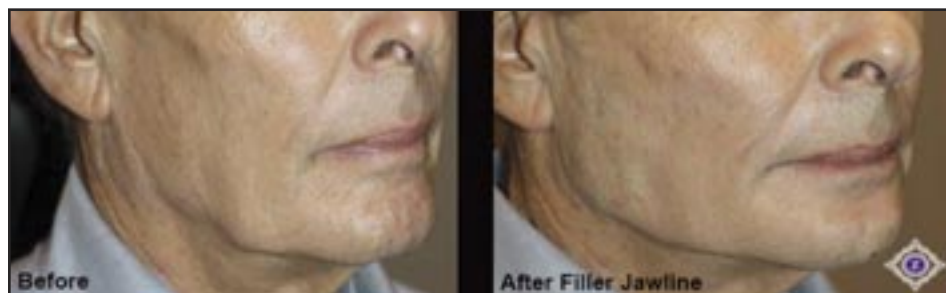
The first rule of thumb is of course sunscreen! "According to reports, only about 14 percent of men use sunscreen on their faces and other sun-exposed skin when going outside." Stop the



premature aging with SPF! Dr. Z's go to sunscreen for men is the EltaMD UV Clear SPF 46. This non-greasy formula goes on clear and doesn't burn your eyes.

• **Ultherapy** is a great treatment for men to begin in their 40's. It helps to maintain a strong jawline and has no downtime. Ultherapy (Ultrasound Therapy) is a non-invasive and non-surgical treatment used to improve, lift, and tighten skin. Dr. Z has been treating her patients with Ultherapy for over 10 years, producing amazing results. It's also her go-to treatment to lift her skin!

• **Dermal Fillers** are a great way to instantly reshape the jawline. Dr. Z favorite filler to sculpt with is Radiesse.

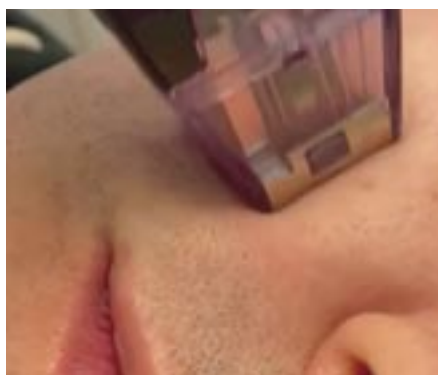


• **Botox or Dysport** softens lines on the face. Dr. Z believes men should still have

a rouged look so less is more. Just a sprinkle to help with etched in frown lines and crow's feet.

• **IPL "Intense Pulsed Light"** diminishes redness and broken blood vessels on the skin. IPL also helps with brown pigmentation on the skin. It is quick with no downtime.

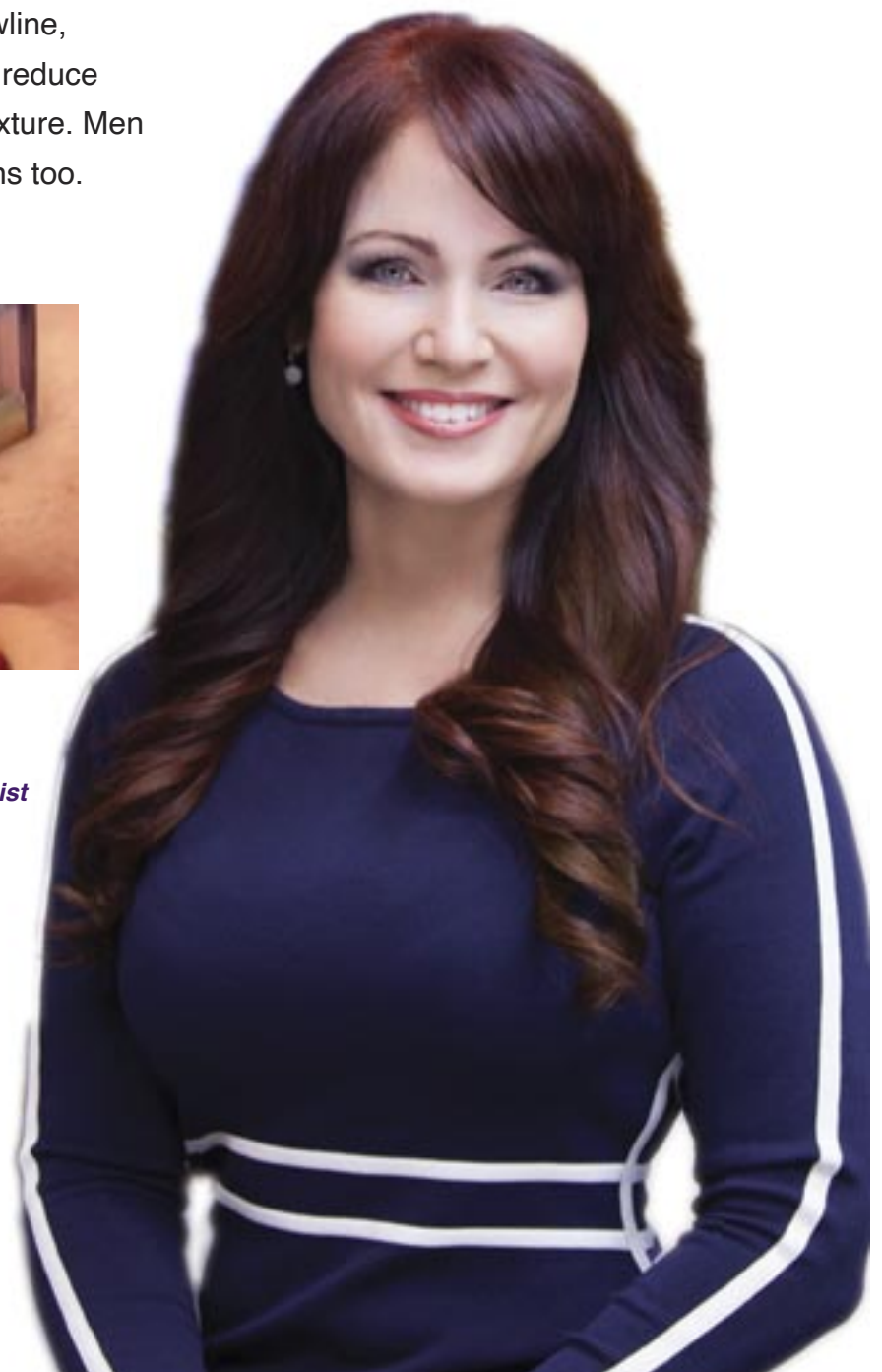
• **Morpheus8** is a great new treatment to help with pores, texture, and wrinkles on the skin with minimal downtime. It helps to contour the jawline, increase collagen levels, reduce scars, and smooth out texture. Men suffer from these concerns too.



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Get Growing, Ascension!

Garden Shows Galore

It's garden show season in Louisiana. Garden shows are great opportunity to shop for unique, native, and specialty plants. Some of you may have visited the Baton Rouge Spring Garden Show held on LSU Campus earlier this month. Don't fret if you missed it, make plans now to attend one of these other great events happening on our end of the state.



March 25, Baton Rouge - The annual East Baton Rouge Master Gardener Plant Sale is scheduled for Saturday, March 25 from 8 a.m. to 2 p.m. at the LSU AgCenter Botanic Gardens, located at 4560 Essen Lane in Baton Rouge. Over 3,100 plants and over 1,000 succulents will be available for purchase. The EBR Master Gardener Annual Plant Sale raises money to support the educational activities provided by Master Gardeners and the LSU AgCenter Botanic Gardens. This event is free and open to the public.

March 25 to 26, Destrehan - The 2023 Destrehan Plantation Spring Garden Festival will be held Saturday and Sunday, March 25 and 26, from 9 a.m. to 4 p.m. at 12034 River Road in Destrehan. The 2023 Spring Garden Festival will feature vendors and small businesses that focus on the porch, patio, yard and garden. The spring garden festival also will include seminars and exhibits, a country store, a discovery and ac-



Mariah Simoneaux

tivity tent for children, a beekeeping demonstration, and a visit from the Easter Bunny from 1 p.m. to 3 p.m. on both days. Parking is free and available on site. Admission will be charged.

April 1 to 2, New Orleans - The annual spring garden show in New Orleans will be held April 1 to 2 at the New Orleans Botanical Garden. The garden show includes plant and garden product exhibits, sales throughout the garden, a children's discovery tent, educational programs, live music, arts and crafts, cooking demonstrations and more. This event is sponsored by the LSU AgCenter in cooperation with the Metro Area Horticulture Foundation, the New Orleans Botanical Garden, Louisiana Master Gardeners, New Orleans City Park and Friends of City Park. Admission to the show is \$10 for adults and \$5 for children ages 5 to 12. Children under 4 years old and Friends of City Park members receive free admission.

April 15, Hammond - The 2023 Hammond Spring Garden Day will be held April 15 from 8:30 a.m. to 1 p.m. at the LSU AgCenter Hammond Research Station. The event will feature educational exhibits, kids' activities, gardening seminars, gardening advice, and the Hammond Research Station plant sale. A variety of plants will be available for purchase, including vegetable starts, flowers, shrubs, trees, Super Plants and a whole lot more. There will also be food concessions. The LSU AgCenter Hammond Research Station is located at 1549 Old Covington Highway in Hammond.

April 21 and 22, Covington - The St. Tammany Master Gardeners will host the 20th annual



Northshore Garden Show and Plant Sale on April 21 and 22 from 9 a.m. to 3 p.m. on both days. Education programs will be presented on both days between 10 a.m. and 1:30 p.m. with a separate children's activities booth on the show floor. More than 40 vendors will be selling plants, and other garden-related items. The show is held at the St. Tammany Parish Fairgrounds, 1301 N. Florida St. in Covington. There is

a \$5 gate fee for all individuals 18 and over. Those under 18 and first responders may enter free of charge.

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.



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YOUR ESTATE MATTERS



By Linda Melancon

No Will? You're Putting Your Kids at Risk

In August of 2022, actress Anne Heche's name flashed across headlines when she was involved in a serious car accident. Sadly, the accident left her with major injuries and she was in a coma before passing away just days later. Heche died intestate (without a will). For some, the idea of planning for death is uncomfortable or a bad omen, and they delay making arrangements. Confronting the possibility of one's death is not easy. However, as in Heche's case, not having a will can

place a significant burden on your children and cause undesirable complications.

What Happened With Heche's Estate?

Anne Heche's case is a good example of why a person may want to consider creating a will sooner rather than later. Heche was divorced with two children from different relationships when she passed away. Her eldest son is 20 years old, but her younger son is still a minor.

Although they are assumed to be her sole heirs, only her oldest son is of age to administer her estate. He has filed a petition for a guardian to be put in place to protect his younger brother's interests. The guardian may be a financial burden to Heche's estate, and the costs of securing this professional will potentially reduce the assets available to her sons.

Even though her eldest son is dealing with his mother's estate, this is undoubtedly very difficult for a person to go through at such a young age. Heche's eldest son likely will not be able to do this all on his own and will need the services of a probate attorney — likely further increasing the costs of administering her estate and depleting how much is left for her children.

It has also been reported that an inventory and appraisal of her estate is needed to determine its worth and what assets she had. This process requires further professional

involvement and fees that her estate must pay. In addition, it is possible that the father of her youngest son may seek to intervene in the estate's administration to ensure he is treated fairly. Litigation costs could rack up quickly if there is any disagreement related to this.

Preparing a will and other estate planning documents can make legal proceedings significantly less complex and expensive and keep your situation as private as possible. It can also make it easier for your loved ones to know exactly what you want to happen to your assets and possessions.

Who Inherits When You Die Without a Will?

Many people do not realize that if you pass away without a will, your state laws on intestacy will determine who qualifies as your heirs and inherits your property.

People are often shocked to learn that in Louisiana, an estate "by default" goes to a decedent's children, as opposed to their spouse. And if a decedent's child has passed away, but there are grandchildren, then the estate goes to the grandchildren. If there are no children or grandchildren, but the decedent had living siblings and parents, the estate would be divided among their siblings, with a usufruct — or a right to use the property — for any living parent.

Or, what if you have no living relatives? Your property may go to the government instead of friends, charities or others who could have benefitted from your estate. Having a

will prevents these scenarios from happening.

Choose a Guardian for Your Children

Another benefit parents should consider is their ability to choose a guardian for their children in advance. This matters, for example, when the other parent is not living or cannot be located. If a person does not set forth their wishes ahead of time, multiple parties may step up after a person's death and argue over who should care for any minor children.

A court may be tasked with making this decision, and it may not be what you would have wanted. This can be expensive, traumatic for all involved, and a long process. Courts will generally try to appoint the individual a person has selected if your wishes are in a will or other planning document.

The Bottom Line

The bottom line is that having estate planning documents in place makes your wishes more likely to be honored and less likely that a court will decide what happens. This is also true where you may be incapacitated and unable to voice your wishes. While Anne Heche's situation is not unusual, it is avoidable. Consulting with a qualified estate planning attorney can help you determine what measures would be best for you and your family.

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FINANCIAL FOCUS

Time for financial ‘Spring Cleaning’

Now that we’ve put winter behind us — at least on the calendar — it’s time for us to think about sprucing up our homes, inside and out. But it also may be time to do some financial spring cleaning.

Some of the same ideas involved in tidying up your home can also be used to help put your financial house in order. Here are a few suggestions:

- **Dust off your investment strategy.** As you look around your home, you might find that many items — tables, desks, bookshelves, and computer and television screens — could benefit from a good dusting. And, once you’ve accomplished this, you’ll get a clearer view of all these objects. Similarly, your investment strategy needs to be “dusted off” every so often, so you can see if it’s still working to help you move toward your financial goals, such as a comfortable retirement. Over time, your personal circumstances and risk tolerance can change, and these changes may lead you to reexamine your future financial and investment decisions.
- **De-clutter your portfolio.** if you took a survey of your home, would you find duplicates or even triplicates of some things — brooms, vacuum cleaners, toasters, and so on? If so, it may be time to do some de-cluttering. And the same could be true of your portfolio — you might have several identical, or substantially

identical, investments taking up space. If so, you might want to replace these redundancies with investments that can improve your diversification. While diversification can’t guarantee profits or protect against losses in a declining market, it may help reduce the impact of market volatility on your holdings.

- **Get organized.** If your closets are overstuffed, with clothes and miscellaneous items crammed on shelves and the floor, you may well have trouble finding what you’re looking for — but with a little straightening up, your searches will become much easier. And when you’re trying to locate financial documents, such as investment statements or insurance policies, you’ll also benefit from having everything organized in one central location. Even if you get most of these documents online, you can save what you need and keep them in a file on your desktop, laptop or tablet. (And it’s also a good idea to tell your spouse, adult child or another close relative how these documents can be accessed, just in case something happens to you.)
- **Protect yourself from dangers.** If you look around your garage, shed or other storage area, you may well find some objects — such as gardening tools, paint thinners, engine fluids and leaning ladders — that could be dangerous if they aren’t stored properly. As part of your spring cleaning, you’ll want to remove these hazards to safeguard yourself and your family. But have you addressed the various financial risks that could threaten your loved ones? For example, if something were to happen to you, could your family members maintain their lifestyle? Could your children still go to college? To guard against this risk, you may want to discuss protection strategies with a financial professional.

Spring cleaning can pay off — in a cleaner, safer home environment and in helping ensure your financial strategy continues to work hard for you.

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

Jamie Lavigne,



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KREWE OF NEMESIS RIDES AGAIN!!

Spanishtown Parade has come and gone. The theme of the parade this year was, Man I Like Flamingos, MILF.

This year John Schneider aka. Bo Duke was associated with the parade. We decided to be the General Lee and paint the float like the car and dress like characters as

opposed to riding around with MILF painted on the float.

As the krewe was painting orange on the float we realized Cincinatti Bengals were playing the Chiefs and with a few Tiger stripes we could transform and include our favorite quarterback, Joe Burrows. The

Bengal meets Dukes of Hazzard. General Joe! A Burrow of Hazzard!

In a blink we were the only orange krewe in a sea of pink.

With this change the Spanishtown Float Judges loved our concept and we are receiving a trophy next week for, 'The Come Back Award.'

Throughout the ride roars in appreciation for Joe rang out all day long.

It was fun to be different but I am sure we will be a pink mess and have a big time.

However if the Bengals win the Super Bowl before next years parade the orange may ride again.








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BAND SCHEDULE

.....

3/16 - **BRYAN MANNINO @ 7:30**
 3/17 - **ALABAMA BIG EARL @ 8:30**
 3/18 - **JUSTIN CORNETT BAND @ 9**
 3/19 - **MITCH & GEORGE @ 3**
 3/23 - **BYRON BUJOL @ 7:30**
 3/24 - **JUSTIN COLVARD @ 9**
 3/25 - **RUN FOR COVER @ 9**
 3/30 - **BRYAN MANNINO @ 7:30**
 3/31 - **CARTER HAMPTON @ 9**
 4/1 - **PARTY @ JOE'S @ 9**
 4/2 - **KENNY FIFE & FRIENDS @ 4**
 4/6 - **BILLY HARRIS @ 7:30**
 4/7 - **CREED FISHER DOORS OPEN AT 7PM**
 4/8 - **J.T. McCAFFREY BAND @ 9**
 4/13 - **BRYAN MANNINO @ 7:30**
 4/14 - **WAYWARD JONES @ 9**
 4/15 - **NASHVILLE SOUTH @ 9**
 4/16 - **MITCH & GEORGE @ 3**

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Jambalaya Festival

Cruising with Queen Ava!

Being Miss Gonzales Jambalaya has given me many opportunities to travel our great state and meet some truly amazing people. I recently traveled to Rayne for a

queen's day with our LA Mardi Gras Royalty. I enjoyed making crafts, participating in a Mardi Gras pants contest, ate the best donut king cakes from Gautreaux's, and I competed

against my rhinestone sisters to catch a rooster! My Mardi Gras adventure didn't stop there, as I traveled back to Lafayette to welcome the new LA Mardi Gras Royalty. Next up, I headed east to Ponchatoula, where strawberries reign supreme! The Strawberry Festival day events started with a trip to a local strawberry farm, where we picked strawberries, had a berry eating contest, I entered a jambalaya themed basket into the strawberry basket contest, and learned what it

takes to be a strawberry farmer. My evening ended at the annual Strawberry Ball where my rhinestone sisters and I were presented in our trains and mantles, then danced the night away.

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

Ava Savoy







POWERED
BY



Not all Little League Programs are Created Equal

By Trey Peters

Let me start by saying, if this is about how far as you normally read into an article, leave with this little nugget: Matt Mistretta and his Total Diamond Performance baseball clinics and camps are head and shoulders above anything else I have ever seen or been a part of in my thirty years of playing, coaching and umpiring little league and high school baseball.

I don't know about you, but my little league coaches did not have a mission statement, let alone state of the art cameras that could measure a player's arm velocity, spin rate, and hand placement.

Sound impressive so far? Let's delve deeper and find out.

Over at TDP, Mistretta, along

with his fully loaded squadron of former college and minor league players, invited me to stop by their 6000 sq ft newly renovated facility right on the outskirts of the Fair Grounds in Prairieville so I could have a look-see for myself.

Graciously, I was greeted at the door by Mistretta's biggest fan and fellow TDP coach, his dad, C.J. Mistretta. The elder Mistretta patiently toured me through the facility and answered all of my tedious questions with a youthful vigor, while Matt was running a private lesson. The tour was impressive, loaded with all of the usuals one would expect and many more that I would have never expected. We entered through a breezeway like

entryway decked out with a television and clinic paraphernalia for prospective players displaying all of the upcoming clinics and deals or how to rent the facilities out. Then to the left, staff offices and a parent's waiting room, so practice can be held in relative peace. Sorry parents.

The tour continued and here is where TDP is changing the game. We passed up the professionally assembled cages, as to not bother the private lessons, and I was led into their video room. To me, this seemed odd for players this young, but I had no idea the depth of knowledge being relayed at this facility.

Lucky for me, I was soon to find out that I did not have the slightest clue on how real baseball development occurred until today.

TDP uses their video room for managing and instructing the players they work with in all aspects of the game. I was told they even set up six cameras for every game they play so the technical breakdown can be overtly precise.

I could not wait to analyze this firsthand.

Matt pulled me into the video classroom, and doled out this next level video and data software, which is only being implemented at the college and pro level, except for TDP and IMG Academy. Next level instruction for the 21st century player. As we waited his dad nudged me and whispered that Matt also authored the mental performance program for Oregon State coach Mitch Canham that he is now also

implementing with 12-13 year-old players.

I was skeptical, but the data proved me otherwise.

So I sat with an intrigued curiosity and through video imaging and computer data, I examined a youth player transform his swing over 90 At-Bats during their season. This child went from swinging and missing at an alarming rate to batting over .400, which is unheard of at any level. I was able to see, with my own eyes, how a batting stance, slightly altered, matched with a better bat angle in the loading position can set up a batter to present his bat more effectively through the hitting zone.

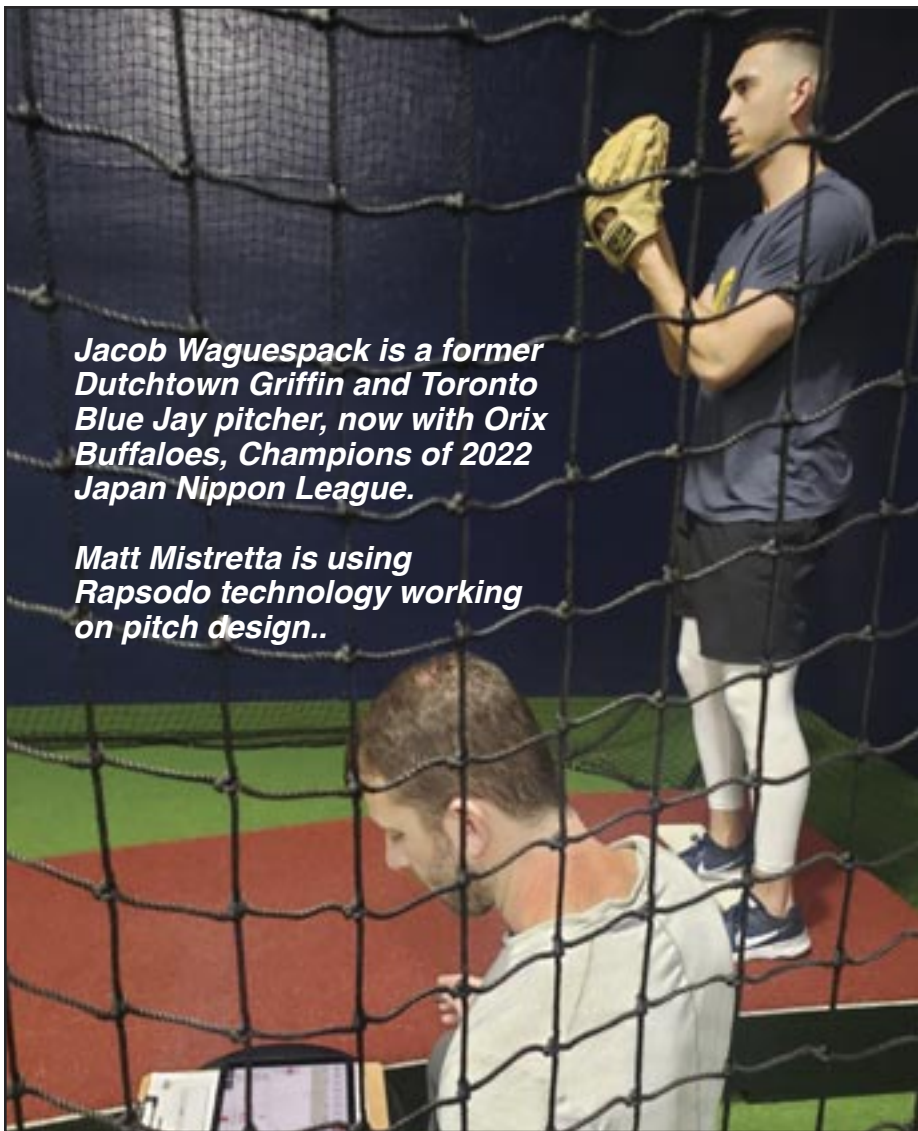
It sounds trivial, but in my opinion, without video evidence, this transformation could not have ever occurred. As my mind raced with immeasurable data, Mistretta continued spilling out metrics like hit hard percentages correlating to higher batting averages and strikeouts, plus soft percentages relating to having success on the mound. The video and data coupled with the mental performance, oddly enough, leads directly to success on the field. I saw it.

"All of this for little leaguers? Is this Stan Chervin's Moneyball?" I thought to myself.

Man was I born in the wrong generation!

From there, the classroom leads into the heart of the operation: a four lane, nylon netted, reinforced fenced batting/pitching cages that are easily separated in the blink of an eye to afford more space for





Jacob Waguespack is a former Dutchtown Griffin and Toronto Blue Jay pitcher, now with Orix Buffaloes, Champions of 2022 Japan Nippon League.

Matt Mistretta is using Rapsodo technology working on pitch design..

Matt Mistretta- Owner TDP

Credentials:

- Four year baseball player @ Mississippi College w/ B.S. in Sports Management
- Masters in Pedagogy and Psychological Science @L.S.U.
- Graduate School Internship with Sports Information Solutions working on Data Systems and Technology
- Video Assistant Coordinator with Reds minor league affiliates
- Video Technology Coordinator with Twins minor league affiliates
- Quality Control Coach with Mariners AA affiliate in Arkansas
- Baseball Developmental Consultant with Oregon State University

device. (An analytical machine that slows down the framerate to breakdown every aspect of an at-bat or pitch.)

I had to ask again. "This works with little league kids?" What he said impressed an old

"We are here to not only teach them baseball, but how to deal with failure and adversity." He went on to explain the difficulty of a player taking this myriad of information and plugging it straight off the presses onto the practice field. It doesn't always happen immediately, but he said once they get into the correct mindset, players are better able to transfer those key points just learned, which usually translates directly to positive change. "We only need to get one percent better every day! One percent"

Once again, not something I learned during my little league years.

Through the raised sliding doors, shadows began to appear and a couple of players began trickling in, followed by the heavy footsteps of several coaches. Mistretta welcomed them all, but

man like me. He looked at me and squinted tightly. I found he does this when he really wants to find the exact right words so nothing could be misconstrued.

Mission Statement-

"TDP implements a holistic development approach for the baseball or softball player by utilizing the latest advancements in coaching, video, technology, mental performance, and strength-agility training."

defensive drills, warming up or large group instruction.

To keep it real, this is not the Skip Bertman's batting cages we all remember growing up as kids in Baton Rouge. This is something of another monster. This is youth baseball instruction on a level never seen before, especially with players so young.

Therefore, being naturally inquisitive, I felt the need to ask a few difficult questions. Do players of this age really need this type of instruction? Or better yet, are 11-13-year-old players able to process this high level of instruction, and then are they able to relay that knowledge into the cages or actual game play?

For these questions, I was passed over to the owner. The man with all the answers. The shaman who conjured up this technical, yet psychological, but also easy to implement mindset geared towards pushing youth players into a completely new stratosphere using techniques proven to work with college and pro level players, but never tried before on players of this age.

We sat down for a moment, I asked my questions, he

answered, and I left smarter and even more impressed.

As I listened to Mistretta, I found myself comparing his philosophy to all of the other coach's jargon and philosophies I've been lucky enough to catch wind of throughout the years. To be honest, I have met baseball people who could portray, or better yet, elude certain aspects of baseball knowledge here or there. Or maybe someone with a type of concernedness about a single baseball topic which oftentimes masks the illusion of professionalism. But in this case, with Matt Mistretta and his associates at TDP, I did not get that feeling at all.

Instead I came away with a new outlook on youth baseball.

It made me think that maybe the old ways weren't always the best, and maybe most of us who played back in the day were taught a little askew. It became clear to me that TDP was setting out to change the landscape of a game that dates back to the late 1800's. Matt was quoting to me from books on applied sports psychology, while demonstrating to me the efficacy of a Rapsodo





turned his focus and attention to the facility. I could feel his eagerness as he raved about a new 3000 sq. ft. addition he is proud to announce that is coming down the pipeline in the very near future. He walked me through the professional grade turf, along with the bracing slide system specially equipped for these next-gen cages and nets. "I'm excited to say that TDP is truly a state-of-the-art climate controlled home for our travel and showcase brand, Louisiana Mariners. I thank God for, not only, the quality young men, but also such special parents who walk through our doors that seem to always be there for the organization." One such parent who cannot be dismissed was John D'Angelo. He was so impressed with Mistretta's vision; he eventually became a key supporter and corporate sponsor with Investar Bank. "Some things just fell into place. When you try to do things the right way, sometimes they just work out."

Figuring he was leaving after such poignant words, and as more players entered, apologetically he tried to excuse himself, but there was one more thing he wanted to divulge before the deluge of private lessons and team practice commenced. "After our team season is over, we also run a six-week high school showcase where we run two workouts a week, both mental and physical performance. Basically the same thing we do with our youth teams but obviously ramped up for the high schoolers who are looking for a little more exposure while receiving "our way" of instruction."

Mistretta shook my hand,

offered me to stay a while and seamlessly started his passion. I thought it would be in my best interest and decided to stick around to see the magic in action.

With a light pull, one side of the cages transformed for a pitching and hitting showcase, while Matt occupied the other side working drills with a medicine ball and a six-foot piece of PVC pipe. I cannot say I fully understood what was going on, but the more I listened, the more evident it became due to the way it was being instructed. Simple and easy, but with purpose.

As I was taking everything in, another aspect which impressed me was the amount of hired coaches, no dads, paired with the kind of direct, viable and personalized instruction these

young men were attaining. What caught my attention was that I never felt like the coaches were pandering at these kids. They were straightforward and honest without being a showy know-it-all like some superior athletes can possess. On the same note, it was obvious to me that these kids knew how to implement their skills because practice was running like clockwork. Two cages of five kids working placement drills off of tees rotating like they've done this their whole lives. Six other kids working bullpen sessions, and four more working on first and third drills in the video room with Matt.

Impressed now? Well let me tell you what I left with.

In my experience, it is one thing to possess a mastery level

knowledge on a given subject. Many highly intelligent people have no idea how to transfer that information to others in order for them to be as skilled. At TDP, this is definitely not the case. Not only do their coaches possess a wealth of baseball knowledge, they are able to implement said knowledge directly and on a level that even I could understand.

Of course, I was impressed with all the bells and whistles. How could you not be impressed? But as a parent and a student of the game, what impressed me the most was a bunch of young men, smiling, interacting, and learning the game of baseball from a host of coaches willing to take the time to train, teach, practice and then re-teach again with the end goal of not always winning; but developing players for the player's future.

To put it all into perspective, when it comes to Matt Mistretta and Total Diamond Performance there were no illusions of grandiosity or pandering to the crowd. Mistretta has a firm vision for his players, whether little leaguers or those at the highest level in the "show," and it is easily seen in his face when he gets to talk about the nuances that most never get a chance to learn. So if you ever happen to be in Prairieville, right past the Fair Grounds on the right, and you have a kid who loves baseball, Mistretta and Total Diamond Performance powered by Investar is definitely the right play for you.





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East Ascension Sportsmans League

Letter from president -
Mike Lambert

Well if you didn't enter your big buck in our big buck contest, you missed it. But you still have time to make it in the big turkey contest. Remember though, you

have to be an EASL member to enter. If you haven't renewed your membership yet, you need to send \$20.00 to 36156 Sycamore Circle Ave. Geismar, LA 70817.

Remember that we meet quarterly now. The third Monday night at 7:00 PM upstairs at Cabela's. We meet in the months of March, June, September, and December. Please come out and join us. We will have a meal and a guest speaker.

Our annual Kid's Fishing Rodeo is coming up fast too. It will be held at Twin Lakes as always on the 29th of July. Save, the date!

Speaking of fishing, I'd like to share a little tip with y'all. No it's not a tip on how to catch fish. I wish I had that kind of tip. This

tip is for those who might catch some fish and may want to try something when keeping fish to eat. It's really not new, but new to me. I'm talking about bleeding your fish when you catch them to eat. First of all, you put the fish out of its misery fast. Then, it is a lot less bloody when you clean the fish, making the meat a lot cleaner along with your work area. But, the main thing is the fish will taste better. I'm going to try it. You try it too and

see what you think. I just wanted to share this with y'all. I really think you will like it much better. Do a taste test with fish that was bled and fish that were not. I think it is a good thing to get the most out of the wildlife we harvest. So let's go fishin'!

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 second Tournament of 2023 on February 25th.. The Tournament was held out of Amelia Landing with a 3:30 PM weigh in time.

There were 23 boats participating.

One thing interesting about this Tournament was that the weights were very close. Any of the top 7 finishers could have won the event with just one cull or a couple of weigh

fish added to their live well.

First place went to Carlos Gray & Lou Polkey with 5 fish weighing 11.63 lbs.

Second place went to Tony Arceneaux & Jason Beck with 5 fish weighing 11.53 lbs.

Third place went to Bernard Sheets & Darren Anders with 5 fish weighing 11.29 lbs.

Fourth place went to Donald

Braud & Terry Molea with 5 fish weighing 11.13 lbs.

Fifth place went to Anthony Bonadona & Lester Rome with 5 fish weighing 10.82 lbs. Big Bass was awarded to Jim & Warren Hebert with their lunker that weighed in at 5.45 lbs.

Congratulations to the winners of the February

Tournament. Our next Tournament will be the two day away tournament on Caney Creek Lake in North Louisiana on March 24th & 25th. Our meeting to plan the Tournament will be on the 16th of March at Dirk Anderson's home on Babin Road.



Warren & Jim Hebert Big Bass Winners with 5.45 Lb. Bass



Left to right, Lou Polkey & Carlos Gray, Jason Beck & Tony Arceneaux, Bernard Sheets & Darren Anders, Terry Molea & Donald Braud, Jim Hebert, Anthony Bonadona & Lester Rome

Jammin' with Goosie

Timing

As my boss entered the room he stated "You can keep one more of those guys if you want to". There were several names of employees on our managers whiteboard that were slated to be on the completion of the job layoff list. I slid one young man's name to the keeper side of the magnetic board. That employee soon got moved to another area of the site, made friends, and within a year or so he was hired by the chemical plant in which our company was a contractor of. I've often wondered how big of a life changing move that was for him because of my keeping

him at that occasion versus me holding on to another person at that very moment.

It's hard to speculate what could have happened if this or that would have occurred in each of our lives. All we know is what events did occur during our stay on this earth. Just being at the right place at the right or wrong time is by all means an important factor of life changing events for us all.

Being at the right place at the wrong or right time can also be a major factor in the success of hunters and fishermen. Some time back a person asked me "How do you seem to always catch fish on most of your fishing trips?" Although my definition of success to the answer that I gave him does not always apply, I answered the



question with, "I try to go on the right weather days along with good water conditions. I also try to catch the species of fish that are biting at that time." In other words, don't go fishing after the passage of a major cold front with clear skies, high winds, high water and freezing temps with the expectation of coming home with a box full of fish. The level of success in such conditions is usually low.

I must ask, wouldn't you rather go squirrel hunting on a calm morning following a night of slow rain versus a sunrise with twenty mile an hour wind blowing? Whitetail hunting may not be so great on a windy day, but a duck hunter that can plan his or her trip on a stiff wind day instead of a calm day can generally improve their success ratio.

It was mid February a couple of years ago when I noticed a perfect storm opportunity, so to say, to film a sac-a-lait fishing trip for the Ascension Outdoors T.V. program. The set up was normal water conditions along with three consecutive days of day time highs in the seventies followed by an eighty degree high on the fourth day with a cold front approaching late that evening. Perfect. This was before my retirement and my problem was that I would have to take a day off to fulfill this opportunity. I had hoped to keep my vacation days available for the upcoming turkey season but the timing of the scenario was just too good to pass up. Knowing that my chance for success would be high on that day I

quickly hired a cameraman and after about two hours into the outing, the film was a done deal. Good fisherman? Well I'm a decent fisherman but the success of that day's catch was more about the timing of the outing. I can almost guarantee you that I, the same fisherman, would not have had the same degree of luck on the next day following the passage of that cold front.

When is the best time to go fishing or hunting? The answer has always been to go when you can. Most of us who work for a living have no other choice. Life is short and after all, you don't always need to fill the box or make a kill to enjoy the outdoors. It's alright to bum out now and then and if you go often enough you'll someday be awarded with mother luck in the worst of conditions. There's nothing more truthful than that old saying of "You can't catch or kill them sitting at home." But, if you do have the time or opportunity to plan your outings under the best of conditions you'll definitely have a higher success rate for your effort and money because there's nothing better than being at the right place at the right time.

Till next time

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James "Goosie" Guice




Eric Lambert
Owner

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MY SON

Michael Joseph Strong

By Mike Strong

This is a story about my dearest friend and my favorite person. This story is about perseverance, determination and guts.

To tell this story I have to give a little history about myself. My life started much different than his. My father

had passed away when I was 6 months old and I was raised by a single Mom with a sister Janet 7 years my senior. When I was 5, Thelma, my mother, married George Brent and we went from a family of 2 kids to 6 kids. George was a great step father but personally a

boy always has a desire to know his own father.

As I grew up and married, other than hoping for a loving family, my biggest desire was a son. Michael was born June 13, 1987. My dream had come true. All of the years I missed my dad were going to be lived

in loving my boy.

Our future would be full of fishing and camping, pitching and catching, hugs and kisses and butt whippings.

Thelma had taken the role of mother and father. She was firm but fair and always made time for me. She set the bar for



my parental direction.

As Michael grew and entered his school years, it was evident something was missing and as bright as he was as a person it did not come in his school work. We did some testing and it was determined he was dyslexic. He would start writing a sentence with his left hand and switch over to his right hand to finish the sentence.

Michael never had trouble taking instruction from me and retaining it. While in the first grade, a pink slip came home in his back pack for me to see the principal. In my meeting with the principal she pointed out there was an altercation between him and another kid. The other kid was pushing his friend around so Michael put him in a head lock until he left. The teacher ask why he did the head lock and Michael

pointed out you don't hit at school. Then her next question was why didn't he go get a teacher and he said you don't back down from bullies. He may have had issues with numbers but as a human he was square.

Michael struggled for many years as he grew with his academics. He was pretty shy in class but very outgoing in public.

My dream of a son was in motion and I have been blessed to be there for his highs and lows. I've seen his excitement to experience Santa Claus and I've felt his hugs. I was there for his first deer harvest and sleeping in 26 degrees on the ground around a camp fire. He has turned into a pretty great cook and he loves to pick and aggravate me for fun.

As he approached his senior year, he needed some credits and some family members thought it was too much for him and suggested a GED. He responded that was not going to be the first in our family to receive one. He stuck it out and graduated high school at St. Amant. However they didn't allow him to walk with the class on graduation day. I could tell that did not set well with him. I'm sure it hurt his feelings.

Since that day he has set a goal to be the best he can be. He has since graduated from ABC School in Heavy Equipment, holds numerous driving industrial credentials, performed duties as a first responder and a productive employee as an operator with the parish.

A couple of years back Michael wasn't satisfied with

his position so he decided to go to college on line to better himself and improve his life. Through hard work and determination, he graduated from Columbia Southern University with a Bachelor of Science Occupational Safety and Health Oil and Gas. Not only did he graduate he achieved a 3.75 average and achieved Cum Laude.

His ceremony to walk with his class is later this year and I will be there cheering as the proudest father in the world for my son who is a better man I am. I love you Michael.

Personal Note:

Michael's wife Jacque has my deepest gratitude for her support and encouragement of Michael. Thank You.



73 Ways to Celebrate March Madness

by Bill Delaune

"In the spring, I have counted 136 different types of weather inside of 24 hours." Mark Twain.

Maybe it was the fact that I'd just hacked my way to another round in the 90's at Santa Maria that had me searching for guidance.

Maybe it was because I was going so bad in betting the NCAA conference tournaments that I was losing on the replays that I needed help.

Maybe it was because my 74th birthday was rapidly approaching that I needed sympathy.

Maybe it was Memphis.

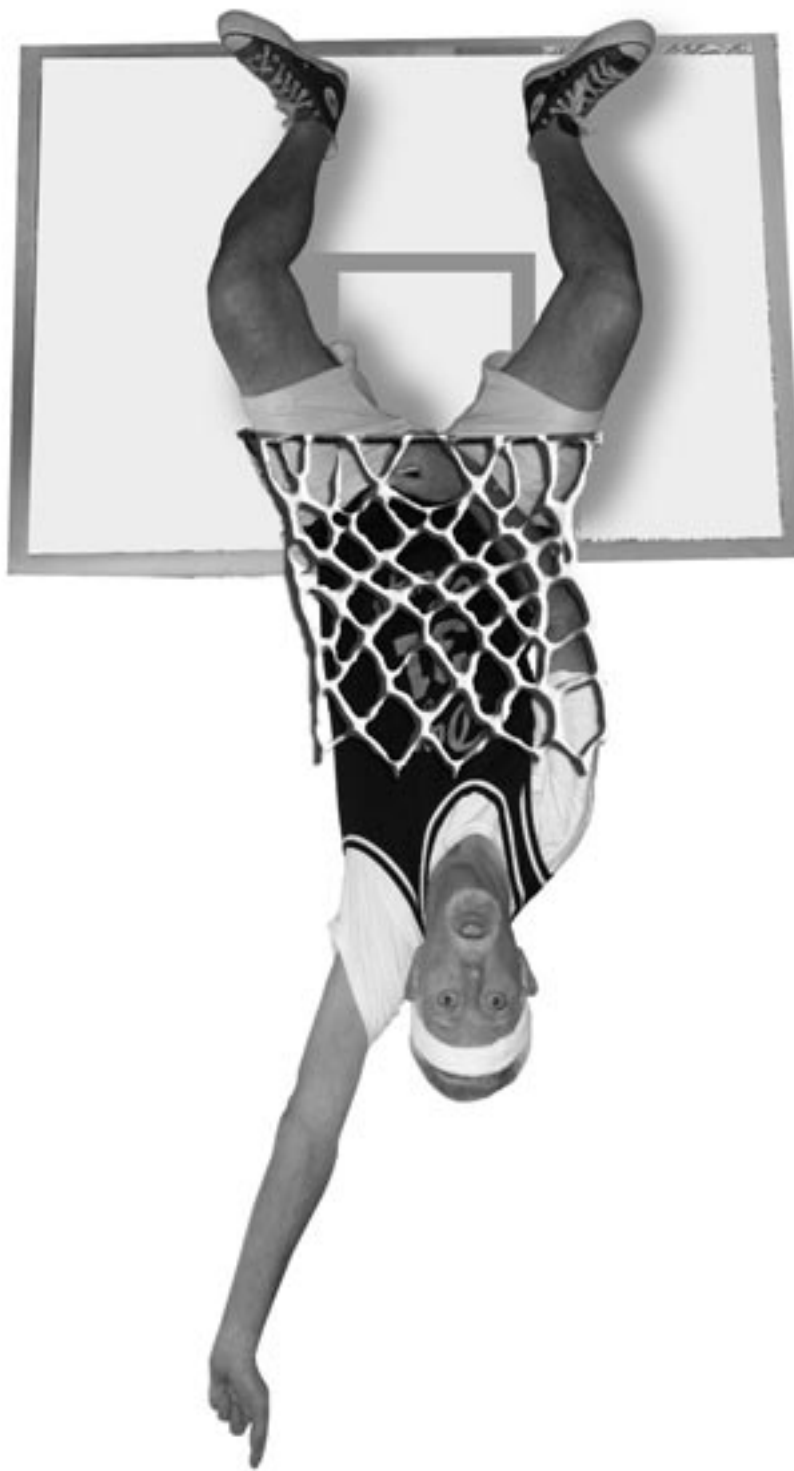
Anyway, for whatever reason and- since I was in the neighborhood- I took a turn down Alligator Bayou Road in search of the Dali Lama of the Swamp-the All-Seeing, All-Knowing Great Sports Ninja to seek some answers and maybe bum a beer.

He was surprisingly easy to spot sitting on the porch of the old Alligator Hilton where once LSU students, cowboys, bikers and assorted others had graced the warped dance floor on many a Sunday night.

"Hello, Wild Bill," he greeted. "What brings a big-time journalist like you slumming among us common folks-as if I didn't know."

I was still mesmerized by the bright green and gold baseball uniform he was wearing so he answered my question before being asked.

"Do you like my 1973 Oakland A's uniform? Boy that



was a great team with Reggie Jackson, Joe Rudi, Sal Bando-and great nicknames like Catfish Hunter and Blue Moon Odom. Hard to believe that was 50 years ago back when baseball was still a lot of fun." Ninja was on one of his famous rolls and I still hadn't contributed a single syllable.

"Very nice," I stammered, "but..."

"I figured I'd cheer you up with a '73 throwback to celebrate the last few days of

your 73rd trip around the sun-a '73 retro for a 73 year old fossil-get it." He snickered at his own brand of humor.

"I appreciate the effort," I managed, "but..."

"Hey trivia expert-try this one-who was the last switch-hitter to win the American League MVP?"

I was still visibly shaken from his opening verbal barrage so I answered feebly, "Mickey Mantle?"

This time Ninja laughed out loud. "I figured your brain-washed Yankee mind would come up with that. Try Vida Blue-another ace pitcher on the '73 A's-who never got to bat that year because the designated hitter became part of baseball.

But he was an outstanding switch-hitter-and quarterback-besides pitcher at his high school in Mansfield, Louisiana. You should be able to win a few bar bets with that one."

"Impressive," I said as he finally caught his breath. "But what I really came here to talk to you about is my golf game-or lack of one. The best two balls I hit all day were when I stepped on a rake. I'm about as low as a golfer can get right now."

"Really," snapped back Ninja. "Even lower than '73 Masters champ Tommy Aaron who after winning his first-and only-major tournament had to field questions about his role in the '68 Masters controversy instead of celebrating his big win."

"Oh yeah," I remembered. "He was the guy who put down the wrong score for Roberto DeVincenzo in 1968 and cost the Argentine the coveted Green Jacket. Flustered over a bogey on the last hole, DeVincenzo missed the error and signed for one shot higher giving the title to Bob Goalby."

I was gloating over my recollection but Ninja was not done. "And his comment to the press after the debacle...?"

"In broken English, the poor

man addressed the crowded room with the memorable line, 'What a stupid I am...'

"Very good," congratulated Ninja. "Now, what did you learn from that little parable?"

"That I'm stupid enough to think I'm going to get any better at my age without practicing or writing down the wrong score?"

"Close enough," he sighed. "But you have to let go of that age thing. Consider yourself a 'Seenager' and you'll feel a lot better."

Now I was really puzzled. "Excuse me-I don't hear that well. Did you say a 'Seenager'?"

"Yes," Ninja assured, "a 'Seenager'-a senior teenager. Think about it-all the things you wanted as a teen, you have them now-just 60-something years later.

"You don't have to go to school or work and you get an allowance every month. You have your own car and your own pad. You have an ID card that gets you into any bar and R-rated movies. None of your friends are afraid of getting anybody pregnant-hell, y'all aren't afraid of anything because you've probably lived longer than you ever thought you would. And no curfew-as if you'd need one," he reasoned.

"I must admit it does make sense-in a chop-logic kind of way," I agreed.

There was no stopping the Great One now. "And as far as picking winners, you need to ignore all those talking heads and so-called experts on TV, radio and whatever other media and trust your own instincts," he scolded. "Remember the things you've had success with in the past and go with your gut feelings. In the words of that great Texas coach Darrell Royal-'You gotta dance with the one that

brung you'."

"Now, you got anything else or can I get back to replaying the '73 Series." He picked up an acorn and hit it across the bayou with a wooden tennis racket. "Reggie hits it deep to right-it's a home run! A's win! A's win!"

"Well," I ventured, "I hate to interrupt the post-game celebration, but there is this little matter of my March Madness bracket that seems to fold like a two-dollar accordion in the first or second round every year."

Ninja shifted into his Kung Fu Buddhist monk routine. "Have I taught you nothing, Grasshopper? Are you totally not aware of your surroundings?"

"Okay, I get the 1973 references-but Oakland doesn't even have a team in the field," I protested.

"But the '73 college basketball champion is and also from California," he pointed out. "Take UCLA from the Golden State to celebrate a golden anniversary in the Final Four."

"And the tennis racket?"

"For the sporting event that year that drew a bigger TV audience than any other-the 'Battle of the Sexes' tennis match between Bobby Riggs and Billie Jean King. And where was it held?"

I ran a quick scan on my brain-cell depleted mind and took a shot. "I believe that debacle was in the Astrodome."

"Correct," Ninja was delighted. "So take Houston to return to the scene."

"You know, the Final Four is in NRG Stadium this year-but what about the other two?"

Ninja looked very exasperated. "Come on, Blackcat Bill-you've got to do some thinking on your own. What was your biggest sporting event in 1973?"

I could have answered that one without his using my track name. "Watching Secretariat win the Kentucky Derby. Sure, he went on to win the Triple Crown but you have to remember the jury was still out on Big Red since he'd lost a race in New York just a few weeks before. But when he blew by the other favorite Sham in mid-stretch, we knew we were watching something special."

For the first time the Great One looked pleased. "So that gives us Kentucky. But we'll give such a superstar like Secretariat two picks so..."

"Virginia!" I exclaimed. "He was bred in Virginia."

Ninja patted me on the shoulder and headed toward what looked like a '73 Monte Carlo. "Now go make us a small play on Virginia, Kentucky, Houston and UCLA-and remember, by rearranging some of the letters in our picks, you can spell out 'You very lucky'"

"Thanks, but where are you off to?"

"I've got a reenactment of the George Foreman-Joe Frazier fight from 1973 to attend. You remember that one-'Down goes Frazier, down goes Frazier...'"

Well, that fight lasted only two rounds. Let's hope this year's bracket goes a little farther than that. Good luck.





Entertainment Schedule

March 25 -

Bad Habit

April 1 -

The Lauren Lee Band

April 6 -

Foret Tradition

April 8 -

Group Therapy

April 15 -

Black Boxx



Foret Tradition

April 8th

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Useless Random Facts with Kellie

China has 28000 rivers and lakes that have disappeared in 13 years.

The human brain on average has 70,000 thoughts a day.

Average 4yr old ask 437 questions a day!!!!!!

The small intestine is almost twenty-two feet long

Eggplant is a fruit not a vegetable.

The worlds most sold instrument is the harmonica

Only about 60% of Americans have gone to a dentist.

No Word In The English Language Rhymes With Month, Orange, Silver, And Purple.

There Are Two Credit Cards For Every Person In The United States.

Also Another Theory For The "Whole 9 Yards" Is The Term "The Whole 9 Yards" Came From WWII Fighter Pilots In The South Pacific. When Arming Their Airplanes On The Ground, The .50 Caliber Machine Gun Ammo Belts Measured Exactly 27 Feet, Before Being Loaded Into The Fuselage. If The Pilots Fired All Their Ammo At A Target, It Got "The Whole 9 Yards."

The International Telephone Dialing Code For Antarctica Is 672.

Dr. Seuss Pronounced "Seuss" Such That It Rhymed With "Rejoice."

Thoughts from Bully

The Ascension Magazine Rib-Off 2023



Here we go again. Light the pits and start telling lies about your secret recipes and techniques. Sixteen BBQ chefs started at 11am and 5 hours later pork rib gold were removed and the tasting, judging and eating began.

What was once known as 'The Super Bowl Rib-Off' was held every Super Bowl Sunday. In reality a group of my nephews conjured up the

idea to combine a party with a contest to settle bragging rights of who can cook the best ribs.

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

After many years the event started to waiver as these boys grew and got older and family responsibilities hampered

organization, Ascension Magazine stepped in to help organize and keep this family fun event on track.

This year we entered our 18th year as an annual local marquee' cooking event and it is getting more competitive than ever. The Ascension Magazine Rib-Off has grown bigger and better than ever.

After it was all said and done our judges crown three

winners. 1st Place Justin Courville, 2nd Place Mike Strong and 3rd Place Arron Guidry.

Congratulations to all the participants and to the winners. We hope to see all the cooks again next year and many more.

Editors Note: Thank You Lisa for all your help. You made the event work and easy on me.





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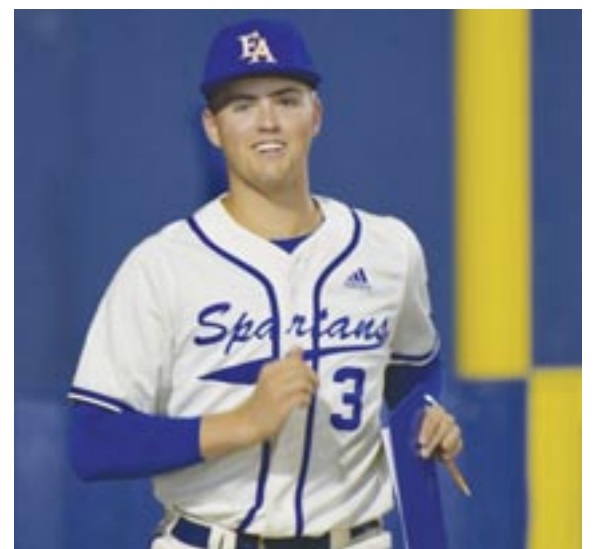
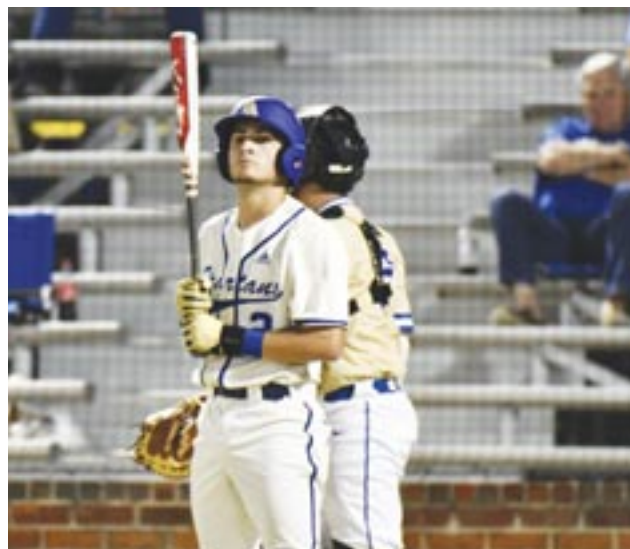
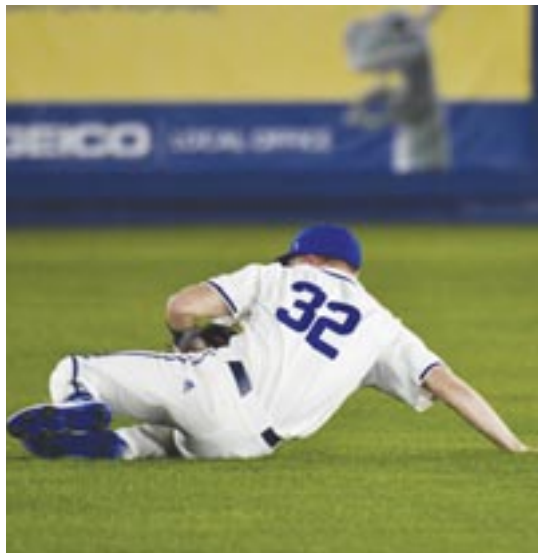
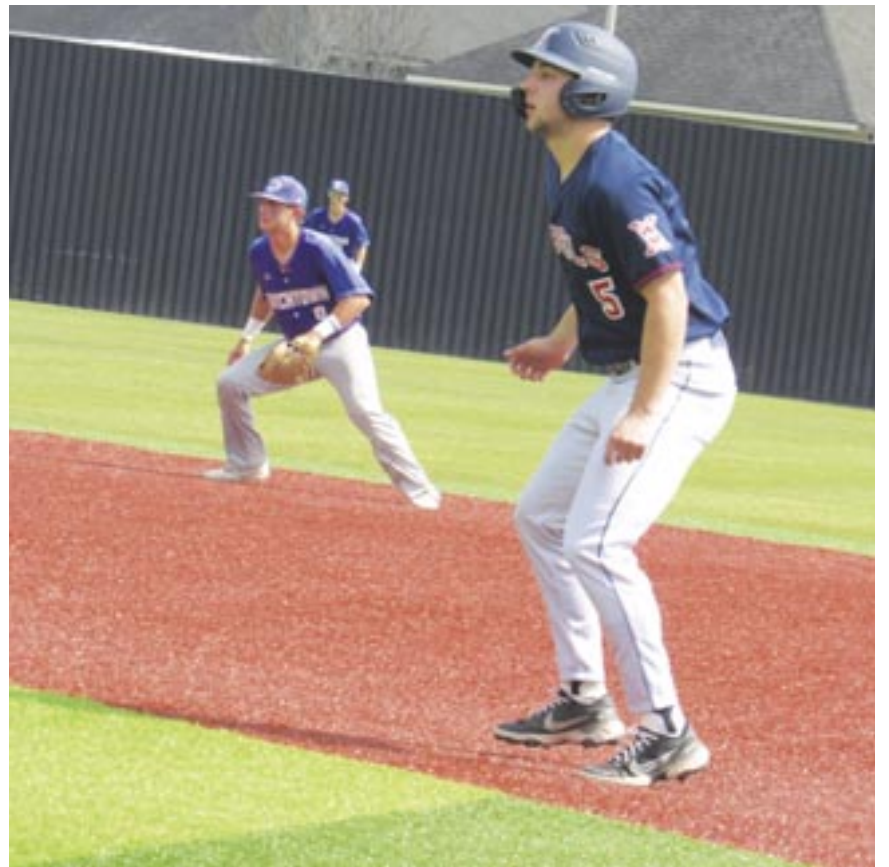
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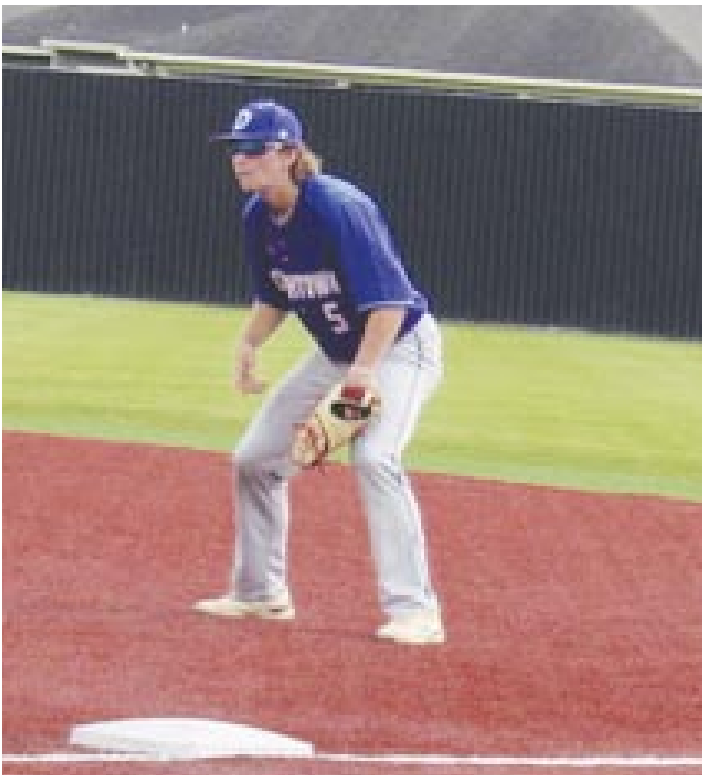
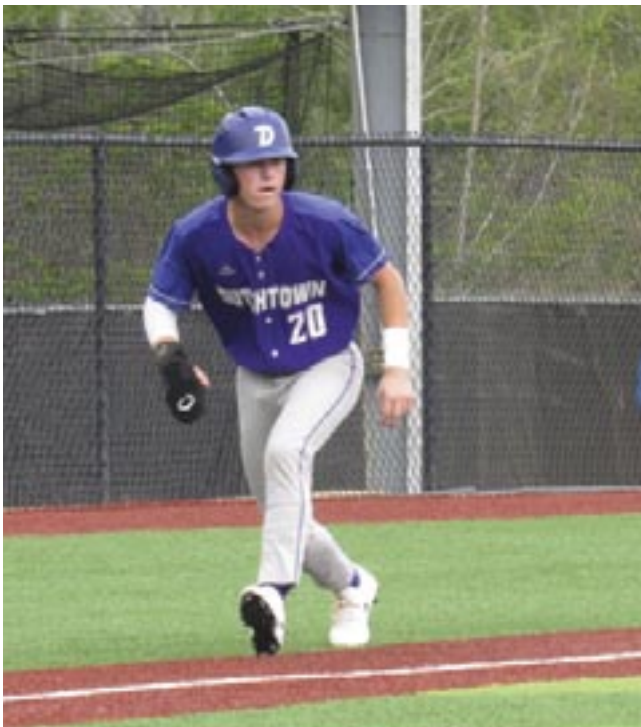



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“After the Boil” Deviled Eggs



Executive Chef, John Donaldson

Yield: 12

Prep: 15 minutes

Cook: 20 minutes

Serving: 6

Ingredients:

- 6 eggs (hard boiled)
- ¼ cup mayonnaise
- ¼ to ½ lb peeled boiled crawfish tails
- ¼ cup green onions (thinly sliced)
- 2 boiled red potatoes (mashed)
- 1 tablespoon Creole mustard
- 1 teaspoon dry crab boil mix
- Salt & Pepper to taste
- 1 or 2 corn cobs (cut corn off of the cob)


Method:

Peel all of your boiled eggs. Cut them in half length ways and carefully remove the yolks. Place all the yolks in a mixing bowl and add your mayo, mustard and green onions. Be sure that before adding your corn and potatoes that you chop and mash them as much as possible to ensure proper mixture. Finally, rough chop your crawfish tails and add to mixture. Salt and pepper the mixture to taste. Using a piping bag or spoon add the mixture back into the boiled egg halves. Sprinkle with dry crab boil and serve.

ENJOY!!!!!!

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