

COMPLIMENTARY

Ascension

M A G A Z I N E

APRIL 2022, VOL. 20 ISSUE 4

**Saving Our
Community
One Coupon
at a Time!**

DeLaune's
SUPERMARKET

Proud Member of Associated Grocers

TIME FOR
SPRING
~~CLEANING!~~
Savings!

10% OFF	15% OFF
\$50 OR LESS	\$50⁰¹ OR MORE

CLIP THIS OFFER ON OUR
DIGITAL COUPON WEBPAGE!



**ASSOCIATED
GROCERS**

See Page 24



The Catered Corporate Breakfast

Start Your Work Day with a Breakfast Meeting



For Pick-Up or Delivery

Breakfast Buffet...

\$9.95 per person minimum order of 10

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

Pancake Buffet...

\$9.95 per person minimum order of 10

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

Biscuit Buffet...

\$7.95 per person minimum order of 10

1 Patty Sausage Biscuit
1 Bacon Biscuit
2 Eggs cooked Over Hard
2 Slices of American Cheese
1 Orange Juice 8oz

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

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

Publisher / Editor

Mike Strong

Associate Editor

Thumper

Sales Manager

Dottie Godbery

Staff Photographer

Jimmy Dunkley

Distribution Manager

Michael Strong

Contributing Writers

Bill Delaune

Linda Melancon

Bully

Goosie Guice

Orhan McMillan

Kellie Seymour

Tanya Stilley

Jimmy Dunkley

Patti Mouton

Jamie Lavigne

Mariah Simoneaux

Ashley Parrott

Brandi LeBlanc

Camille Brady

For Advertising

Information Please call:

225-622-1324

E-Mail Comments

to Stronggraphics1@cox.net

www.ascensionmagazine.net

Note: Features in this

publication labeled

"advertorial"

are paid for editorials.

All Rights Reserved.

Opinions expressed are not

necessarily those of the

publisher, editor or staff of

Ascension Magazine

18386 Little Prairie Rd.

Prairieville, LA 70769

Table of Contents

ROTARY MARDI GRAS	4
GONZALES GARDEN CLUB	10
SWEET EYES W/ TANYA.....	12
DELAUNE'S SUPERMARKET	24
BILL DELAUNE.....	32
THOUGHTS FROM BULLY.....	35
JAMMIN' WITH GOOSIE.....	36
SPORTSMAN LEAGUE.....	37
SNO'S RECIPE.....	45



On the Cover: DeLaune's Supermarket, Craig St. Pierre Owner

Welcome Summer Time and all of the fun filled activities that come along with it!

Whether you're on the boat, vacationing, or camping, Tags & Titles remains here to serve you for all of your DMV/Driver's License/Wildlife & Fisheries and Notary needs. We encourage appointments Monday-Friday, so we can be prepared to assist you quickly and efficiently to your schedule. DRIVER'S LICENSE APPOINTMENTS ARE STILL A MUST DUE TO LIMITED SPACE. However, we are still available for the unexpected and daily drop-ins, we will do our best to get you in and out as quickly as possible. We look forward to assisting you and hope to see you soon!

– FAST, EFFICIENT, FRIENDLY, KNOWLEDGABLE SERVICE TO GET YOU IN AND OUT AS QUICK AS POSSIBLE.

PLEASE CALL OUR OFFICE AT 644-1512 TO DISCUSS YOUR NEEDS AND SCHEDULE AN APPOINTMENT!

TAGS & TITLES, LLC
644-1512

11296 HWY. 431,
ST. AMANT, LA 70774

Jamie Frederic-Braud



2022 Special Olympics Time Trials and Field Day

The 2022 Special Olympics Time Trials were held at Dutchtown High School on Wednesday April 6. Hundreds of young athletes with disabilities competed to secure a spot in upcoming Special Olympic events. The friendly competition is hosted by the Ascension Parish Sheriff's Office and the Ascension Parish School District.





"We had to pause the event for a couple of years because of Covid, so it was great to see such a huge turnout this year. This is a group that is often overlooked, so it's important for us to come together and celebrate them in a big way every chance we get," stated Sheriff Bobby Webre.

Dozens of sheriff's deputies and members of Seniors and Law Enforcement Together (S.A.L.T.)



ASCENSION PARISH ANIMAL HOSPITAL

225.744.4905

Hey Dr. Rob!
Can you tell Thumper
he can't drive?

Hey Dr. Rob!
This driving doesn't
look all that hard!

Allergies? We got- choo!

Our team can determine if your symptoms are due to allergies, COVID-19 or a sinus infection and provide the appropriate treatment to help you "Feel Better. Faster!"

LakeUrgentCare | LakeAfterHours
Walk-in care for minor injury and illness
LakeUrgentCare.com

Check-In Online
 Walk-In
 Schedule a Virtual Visit

Give us a follow



volunteered in roles such as timers/score keepers, cheerers, huggers for athletes, and prepared lunch for participants and attendees. Sheriff Webre says they are now gearing up for APSO's annual Law Enforcement Torch Run scheduled for Friday May 20 in Gonzales. The event helps raise money for Special Olympics here in Louisiana.



Free Admission

Kite Flying "just for fun"

Kite Design Competitions

Children's Kite Making Workshop

Indoor Kite Flying

Louisiana Food Booths

Professional Kite Flying Teams

Inflatables

Classic Sounds by Jude

Fireworks on Saturday night!

2022 Kite Fest

Louisiane

**Saturday & Sunday
April 30-May 1, 2022**



For event information:
800-654-9701
www.westbatonrouge.net

**SATURDAY 11 AM TILL
FIREWORKS AT DARK
SUNDAY 11 AM - 6PM**

West Baton Rouge Soccer Complex
3383 Rosedale Road
in Port Allen

LOUISIANA
Feed Your Soul.

LouisianaTravel.com



Ascension Parish Sheriff Office Host Easter Egg Hunt

Perfect weather for an Easter Egg Hunt

Our Deputies had a great time today at the Sheriff's Wag Center in Donaldsonville. Thank you to all of the vendors and cooks and the Napoleonville Fire Department for helping us make this a fun-filled day for families.



Weichert,

REALTORS®

Villar and Company

37283 Swamp Rd., Prairieville, LA 70769

225-744-2610

225-802-9796

LIZ LAURENT

lizlaurent.com

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



Independently owned and operated.





Come See Why We Are #1!

3 YEARS IN A ROW WINNER FOR
BEST ASSISTED LIVING IN ASCENSION PARISH!

Call Us Today to Schedule a Tour!

FRANCOIS BEND
SENIOR LIVING

INDEPENDENT • ASSISTED LIVING • MEMORY CARE COMMUNITY

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

Pookie Babin Named Salesman of the Year at Price LeBlanc Nissan.

It has been a pleasure to serve our community for 26 years. Thank You to all my customers for making this possible in 2021!

God Bless and Thanks
Pookie Babin

Price LeBlanc
NISSAN *dahlin'!*



From the Gonzales Garden Club

Business then Pleasure

Since annual flower show is deferred until next year, the Gonzales Garden Club gathered for a business meeting, lunch and a garden tour. The April 6 meeting centered around committee reports about the ongoing projects of Jambalaya Park beautification, the plant sale and live oak registration.

reimbursed by the city. Two city workers, Robert and Corey, up in a bucket truck planted her lantana and lemon sedum in the tops of the 10 iron jambalaya pot poles with Mary Jo directing from below. Before lowering the bucket, the workers gave the plants their one and only supplement of water for life, praying for occasional rain



Cynthia Cagnolatti and Janis D'Benedetto show off the plant sale sign acquired in 2019.

Vice President Mary Jo Pohlig reported on preparations for the upcoming Gonzales Centennial Celebration. In collaboration with the mayor's office, she met with Chief Administrative Officer Scot Byrd at Jambalaya Park on March 31. She brought bedding plants, soil, mulch and slow-release fertilizer, for which she was

for the otherwise drought-tolerant plants. Mary Jo remarked, "Robert and Corey did an excellent job!"

Chairman Gwen Heck spoke about a new Live Oak Society project. The garden club is in partnership with Gonzales Committee on Cultural Affairs



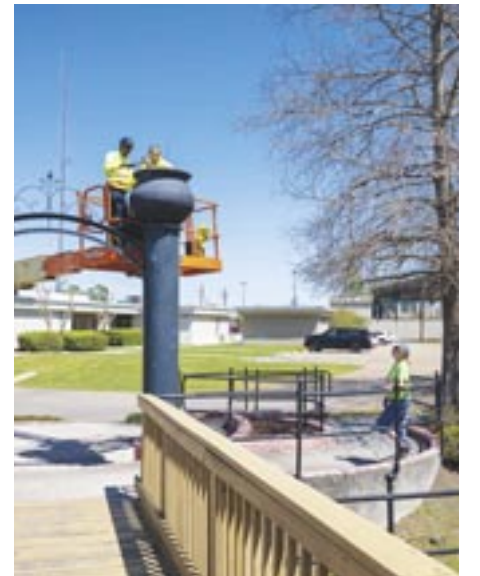
Touring the gardens of Houmas House are (LtoR) Rita Bourque, Janis D'Benedetto, Elizabeth Saffell, Jamie Trisler, Barbara McCormick, Cathy Venable, Marilyn Rice, Mary Jo Pohlig, Conchita Richey and Patti Mouton.



The garden club enjoys lunch at Houmas House every April.

(GCCA) thanks to GCCA Vice President and Lions Club Live Oak Tree Project Committee Chair Pam Hughes to promote the recognition of registered live oaks in the parish. The endeavor is to purchase and install commemorative plaques at 12 to 20 select trees. The ultimate goal is to publicize mapped tree locations on public land for citizens interested in self-guided tours of the grandest Ascension oaks.

President Jamie Trisler discussed next month's plant sale. Members have been propagating plants and were reminded to bring baked goods to sell. Tables for set-up are needed. A flyer will be distributed to publicize the event. The plant and bake sale will be held on the lawn of City Hall on May 6 from 9:00am to 1:00pm. A large sign on the corner of Irma Blvd and Cornerview will beckon



Mary Jo Pohlig asks city workers Robert and Corey to please remove the weeds from the planters before adding fresh soil and the new plants.

passersby.

The club enjoyed a meal in the elegant Carriage House Restaurant at Houma House. Eggplant Napoleon was the most decadent entrée choice. Conversations were relaxed and personable. Afterward, members strolled the grounds of shady walkways admiring the oaks, plantings, statuary and water features, occasionally drifting into offset seating areas. The ladies came away from the serene afternoon with new wishes for their own home gardens.



Janis D'Benedetto served as hostess in making arrangements for the club to dine in the Carriage House Restaurant.

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



December 8, 2021 was the last time Myra would read "Twas the Night Before Christmas" to the club at the gift exchange. She checked that book out of the library every year.

Remembering Myra

The Gonzales Garden Club recently lost a pillar of their membership. Myra Mire's obituary began "Palmyra 'Myra' Savoy Mire, a native of St. Amant and resident of Gonzales, entered eternal rest on February 19, 2022 at the age of 90." She was in the Gonzales Garden Club for 33 years. She served as club president



Myra is front and center at the May 2018 commencement celebration at the Clarion Inn.

from 1999-2001 and was inducted into the Louisiana Garden Club Federation Circle of Roses in 2012. Members are deeply saddened by her sudden passing and came together to remember her.

Janis Poche lamented, "She sat at my table at the December meeting; she and I had a good visit. I certainly didn't know it would be our last. She will be missed. A very gracious lady."



Myra never missed a GGC Flower Show. Here she is with her club in April 2019.



Cynthia Cagnolatti and Myra stopped chatting to pose at the 2016 Christmas party at Priscilla Monson's house.

Rita Bourque noted, "Myra and I have been friends for a lot of years, and bonded during [our husbands'] illnesses. I will miss her." Patti Mouton appreciated that Myra was one of the first ladies she met at her first garden club meeting. "In Ms. Lorraine's kitchen, Myra made a point to introduce herself, welcome me into the club and get to know me. She was known for her wise guidance in club policy and generous praise for members working to better the club. Myra was

always very kind to me through the years." Conchita Richey reminisced, "For 21 years she sat at my table as a member of the yearbook committee. When she moved to Associate Member, I asked her to please stay on the committee. So even as an Associate, she was still working for the club. I will miss

stuff like no other. We will feel the loss of our friend for years to come. She is at peace now."

Cynthia Cagnolatti expressed her fondness of Myra saying, "I will always think of Ms. Myra as the Chicken Salad Queen! She made the best, and I think of it often. I loved it! She was always dressed so neatly and looked beautiful at all times. She wore glasses her whole life, but when she took a picture she would take them off. Always wanting to look her best! She will be sadly missed as a garden club member and a treasured Citizen of our City!"

Myra was Marilyn Rice's dearest friend. "When we became friends, I always went to her to know someone's name or who they were married to. She knew everyone. She introduced me to the club in the 1990's. We loved traveling together. Our best trip was to England and the Chelsea Flower Show. I remember this like yesterday. I have



After a luncheon at Houmas House in May 2017, Myra sat with members near the fountain.

such a hole in my heart right now. She was one of the best friends of my life. An honor to have known her. I will miss my 'Big Sis' as I called her. Curt and I will miss her so much. She was a real good friend and the best of people."

The garden club made a donation to the Myra Mire Memorial Fund of the East Ascension High School Excellence in Aesthetics Fundraising Campaign. Her Spartan spirit and garden club loyalty live on.



This was a June 2022 yearbook committee meeting.

GONZALES GARDEN CLUB

Annual Plant and Bake Sale

Gonzales City Hall Lawn
E. Cornerview and S. Irma Blvd.

Friday, May 6, 2022
9:00am – 1:00pm

Native Plants
Pollinator Plants
Homemade Sweets
Garden Items

This annual fundraiser supports community garden maintenance at Jambalaya Park and Kidz Kove and also provides charitable donations to worthy causes.

We appreciate your support!



Prioritize Work and Working Out

I recently heard an alarming statistic that I'd like to share with you. Most of us know we should try for 10,000 steps a day in order to maintain health, right? Well, the statistic I heard said most Americans get around 1,000 to 1,500 steps a day. Shocking I know!

If you think about it, how many women do you know that sit at a desk eight hours a day, forty hours a week, nearly 52 weeks a year, and never make it to a gym to get a good workout? 10,000 steps is about five miles, and unless you're a server at a restaurant or someone that pounds the pavement all day, you're probably not coming close to getting the minimum 10,000 steps a day.

Most experts say that 30 to 60 minutes of moderate to vigorous exercise daily is the minimum exercise requirement for reduced health risks, but keep in mind you

can't eat French fries and Frosties every day either!

So, how does a working gal stay healthy in 2022? I've often been called crazy and outrageous for doing some of the things I do in order to stay healthy and continue moving, even during work hours, which let's face it, is where we spend most of our time. I've listed helpful hints to start incorporating movement and exercise at your workplace. Give em' a shot. You'll find them easier than you think.

Walk or Exercise during lunch – Most of us have 30 minutes to an hour for lunch, which is premium 'get up and move' time. I suggest bringing your lunch, so you can utilize most of your lunch to incorporate a mini workout.

First of all carry a pair of flats or tennis shoes with you so you can accomplish this. I realize exercise won't work, and can be quite dangerous, in four inch pumps. Don't worry about looking like a goober. Put on your flats and take a walk. Take a stroll out in your parking lot at work or a mall...anything will do! Refer to the health app on your phone. This way you can see how many steps you're getting in on a daily basis. If you don't come close

by lunchtime, then try to go for a walk later in the day. Even a five to ten minute break in the morning and afternoon can be used to walk and de-stress.

If you're telling me you will melt due to the heat, I totally understand, but you must have a backup plan. You Tube has so many fitness channels that offer any and every kind of fitness routine you may be in to. You may get a little sweaty, but there's deodorant and body spray for that. Mike Pelle, Sydney Cummings and PopSugar are a few channels I like to tune into for a quick, and fun, workout!

Now it may be a good idea to bring a small exercise mat and maybe a couple of lights weights and store them at your office if you try to fit in a quick fitness moment. Hey, other people see you're exercising during lunch, they may want to join you. You may even be able to set up your workout space in a meeting room and exercise together. Now that's fun fitness!

So, after all that sweating it's time to freshen up.

So I usually always carry a really oversized purse filled to the brim with everything I might need for the day. That's not great for your back, but I

prefer to have something and not need it rather than need it and not have it.

I always carry deodorant, a towel, body spray, and touch up makeup to freshen up with. If your hair gets a bit oily hair, try a little dry shampoo. A few sprays around my hairline and I'm good to go. Allow your hair to air dry apply a few sprays around the hairline.

Now it's time for lunch, and this meal is critical. If your lunch is balanced and healthy, then you'll have plenty of energy for the rest of your afternoon and evening. Of course having leftovers is a really good idea for lunch the next day. I usually like to shop separately for my meal items for work. Multi grain wraps, organic, low sodium deli meats, a bag of fresh cut greens, a few pieces of fresh fruit, light dressing and nuts or nut butters are the perfect items for any go to snack or meal for work.

If you can't keep groceries at work, then at least keep a protein bar, (I like Quest bars) nuts, or a piece of fruit with you. The worst thing you can do is get famished and not have anything on hand to eat. That's when you make really bad food decisions.

Now for a couple of noteworthy tips for sitting in that chair all day.

I remember my mom telling me growing up, "Tuck in your tummy, head up and shoulders back". I didn't even understand how important that advice was back then. I even got picked on growing up about my posture for whatever reason. But now it's just what I do, and I'm so pleased with the results.

I feel better all day every day with good posture. Good posture helps support the back and reduces back pain (as well as back injuries) at the end of a long day. Just make sure both feet are flat on the floor and your head is lined up with your computer monitor – of course, shoulders back and abdominals pulled in. I promise...eventually your abs will stay where you put them!

I try to make it a habit to stretch every day, especially at work. Stretching helps relieve stress and muscle tension and even increase your energy levels due to the increase in circulation. I find if you don't make time to stretch, then you won't do it. I suggest setting an alarm on your phone for at least every two hours or so to stretch. I've attached a few easy stretches for you to include in your day.

So that's it. You're on your way to a more active workday. Hopefully you'll begin working your way to at least 10,000 steps a day and a healthier lifestyle. Remember it's not just about moving, but feeling good and being healthy involves a healthy diet as well. Make sure you incorporate lean proteins, lots of fruits and veggies and whole grains.

Go out there and be your best Ascension Parish! Have a beautiful and blessed Easter and Spring!

XOXO,

Sweet Eyes



Leave
your Desk
and Get
Moving!

Get Growing, Ascension!

Sign up for the Annual Home Vegetable Garden Contest

The Ascension Parish LSU AgCenter and the Ascension Parish Master Gardener Association will once again sponsor the Home Vegetable Garden Contest for 4-H youth and adults. Each year the contest is held to encourage home gardeners to produce quality vegetables for home consumption and economic gain.

Gardens eligible for participation must be located in Ascension Parish and contain at least four different types of vegetables. Gardens can be entered into the adult large, adult small, youth large, youth small, or school category. Small gardens include containers, raised beds and one row gardens. Large gardens include gardens of



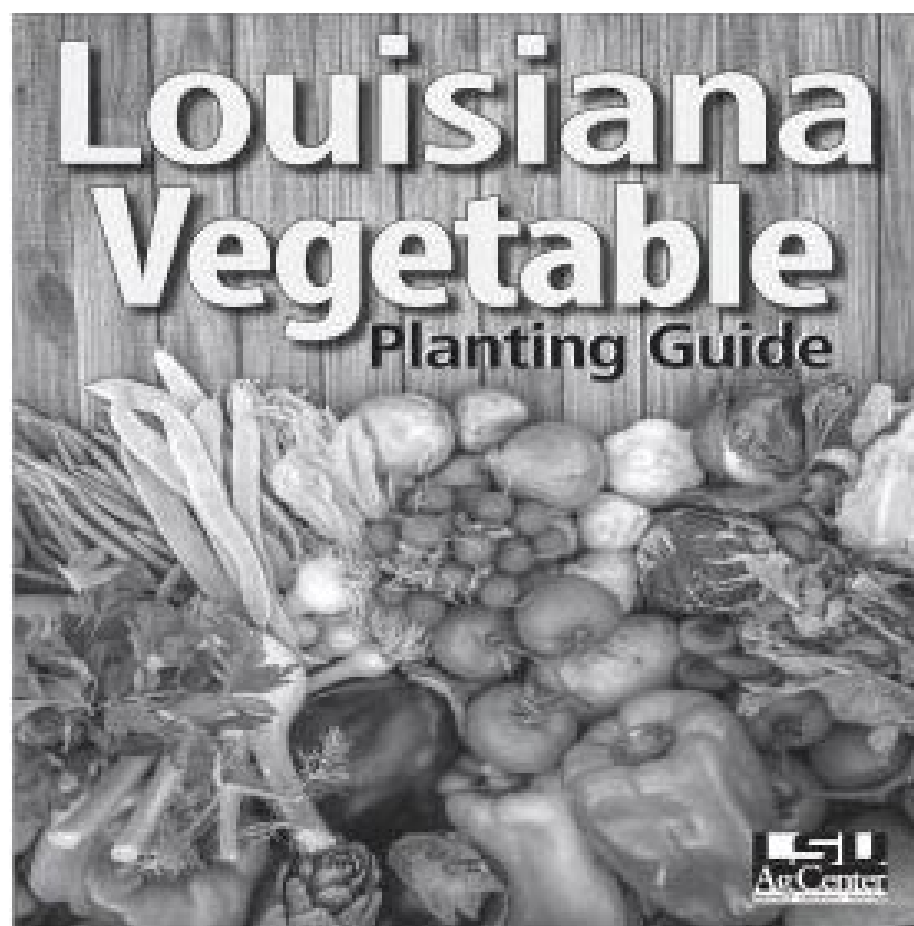
Mariah Simoneaux

two or more rows.

Gardens will be judged in person by Ascension Parish Master Gardeners. Judging will take place in early May and be based on site selection, record keeping, apparent productivity, and weed, disease, and insect pressure. Youth gardens should be primarily maintained by the 4-H member. Complete contest rules are posted on the Ascension LSU AgCenter webpage, www.LSUagcenter.com/ascension.

Tips for a Bountiful Summer Harvest

Vegetables to plant in April include cantaloupe, sweet corn, cucumbers, lima beans,



The Louisiana Vegetable Guide contains planting dates, varieties, and fertilizer recommendations.

snap beans, bell peppers, squash, sweet potatoes, and tomatoes. Additional vegetables that can be planted in May include eggplant, okra, hot peppers, and watermelons. Cucumbers and squash are most productive when started from seed.

After planting, mulch your garden using leaves or pine straw. Adding a layer of newspaper underneath the mulch will make it even more difficult for pesky weeds to

become established. An additional benefit of mulch in the vegetable garden is preventing soil from splashing onto fruit during heavy summer rains.

Allow for some space between plants. Air flow in the garden is of utmost importance in our humid climate. Keep tomatoes and peppers off the ground using a trellis system or stakes. Look to local garden centers for prefab trellises and tomato cages. Gardeners can also make their own using materials such as cattle panels and dried bamboo.

Don't forget the fertilizer. Adding nutrients to the soil throughout the growing season can make or break your crop. When fertilizer is applied next to a growing plant it is called side dressing. Go ahead and mark your calendar now so you don't miss this important step. Many gardens side dress every six weeks, or look for cues in the garden such as first fruit set.



Tomatoes are the most popular vegetable in summer gardens.





Located in Gonzales
adriansphotography.net
225.571.0551

Maternity
Newborns
Kids
Families
Seniors
Weddings

Adrian's
PHOTOGRAPHY



SUMMER READING IS FOR EVERYONE

MAY 24-JULY 31

Oceans of Possibilities



KIDS



TEENS



ADULTS


**Ascension Parish
Library**
Read • Learn • Create

Sign up at myAPL.beanstack.org
For a full calendar of events, visit myAPL.org


Gonzales


CHICKEN FINGERS


ENTERTAINMENT CENTER

GONZALES

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

DONALDSONVILLE

500 Mississippi St.
Donaldsonville, LA 70737
(225) 473-8052

DUTCHTOWN

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

GALVEZ

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



17 Fitness Mistakes Your Trainer wants You to STOP Making, Part 1

By: Brandi LeBlanc, CPT

We all make mistakes. Toxic friendships, diet (or lack thereof), choice in hairstyle (and significant others)—you name it, we’ve probably dabbled, then regretted instantly. It doesn’t matter how good your intentions are—some things just do more harm than good. This existential realization is perhaps no truer than at the gym—a place where even the strongest get their limits tested, both physically and mentally. If you’ve been sticking to an exercise plan and aren’t seeing results—or you simply want to know what your trainer wants to tell you, politeness out the window—here ya go. I’ll say it FOR them.

In this month’s issue you will find EIGHT of the top 17 fitness mistakes—pet peeves, whatever you want to call them—that most good, educated, and experienced trainers want their clients to stop doing (in the name of good health and better results, obviously). As for the other NINE, you’ll have to look for next month’s issue to get the rest of them!

01 of 17 Stop Avoiding Carbs

Please stop thinking that low-carb dieting and high-intensity workouts are a perfect mix—they are more like a recipe for disaster. Carbs are your body’s first resource for energy, so cutting them and doing high-intensity (energy) training is the opposite of what should be happening. While many fad diets, such as the keto craze, vilify carbs, I’m here to tell you this macronutrient is actually

crucial for energy production during vigorous exercise. Carbs are great for your body... the right ones. It’s more about how much you’re taking in and how much you’re utilizing them. Opt for complex carbohydrates that contain fiber, such as vegetables, fruits, legumes, and whole grains.

02 of 17 Stop Fad Dieting

Stop detoxing, juicing, and fad-dieting! These weight-loss attempts are inherently unsustainable and unbalanced in their approach. Most lack a major component of the human diet that is required for us to operate normally from day-to-day. No-carb diets will cause you to feel awful and have zero energy. Juicing lacks the protein necessary to maintain and build muscle. A detox often forces you to eat or drink the same things every day for a period of time. Most people gravitate toward these more extreme approaches to dieting in hopes of achieving quick and easy weight loss. I’m



here to tell you, this is NOT wise. Generally, these programs are forms of starvation that contribute to only small decreases in body mass, with even less significant decreases coming from fat mass. The biggest problem begins once these programs cease and the previous poor eating habits resume, often causing a regression back to square one.

03 of 17 Stop Eating Protein Bars

Cut protein bars from your diet, PLEASE!! A protein bar is very quick and convenient in our hectic lives, but it is nothing more than a glorified candy bar! Most protein bars are filled with sugar—and if not sugar, then [sugar] alcohols, fat, high carbohydrates, etc. This type of nutritional profile makes protein bars poor meal replacements. Eat a small meal filled with great nutrients instead. Or, when rushing with time, try some

carrots and hummus.

04 of 17 Stop Drinking Excessively

Y’all are not going to want to hear this, but cut back on alcohol as much as possible. Not only is alcohol usually filled with high sugar, high carbs, and empty calories, while digesting, it’s turned into something called acetate. If your goal is to burn body fat, you have to burn through the acetate first before reaching your body fat. Therefore, hitting the gym the day after you drink will maybe burn the liquor from the night before, but not anything extra. This doesn’t bode well for those looking to lose fat or tone up. If you frequently drink socially, you’ll most likely gain weight, or you will probably hit a plateau in maintaining your weight. As a replacement, try adding fruit to water—this way you’re staying hydrated, as well as have a great taste for flavor.

healthy or natural. Not only are these foods unhealthy and devoid of valuable nutrients, but they are also less satiating and often lead to overeating. Opt for real food raised on a farm, caught in the wild, or grown in the ground. A good rule of thumb is that if there are words on the list of ingredients you don’t recognize or can’t pronounce, put the food back on the shelf. That means it’s full of preservatives, chemicals, and things your body does not need.

07 of 17 Stop Showing Up Late

Stop coming in late. Coming into a class late disrupts the rest of the class and doesn’t give you time to get situated, meet the instructor if you’re new, or get warmed up. If you’re new to the class, plan to arrive a few minutes early so that you can get acquainted with others if you want to chat, and also to ask any questions you have. You know what time your class starts. You know how long it takes you to get from your house/work to your gym/facility. Leave at the proper time so you will get there in time. I can not express enough how important this is, and also how inconsiderate this is to your trainer/instructor when you make them have to repeat the instructions over and over again. My clients know how much I hate this.

08 of 17 Stop Being Inconsistent

Stop being inconsistent and thinking things will change with inconsistency. Without regularly completing your workouts, your body won’t make positive adaptations to your training, and your risk of injury increases. This makes reaching your fitness goals impossible. It is also harder to form a habit of working out unless you are consistent and stick to a schedule.

There you have it. That’s EIGHT of the 17 mistakes you’re making right there. Take this month to evaluate your journey. Which of these mistakes have you been making? What can you do to truly start making a change in your progress? Look for next month’s issue to get the rest of them. If you’d like more information on how I can help you, contact me. I’d be happy to put you on the right track and keep you there.

For more info on how I can help you

Contact me:
Brandi LeBlanc, CPT
225.210.7813
contact@brandileblanc.com

05 of 17 Stop Skipping Protein

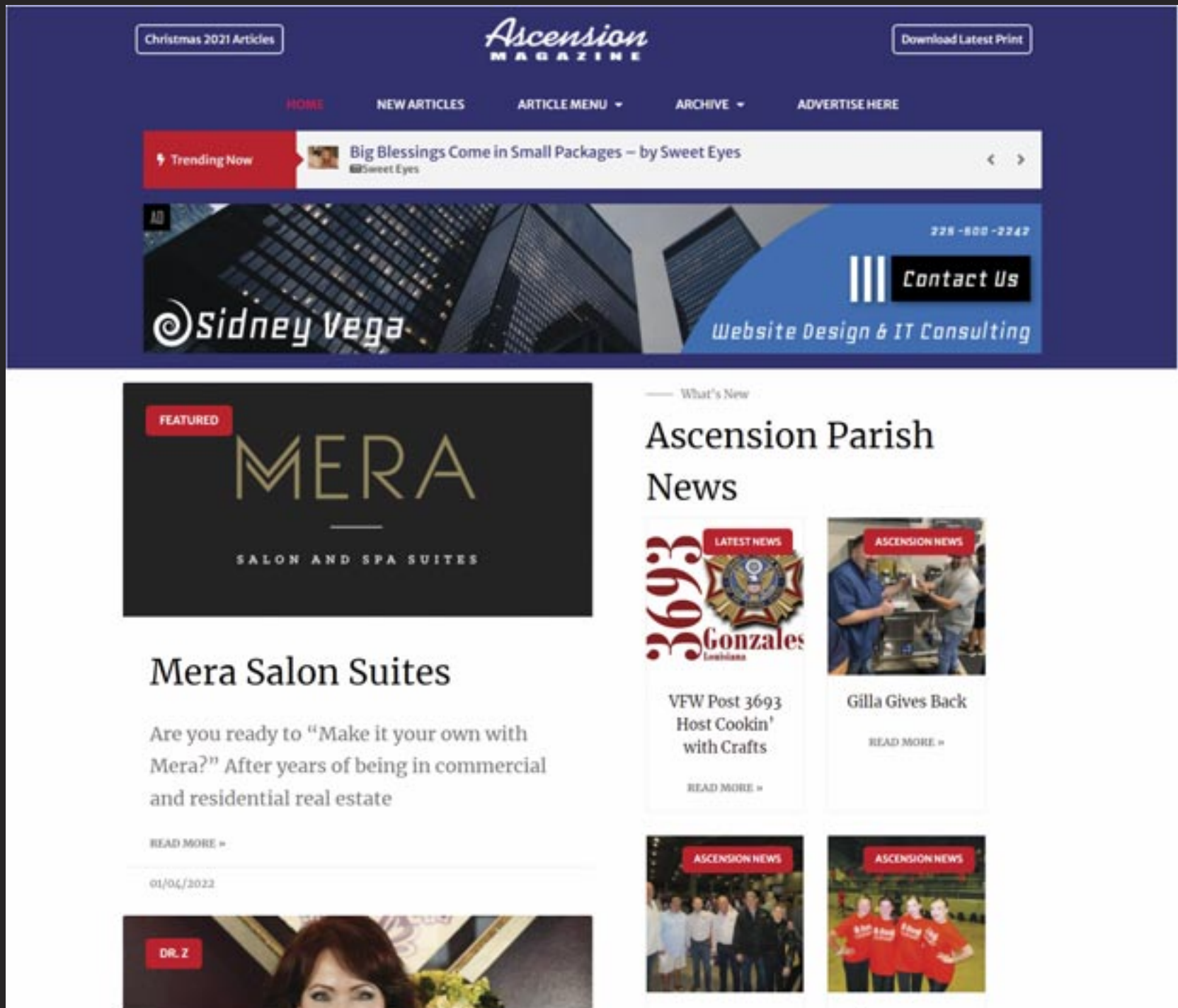
Never eat a meal or snack without a major source of protein. Protein helps build lean muscle tissue and also manage hunger levels. Eating a meal that includes only carbohydrates will often lead to overeating and consuming more calories than your body needs. Whatever the body doesn’t use for energy, it will convert to fat within hours after consumption without exercise. A banana, toast, and coffee do not qualify as breakfast. Aim for at least 20 grams of protein per meal for satiety.

06 of 17 Stop Eating Fake Food

Quit fake food. “Fake” food includes anything that’s highly processed, contains manufactured or artificial ingredients, or is masquerading as something

Join Us and Enjoy the Magazine on Our New Website.

ascensionmagazine.net



Ascension

MAGAZINE

FOR MORE INFORMATION CONTACT MIKE STRONG 225.413.5485



Joie de Vie
SALON & SPA

We are Growing to Fulfill Your Full Service Salon Needs

622.5085

44253 Hwy. 42 (1 mile from Port Vincent)



HWY. 44
PAINT & BODY
644-7516

PAINT BODY TOWING



YOUR ESTATE MATTERS



By Linda Melancon

Why Small Business Owners Need an Estate Plan

If you run a small business, you know that it can keep you up at night. Staffing, bookkeeping, inventory, customer relations and so much more are all things that may have your mind racing at a late hour. One thing many business owners worry about: what will happen to my business once I'm no longer around to run it? If you don't have an estate plan in place, you are leaving yourself, your family, and your business open to problems after you are gone.

While an estate plan is important for everyone, it is especially important for small business owners. Planning allows you to dictate what will happen with your business after you die or are no longer able to manage it. It can help you avoid excess taxes and debts and facilitate your business's continued success.

Before sitting down to start the estate planning process, you should think about your goals for the business. What do you want to have happen if you die or become incapacitated? Should the business continue with current partners or be sold to new owners? Should your family take over? Should the business be shut down? Consider your family dynamics when thinking about these questions. Once you have come up with your goals, you can create a plan to meet them.

The basic building blocks of any estate plan include a will, power of attorney, and medical directives. The will allows you to direct who will receive your property at your death, while the power of attorney and medical directives dictate who can act in your place for financial and health care purposes.

Following are some additional things a small business owner should consider as part of an estate plan:

- **Tax Planning.** If your business is not a separate entity, you may want to consider ways to minimize estate taxes. The current estate tax exemption (\$12.06 million in 2022) is so high that most estates do not pay any estate tax. However, a small business could put an estate over the limit. Also, the fact that the estate tax exemption is set to be cut in half in 2026 and that states have their own estate taxes means that tax planning is important. You may want to put your business assets into a trust or a separate business entity like a limited liability company to lower your estate tax burden.

- **Trust.** A trust can be useful not only to reduce estate taxes, but also to ensure the continued running of your business if you die or become incapacitated. Because a trust passes outside of probate, the assets in the trust can be transferred immediately to the person you want to run the business without waiting for the whole estate to go through probate. In addition, if you become incapacitated, the trustee can continue to run your business without court involvement.

- **Buy-Sell Agreement.** If you own your business with others, a buy-sell agreement can be very useful. Buy-sell agreements are used if one of the owners dies, leaves the company, or becomes incapacitated. It specifies who can buy an owner's share of the business, under what conditions, and for what price.

- **Life Insurance.** When you own a business, life insurance takes on new importance. A life insurance policy can ensure that your family continues to receive an income in the event of your death. It can also provide funds to keep the business running and be used to fund a buy-sell agreement.

Stop losing sleep over the things you can control. If you own a small business, speak with a qualified estate planning attorney to come up with a plan that fits your needs.

The information provided is not intended to be legal advice and does not constitute any attorney/client relationship. You should consult with an attorney for individual advice regarding your own situation.

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

Being Real with Real Estate

with Ashley



DEMAND! It's all about demand.

After reading tons of blogs and real estate articles... it's not a surprise that housing demand remains extremely high. Even with the rates jumping to 5%, homes are still selling and selling quickly! One of the main reasons, and one I have been saying over and over again, still remains...a severe housing shortage due to underbuilding over the last decade!! This will absolutely cushion the housing market from rapid deceleration. Another reason I think the market will remain robust is our new-found "telecommuting and teleworking" freedoms remaining in place for most employees. Also, the cold hard truth still applies...no matter what the interest rates are... there will always be divorces, deaths, house fires and company re-locations. People will ALWAYS buy houses.

However, with mortgage rates now nearing 5%, many aspiring home buyers may have reached the top of what they can afford, especially as 40-year-high inflation affects the threshold for them. I personally have a few buyers who will be priced out of buying a home now with the recent interest rate increases. Their buying thresholds can't support that kind of rate hike... and it has impacted the first-time home buyer the most.

According to the National Association of REALTORS®, prices are well above levels from a year ago. The average borrower is paying about 40% more than they would have for the same home a year ago on a monthly payment due to higher mortgage rates and higher home prices. Most first-time home buyers and lower income families can't afford that hike in monthly payments and will now have to continue to rent. This makes me incredibly sad and frustrated!!

On the flip side of the rate increases...some buyers see a huge opening in the market. They may want to rush ahead of further mortgage rate increases or may see an uptick in new listings.

If you have been one of those fence riders...I am honestly suggesting you give me a call and let's discuss what I can do for you. Whether you are in the market to list your current home or purchase a new one... I would love to introduce myself to you and let you know why I would make an excellent teammate!

Happy Spring...



**Pressure Wash
Softwash**

**Roll off containers
Dump trailer**

Roof repairs

Michael Gayden 225.348.3973 • Jerry Gayden 225.390.7172
1216 W Sidney Gonzales • Licensed • Insured

Looking for a Real Estate Agent Who Provides Results? **Call Me!**



No Stress... Just Solutions!

ASHLEY D. PARROTT
225.933.6869

ashleyparrott@kw.com

KELLER WILLIAMS FIRST CHOICE
17111 Commerce Center, Suite A,
Prairieville, La 70769
225.744.0044

*Each office is independently
owned and operated



REAL KNOWLEDGE. REAL EXPERIENCE. REAL ESTATE

13053 HWY. 431 • ST. AMANT



FIRESTONE BRIDGESTONE CREDIT CARDS ACCEPTED AND AVAILABLE AT BIGGEAUX'S

State-of-the-Art
Equipment

Front End
Alignments



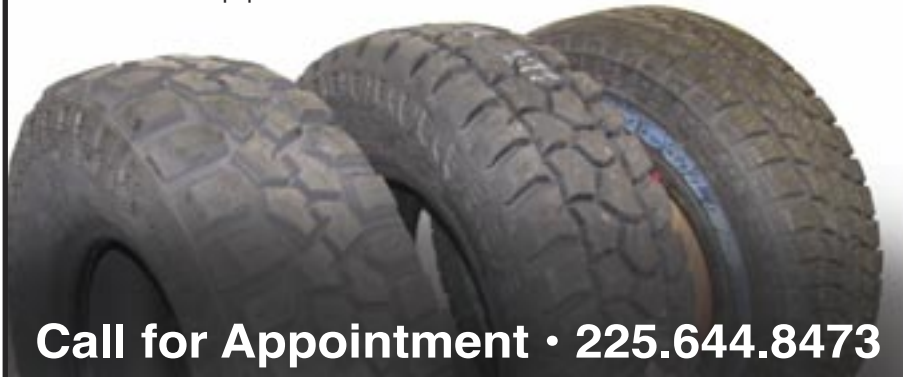
**NOW STOCKING: ANCO WIPERS,
HERCULES TIRES, INTERSTATE BATTERIES**



24 Hr. Emergency Roadside Service



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



Call for Appointment • 225.644.8473

FINANCIAL FOCUS

Should you make extra mortgage payments?

You might enjoy owning your home – but the mortgage? Not so much. In fact, you might want to do everything you can to pay it off as quickly as possible. But is that always the best strategy?

In one sense, your mortgage can be considered a “good” debt because it’s backed by a tangible asset – your home – that has real value and may even gain further value. Furthermore, by historical standards, you’re probably paying a pretty low interest rate on your mortgage, so you’re getting a lot of benefit – a place to live and a potentially appreciating asset. And if you itemize on your taxes, you can possibly deduct some, or maybe all, of your mortgage interest.

Nonetheless, despite these benefits, a mortgage is still something you have to pay, month after month and year after year. And for some people, it may feel good to pay it off. After all, there may well be a psychological benefit to being free this long-term debt. But is it really in your best financial interest to make extra payments?

Suppose, for example, that you need a large sum of money quickly for a new car, a new furnace or some other unexpected, significant expense. Or, in an even more serious scenario, what if your job ends and you need money to tide you over until you get a new one? In these situations, you need

liquidity – ready access to available cash. And your house may not be the best place to get it. You could apply for a home equity loan or line of credit, but these typically require approvals (which might be difficult if you aren’t employed), and you’ll be using your home as collateral. A home equity loan or credit line isn’t always bad – under the right circumstances, it can be a valuable financial tool. But that doesn’t change the basic fact that your home is essentially a non-liquid asset.

So, instead of making extra house payments, make sure you have built an emergency fund containing several months’ worth of living expenses, with the money kept in a low-risk, accessible account. After building an emergency fund, you should weigh extra mortgage payments against other uses of your money. For example, if you have other types of debt – such as credit cards or student loans – you might want to work on paying those off more quickly, as these debts may also carry higher interest rates.

You might also consider increasing your contributions to your 401(k), IRA or other retirement/investment accounts. You could spend two or three decades in retirement, so it’s important to save as much as possible for those years.

As you can see, you do have some good reasons for using any extra money you may have for purposes other than making additional mortgage payments. Ultimately, though, it’s a personal decision. In any case, think carefully about your choice. You may want to review the various tradeoffs with a financial professional, who can possibly recommend the most advantageous strategies. And you may also want to consult with a tax professional. By understanding all that’s involved in the “extra payment” decision, you’ll be better prepared to make the right moves.

*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, Financial Advisor

516 Moore St., Suite 103 • Baton Rouge, LA 70806

Office 225.314.3558 • cell 225.328.6900 • Fax 844.879.7129 • www.edwardjones.com

DREAMS COME TRUE SOUTH LOUISIANA CRAWFISH FESTIVAL

CRAFT & CAR SHOW

@ LAMAR DIXON EXPO CENTER IN GONZALES



4 • 23 • 22



9:00am • 9:00pm



\$5.00 per person

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

COMPETITIONS

ACTIVITIES

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

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



NA-NA-SHA

Ashton Gill



SPONSORS

Bill & Mary Lee Dixon



100% OF THE PROCEEDS BENEFIT DREAMS COME TRUE OF LOUISIANA

Call Rodney 225-328-6735 or Freddie 225-933-9339 with your questions.
Email CajunLivinNCookin@yahoo.com about all competitions.
Info on Car Show call Sal Palmero at 225-937-2766.
Visit dctcrawfishfestival.com for event updates.





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

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

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



**THE HOSPICE
OF BATON ROUGE**

A Tradition of Trusted Care Since 1984

Bloom Into A New You

SPRING OPEN HOUSE

Thursday, April 28th 4:00 -8:00 PM
Baton Rouge Location 5305 Flanders Drive

RSVP BY CALLING 225-778-7540

🌸 \$10,000 Grand Prize Giveaway

🌸 Luxury Bonus Prizes

🌸 Special Pricing

🌸 Wine & Hors D'oeuvres

🌸 Live Music

🌸 Live Painting Experience



Luxury Bonus Prize Preview
LOUIS VUITTON
PETIT PALAIS
HANDBAG
RETAIL VALUE \$3100

Ann Zedlitz, M.D.



AESTHETIC
DERMATOLOGY

Save BIG with Digital Coupons at DeLaune's

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



LOGIN

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



CLIP

Browse through digital coupons and clip offers you like.



REDEEM

Enter your phone number at the register during check out.



PROUD MEMBER OF ASSOCIATED GROCERS

← Scan here to sign up!

The month of April, we have a unique Spring offer for all of our customers.



We also have our monthly FREE item offer, called the Digital Coupon Steal Deal! Be one of the first 200 people to clip the offer before it disappears.



Check out our weekly ad or visit our website to find all of our available digital coupons today!

DeLaune's Supermarket

12516 Highway 431 • St. Amant, LA 70774

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

Hours: 6am-8:30pm

EA/STA

Steak & Bean Social

This year, for the first time ever, both sides had the good fortune of eating steak. Due to Covid, there was no event last year. The Spartans won the game and the Gators won the game this year. Bret Hughes is the EA captain and Fritz Englade is the STA captain. The event was highlighted with some comments and good comedy by Coach Oliver and Coach Lee.

The event started in 1989





Join Us for the Event of the Century!



www.GonzalesLA100.com

Follow us @GonzalesLA100

FRIDAY, APRIL 22nd

- | | | |
|----------------|---|-----------------------|
| 5 PM – 7 PM | VIP RECEPTION TEE-JOE MUSEUM
<i>This event is by invitation only for sponsors, members of Tee-Joe's family, etc.</i> | SPONSOR – REV (EATEL) |
| 5:30 PM - 6 PM | 75 TH TIME CAPSULE UNEARTHING & REVEAL | |
| 6:30 PM – 7 PM | TIME CAPSULE 75 TH VIDEO VIEWING
<i>These events will be live streamed on the GonzalesLA100 Facebook page!</i> | |
| 7 PM | PERFORMANCE BY KIRK WILSON – ASCENSION COMMUNITY THEATER
<i>This event is by invitation only for sponsors, members of Tee-Joe's family, etc.</i> | |

SATURDAY, APRIL 23RD

- | | | |
|----------------|--|-------------------------------|
| 5 AM – 10 AM | ROLAND DOUCET SHOW LIVE BROADCAST FROM JAMBALAYA AMPHITHEATRE | |
| 8 AM | CENTENNIAL 5K FUN RUN BEGINS | SPONSOR PLANET FITNESS |
| 10 AM | ARTS & CRAFTS / FARMER'S MARKET OPENS – WALKWAY BY CITY HALL | |
| 1 PM – 3PM | KENNY FIFE
❖ Jambalaya Amphitheatre Stage | SPONSOR WILLIAMSON EYE CTR |
| 4 PM – 7:30 PM | CENTER STAGE PERFORMING ARTS ACADEMY CENTENNIAL SALUTE
❖ Civic Center Stage | SPONSOR LAMENDOLA SUPERMARKET |

SUNDAY, APRIL 24TH

- | | | |
|--------------------|---|-----------------------------|
| 7 AM | CENTENNIAL JAMBALAYA COOK-OFF BEGINS | SPONSOR LOUISIANA TOURISM |
| 11 AM | CENTENNIAL JAMBALAYA COOK-OFF FINALISTS ANNOUNCED
ARTS & CRAFTS / FARMER'S MARKET OPENS | |
| 12:30 PM – 2:30 PM | RHETT & THAD GLINDMEYER
❖ Jambalaya Amphitheatre Stage | SPONSOR WILLIAMSON EYE CTR |
| 1 PM | CENTENNIAL JAMBALAYA COOK-OFF FINALISTS BEGIN CHAMPIONSHIP COOK | |
| 2:30 PM | 'WE ARE BLESSED' NON-DENOMINATIONAL COMMUNITY PRAYER SERVICE
❖ Civic Center Stage | |
| 2:30 PM – 4:30PM | KENNY CORNETT
❖ Jambalaya Amphitheatre Stage | SPONSOR WILLIAMSON EYE CTR |
| 3:30 PM | 100 TH TIME CAPSULE BURIAL | |
| 5 PM – 7:30 PM | CLOSING CEREMONIES & RECOGNITIONS
NA NA SHA CONCERT - Civic Center Stage
CENTENNIAL JAMBALAYA CHAMP ANNOUNCED 6 PM
FIREWORKS SHOW | SPONSOR HARRY ROBERT FAMILY |



Amite River Mardi Gras Boat Parade & Auction Raises \$83,000 for St. Jude.





HARDWOOD • VINYL • CARPET • TILE & GROUT

Brite Shine

Cleaning and Floor Care

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

Phone: 225.677.2003 ☎
Estimates@briteshineclean.com



What If I Had Sunday's Paper on Saturday Morning?

by Bill Delaune

"...It's the chance in a life-time-In a lifetime of chance..." from "Run for the Roses" by Dan Fogelberg.

I guess it was Good Ole Charlie Brown from the "Peanuts" cartoon who started the "What if..." sports craze when he lamented in the popular strip, "What if Willie McCovey's line drive had been one foot higher in the '62 World Series?"

Old time Giants' fans will recall that last out which would have given San Francisco the victory over their hated rivals the Yankees in the deciding seventh game. But New York second baseman Bobby Richardson snared the liner and the Bronx Bombers added more championship hardware to their trophy case.

Now that's an oldie but let's play one in this decade circa 2005. What if Miami's team doctors had informed then-coach Nick Saban that free agent Drew Brees banged-up shoulder would not hamper his quarterback play and Brees would have signed with the Dolphins?

What if Saban and Brees had won multiple Super Bowls together and become the toast of South Beach? Think about it. No Alabama dynasty. New Orleans owner Tom Benson moves the dismal Saints to San Antonio to become the Diablos. And who knows what other dominos fall in all kinds of directions.

But Brees failed the Dolphins' physical and became a Hall of Fame record breaker in New Orleans.

Or even more recently-what if Scottie Scheffler's line drive chip shot (not quite as high as McCovey's) wouldn't have hit the pin and gone in for birdie on the third hole of the last day of the Masters. Scheffler had seen his once comfortable lead shrink to one thanks to a birdie-birdie start by Cameron Smith who was trying to extract some kind of revenge for fellow



Aussie Greg Norman who made a habit of folding like a two-dollar accordion on Sunday at Augusta.

But Smith's shot from the same place ran well past the hole and he made bogey. Scheffler's lead was back to three and he was never seriously threatened. But what if the roles were reversed and Smith takes the lead? Only the fickle golf gods that reside all over that revered course know the answer.

Now it's late April and the only "what ifs" that matters to some folks are "What if the weather is bad for our a) church fair b) outdoor festival or c) celebration of Gonzales's 100th birthday? Now I'm with you because I plan to attend any function that offers good food, good times and good music.

But if you'll excuse my selfishness for just a moment, my biggest "what if" happens every year about this time before the first Saturday in May as in-"What if this is the year I pick the winner of the Kentucky Derby."

Now my infatuation with the Derby has been well documented dating back to

1958 when I was an impressionable nine-year old. My Uncle Harry kept talking about a "deadlock cinch" in the race named Tim Tam. I knew Harry dabbled in games of chance but I'd never heard him use the word "cinch" before.

So I emptied my coin bank and came up with the whopping sum of two dollars to give to my uncle to bet for me. When Tim Tam came dancing home a winner at 7-2, I had nine dollars making me the richest kid in Prairieville and I was hopelessly hooked.

By the way, Harry apparently wagered a bit more than I did because his second son is named Timothy Tam Bullion.

Even in my "lost years" of the 60's I still kept up with the Derby. In 1968 I was hanging around with some "worthless hippie freaks" (still my friends to this day) who couldn't comprehend my fascination with the Run for the Roses.

As the horses came onto the track, one of my cosmic cowboy sidekicks casually remarked, "I don't know much about horses, but I do know something about drugs and that number 2 horse is wired."

The 2 horse was Dancer's

Image and he was kicking up his heels, looking more like a bucking bronco instead of a seasoned thoroughbred.

"He's just nervous in front of the big crowd," I explained. But when Dancer's Image came flying down the stretch to win the Derby, the stewards suspected the same thing my incoherent cohort had-that he was flying a little too high. Traces of an illegal drug were found in his urine sample and he was disqualified.

I did make sure the next time I went to Evangeline Downs I brought my "chemical expert" along to inspect the eyes of each horse looking for signs of "enhancers".

Speaking of the Lafayette area, I got caught in a traffic jam en route to the Breaux Bridge Crawfish Festival in 1970 and was in danger of missing the Derby entirely. As post time neared and the stall on Highway 94 slowed to a complete stop, I jumped out of the car and raced to a shotgun house with a horse trailer outside and banged on the door. An ancient Cajun man opened up and slowly gave the once-over to this wild-eyed college kid with hair hanging

over his collar and a plastic gallon jug of "Pink Death" jungle juice tied to his belt.

"You watching the Derby?" I asked cautiously.

Fortunately, track rats have a built-in radar that allows them to identify one another-over-shadowing minor things like age or appearance.

"Who you like?" he said-the universal 3-word greeting of every track denizen and I knew right then he was going to let me in.

"They can't beat My Dad George," I answered confidently.

My host took a long pull from a can of Budweiser and led me into what passed for the living room in his humble abode.

"I got Dust Commander," he said plopping down in a worn-out recliner.

Now this man was kind enough to let me into his home so I didn't want to offend him. But Dust Commander? That plug was at least 30-1 and climbing on the tote board. Before I could ask "why", he answered my question.

"The track's sloppy," reasoned the old man. "All those Dust horses run good in the mud."

Two minutes and five seconds later, a "miracle in the mud" had occurred. Dust Commander raced by My Dad George in the stretch and paid \$62 for every \$2 bet. My Dad George got mud in his face and I got egg on mine.

I thanked my elderly mentor as I left and congratulated him on his nice score.

"Sorry about your horse," he said. "If he'd won you mighta could've afforded a haircut."

I even tried to exorcise all my Derby demons in 1987 by wagering on a splendid-looking colt named Demon's Begone. Demon looked full of fire and brimstone going into the gate, but he began to have a devil of a time breathing during the early stages of the race. Jockey Pat Day had no choice but to pull him up after only half a mile and he was taken away in an ambulance.

No wonder Father Karras threw himself out of that

second story window in "The Exorcist".

Day was also the jockey on my namesake pick Dollar Bill in the 2001 Derby guiding him to a solid 15th place finish out of 16 horses.

The losing streak ended briefly in 2012 when I threw away all the racing forms and simply bet on a 15-1 longshot whose name reflected my drinking philosophy I'll Have Another. Of course, when he won all my winnings went to buying drinks for the boys (and girls). But that was 10 years ago and I haven't come close since.

But don't despair, my faithful readers. This year I have a trifecta (the first three finishers) box that will require a wheel barrow to carry your winnings in.

My first three picks are all sired by one of my favorite horses of all time-Gun Runner. Ever since we looked eye-to-eye in the paddock at the Fair Grounds before the 2016 Louisiana Derby (He went on to win at 9-2.), I have felt a

connection with that animal. This year he has three colts in the Kentucky Derby-Early Voting, Taiba (the Santa Anita Derby winner) and Cyberknife (the Arkansas Derby winner).

Early Voting's connections may opt to wait for the Preakness but I'll include him in my exotic bets if he goes the first Saturday in May. My other horse in the box will be White Abarrio-a striking gray colt-because a wise man once told me to always bet on the gray. "You can always tell where he is in a big 20-horse field," was this wise guy's reasoning.

And what if I finally hit a big tri or superfecta? Why we'll celebrate at one of the many spring fairs or festivals that Ascension Parish hosts this time of year.

Happy birthday, Gonzales and good luck to all in all endeavors.

Yes, RoofClaim.com serves you!
Branch Offices throughout Louisiana!

Roof Repair Experts

RoofClaim.com
Metal Shingle Tile

225.753.6766 • info@roofclaim.com

Thoughts from Bully

Because I'm Your Mom!!!

I was rummaging through some papers the other day and came across this classic family photo.

It was Easter Morning 1958. My sister Janet and I were dressed to the 'T' and headed to church.

It was a perfect Sunday morning. The Bunny had shown up with the baskets and they were filled with colored eggs, candy, hog head cheese and that hollow Chocolate Bunny in a box.

I swear my little sister Donna could eat the back out of her Bunny so slow. It would be June before she made the first nibble that scarred the chocolate on the front of the Bunny. Don't even think about touching those yellow candy eyes.. Once she'd start eating the front, she'd start at the bottom and work her way up so eventually she'd just be holding the head in her hand. The ears were last. She'd carry



them around and it looked like a brown hotdog.

Anyway, back to the photo. Mom had the day going great and she took this photo. Look at my happy little face. A real cutie.

Well I climbed in the backseat of the car and crawled up in the back window to look out as we drove to church. This behavior could have a parent incarcerated today. I then took off that hat.

She said, "Put it on." I said, "No". She said, "You better or else. I threw the hat out of the window of the moving car.

The next part is a little cloudy. I remember the squealing of tires. The slamming of a car door. The opening of the door next to where I was sitting. Then like a ride at the State Fair, I was jerked out of that car and was soon on my way to pick up and put on that hat.

At first I pitched a fit. Flopping and whaling in the ditch. I said a few more No's.

It then came time for that 'or else', part of her previous statement.

I then proceeded to get my butt whipped on Easter morning and I had to wear that stupid hat anyway.

While crying I screamed why do you get to tell me what to wear. With a deliberate stare she said, "Because I'm Your Mom!!!"

Easter is upon us again and I hope all of you remember your families on this day and celebrate the greatness of life and Christ.

On that Easter Sunday in 1958 I received the greatest love of all. Discipline!



Mike & Janet 1958



Congratulations to my Great Nephew Andrew.

A Facebook post Jolie Roussel Pennington

Andrew was honored at tonight's school board meeting for being chosen for the Louisiana All-State Academic Football Program. We are so proud of our big bear!

I had to include the photo of him with his grandparents—the four of them have played an immense role in helping us raise him. There is nothing they wouldn't do for him, and I know they are as proud of him as I am.

He and eleven other Dutchtown Griffin football players were recognized tonight by the LHSA All-Academic Award Program for achieving academic excellence as senior student-athletes who have maintained an unweighted 3.5 grade point average or higher.



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."



Entertainment Schedule

April 22 -

Drag Show

April 23rd -

Titanium Rain

April 30th -

Chemical City Rebels

May 7th -

Group Therapy

May 14th -

Party at Joes



Titanium Rain

April 23rd

www.parkplaceofgonzales.com

Jammin' with Goosie

Have We Lost Our Youth

It was the first day of summer vacation from school for my grandchildren. They entered my house early that morning to spend the day with maw maw and paw paw. Each chose a different room in which they would enjoy the first schooless day of the summer. A strong storm a couple of days before had deposited a very large oak limb in our yard. My plan for the day was to cut and remove the large part of the tree from my property. As I gathered my gear for the job, I noticed each of the children lying in their chosen rooms viewing some sort of device. The task of cutting, transport-

ing, and stacking of the wood for a future weiner roast was a pretty fair work out. After all, the human body needs to be worked to properly maintain itself. There's nothing wrong with a hard day of work, if it's done in a safe and proper manner.

Inside living is a very important part of our life, but to me, the outside world is the real world that we live in. While performing my outside task, I took a spare moment here and there and enjoyed the feel of the morning sun shining on my body. Although the sun produced a much needed sweat, a gentle southern breeze from the Gulf of Mexico helped to cool me down. Every now and then, a cloud from above would block out the sun's rays for a moment and in



between the starts and stops of the chainsaws running, I could hear the wonderful music of the local song birds in the air. Yes. Life is great. And to this day, I was not offered any help from my inside visitors.

After putting away the tools, I decided while already being hot and sweaty that I would make my normal jog through the neighboring subdivision. I can't tell you how many times that I have traveled that route and not seen a young child playing outside. With the exception of one yard in particular where a young boy and a beautiful young girl are seen outside with regularity, the rest of the area appears to be a ghost town when it comes to hearing the laughter of young children. As I slowly trotted by each empty yard, I was constantly being reminded of a comment that was made to me by a Department of Wildlife and Fisheries official while attending a youth lottery deer hunt at the Buckhorn Wildlife Management area several years ago. As we were discussing his involvement in the youth hunts at hand, at one point he looked into my eyes and said, "I'm afraid that we're losing our youth." I had to agree with his statement for sure.

I just recently attended the Irish Italian Parade in Metairie. It was a beautiful spring day and as the police shut down the traffic on the parade route, one of my group said with affection "It's great to see all those kids out

there being active throwing footballs and writing on the concrete with chalk etc., instead of sitting around looking at one of those things". She was so right on time with that statement. It was my pleasure to see that activity also. A common conversation of people of my age group is about the amount of time we spend outdoors as youngsters in the summer and winter compared to our youth of today. Now I know I can't expect a young person to feel the same about things as an old man like me feels. But the fact that a great deal of our youth must live in a controlled environment and look at a bunch of you know what all day long is bothersome to me. Each generation of people changes and I'm sure that today's youth will be concerned with the actions of their children when they become parents or grandparents. As far as my grandkids and I are concerned. I pray that they will spend more quality time outdoors with me, others, and by themselves in the future. I sure hope so. But as for that first day out of school that summer- The boy left that evening at dark and that was his first time outside that day besides entering the house that morning. As far as I know, the girl never did go outside that day. That's really unacceptable and the sad part is that I'm partly to blame.

Until next time
Love Em all
James "Goosie" Guice



MAGNOLIA

ASSISTED LIVING



NOW LEASING

ENJOY YOUR GOLDEN YEARS

- Private or companion suites
- Wi-Fi access
- Individual heating and air controls
- Kitchenettes
- Individual mailboxes
- One level—no elevators or stairs
- Handrails in hallways
- Lighted parking
- Security system
- Comfortable community areas

1604 S. Burnside Avenue • Gonzales, LA 70737
225.647.8400 • info@magnoliaseniorliving.com
www.magnoliaseniorliving.com



East Ascension Sportsman's League

Letter from president -
Mike Lambert

Welcome again to the East Ascension Sportsman's League page this month. Last month I asked for old and new members to join us and make our club alive again. This month, I am going to give y'all a brief history of how EASL started up. I wasn't there, but the best I can determine, with the history I have read, I think I can tell the story.

Somewhere in the early 1940's, a group known as the Ascension Sportsman's League began to meet. Members were from both sides of the Mississippi River. Then in the late 1940's, the west side split and took the name with them. The east side then became EASL. Members met at hunting camps, fishing camps, local bars and restaurants. By the end of the

1950's, if there were a dozen people to show up for a meeting, that was a good turnout. By the way, dues back then were \$1.00 a year. Since the meetings were held in a different place every month, it was hard to communicate with members. Mr. Ralph Kling, a local insurance agent, and club treasurer for many years, would have his secretary print and mail post cards to notify members of the time and place. Then in 1973, the EASL newspaper was started. This lasted until 2020, when it was decided by the board, that it was too expensive due to the cost of printing and the decline in membership. The social media was the new way to go.

That's the short history. The future depends on our

members providing us with an email address, so we can keep them informed on time and place of the events as they come up. I'm again asking for all old members and especially new members to join. We meet at Cabela's upstairs in the meeting room, on the third Monday night of the month at 7:00 PM. Come join us and sign up there. Or email your information and \$20.00 annual dues to: 36156 Sycamore Circle Geismar, LA 70734. We will have a good meal and a guest speaker at every meeting. They will speak on topics that we can all find an interest in. I look forward to seeing you there.

Thanks for your time,

Thanks, Mike Lambert

East Ascension Sportsman's League Bass Club February Tournament

EASL Bass Club Report

The EASL Bass Club fished Toledo Bend on March 25th & 26th. The Tournament weigh in was held at San Miguel Park.

Members could travel anywhere on the Lake to fish and return to San Miguel for the weigh in each day.



We want to thank Dirk Anderson for coordinating the Thursday evening gathering, and Ronald Gautreau for cooking the Sauce Piquant, and all those who helped to cook and prepare desserts. Also special thanks go out to Robbie and Dawn Sholmire for hosting us at their Camp. It was a very nice dinner and everyone really enjoyed the event.



The water on Toledo Bend was very muddy due to the large rains so this did limit some fishing areas but obviously there was enough pretty water to fish.

The winners, by a close margin of .16 lbs. were Chad Cannon and Dale Babin with a two day total of 30.82 Pounds. Their Biggest fish weighed in at 7.84 lbs.

Second Place went to Steve Smith and Brett Babin with their two day total weighing in at 30.66 lbs. They also won Big Bass with their largest fish weighing 8.33 lbs. Their Bass broke the Jackpot for a Bass over 5.5 lbs.

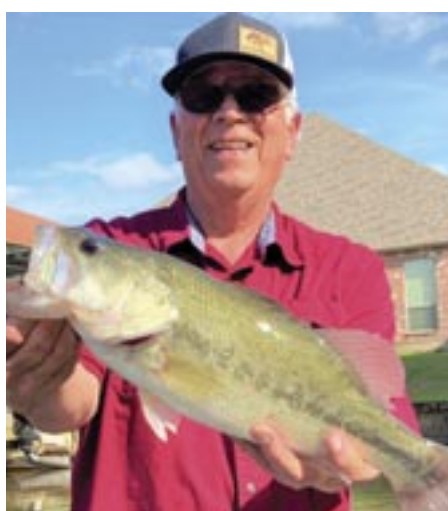
Third Place went to Brennon Middleton & Ashley Phelps with a two day total of 27.29 lbs. Their largest Bass

weighed 5.46 lbs.

Fourth Place went to Austin Abadie & Corey Guitreau with a two day total of 23.72 lbs.

Fifth Place went to Bubba Rossi & Tim Guillaume with a two day total of 23.34 lbs.

Congratulations to the winners of the March Tournament. Our next Tournament is scheduled for April 23rd.



Outdoor Corner with Lyle Johnson Nature Caught my Eye

Last Sunday morning started out like usual, except my wife was in Colorado visiting our two daughters and their families. I walked out to the pier just at daylight to see if there were any catfish we'd caught overnight.

Sure enough there was a 2# blue cat on one of the tight line poles that got dipped with the net and deposited into the live box to be cleaned at a later

time. After rebaiting the four poles, they were set out again to try and add to the seven or eight that were already in the box.

As I headed back up the hill to the house, a bird flying to my left caught my attention. It was a pileated woodpecker, a species that I'd not seen in a couple of years. They used to be fairly common but not so much lately. About 20 seconds later a second one fly by following the other one, probably a mating couple.

These giant, red-headed woodpeckers are the largest of the common woodpeckers found in most of North America. They are just about as big as a crow with a zebra-striped heads and necks, long bills, and distinctive red crests.

These big guys usually look for their favorite meal, carpenter ants, by digging large, rectangular (not round) holes in trees. Some of these holes can be so large that they weaken smaller trees or even cause them to break in half.

Other birds are often attracted to these large openings, eager to access any exposed insects.

Pecking might be the wrong word to use as the enthusiastic drumming they do sounds like a loud hammering, and is audible for a great distance. But these weren't pecking as they were in live cypress trees. They appeared to be looking for something to eat, maybe they were feeding on insects on the bark. They do have sticky tongues.

For those of you are old enough to remember the old Tarzan movies with Johnny Weissmuller, the pileated woodpecker call is the one that is heard throughout the movies.

After that I started to pay a little more attention to what was going on around me. I was close enough to see all the buds on the navel and satsuma trees while beginning to look for honey bees pollenating the buds when I noticed movement in the satsuma tree.

I really had to look closer as I thought maybe it was my imagination but soon enough I saw what it was. A humming bird was flitting from bud to bud like a bee trying to get a meal. There was not enough liquid there to make the effort worthwhile so it took off. I'm sure it was attracted by the smell as all three of our citrus trees are in full bloom at the same time which by the way has never happened before. They are loaded down as well.

That got my eyes back on the sky to take a closer look at just exactly what birds were starting their morning off. Great blue herons dotted the sky in small groups down to individual birds. There were quite a few white herons taking to the sky to seek out a fishing spot in shallow waters somewhere.

Of course there were plenty of crows flying around with their recognizable "Caw, Caw" bothering each other and other birds as well. Watched as a mocking bird as it started chasing a lone crow, probably trying to keep it from her nest.

That got me thinking about the “life” of wildlife. It’s not the same as ours by a long shot. They wake up in the morning with only one to accomplish. Locating and eating enough to stay alive until the next morning.

Now I know that some feed at night but eating to survive is the most dominant instinct they possess. The other one is procreation. For a very short time, eating to survive takes a back seat to ensuring the species carries on for the future. Then it’s back to the eating thing including finding enough stuff for the adults and now the newborns to live off of.

They seem somewhat majestic as they fly around and life seems cool on the outside. But that ain’t the case. They don’t think about what they are going to do, instinct takes care of that. They don’t have days off. They don’t have weekends off or plan for retirement.

They don’t plan trips, the only travel they do is migrating by instinct and they only go north or south. Life is mostly a drag for wildlife. If another animal is

not trying to eat them and it’s legal, some human is trying to eat them.

Oh yeah, the reason the mocking bird was chasing that crow is that baby song birds are a big part of their diet in the spring. Nature can be very cruel as crows take them from their nests for an easy meal.

There are some that don’t really hunt their food as they rely more on the misfortune of others. Vultures or buzzards just wait for something to die. With the invention of the automobile causing road kill their life got even easier. Crows take part in that as well.

As much as I hate it crows are pretty smart and adaptable. They love french fries and leftover bread from a fast food bag. At one time the big thing for teens was to hang in the parking lots around town. That meant plenty of McDonalds bags were left in the parking lots undisposed of. The crows would arrive after daybreak and feast on the leftovers.

Life is weird sometimes but I love it! I’m still fascinated by nature. So until next time,



Woodpecker—A pileated woodpecker in one of the cypress trees in my yard.
Photo by Lyle Johnson

remember to keep the slack out and set the hook hard. Have fun in the outdoors, be

safe and may God truly bless you!!

Join Us For Our Next Meeting

East Ascension Sportsman League meeting will be at Cabelas in their upstairs meeting room on Monday April 18th. Meetings are always on the 3rd Monday of the month. Meeting starts at 7pm.

Lucas Ragusa with the La. Sportsman Coalition will be this month's guest speaker.

BRAUD

WELDING & INDUSTRIAL SUPPLY

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

Geismar: 225.673.3370
Toll Free: 888.269.4315
Fax: 225.673.5703

www.braudco.com

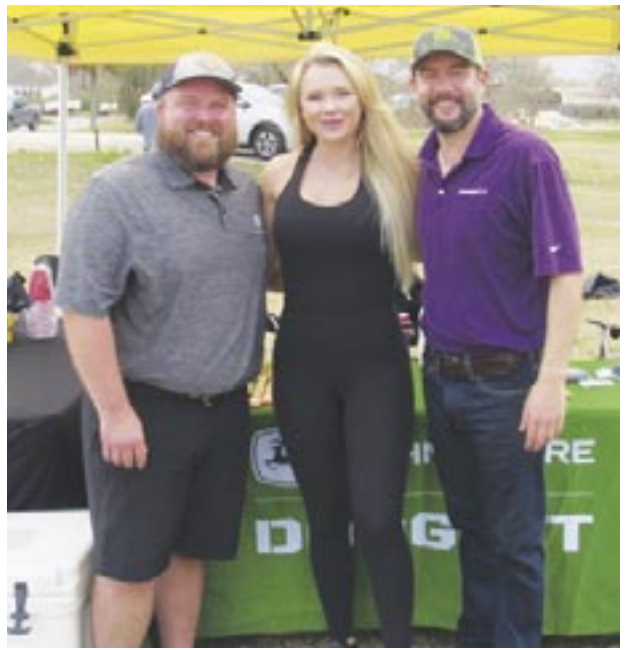
35 Years of Top Notch Services

Braud Company Welding & Industrial Supplies has been providing material to industries for over thirty years. Our emphasis is on service. We take pride in same day delivery and customer service is always our number one priority and we deliver ontime, everytime. We have a well stocked walk-in sales counter

Abrasives
Adhesives, Sealants & Tapes
Chemicals, Lubricants & Paints
Display Units
Electrical & Lighting
Electrical Tools
Fasteners, Clamps & Straps
Hand Tools
Oilfield

HVAC
Janitorial Equipment
Marking Tools
Material Handling
Measuring & Leveling Tools
MRO Supplies
Plumbing Equipment
Pneumatics
Pumps

225.673.3370 • Toll Free 888.269.4315 • www.braudco.com



ABC Host Fundraising Golf Tournament

CAREERS IN CONSTRUCTION

ABC, its 69 chapters and its 21,000+ members are doing their part to educate craft and management professionals using innovative and flexible learning models like just-in-time task training, competency-based progression, work-based learning and government registered apprenticeships to build a safe, skilled and productive workforce.





**GAUTHIER
AMEDEE** APLC
PERSONAL INJURY LAW

WE'LL GO TO BAT FOR YOU™
GoToBat.com | 225-647-1700

Attorneys André Gauthier and Jody Amedee | 2111 South Burnside Avenue, Gonzales, LA 70737







Eric Lambert
Owner

HOMETOWN QUALITY SERVICE

Our Front End Alignment
Equipment is State-of-the-Art

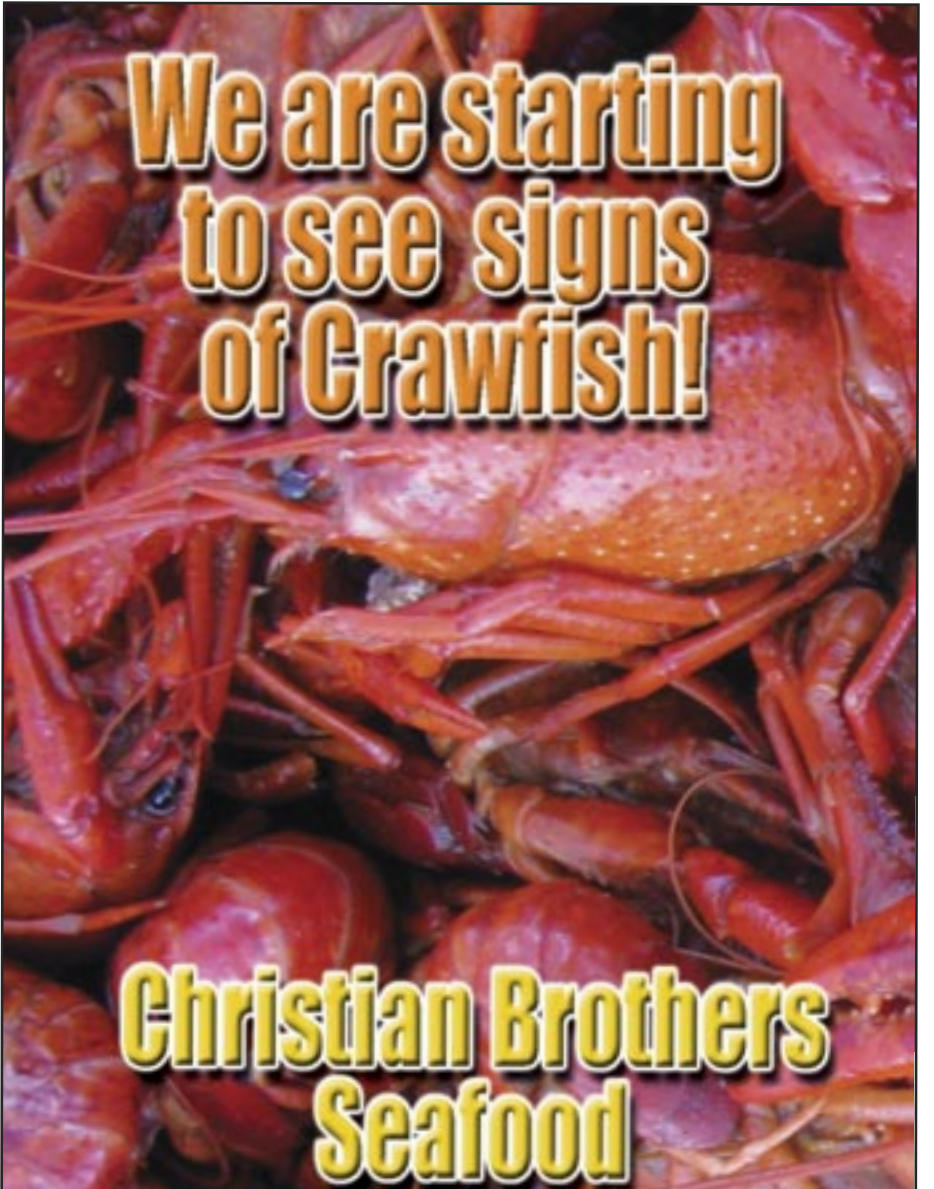
STATE INSPECTIONS • NEW TIRES
BRAKES • OIL CHANGES
MECHANIC ON DUTY • A/C REPAIR
ENGINE DIAGNOSTIC



225.647.3000 • 1311 N. BURNSIDE • GONZALES



We are starting to see signs of Crawfish!



Christian Brothers Seafood

225.647.4332 • Hwy. 44 • Gonzales



Providing Workforces Fresh and Healthy Work Place Meals

Since 1992 Premier Food Group has been serving the communities of South Louisiana. Through our catering company Premier Catering & Events, our restaurant brands, and our work with various governmental and emergency response programs, we have gained unique insights into what local businesses require to maintain successful food service programs in their workplaces.

Drawing from this experience, our unique on-premises 24/7 fresh food concept, Fresh Market by Premier, was developed. Our markets provide a constant stream of fresh meals and snack options 24 hours a day, 7 days a week to all workforces, either permanently installed on-site or in a temporary pop-up fashion. Unlike standard vending or other workplace markets, our salads, sandwiches,

full-service convenience market with fresh food, attractive fixtures, self-checkout kiosks, and a full security system. The result is a better selection, high-quality nutrition, happier personnel, and improved safety, productivity, & morale.

The high level of increased safety a Fresh Market by Premier brings to a workplace is unparalleled. By keeping employees and contractors on-site to consume healthy, delicious, and filling meals and snacks, companies can boast decreased meal-time auto accidents as well as increased health and nutritional wellness. A win/win for all involved!

It was a pleasure to attend the ABC Pelican Golf Tournament at Pelican Point and meet so many great players representing their various companies



throughout Ascension Parish and beyond. We're looking forward to extending our reach here and feeding many more companies and workforces throughout the area.



Our markets are 'grab and go' and feature one of the fastest self-service checkouts in the industry. Installing an on-site Fresh Market by Premier gives plants & other facilities the ability to feature a





When Monthly Statements Need Yearly Organization

We know that every business needs a safe reliable process for managing records and their storage. Data Depot offers a cost effective offsite records management and storage options. Our staff can provide services, store physical copies of your documents for disaster recovery, and shred those documents that contain sensitive or confidential information.

Data Depot is a locally owned and operated company, serving South Louisiana and surrounding Louisiana areas for over 20 years. Our storage facilities and all of our buildings are fully secure.

Whatever your file storage needs are, we can help!
Contact Us today for more information or to receive an estimate.

Services

**Shredding • Storage
File & X-Ray Boxes**



Shannon

Nathan



www.datadepotla.com

Document Storage & Management

13310 Hwy 44 • Gonzales, LA 70737 • Phone: 225-644-5569

Cooking Gourmet at Home

with SNO'S SEAFOOD & STEAKS



Heart of Romaine “Wedge” salad



Executive Chef, John Donaldson

Yield: 2

Prep: 20 minutes

Cook: 15 minutes

Serving: 2

Ingredients:

1 Head Romaine Lettuce
6 Grape Tomatoes
1 Red Onion
Bleu Cheese Crumbles
½ cup Balsamic Vinegar
¼ cup Sugar
1 tsp Corn Starch
Salt & Pepper
Favorite Salad Dressing
6 Strips of Bacon (cooked crispy)

Method:

First let's get the Romaine lettuce washed up really nice. Run the whole head of lettuce under cold water, allowing the water to get in-between the leaves, then cut the Romaine in half length ways, and trim any brown discoloration off of the bottom core. Next, let it soak in an ice water bath to get nice and crisp. While the Romaine is crisping, prep the rest of your ingredients. Thinly slice or shave the red onion, cut the grape tomatoes in half, and chop up the crispy bacon. In a small sauce pan, bring the balsamic vinegar and sugar to a simmer. In a small cup or bowl, dissolve the corn starch in 2 tsp cold water then add to the vinegar. Stir the vinegar mixture until it returns to a simmer then remove from the heat and allow time to cool.


Put it all together!! Remove your Romaine from the ice bath and drain off any excess water. Place the Romaine in the center of a large plate and creatively place the remaining ingredients around or on top of the lettuce. Finally, drizzle with your sweet balsamic syrup and serve with bleu cheese dressing, or any one of your favorite dressings.

Top with grilled shrimp or chicken for a meal or serve as an hgaccompaniment with a hearty meal.

ENJOY!!!!!!

TREAT YOUR MOM!

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

Follow Us for Daily Chef Specials 

CALL FOR TAKEOUT 225 647.2632

Airline at HWY 74 in Gonzales

snosseafood.com

50th
SNO'S
SEAFOOD & STEAK
EST. 1971





JUNIOR MEMBERSHIP** *Limited Time Offer*

- 27 Holes of Unlimited Golf
- 1 year complimentary cart plan
- Food & Beverage minimum waived for 2 years.

Call today 225-999-8001

Offer expires 5/31/22

**Savings up
to \$2,800**



PELICAN POINT
Golf Club

GOLF MEMBERSHIPS • 225.746.9900
info@golfthepoint.com

** Junior Memberships are for ages 23-29 and dues are paid monthly. Two year contract required. Complimentary cart plan is applied to member account, one year after contract date. Initiation fee of \$200.00 and applicable taxes apply.

MOTHER'S DAY IS MAY 8TH

*Make a Memory for Mom
She'll Never Forget!*



LAYNE'S
JEWELRY & DESIGN

We are expanding our team!
Sales and Bench Jeweler positions available.
Contact us for more information.

811 E Ascension St., Gonzales (Behind Piccadilly)
225.647.3700 • www.laynesjewelry.com • Follow Us on Facebook



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

As Seen On
THE DOCTORS



**AESTHETIC
DERMATOLOGY**

You Deserve The Best!

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