

COMPLIMENTARY

# Ascension

## MAGAZINE

APRIL 2024, VOL. 22 ISSUE 4



*The Coolest Company Around!*

SEE PAGE 24



GRILL & BAR

# Boiled Crawfish Friday & Saturday Night

*Serving begins at 4pm. Happy Hour Specials 2 for 1 on tap!*

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**4# crawfish, 1# shrimp - 2 corns - 4 potatoes.**

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**Table of Contents**

FOOD FEST ..... 4

GONZALES GARDEN CLUB .. 10

SWEET EYES W/ TANYA.....12

ROCK THE COUNTRY ..... 20

GLAZE HEATING & AIR .....24

JAMMIN' WITH GOOSIE..... 31

ASC SPORTSMAN LEAGUE .... 32

THOUGHTS FROM BULLY.....35

SNO'S RECIPE..... 45



**On the Cover: Glaze Heating & Air ..... Page 24**

*It's Spring Time and We are Growing with Our Community*

*Tags & Titles welcomes the Spring Season and hopes that our friends, families and customers are getting out to enjoy the beautiful weather and hope that the spring blooms brings you many blessings. We thank you for your business and look forward to continuing to serve you in 2024 with the same Fast, Efficient, Friendly, Service that we have in the past. We continue to strive to be YOUR '1' STOP SHOP for all your DMV, DL, Wildlife & Fisheries & Notary needs.*

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# Gonzales Rotary Club's Food Fest Extravaganza *at the Price LeBlanc PACE Center*

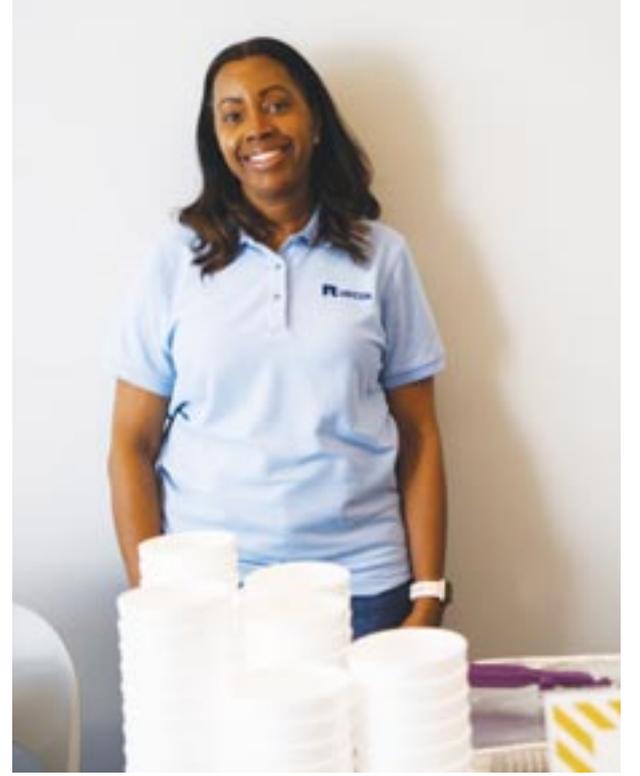


This year was the first year to expand the Food Fest as many knew it to the "Food Fest Extravaganza". Many things were added to raise additional funds since we were raising money for four charities and not just one. We continue to support the St. Theresa Food Pantry but in addition, we raised funds for Child Advocacy Services, Volunteer Ascension, and the Bobby Webre Community Outreach Initiative. One new thing was selling sponsorships. We had over 40 sponsors this year.





Many businesses purchased tables but some were sponsors of various things throughout the night. We added games to play, like a punch wall where you paid \$20 to punch and received a prize. We had a silent and live auction, 50/50, and a heads & tails game where one winner won a trip to Las Vegas. We still had our traditional food fest part which included 42 local restaurants who donated samples for over 400 guests to try some great dishes! We had a cash bar and photo booth and everyone had a wonderful time. We raised more funds to help more charities and had a great fellowship of Rotarians, the community, and businesses. It was a great evening!



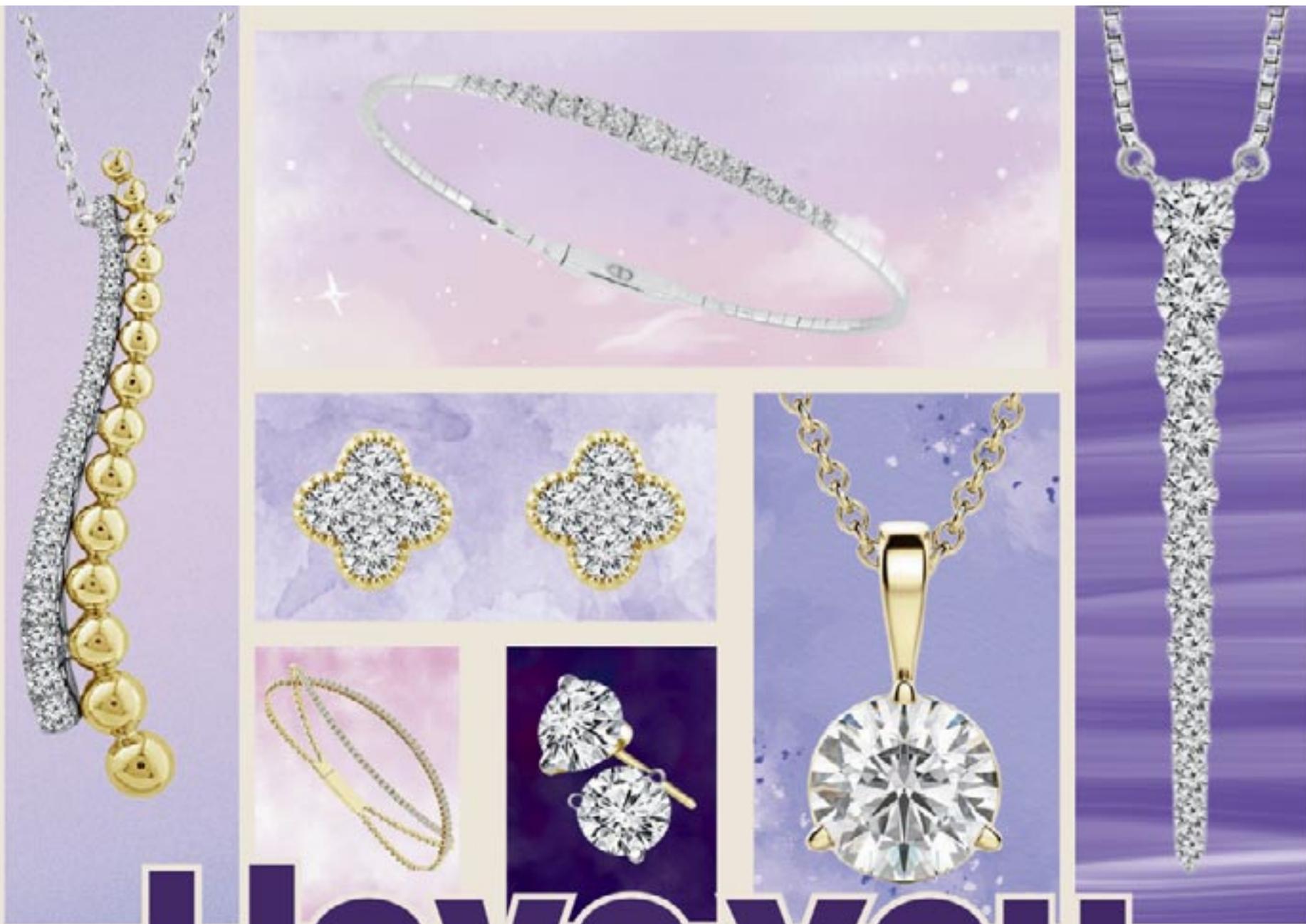


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# From the Gonzales Garden Club

## Club Project Updates

### GGC Plant Sale Workshop

In anticipation of the garden club's annual fundraiser in mid-April, Plant Sale Chairman Janis Poche held a Spring Plant Sale Workday at her home on the morning of March 20. In addition to the nursery plants she had purchased, Janis asked members to bring annuals, perennials, houseplants, decorative pots, hanging baskets, their own garden gloves and a bag lunch.

Janis had organized stations in her back yard for efficient assembly of the garden items to be sold. There was a container station of plastic and terra cotta pots. There was a soil station of four large tubs of a loose mixture of top soil, cow manure and a commercial potting mix. There were small ornamental plants in trays on the grass and on shelves. Members chose nursery plants and put combinations together



The plant sale committee showed up. From left in front row are Dale Bowman, Janis Poché, Razzie Cagnolatti, Cynthia Stafford, Conchita Richey, Janis D'Benedetto, Flo Hernandez and Phyllis Charrier; Back row are Zanna Brewer, Marilyn Rice, Raakhee Malani and Paola DiNatale.

in a central area of folding tables. To finish the task, there was the convenient watering station with buckets of blue water to nourish the newly created sale items.

Afterward, the ladies enjoyed their homemade lunches on the Poches' shady patio. Janis thanked the ladies with Too Much Chocolate Bundt Cake and a Lemon Blueberry Dessert. By the end of the day,



Here's a sampling of containers for sale plants.



These finished baskets are ready for hanging.



Members prepared the hanging baskets first.



Janis provided easy access to an abundance of potting soil.

# Yards of the Month



There was water soluble plant food dissolved in these buckets of blue water.

there were 37 hanging baskets and 110 potted plants from large to small.

**The plant/bake sale for this year is scheduled for April 19 (not May) from 9am to 12:00pm (not 1pm) at City Hall. The club is working toward record sales this year.**

## Arbor Day Ceremony 2024

Each year Louisiana designates the third Friday in January as Arbor Day in observance of the state's tree planting season. Working with the mayor's office and city officials, one of the missions of the Gonzales Garden Club is to partner with the city to promote and preserve the beautiful green spaces and parks in our community.

The Gonzales Garden Club and Mayor Barney Arceneaux gathered to honor the 56th observation of Arbor Day on January 26, 2024 at Gonzales City Hall. Gonzales Garden

Club Member Janis Poche, Chair of the Arbor Day Committee, purchased three trees for the garden club to donate to the City of Gonzales. This year's selected trees were a Shumard oak, a Nuttall oak and a red maple.

The ceremony was held to commemorate those trees which were planted by two city staffers and Harlan Poché,



Mayor Barney Arceneaux's staff joined Gonzales Garden Club Members for an Arbor Day Ceremony at Gonzales City Hall on January 26, 2024. Photo courtesy of the City of Gonzales.

a garden club supporter. A spokesperson for the city thanked the garden club for its continued dedication to the environment and efforts to beautify the city. This year's Shumard, Nuttall and maple plus last year's donated live oak can be seen growing well on the corner of Irma Blvd at Cornerview.



The April Yard of the Month is the home of Helen and Louis Falls of 741 Conway Village Ave for its perfectly manicured yard of trimmed azaleas, bottlebrush and yaupon holly. Four small knockout red roses

flank the front walkway inviting visitors to the front porch. On either side of the bushes are mounds of bicolored lantana, petunias, Shasta daisies, lime hosta, dianthus, and deep Z ocean salvia.



The Commercial Landscape of the Month is the Village at Fountain Lake at 2419 W Orice Roth Rd. This well-maintained property features a large front flowerbed of tall bi-colored phlox, white petunias, and

white, yellow and blue pansies with a background wall of well-trimmed privets flanked by carex grass. Trishan Bell and Jalia Baker of the Village are pictured.



City employees Claxton Bernard and David Smith assist GGC Supporter Harlan Poche in planting trees on the city hall property in January to commemorate Arbor Day 2024.

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

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## ***Enhancing Physical and Mental Well-Being: The Power of Physical and Occupational Therapy at Action Therapy & Wellness***

In the realm of holistic health, the interplay between physical and mental well-being is profound. Addressing one often positively influences the other, creating a symbiotic relationship crucial for overall wellness. In this context, the role of physical and occupational therapy emerges as pivotal. Action Therapy & Wellness stands as a beacon of excellence in this regard, offering comprehensive services designed to enhance both physical and mental health.

### ***Understanding Physical Therapy:***

Physical therapy focuses on restoring and improving mobility, function, and quality of life through various techniques and exercises. It addresses a myriad of conditions, including injuries, chronic pain, neurological disorders, and post-operative rehabilitation. At Action Therapy & Wellness, a team of dedicated professionals works closely with patients to develop personalized treatment plans tailored to their specific needs.

Through targeted exercises, manual therapy, and modalities like ultrasound and electrical stimulation, physical therapists aim to alleviate pain, improve range of motion, and enhance strength and flexibility. Whether recovering from a sports injury or managing a chronic condition, the goal is to empower individuals to regain independence and enjoy an active lifestyle.

### ***The Impact of Occupational Therapy:***

Occupational therapy complements physical therapy by focusing on helping individuals engage in meaningful daily activities. It addresses challenges related to self-care, productivity, and leisure caused by physical, cognitive, or emotional limitations. Action Therapy & Wellness offers specialized occupational therapy services aimed at enhancing functional independence and promoting overall well-being.

Occupational therapists collaborate with patients to identify goals and develop strategies to overcome barriers hindering participation in daily life activities. This may involve adaptive equipment training,



Taylor Terrio, PTA • Hailey Leindecker, DPT

environmental modifications, or sensory integration techniques. By fostering independence and promoting skill development, occupational therapy fosters a sense of accomplishment and boosts self-esteem.

### ***Bridging the Gap Between Physical and Mental Health:***

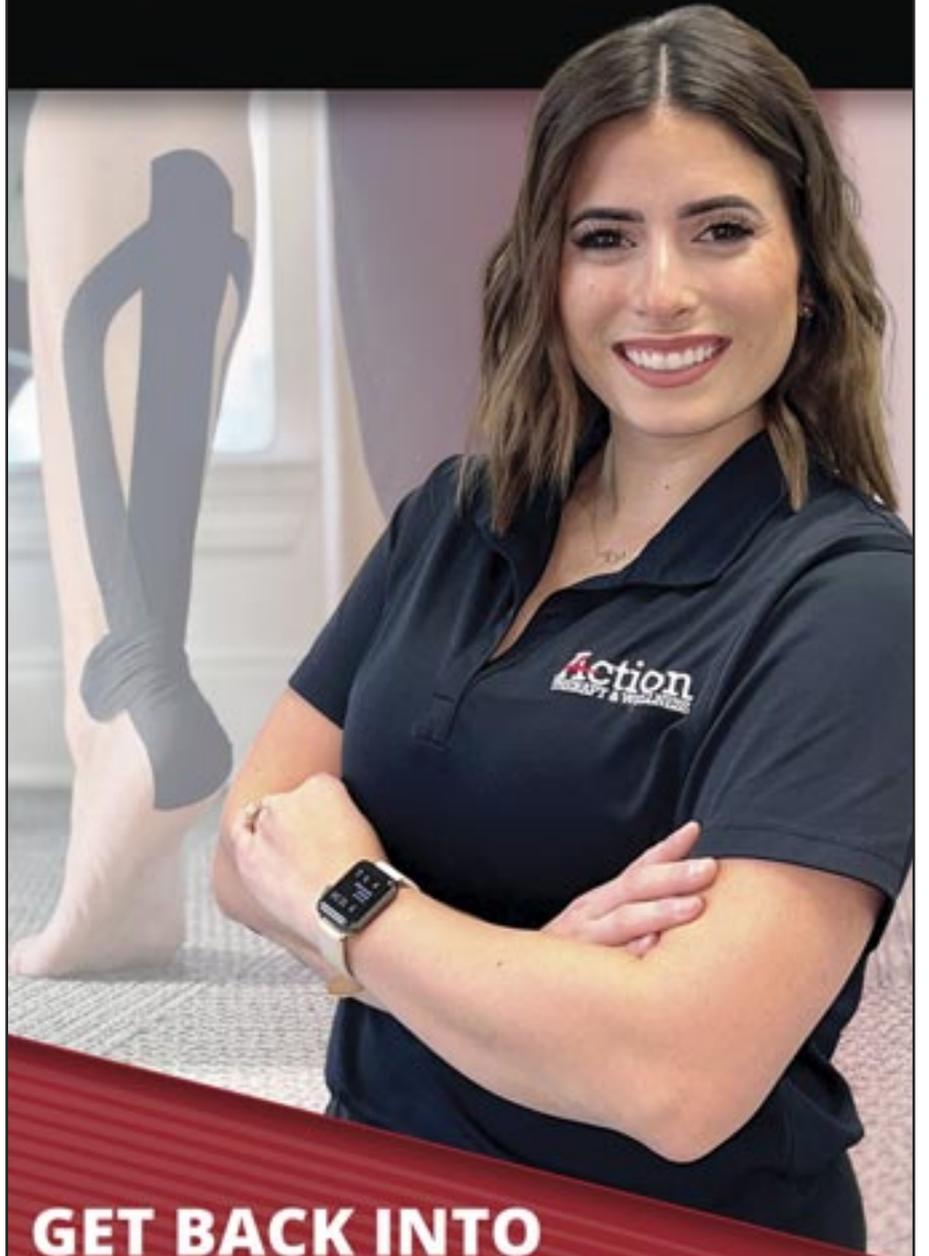
The connection between physical and mental health is undeniable, with each influencing the other in profound ways. Physical pain and limitations can lead to feelings of frustration, anxiety, and depression, while mental health struggles may manifest in physical symptoms and functional impairments. Action Therapy & Wellness recognizes this intricate interplay and adopts a holistic approach to care.

By addressing both physical and mental aspects simultaneously, clients experience comprehensive support that nurtures their overall well-being. Physical therapy sessions not only focus on improving mobility but also serve as opportunities for relaxation, stress relief, and emotional catharsis. Similarly, occupational therapy interventions incorporate mindfulness techniques, stress management strategies, and social engagement activities to promote mental wellness.

### ***Empowering Individuals Towards Optimal Well-Being:***

At Action Therapy & Wellness, the goal extends beyond merely treating symptoms; it's about empowering individuals to lead fulfilling lives. Through a combination of evidence-based interventions, compassionate care, and a client-centered approach, the team facilitates transformative journeys towards optimal physical and mental well-being.

The impact of physical and occupational therapy extends far beyond the confines of the clinic. By equipping clients with the tools, knowledge, and support needed to navigate life's challenges, Action Therapy & Wellness fosters resilience, independence, and a renewed sense of vitality.



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## It's Time for your Annual Maintenance

Spring represents a time of new beginnings, and for most of us... spring cleaning! Pressure washing, refreshing your lawn, and doing annual maintenance on hard working home appliances are just a few ways we refresh and maintain our home. But have you ever considered how maintaining our bodies are even more important than maintaining our homes? Here are a few home maintenance reminders and how it's similar to our health!

### **Your Refrigerator and Nutrition**

**Appliance Maintenance:** Cleaning your refrigerator involves removing expired items, cleaning the shelves, and ensuring the temperature is set correctly to keep food fresh. It's also important to clean out the ice bin and change the water filter.

**Your Body:** Just as you declutter your refrigerator to promote the longevity of your food, monitoring and adjusting your diet is essential for your health. Removing unhealthy eating habits and eating clean by incorporating good protein, healthy fats and incorporating fresh fruits and vegetables help you keep your body running efficiently.

### **Your HVAC System and Respiratory Health**

**Appliance Maintenance:** Servicing your HVAC system includes changing the filters, cleaning the ducts, and ensuring the system runs efficiently to maintain clean air in your home. (And don't forget to try and turn off your system when mowing your lawn, so grass and debris don't get sucked into your system outside. Either way, after you're done mowing, spray the outside unit to get it nice and clean.)

**Your Body:** This is comparable to taking care of your respiratory health by avoiding pollutants, including cigarettes and vaping, and as silly as

it sounds, practicing deep breathing, which can help lower blood pressure. **Your Water Heater and Hydration Appliance Maintenance:** Flushing the water heater to remove sediment buildup and checking the thermostat ensure a steady supply of hot water and efficiency.

**Your Body:** When you are dehydrated, you are prone to headaches and overall, less than stellar performance. Drinking enough (at least half your body weight in ounces) water flushes toxins, ensures nutrient delivery to cells, and regulates body temperature.

### **Your Dryer and Liver Health**

**Appliance Maintenance:** Inspecting and cleaning the dryer's lint filter and exhaust vent ensures proper air flow, which impacts heating and drying capabilities, and prevents potential fires.

**Your Body:** Your liver is the body's detoxifying and fat burning organ. Limiting unhealthy fats, processed foods, and alcohol are all things we

can do to ensure healthy liver function and optimal living.

### **Your Washing Machine and Exercise**

**Appliance Maintenance:** Ever smell something musty coming from your clothes washer? Well, those need cleaning too; especially front load machines that are prone to mold and mildew. Most machines have a sanitize cycle, but it's also important to clean in those pesky door gaskets, the door and even the dispenser areas. Also, your washer has a lint filter too, check your owners manuals on the best way to clean.

**Your Body:** Making regular physical activity a part of your health routine, increases circulation, increases oxygen levels, cleans your organs, and removes the body of toxins through sweat! Routine exercise keeps your body running its best!

### **The Smoke Detector and Preventative Health Measures**

**Appliance Maintenance:** Even though I don't consider this an appliance, now is the time to test your smoke detectors, and change their batteries ensure they're ready to alert you in an emergency.

**Your Body:** We don't want to have to hear the "alarm" of our bodies alerting to us of "smoke" in our bodies, because where there's smoke there's fire. Regular health checks ensure we are alerted of potential areas of concern.

So, go ahead...get up and get moving on that annual appliance checklist, but don't forget the most important appliances of your real home, your body!

Praying for a blessed April Ascension.

XOXO,  
Sweet Eyes





AESTHETIC  
DERMATOLOGY

**Morpheus8V** is a new, safe, and effective solution delivering life-changing technologies for women's wellness. It is a comprehensive and versatile in-office system designed to improve functionality and appearance of the delicate female anatomy.

This innovative device is designed specifically to leverage multiple technologies to treat a broad range of



conditions, such as stress, urge, and mixed urinary incontinence, weak pelvic floor muscles, blood circulation, and pain relief.

#### HOW DOES MORPHEUS8V WORK?

EmpowerRF uses a combination of synergistic complementary energies including radio-frequency (RF) and electrical muscle stimulation (EMS) to address common feminine wellness concerns.

## We have a Zecret in Women's Wellness

### Morpheus8V by InMode Aesthetics is now at Z Dermatology!

Treatments are customized and tailored to meet your specific needs and conditions. All EmpowerRF procedures are performed by one of our trained providers right here in our office. With EmpowerRF, there is no general anesthesia, large incisions, or the downtime that is associated with excisional interventions. EmpowerRF will help you regain your self-confidence and improve your quality of life!

#### WHAT CAN I EXPECT DURING MY TREATMENT?

EmpowerRF is designed to safely and effectively treat delicate areas of the body and improve functional health. You can expect to feel a heating sensation during your treatment with little to no pain or discomfort.

#### HOW MANY SESSIONS ARE REQUIRED?

Dr. Z will recommend the best treatment plan for you. The majority of patients have 3-6 sessions; however, most notice a difference after only 3 treatments! The number of sessions depends on your treatment concerns, your personal goals, and if you plan to use a combination treatment or a single treatment approach.

#### What is the downtime?

Depending on the therapy type, and the intensity of the treatment, there is little to no downtime. Some patients may have slight discomfort during and immediately after treatment, however many patients will experience no discomfort at all. Numbing cream will be provided one hour prior to the treatment along with Pronox Laughing gas if needed.

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# Get Growing, Ascension!

## Know before you mow

Knowing the type of turfgrass you have is the first step in caring for your lawn correctly. The three most popular lawn grasses in our area of the state are St. Augustine, centipede, and



Mariah Simoneaux

Bermuda. Other lesser grown turfgrasses include zoysia and carpet. All of these are considered warm season grasses, meaning

they grow faster and require more frequent mowing during the hot summer months. St Augustine is the most shade tolerant of the warm season grasses. However, even St. Augustine will struggle to survive in deep, heavy shade.

Mowing your lawn at the correct height is one of the most important practices when it comes to maintaining a beautiful and healthy

lawn. Reference the table to determine your correct mowing height. Scalping your lawn, or mowing too short, can result in a lawn that is stressed and more susceptible to pests and diseases. Additionally, weed seeds on the soil surface are exposed to more sunlight allowing for germination and growth.

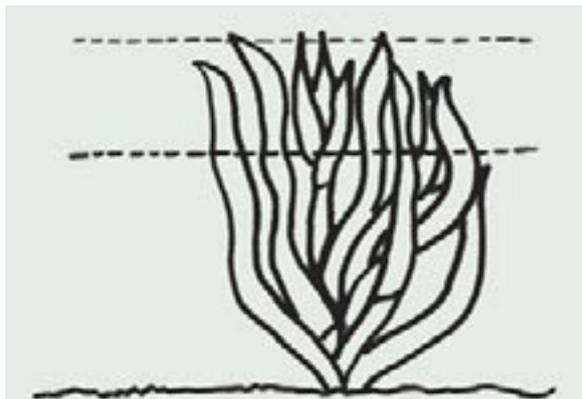
The frequency at which you mow will also affect your lawn. Allowing your grass to grow too tall between

mowings can result in a thin, weak, and weedy turf as well. A good rule of thumb is to not remove more than 1/3 of the grass blade when mowing. For example, if your desired mowing height is two inches, you should mow before or when the grass reaches three inches.

Spring is a good time to ensure that your mower blades are sharpened and balanced. Mowing your lawn should result in an even, smooth cut. Leaf blades should not appear torn and jagged.

If your lawn has bare spots or holes resulting from last year's drought these can be patched at this time. Prepare the area by removing any weeds or debris and raking the surface until smooth. Soil can be added to fill in low lying areas. Patch the area

Recommended Mowing Heights		
	Min (inches)	Max (inches)
Common Bermuda	1.25	1.5
Hybrid Bermuda	0.75	1
Zoysia	1	2
St. Augustine	2	3
Centipede	1	2
Carpet	1.5	2



Do not remove more than the top one-third of the grass at any one clipping.

using sod or seeds. Homeowners with a St. Augustine lawn will need to purchase sod as St. Augustine cannot be propagated by seed. When purchasing seeds be sure to select the correct turfgrass species. Keep newly planted areas well-watered until the seeds have germinated.

*Mariah Simoneaux is the Horticulture Extension Agent serving Ascension Parish. For more information visit [www.LSUAgCenter.com](http://www.LSUAgCenter.com) or contact Mariah at [MJSimoneaux@agcenter.lsu.edu](mailto:MJSimoneaux@agcenter.lsu.edu).*



# Mother's Day Gifts



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# YOUR ESTATE MATTERS



By Linda Melancon

## Crafting a New Path: Estate Planning Considerations After Divorce

Clients regularly ask me how often their estate planning documents should be updated. The best rule of thumb is any time a major life event occurs. Some of these major life events can be positive and fun, like moving to a new state or

starting a business. Of course, other changes, like divorce or a death of a loved one, are generally not positive and fun. Although divorces happen every day, when YOUR marriage is the one ending, it is not a common, ordinary event. Divorce can be a heated, contentious and emotionally draining time. With all the changes and upsets the divorce brings, it would be easy to overlook your estate planning. However, failing to check your estate planning documents and update them (if needed) to reflect your accurate, post-divorce wishes could be a serious mistake.

When we use the term “estate planning” we mean arranging for the management and distribution of your assets after you pass away, along with appointing people to manage your assets and make health care decisions for you if you become incapacitated. This process ensures that your

wishes are carried out and your loved ones are provided for according to your intentions.

In Louisiana, divorce automatically revokes gifts to a spouse in your will; however, until the divorce is final, an estranged spouse could still inherit. Also, divorce does NOT revoke gifts made in your will to your former spouse’s children or other relatives.

Also keep in mind that divorce does not automatically revoke beneficiary designations on certain financial accounts, such as retirement plans, life insurance policies and annuities. Gifts made to a spouse in a trust most likely will also not be revoked, nor will your ex-spouse be prevented from acting as the trustee of a trust you created.

If you named your now-estranged spouse to serve as your agent under a power of attorney, getting a divorce will NOT revoke that person’s right to act as your agent. By using this power of attorney, your estranged spouse could have an enormous amount of power over your assets or medical care. If you are considering divorce, it would be smart to verify the people who are appointed to act as your agents in your financial or health care powers of attorney, and take steps to change documents as needed to protect yourself and your assets from your soon-to-be-estranged spouse.

If your ex-spouse is named as a beneficiary of any of your accounts when you die, your ex-spouse will get these assets. Only you can prevent this from happening and you should start that process as soon as you are certain that a divorce is imminent.

During divorce, each spouse typically compiles a list of assets to complete a community property partition. Using this list of assets will be a good way to ensure you consider all assets you own post-divorce to update your estate planning. For assets that pass by beneficiary designation (such as annuities,

life insurance, and retirement funds), you should contact the companies holding the asset to change the named beneficiaries to receive these assets at your death. There may be some beneficiary accounts that cannot be changed until the divorce is final. For those accounts, you should update them once you receive the final divorce judgment.

In addition to changing beneficiary designations, you should meet with an attorney to review your wills, trusts, powers of attorneys and health care directives as complete revisions of these documents are often necessary. If you and your spouse used one attorney who jointly represented the two of you in creating your estate planning documents, that attorney may not be able to represent either of you without receiving authority from each spouse to waive any conflicts of interest. Therefore, it may be necessary for each spouse to find a new attorney for planning purposes.

If you are getting divorced and you don’t have any planning in place, that is also a good time to establish those documents to ensure you have taken control of your assets and decisions in the way you want.

Estate planning after divorce can be complex, requiring expertise in legal, financial, and tax matters. Attorneys who specialize in this area of the law can provide valuable guidance and assistance in navigating the legal and practical considerations involved in updating estate plans after divorce, tailoring estate planning to your unique circumstances and objectives, considering all the factors in your life, such as family dynamics, asset ownership, and tax considerations.

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

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# FINANCIAL FOCUS

## How is your retirement income taxed?

Once you're retired, you will likely need to draw on several types of income for your living expenses. You'll need to know where these funds are coming from and how much you can count on, but you should also be aware of how this money is taxed — because this knowledge can help you plan and budget for your retirement years.

Here's the basic tax information on some key sources of retirement income:

• **Social Security** — Many people don't realize they may have to pay taxes on their Social Security benefits. Whether your benefits will be taxed depends on how much other taxable income you receive from various sources, such as self-employment, stock dividends and interest payments. You'll want to check with your tax advisor to determine whether your income reaches the threshold where your Social Security benefits will be taxed. The lower your total taxable income, the lower the taxes will be on your benefits. The Social Security Administration will not automatically take out taxes from your monthly checks — to have taxes withheld, you will need to fill out Form W-4V (Voluntary Withholding Request). Again, your tax advisor can help you determine the percentage of your benefits you should withhold.

• **Retirement accounts** — During your working years, you may have contributed to two basic retirement accounts: an IRA and a 401(k) or similar plan (such as a 457(b) plan for state and local government employees or a 403(b) plan for educators and employees of some nonprofits). If you invested in a "traditional" IRA or 401(k) or

similar plan, your contributions may have been partially or completely deductible and your earnings grew on a tax-deferred basis. But when you start taking withdrawals from your traditional IRA or 401(k), the money is considered taxable at your normal income tax rate.

However, if you chose the "Roth" option (when available), your contributions were not deductible, but your earnings and withdrawals are tax-free, provided you meet certain conditions.

• **Annuities** — Many investors use annuities to supplement their retirement income. An annuity is essentially a contract between you and an insurance company in which the insurer pays you an income stream for a given number of years, or for life, in exchange for the premiums you paid. You typically purchase a "qualified" annuity with pre-tax dollars, possibly within a traditional IRA or 401(k), so your premiums may be deductible, and your earnings can grow tax deferred. Once you start taking payouts, the entire amount — your contributions and earnings — are taxable at your individual tax rate. On the other hand, you purchase "non-qualified" annuities with after-tax dollars, so your premiums aren't deductible, but just like qualified annuities, your earnings grow on a tax-deferred basis. When you take payments, you won't pay taxes on the principal amounts you invested but the earnings will be taxed as ordinary income. We've looked at some general rules governing different sources of income, but you should consult your tax professional about your specific situation. Ultimately, factors such as your goals, lifestyle and time horizon should drive the decisions you make for your retirement income. Nonetheless, you may want to look for ways to control the taxes that result from your various income pools. And the more you know about how your income is taxed, the fewer unpleasant surprises you may experience.

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

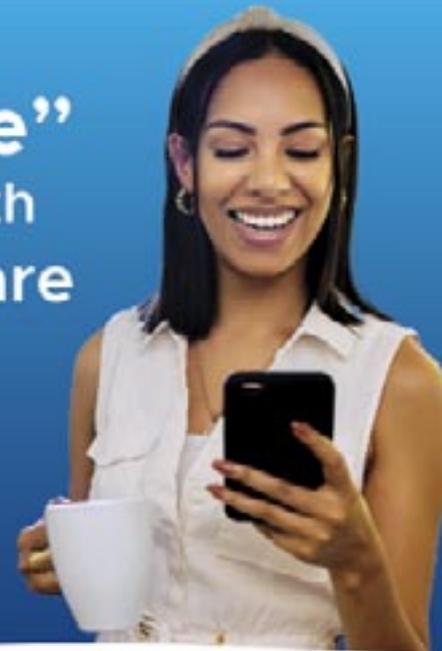
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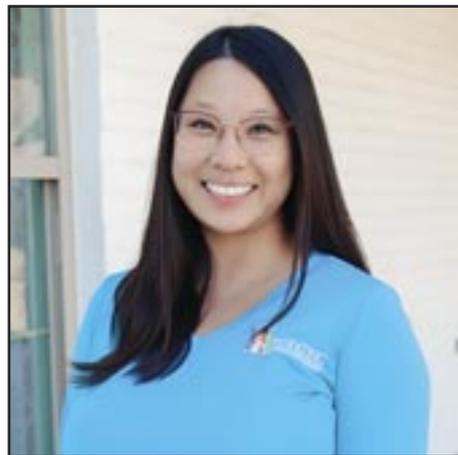
**Juggling the Act of Parental Burnout: Don't Let it Take Your Flame**

*“Wait, did I make the kids’ lunches?”*

*“Oh shoot, I completely forgot we had soccer practice today!”*

*“Ok everyone, please stop screaming; can you please tell me what happened?”*

For many parents, juggling different hats is a necessity for the day to run smoothly for the kids. Chauffeur one second, chef another, referee the next. It is also in parents’ DNA to focus on the needs of their kids. So much so, though, that they often forget their own needs, thus leading to parental burnout. What does parental burnout entail? Some symptoms can include brain fog,



Kristine Lee, MOT,LOTR,CTP

decreased frustration tolerance, increased stress levels, physical/emotional exhaustion, and/or feelings of shame or inadequacy as a parent. Unfortunately, the misconception about parental burnout is that feeling tired and burnt out is a normal part of parenting. In reality, hiding and constantly ignoring these feelings can take a toll on both your mental and physical health. Prolonged burnout can cause hormonal imbalances, feelings of isolation, depression, and poor sleeping habits, which in turn can

increase your chances of developing serious conditions like heart disease. It can also affect your relationship with your partner, family, and even children. Living in a constant state of fight/flight can impact how you interact with your kids, and emotional distancing can occur. Children also pick up and model off what their

the number 1 priority. Feelings of guilt and shame can creep up with just the thought of putting yourself first. However, prioritizing self-care can be the building block of creating positive patterns that can help parents live a more balanced lifestyle. Even if TLC for yourself is something as small as taking a step outside to look



parents are doing. If mom and dad are beating themselves up, yelling more, stressing about things constantly, why can't I do the same? As a result, the cycle continues.

So what can parents do to avoid the dreaded burnout? Here are a few things to be mindful of:

**Show yourself self-compassion.** One of the most important things is to give yourself self-compassion. You are human, too, after all, and like any other human you deserve kindness. By showing this to yourself, you are also modeling this important life skill to your children.

**Give yourself TLC.** Giving yourself self-care might be the last thing on your to-do list, especially with parenting being

at the sky and take a breath, every small act of self-care is contributing to the bigger picture of you and your well-being.

**Express your feelings and find support.** Bottling things up may seem helpful in the moment; however, over time, this can exacerbate feelings of isolation, fatigue, and so on. Talking about what you are going through with your partner/trusted family member or through a support group can help shift emotional energy from burnout to a more positive family environment. As, they always say, it takes a village to raise a child, and that is 110% ok!



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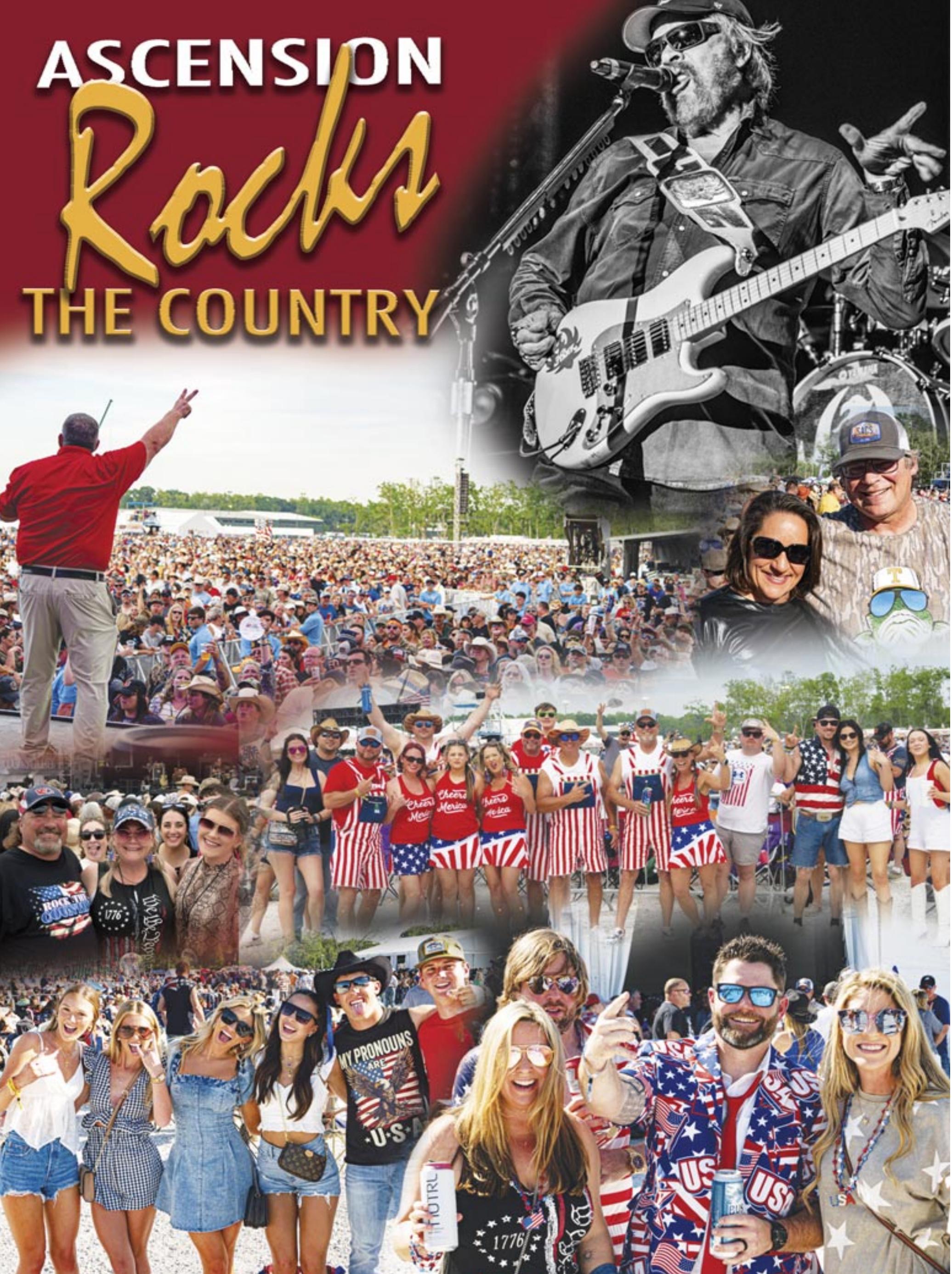
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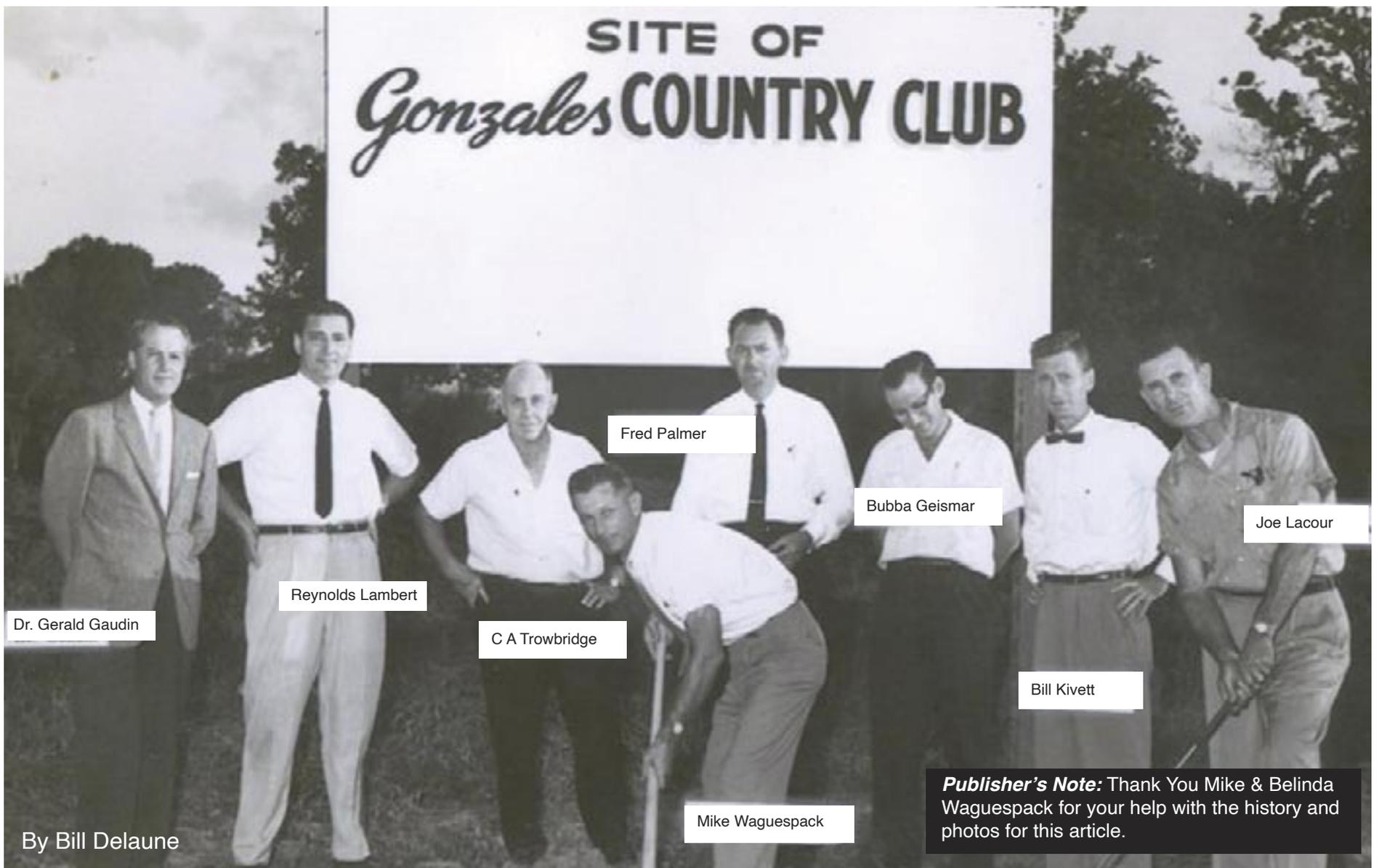
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**Publisher's Note:** Thank You Mike & Belinda Waguespack for your help with the history and photos for this article.

By Bill Delaune

# Remembering Gonzales Country Club-1961-2007

A simple one-line post by a Facebook friend-let's call him T-Fred-a few weeks ago struck a personal nerve. It read...

"Days like this make me miss Gonzales Country Club..."

Maybe it was after a bad round at Pelican. Or maybe he didn't make it over the water on 18 at Santa Maria and ended his round with a snowman.

But probably it was just that nostalgic feeling that haunts all of us who were a part of the "one of a kind" Gonzales Country Club (GCC) and the major part it played in our lives.

By the way, apparently I wasn't the only one-T-Fred's post got about 100 likes and over 35 comments in just a matter of minutes after posting.

Where does one even start...?

GCC was founded in late 1961 when a group of Gonzales businessmen composed a charter. The clubhouse was dedicated in 1962 and the golf course opened two

years later. Later, the club would add a swimming pool which became the social gathering spot for young people during the summer.

When the tennis courts were constructed, a new group joined in the growing membership setting up some memorable matches with a rival group at St. Amant Park.

The social event of the year was the Mardi Gras Ball-complete with a king and queen, a court and pages. There were also jesters to provide entertainment-a group that I participated in several times. I realize that idea of me playing a fool might not come as a shock to many of you.

But the crown jewel of the property was the 9-hole golf course located just out of town on West Main Street and bordered by New River on one side and Cornerview Road on the other. The course was not long by modern standards-the first hole was a very reachable par-5-but the small turtle-back greens were a challenge



for even the best golfers.

Trees lined most of the fairways and water collected wayward shots to the left of number 7 and the front of the devilish par-3 eighth. A cypress filled-slough in the middle of the course could affect shots off numbers 5, 15 or 7.

There was a morning game for the early risers, the big noon game for the gamblers and a 4 o'clock game

for the earlier losers to recoup their money.

As more women became involved, there was a "Ladies' Day"-usually on a Wednesday-and mixed scrambles that combined both sexes for holiday tournament fun.

The Club Championship was contested over Labor Day weekend and later an extremely popular Jambalaya Tournament was organized and held in conjunction with the Jambalaya Festival on Memorial Day weekend.

But the wheels of progress cannot be halted and GCC ceased to exist in 2007 sending the remaining golfers scattering in different directions and leaving some unforgettable memories to all who played there.

In one fit of nostalgia a few years ago, I conjured up my own tournament-complete with many of GCC's most colorful characters-and even some local TV announcers to call the action and called it..."The Tournament That Never Was..."



## The Golf Tournament that Never Was..

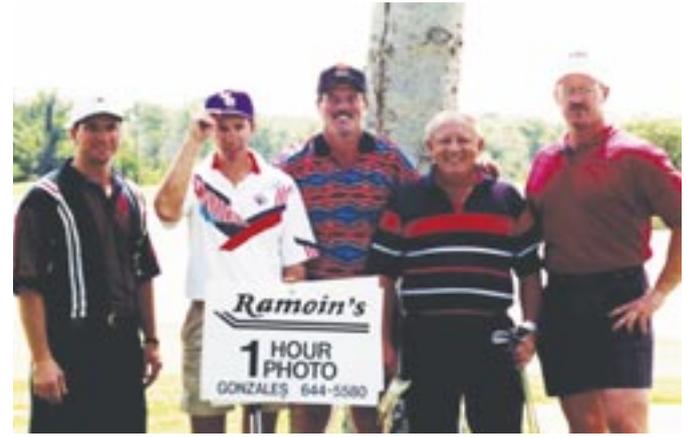
In the movie "Hot Tub Time Machine", four guys wake up after a crazy night of drinking in a hot tub which transports them back and forth from the present to the past.

Well, I had a similar experience recently when I went to sleep in the bathtub after celebrating Cinco de Mayo at Las Palmas on a night where the half-priced margaritas packed a bigger wallop than a Julio Chavez left hook.

The dream or vision or epiphany that followed mixed not only some elements of the present and past but also crossed over into my ill-fated announcing career, the old Gonzales Country Club and the now-you-see-it, now-you-don't Jambalaya Golf Tournament that was revived a couple of years ago only to disappear again in 2010.

Obviously my recollections are foggy at best but basically it seemed that my two favorite play-by-play cohorts Lyall Boudreaux and Kevin Shillings were working this year's Jambalaya Tourney at the old GCC and I was the roving reporter on the 9-hole course. Remember, at Gonzales there were only nine greens with two sets of tees for each hole to create an 18-hole tract.

Golfers-both living and deceased-were participating and they drifted in



and out like a scene from Dickens's "Christmas Carol". The strange part about it was that a sports psychologist once suggested I hear the voice of a television commentator saying positive things during my pre-shot routine (as if I needed to hear any more voices in my head). But during this fantasy, I could hear TV announcers but one of them was me.

Confused? Don't feel like Delaune Ranger. Anyway, this is sort of the way it looked-and sounded- during my night in the tub...

**Lyall-** Good afternoon, ladies and gentlemen, broadcasting live from the 2010 Jambalaya Golf Tournament at the luxurious Gonzales Country Club on the banks of the picturesque New River, I'm Lyall Boudreaux and-hold on we already have some breaking news from inside the historical 1962 style clubhouse. Kevin, what do you have for us? Kevin-Lyall, we're in here with the Super Seniors who have just completed their rounds and there seems to be some controversy in the scoring. Donald and Jimmy Arceneaux, self-proclaimed "cousins all our lives", played in a threesome today with longtime golfing partner Weber Mansur. This is the same trio that once gained notoriety in the 1960's when they departed Gonzales Country Club on a Monday bound for an LSU-Rice game in Houston and

missed the seven o'clock kickoff due to numerous stops in between.

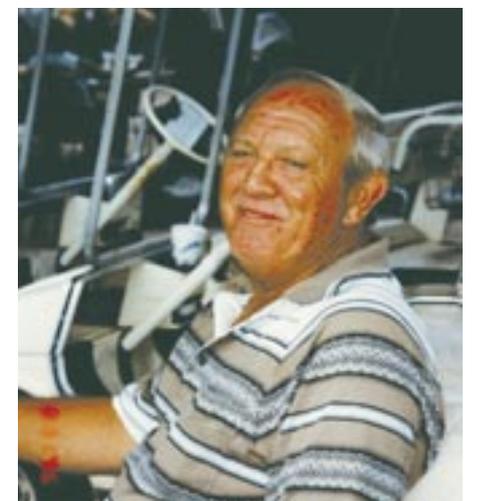
But now -as they anxiously await a foursome anchored by Boogie Babin-several adult beverages have been consumed and the group grows restless while waiting not only the outcome of the tournament but more importantly the outcome of the side bet.

Jimmy, could you tell us about the holdup.

**Jimmy-** Four scores. All we need are four scores and we can figure all the bets. And I've already had seven beers. Hey, wait a minute. Four scores and seven beers ago-isn't that from the Bible or something.

**Kevin-** As you can see, Lyall, confusion reigns supreme in here. Let's see what Bill has on 18.

**Bill-** Kevin, we've got plenty of excitement out here as "Fast Eddie" Wilson is lining up an 18-inch par putt to win a Coors Light from playing opponent Bud Lambert. Lambert has refused to concede the putt even though both players are hopelessly out of the running because a beer changes hands on every par made in this brutal 2-man competition. Lambert seems to be saying some- thing-let's see if we can pick it up.





**Bud-** Won't take you but a second to sweep that in, you goober.

Bill-Wilson ignores the barbs and strokes it. The ball hits the right lip, makes a 360 around the hole and drops in. What a finish! Eddie can you describe that last effort.

**Eddie-** All-around good putt is all I can say. We may be high handicap golfers but we're scratch drinkers.

**Bill-** Lyall, is that some trouble at the pond on number eight?

**Lyall-** Unfortunately yes, Bill. After hitting three consecutive balls into the water, my uncle Lefty Boudreaux has thrown his entire set of clubs-bag and all into the pond surrounding the eighth green. Then remembering his wallet and car keys were still in the bag, he has crawled into the muddy slime with assistance from his brother Roland in an attempt to retrieve those articles.

Let's hope their LSU season baseball tickets weren't in that bag although this might not be a bad year to dispose of those ducats.

Kevin, looks like you have more confusion around the number two green near Cornerview Road.

**Kevin-** Yes, Lyall, a 3-man rules committee is trying to figure out where to place a ball hit by Pete Robbins that landed next to the woods and was carried off by a stray dog to Henry's Bar. The head of the committee-former judge Pegram Mire- has recused himself from the matter citing a close friendship with the defendant. That has created a stalemate between members Johnny "Tournament" Dupree and Myles "Catman" Bourque who have been fighting like-well, cats and dogs. Dupree wants the ball to be played at a "dogleg" to the hole while Bourque

favors Robbins going into the bar to play it as a "sleeping dog lies"-as long as he uses a designated driver.

The fast-playing Robbins has become frustrated with the delay-Pete, did you see what kind of dog took your ball?

**Pete-** Well, it looked like a cross between a bulldog and a shihtzu which is appropriate because this is all a bunch of bull...

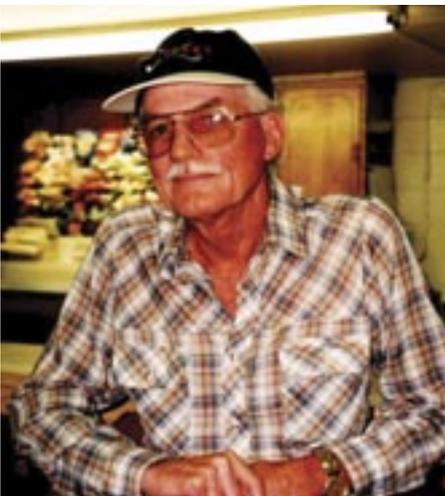
**Kevin-** Thank you, Pete, and Lyall, is that you down at the mouth of the Grand Goudene where it empties into New River?

**Lyall-** It certainly is, Kevin and in a startling turn of events, two of the tour's most visible players have withdrawn from the tournament. Mike Waguespack, who along with wife Belinda and Chad Braud, was instrumental in reviving this event in 2007, has just hit what he described as a "small bucket of balls" out of bounds here on number 10 and has dropped out.

Then seconds later, another battery of balls from the other direction-namely, the 15th tee-came off the driver face of Randall Aldridge and found the waters where he and his brothers once ruled the hunting and fishing world. Guys, can you briefly sum up what happened?

**Mike-** Lyall, it's just impossible to try and run a tournament and focus on playing too. That's why Jack Nicklaus never wins his Memorial Tournament-or maybe it's because he doesn't play any more.

**Randall-** I'm headed in to help brother Bama under that pavilion over there with the preparation of tonight's meal. Let's just say I'd rather cook than hook anyway.





**Lyll-** So there you have it. Bill, is everything all right over at the number six green. I see quite a crowd gathering.

**Bill-** All right is not the term I'd use right now, Lyall. A wayward shot hit by Nathan LaPorte off the number one tee ricocheted off some cement blocks and nicked short-game expert Lionel Glaze on the ear as he putted out on six.

But-unfazed by the graze, Glaze came out of a daze and continued to amaze with his putter ablaze.

**Lyll-** Statements like that are why you're always looking for work, Bill. Is anything being done to rectify the problem?

**Bill-** Right now club manager Woody Brown and former manager Tom Marchand are exploring some

possibilities. Let's listen in...

**Woody-** Maybe we could stretch a shrimp net between those two trees right there.

**Tom-** For what, Woody? You're not going to catch any shrimps out there.

**Woody-** You see. That's why we don't have any common robbery around here anymore.

**Bill-** Not since Wayne Delmore left anyway. What's all the excitement down in the slough, Kevin? Are the wetlands people up in arms again about some nearly-extinct palmetto?

**Kevin-** Not this time, Bill, but we may have just witnessed the shot of the tournament. Al "Chooky Looky" Kling hit his second shot on number five deep into these cypress trees and his ball wedged in the roots. Appearing

to have no shot, Kling assessed his situation while wielding two or three clubs like chopsticks when a roar from number seven distracted everyone for several seconds.

We were informed that Bubba Worsham had holed out his second shot for a double eagle on the par five. But that shot paled in comparison when everybody looked back to see Kling's chip shot come out clean as a whistle and nestle into the hole for a three.

Gee, Al, I thought you were stymied back there with roots all around and trees in front of you. How did you even get a club on that ball?

**Al-** Sheer talent, my lad, sheer talent.

**Kevin-** Lyall, what's all the commotion at 18?

**Lyll-** Kevin, another game-within-a-game situation. Hubbie Lavigne is claiming victory in the prestigious "Reindeer Games"-the brainchild of Chick Edmonston that involves longest drive and closest to the hole on the final hole of play. As I understand the rather ambiguous rules, a player must be on the green to qualify which would make Hubbie the winner. But Chick is claiming victory because he is closer to the hole but just off the putting surface-and because of his status as the games organizer.

Chick, how can you openly change the rules to allow you to win this time?

**Chick-** Let's just call it "fringe benefits" for the time being, Lyall. And don't forget, these rules are radioactive to last January.

**Lyll-** Did they ever get that mess cleaned up on two, Bill.

**Bill-** About like BP did with the oil spill. Robbins flexed his ample muscle and got a favorable ruling.

And I'm certain Johnny Dupree will still make his next Southpaw's gig despite the broken arm. But the big news here is that Mike Roussel shot himself out of contention with a 13 on this hole despite having a floating mulligan that he hadn't used. A mulligan, of course, is a one-time do over usually used on the first tee. But in this tourney, it could be used at any time. Mike, can you tell us why you didn't use your mulligan on that horrendous hole?

**Mike-** Well, Bill, I didn't think I was ever in trouble.

**Bill-** Okay, guys. Any ideas on who might win this thing?

**Kevin-** I think it will be a family affair with either one of the Brown boys-Dennis or Ronnie-or one of the Lavignes as in Sam or Jamie.

**Lyll-** I like the consistency of Chad Braud and Don Dixon right now. What about you, Bill?

**Bill-** I like Terrell Bourgeois-in a close shave.

And that's when I woke up. In the spring of 2010 with more wrinkles on me than the winner of the "Mr. Prune" contest. Still without an announcing job due to some incredibly bad puns. And still without a Jambalaya Tournament either.

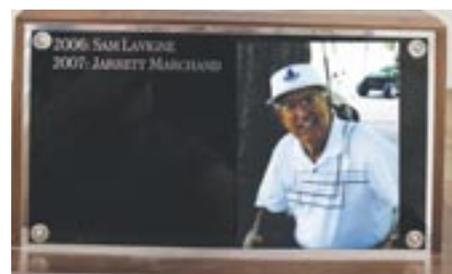
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The legendary Texas sportswriter Dan Jenkins ("Semi-Tough", "Dead Solid Perfect") often wrote about the Fort Worth golf club he grew up on called Goat Hills and the colorful array of characters that played there. My personal favorite was Cecil the Parachute whose leaping swing often resulted in his falling off the front of the elevated tees.

However, with apologies to Mr. Jenkins, I believe the cast of characters that once roamed the hallowed grounds of Gonzales Country Club (GCC) would rival almost anyone.

The nicknames were as unique as the players themselves and a list of many of those pictured here would bear that out.

Also, the participants in the numerous betting games had a lingo all their own that the untrained ear might not be able to identify. For example, if you walked into the clubhouse for lunch before the noon game (that went off 15-20 minutes



**GONZALES COUNTRY CLUB - NAMES OF FAME**

ABDUL	DOG	SAMBO
ALONZO J	DOTAH	SANDWICH HEAD
BAD BACK	DR. GOLF	SCORPIONS
BAMA	DR. WEDGE	SHING
BERYLIUM	FAST EDDIE	SHOULDA SHOT
BIG BOB	FLOUNDER	SNO
BONES	G	SNOOK
BOOGIE	G SPOT	SPEC
BOOMER	HAWK	SPIDER
BOURGS	HIWAY	SPIT
BUBBA (S)	HOG	SPOODLE
BUCK A RUE	HOSS	SUITES
BUCKETHEAD	HUB	SWAGE
CAG	JOHNNY BASS	TIGER
CATMAN	JOHNNY DOG	TOMMY TWOSHoes
CAZ	JOHNNY TOURNAMENT	TOP FIVE
CHEESE	JUDGE	TOYBAS
CHIC	K. BOY	TRIGGER
CHIPPING CHAD	KILLER BEES	WAG
CHOOKIE LOOKIE	LEFTY	WALKING BOB
CLIT	LIL BOBBY	WHITE DOG
COCO	LIL BUDDY	WILD BILL
CORTEZ	LION	WILLIE TEAL
CUB	LOLLYPOP	WOOD CAT
CUBA	MAGNUM	BLACK RICK
CUBA TREE	MISS BIRDIE (TOM'S DOG)	RED RICK
DEAD MEAT	MO	HAPPY HARRIS
DEPOT	MUSSO	
DILLA	PILGRAM	
DOC	PUNKIE	

before 12) on any given day, you might hear a variety of side bets being lined up.

"Okay, so Spit and Cheese got Lion and Cub 2-2 and 2 and Dr. Wedge and Fast Eddie are swinging the robin-all combos..." Don't try to understand-it was like speaking in tongues.

Of course, like GCC, Oak Hills was replaced by a subdivision. As Jenkins wrote, "It was swallowed up by the bulldozers of progress and in the end, it was nice to learn something could take a divot out of those hard fairways."

That sound familiar, guys? And just as Jenkins could not say goodbye to his beloved Goat Hills without writing endless stories about it, I couldn't say goodbye to GCC without one of my silly songs to try and immortalize its characters and their language. There will never be another place like it...

**"Goodbye Gonzales Country (GCC)"**  
to the tune of  
**"I've Been Everywhere"**

*I stopped off to pick a hiker up on the narrow Main New River Road,*

*He said, "I've been evicted, man. I don't have anywhere to go."*

*I can't believe we're losing this here little piece of heaven,*

*So I guess that I'll just head on down Spit Trabeau's favorite I-11.*

*For over 40 years or more my home has been this GCC,*

*So listen to my stories cause there some that you won't believe...*

*(Chorus) My home's GCC, man, my home's GCC, man,*

*Only place for me, man, things you got to see, man,*

*On the course you can pee, man, my home's GCC.*

*I played with Lefty, Lionel, Cub and all the other Glazes,*

*Lollypop, Little Bob, Little Buddy-other crazies,*

*Chipping Chad, Buckethead- doing things almost illegal,*

*G-Spot, Shoulda Shot-almost lipping out for eagle.*

*Jimbo, Sambo-hitting wedges that will stop,*

*Then he let the fringe grow up-stopping Hubbie's bunny hop.*

*(Chorus) I played Paul Ray in bouree and got cursed with Raven luck,*

*Heard Leo's name changed to Leroy by the bar's Old Buck,*

*Fast Eddie, Slow Spider-Moran finished in an hour,*

*Wild Bill, Willie Teal- isn't he a little flower?*

*Boomer, Cheese and Hawk doing family things,*

*Jenny doesn't always like K-Boy when he sings.*

*(Chorus) I've eaten food by Dandy, Randall, Bama and Cracklin' Snookie,*



*Lost on horse tips from Donnie and Chookie Lookie,*

*Seen Wag throw clubs further than I can hit,*

*Heard Pete call himself, 'You big, fat piece of %^&\*!'*

*Checked with Dead Meat-see how many pills to take,*

*Checked with Kim to see how many points to make."*

*(Chorus) Bad Back, Cookie Man, Walking Bob-where have you gone,*

*Got to mention Dr. Wedge-how we miss your Christmas songs.*

*Peter Musso on your putts-drivers hitting Pacman's limbs,*

*Chick teaching reindeer games-changing rules to suit his whims.*

*Bones and Catman making cows, Tommy Twoshoes shooting trump, Handicap police watch out to see whose scores are gonna jump.*

*(Chorus) I've played with Belinda, Erin, Decoteaus including Sharon, De-Po, R-CN-O's, did you see what Dorsey's wearing?*

*Red Rick, Black Rick, no more common robbery,*

*Weak fade off three right into Doc Sigmon's tree,*

*Loss flip, blood bath-I'm the one who's in the tub,*

*Really hope the comp light's on cause I'm against Birdie Bub.*

*(Chorus) There goes the money game-Mohler, D.J., Murph and Marty, There goes the noon game-off today-11:40.*



**L-R A.P. Marchand, Jeff Wiley, Butch Little ...Pond Pirate golf balls**

# Jammin' with Goosie

## The Amite River Wildlife Sanctuary

About a year or so ago I discovered that Ascension Parish is now the home of a beautiful piece of cypress-tupelo swampland known as The Amite River Wildlife Sanctuary. The property was purchased in 2020 by the Baton Rouge Audubon Society and has been opened to the public for the use of viewing wildlife in its natural environment since April of 2021. The area is approximately forty acres in size and is located in Port Vincent, La. on Many Gautreau Rd. of which basically intersects the traffic circle of La. 42 and La. 431. From the time of its beginning until now a significant amount of work has been done to the area by several volunteers along with the aid of scout troops etc. The mission here is to provide protection of diminishing habitat for birds, butterflies and other wildlife with special emphasis on neotropical migrants. It will also promote wildlife education, research, and conservation in cooperation with others of interest from our state as well as the residents and organizations of Ascension parish. The site appears to be an excellent place to view, photograph and study wildlife in their natural habitat.

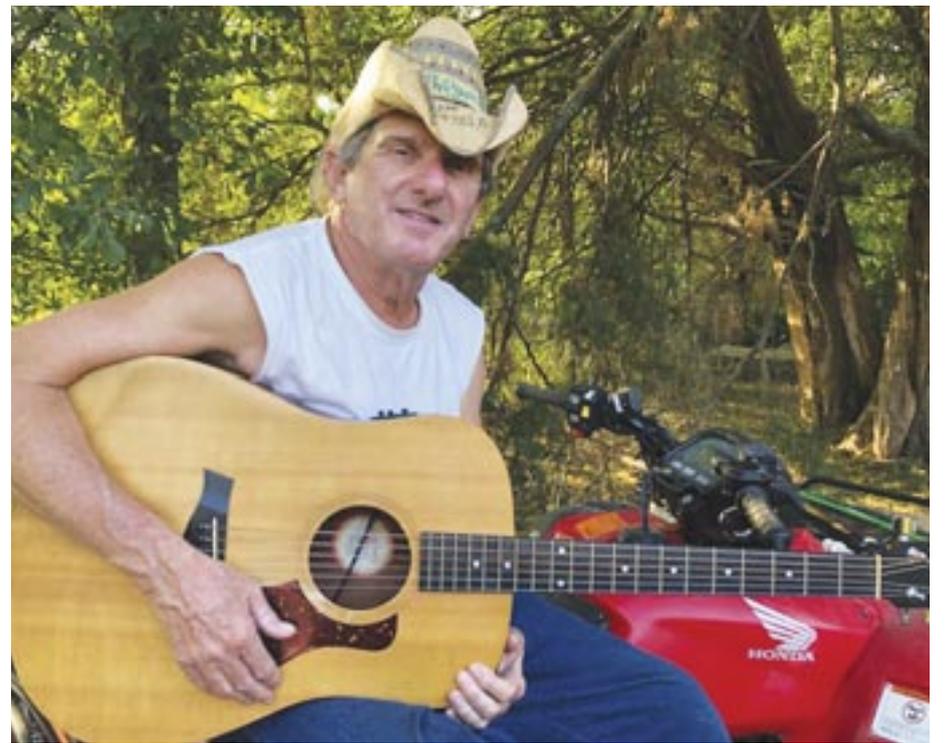
You may think that exploring an area of such mention for someone like myself who has hunted and fished in many areas of our great country would not have much interest in areas of land that don't allow those activities to occur. That assumption would be far from the truth. I've had more remarkable experiences than I can count from my hunting and fishing experiences of the past but I do believe that

while being caught up in the moment sometimes you don't see the forest for the trees, so to say. Sometimes I believe it's good to leave the gun and fishing pole at home and enjoy God's beautiful creation of nature in another way.

I truly enjoy checking out areas of forest that are new to me. After discovering the existence of the newly acquired piece of land I decided to put on my knee boots and take a walk along the newly cut trails that offer viewing of the property and its wildlife. The site, although accessible, is in its early stage of development. The path offers a picnic table, walking sticks, several



benches for resting and numerous bird nesting boxes for wood ducks and warblers have been placed along the way. The ridges are occupied by pine and hardwood and the swamp land consists of tupelo and cypress. The trail basically skirts along the edge of the ridge and the swamp. During the walk you will encounter the existence of a couple of very old trees that have been in that forest since the Chitimacha Indian Tribe resided in the area many years ago. The large cypress tree along the trail was dated by the Louisiana Purchase Cypress Legacy Organization and is estimated to be between four hundred to six hundred years



of age. The gigantic live oak is believed to be at least three hundred and fifty years old. Looking at those old trees was mind boggling to me. As I stared at those monsters I just had to wonder what many events of things they must have encountered in their past lifetime. To this point of their

wild in its natural state forever for the public to enjoy. It would be nice to see more of the same in the future. Just recently the East Ascension Sportsman League made a monetary donation to the Audubon Society for the construction of one of the needed walking bridges along the trail. Several more small bridges along with other things as well are needed to make things more comfortable toward the completion of the project. The construction of these future needs could serve as fantastic projects for some groups of interest. Donations of cash, time or material for improvements would be appreciated by all means. The Baton Rouge Audubon Society has a great website and a very active email program that keeps all of interest in the news of what's going on and what is needed at the site.

I truly enjoyed my walk around the loop on that beautiful April day and I must say that it won't be my last time to do so. Parts of the area can be damp so if you decide to check it out please wear some small waterproof boots for the time being and bring along a picnic lunch as you enjoy a piece of property that is available to all of us for the future.

Till next time

Take a hike

James "Goosie" Guice

life they have survived countless lightning strikes, hurricane force winds, tornadoes, floods, droughts and the saw for that length of time. At the completion of my midday hike I had viewed several whitetail footprints, one barred owl, wood ducks, many species of wading birds and a couple of different types of warblers. I also saw one non-poisonous snake. I'm not trying to scare anyone from seeing this beautiful setting that is for sure, but snakes are an important part of that environment.

The Amite River Wildlife Sanctuary is a good thing to see come about. That piece of property should remain



## East Ascension Sportsmans League

Letter from president -  
**Greg Cedotal**

April is here, the temperatures are nice, I am dreaming of seeing Tupelo gum trees covered with tent caterpillars that are falling into the water, and waking up to the feeling and sounds of a bite on a popping bug and a tug on my fishing line. It's time to feed the fever and go fishing.

I am seeing reports of

catfish, sac-a-lait, bass, and bream being caught. Not all are in nice numbers. Thinking about that, I am about to contact the LDWF to see if a biologist is working on a study of how much the 2023 drought affected the fish populations in southeast Louisiana. Maybe I can get someone to come speak to the membership at the June 17th meeting. Let me know if you would like to hear from a biologist about this subject.

If you get to enjoy some time with family and or friends catching fish and making memories, consider sharing photos with the members of EASL. We can post them on the website and Facebook page.

Now for a little bit about EASL events. You must be a member to participate in these events. EASL Bass Club will fish the April tournament on the 20th. If you are interested in fishing with the bass club, contact Jim Hebert at 225-717-



EASL presented the Baton Rouge Audubon Society's treasurer, Mark Pethke a check to fund the building of a bridge in the Amite River Wildlife Sanctuary.

6037. The March .22 Rifle Silhouette Match will be April 27th at the Sheriff Shooting Range starting at 8:30 AM. Members, don't forget to weigh your bass for the Monthly Big Bass contest and weigh your specs for the Monthly Big Speckled Trout contest. The Big Turkey contest will be here before you know it.

Look for the rules on easlonline.org under the Contest tab.

Time to go outdoors with family and or friends and enjoy nature. Remember to be safe and conserve our resources for future use. Questions or comments you can email me at [gdced1@gmail.com](mailto:gdced1@gmail.com).



EASL presented outgoing president Mike Lambert a plaque showing our appreciation for his six years of service as president of EASL.



Winner of the Big Buck Contest is Brett Brown with a score of 118.

# EASL Bass Club News

*EASL Next meeting June 17th at 7:00PM upstairs at Cabela's.*

The EASL Bass Club held their March Tournament on Caney Creek Reservoir in North Louisiana, between Jonesboro and Chatham. This is the Club's annual two-day away tournament at a location voted on by the members in November of the previous year. The event was held out of Jimmie Davis State Park on the lake. Most members stayed at the State Park in their rental cabins.

The weather was fine until the first day of the Tournament on Friday. Everyone got started fishing until 8:30 that morning when the strong storms hit. We spent two and a half hours under a pier while the storm hit with rain, strong winds, thunder and lightning. Most others had the same experience while one of our members said that the home owner came out and served them a cup of coffee under the boat house. Now that's hospitality.

Saturday's weather was misty cool with clearing and sunshine later in the day. The winners of the Tournament were Dirk Anderson & Jason Beck with their two day total of 42.26 lbs. Their Saturday total included one fish over 9 lbs. and one over 8 lbs. Second place was Tim Fatheree fishing alone for a two day total of 28.82 lbs. Third place was Kyle Melancon and his guest with



*Warren Hebert won Big Bass, personal best 9.56 pounds*

a two day total of 27 lbs. Big Bass winner was Warren Hebert with his Lunker that weighed 9.56 lbs.

Jason Beck, fishing as a guest, also won two optional side pots with his Big Bass that weighed in at 9.66 lbs. This year there were two 6 pounders, two 5 pounders, and a 9.56 pounder weighed on Friday.

On Saturday there were two more 9 pounders, one 8 pounder and a 5 pounder weighed in. Congratulations to the winners of the Caney Lake

Tournament. The Club's next Tournament is scheduled for April 20th. The

meeting to sign up will be held at Dirk's home on Babin Road on April 11th.

**We're Knee Deep in Crawfish!**

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*L-R, Kyle Melancon 3rd, Tim Fatheree 2nd, Jason Beck and Dirk Anderson 1st.*

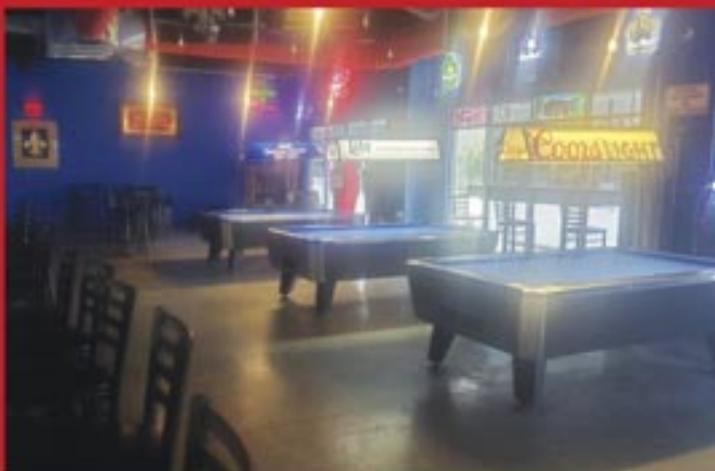


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\$5 double well • \$4 and \$5 bomb shots.*

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**\$4 bomb shots**

**\$2.50 Blue Moon Draft**

**Tuesday special**

**2 for 1 Bomb Shots**

**Wednesday special**

**\$5 PBR and  
bomb shot combo**

**Thursday special**

**\$5 double well**

**Sunday is SIN Night**

**2 for 1 for SIN and  
Military people**

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***Useless Random Facts  
with Kellie***

It is estimated that millions of trees are planted by forgetful squirrels.

More Presidents have been born in the state of Virginia than in any other state.

Benjamin Franklin's peers did not give him the assignment of writing the Declaration of Independence because they feared he would conceal a joke in it.

Andy Garcia was a conjoined twin.

Tommy Lee Jones and Vice President Al Gore were freshman roommates at Harvard.

Mozart wrote the nursery rhyme "Twinkle Twinkle, Little Star, at the age of five.

The characters of Bert and Ernie on Sesame Street were named after Bert the cop and Ernie the taxi driver in Frank Capra's It's a Wonderful Life.

There are as many as seventy-eight scenes in a single x-Files episode.

For many years the globe on the NBC Nightly News spun in the wrong direction. On January 2, 1984, NBC finally set the world spinning in the proper direction.

No word in the English language rhymes with month, orange, silver, or purple.

As much as fifty gallons of maple sap are used to make a single gallon of maple sugar.

# Thoughts from Bully

## We will, We will, Rock You!

These days kids are continuously looking at their phones. Looking for likes or being stupid and hope they go viral.

In the early 70's I sat and listened to music and staring at the album covers. I was a rock music geek before geek was even cool.

The entire purpose of this article is to take rockers like me from the 70's on a journey of your memory that was so much a part of your life. I'm gonna showcase some lyrics that will send you singing the rest of the song in your mental orchestra pit.

This first album was at the time considered devil worship by clergy. When I purchased it I had to hide it. I got with Phillip Banker and we took it to his room and played the record player real low. The lyrics came through, 'Generals gather in their masses. Just like witches at black masses.'



Wow. We are going to Hell. If you are a rocker you know this album set a new bar for HARD ROCK.

In the early 70's there was Independence Hall In Baton Rouge. It was rock heaven at a \$5 rate. Typically you would



get 3 bands in a night and I saw so many famous rockers at that small concert hall. Many are bands in this article.

As an album geek I was trolling the music center frequently Roy Shaw kept me informed of the Billboard chart. He was selling records I was looking for new artist. Mike Rambin, Scott Harris and I headed to Independence Hall to see Bachman Turner Over Drive. We knew they would be,



'Taking care of Business.' What my buds didn't know was KISS was the warm up band. I told them to hold on and watch what was about to happen.

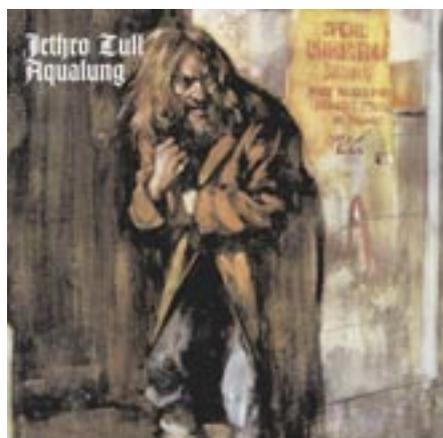
The lights came up and Gene Simmons dropped his



six inch tongue out and started, 'I'm gonna Rock and Rock all night. And party everyday.' It was the beginning for me to be a life long KISS fan. The second band was, The James Gang. We certainly couldn't 'Walk Away' and really didn't know what a 'Funk 49' was but we loved it.



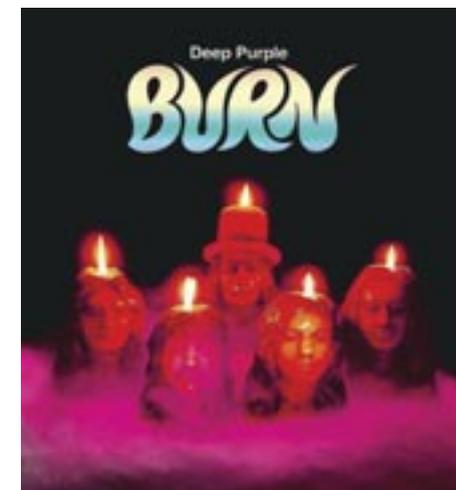
We all remember when we were on 'Main Street' and felt the 'Night Move'.



Who knew a flute wheeling rocker could create a 'Shuffling Madness. That locomotive really took us on a, 'Slow Ride'



Have I set the rock mood yet. If not you may not be a real rocker. If so, 'Are you Ready' or are you gonna be a 'Heart Breaker'.



Maybe it's time to build a fire and enjoy some, 'Smoke on the Water.'



At first I was thinking Peter who? It wasn't long when I would, 'Feel like I do.'



After invoking God's name in a 'Pusher Man' song they looked the part and rocked the part as they were 'Born to be Wild' as they traveled around on a 'Magical Carpet Ride.'



I used to think this band had a terrible name but they seemed to rock forever. However they created a song that everyone had to sing along with as they proclaimed that, 'Jeremiah was a Bull frog' and proclaimed that, 'One was the loneliest number that there ever was.'



Some say, Johnny Winter was the best guitar player of his day and sure made his mark when he shredded 'Johnny B. Good' in a way only Chuck Berry could rival and don't forget he had a, 'Rock and Roll Hoochie Koo.'



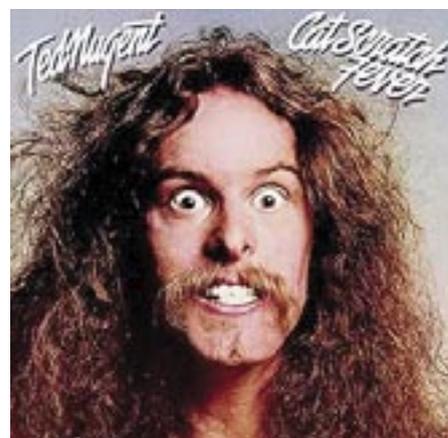
All across the South there were many bands that left their garages and took the rock world by storm. With a deep South Blues and Rock style that no one had heard before and can't hardly match today. Brothers Duane and Gregg Allman combined were magical at writing and creating music. They made us fall in love with, 'Melissa.' Taught us there, 'Ain't but one way out' and if you get divorced you'll feel like you've been, 'Tied to a Whipping Post.'



Rock music was popping up from every corner of America. Throughout the South rockers were making their mark. While they were 'Searchin' for a Rainbow' they had to ask, 'Can't you see?'



Even though Neil Young was a great rocker and admired across the country he really stepped in it when he attacked the, 'Southern man' so Lynyrd Skynyrd had to remind him 'Southern man don't need him around any how!' They also messaged songs for health purposes as they wondered about, 'That Smell' and educated us about the 'Needle and Spoon'. They also stayed grounded when you were reminded to 'Give Me Back My Bullets'.



From up North a Motor City Mad Man had some really hard driving lyrics when he was putting people in a 'Strangle Hold' while avoiding 'Cat Scratch Fever'. One of the big wonders about Ted was he was never a user of alcohol or drugs but his addiction was women.



Across the pond a band showed up that rocked in a way that was classic rock with a classical style. Their name 'Queen' was confusing as in the early 70's open sexuality was suppressed and did the name have other meanings. Either way this iconic band made their mark. No one wants to tell their Mom, 'Mama, Just Killed a Man' and I don't think sports today would be as exciting if we couldn't sing a proclamation of, 'We Are The Champions'. We also like to get in our opponents face and taunt, 'We Will Rock You'. I suggest you watch the movie 'Bohemian Rhapsody' and you'll get your answers.



Also across the pond Pink Floyd took us all on magical rides in their rock anthems. I believe this band coined the phrase, "Better listened to with headphones."

Oh boy headphones were needed and helped you believe, 'Pigs on a wing' could fly and 'Money' is a nice thing to have. They also had us searching for the, 'Dark side of the moon'. I'm still pondering the thought and don't have an answer to this day as to, 'How can you have any pudding if you don't eat your meat?'

I am absolutely positive I could include another twenty bands that molded my rock world however I have limited space.

Here are a few more that have personal meaning and rocked in the 70's.



To me this band headed in a Pop direction but I was 'Reminiscing' about the Little River Band from Australia.



I was in the sixth grade when I would sneak to listen to my older brother Rolling Stones album. I didn't understand what 'Painting it black' meant but understood 'Wild Horses'. I certainly danced around with a 'Honky Tonk Woman' and moved even more in a 'Jumping Jack Flash'.



Jimi taught me a few things. I need to watch out or 'Purple Haze' could be in my brain, and I liked standing next to the 'Fire'. Most of all if you date a girl living in a 'Red House' and she treats you wrong, don't worry her sister will treat you right.



At last I go to New Orleans to this day because I heard 'Jesus Just Left Chicago'.

# CHC Closet and Pantry

## “Seeking to Glorify God by Helping People”

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

By Janell Brent

Exciting things are happening at CHC Closet and Pantry and we have many people to thank. We have been in need of more storage space and God has provided through New Song Community Church. They are building us a storage room attached to our building and buying shelves for it. This will enable us to be more organized with our food pantry and closet. New Song



has been amazing in their support of us, providing food, diapers and paper goods for our clients. They are collecting at their church and the people have been very generous. We thank them from the bottom of our hearts for helping us make a difference in the lives of some needy people.

A special thanks goes to David Jenks for heading the building crew and getting it done. Thank you to all of the men who have worked on this project. I don't know all of the names but please know how appreciated you are. Also thanks to Suzanne Salvador for finding us and bringing us to the attention of New Song in the first place. We are forever grateful.

We also want to thank State Lumber, Salco, Inc. in P'Ville

and Cut Rite Tree Service for providing materials for the project.

Our own church, Christ Healing Community is collecting food each week also. They also provide some of our volunteers. We have volunteers from several of the churches in the parish and in Baton Rouge. If you would like to help out, we would love to have you. You can contact us on Facebook.

We received a very generous donation from someone who wishes to remain anonymous, a \$700 donation from a garage sale as well as donations from church members who will let us shop for them. I am happy to shop when given the money to do it.

Girl Scout troop #10340 has given us hygiene items. St. Mark Catholic Church will be blessing us with a donation from their St. Joseph's Altar. More about that next month.



We had a fundraiser at Off the Hook raising over \$300 and we have more scheduled for the rest of the year.

As always, our biggest need is food, especially meat for the freezer. If you are able to help, any donation is appreciated. We can also accept properly wrapped and frozen wild game and fish.

Thank you for your support in the past and in the future. May God bless you as He is blessing us at CHC Closet and Pantry.



**Eric Lambert**  
Owner

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**EVENT SCHEDULE**

FESTIVAL GROUNDS: 219 South Irma Boulevard, Gonzales, LA 70737  
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**BANDS**  
**FRIDAY, MAY 24**

**MAIN FESTIVAL STAGE**

Damon Troy 5:30 pm - 8:30 pm  
 Ryan Foret & Foret Tradition 9:00 pm - 12:00 am

**INDOOR STAGE**

Kenny Fife & Bac Trac Band 4:30 pm - 7:30 pm  
 The Allison Collins Band 8:00 pm - 11:00 pm

**COOKING AREA STAGE**

Joey Ray 11:00 am - 2:00 pm  
 Mitch Hughes 2:30 pm - 5:30 pm

**SATURDAY, MAY 25**

**MAIN FESTIVAL STAGE**

Rhett Glindmeyer 11:00 am - 1:30 pm  
 Eddie Smith Band ft. Floyd Brown 2:00 pm - 5:00 pm  
 Dustin Lee Guedry 5:30 pm - 8:30 pm  
 The Jovin Webb Experience 9:00 pm - 12:00 am

**INDOOR STAGE**

Kenny Cornett 10:00 am - 12:30 pm  
 Justin Cornett Band 1:00 pm - 4:00 pm  
 Mike Broussard & Nite Train 4:30 pm - 7:30 pm  
 Gregg Martinez & Steve Adams 8:00 pm - 11:00 pm

**COOKING AREA STAGE**

T-Boy Moore & Just Us 12:30 pm - 3:30 pm  
 Mark Babin Band 4:00 pm - 7:00 pm  
 Announcement of Champ of Champ & Top 32 Semi-finalists 7:00 pm - 8:30 pm

**SUNDAY, MAY 26**

**MAIN FESTIVAL STAGE**

Taylor Nauta 12:00 pm - 3:00 pm  
 Chris LeBlanc & Jonathon Boogie Long 3:30 pm - 6:30 pm  
 Andy Williams - Trumpet Solo  
 2024 World Champion Announcement 6:30 pm - 7:30 pm  
 The Mojoes 8:00 pm - 11:00 pm

**INDOOR STAGE**

Na Na Sha 1:00 pm - 4:00 pm  
 Backstreet Band - Ruckle Gautreau 4:30 pm - 7:30 pm  
 Don Rich 8:00 pm - 11:00 pm

**COOKING AREA STAGE**

Announcement of Top 12 Finalists 12:00 pm - 12:30 pm  
 Ghost Riders Band 1:00 pm - 4:00 pm

**PAGEANT**

**SATURDAY, JUNE 8, 2024**  
 7pm - Gonzales Civic Center

**COOKING CONTEST**  
**FRIDAY, MAY 24**

Heats 1-4: 8:00 am | 9:45 am | 1:15 pm | 2:30 pm  
 \*Mini-Pot Champ of Champs: 6:00 pm\*

**SATURDAY, MAY 25**

Heats 5 - 7: 8:00 am | 9:15 am | 12:45 pm  
 Semi-finalists announced at 7:00 pm

Champ of Champs 2:00 pm - 5:00 pm  
 Champ of Champs Winner announced at 7:00 pm

Mini-Pot Cooking Contest 7:00 am - 11:00 am  
 Along New River - Across from Gonzales City Hall

**SUNDAY, MAY 26**

Semi-finals 6:00 am - 10:00 am  
 Finalists announced at 12:00 pm

Finals 1:30 pm - 5:00 pm  
 World Champion announced 6:30 pm - 7:30 pm

**5K & 1 MILE RUN**

**SATURDAY, MAY 25**

Registration 7:00 am  
 1 Mile Fun Run 8:00 am  
 5K Run Start 8:30 am

**CARNIVAL**

**FRIDAY, MAY 24 - SUNDAY, MAY 26**

5:00 pm - 10:00 pm (Friday)  
 Pay one price of \$30  
 11:00 am - 10:00 pm (Saturday)  
 Pay one price of \$30  
 11:00 am - 10:00 pm (Sunday)  
 Pay one price of \$30  
 \*Weekend Passes for Friday - Sunday \$60\*  
 Single Ride Tickets range from \$3 - \$7 each

**CAR SHOW**

**SUNDAY, MAY 26**

Car Show 9:00 am - 12:00 pm  
 Awards 1:30 pm  
 Council On Aging Parking Lot

**VENDOR BOOTHS**

**FRIDAY, MAY 24 - SUNDAY, MAY 26**  
 Irma Boulevard  
 Friday 2:00 pm - 7:00 pm  
 Saturday & Sunday 10:00 am - 7:00 pm



PHOTOS BY ROBIN STEVENS, OFF THE GRID PHOTOGRAPHY

# “Embracing Eva”

## A Giant Show of Love



On behalf on Eva and Dale Guedry we would like to thank everyone who came out and supported “Embracing Eva”. This event was a tremendous success and helped raise funds to cover Eva’s medical treatments. We would also like to thank all the volunteers who helped make this event run smoothly, we couldn’t have done it without you!

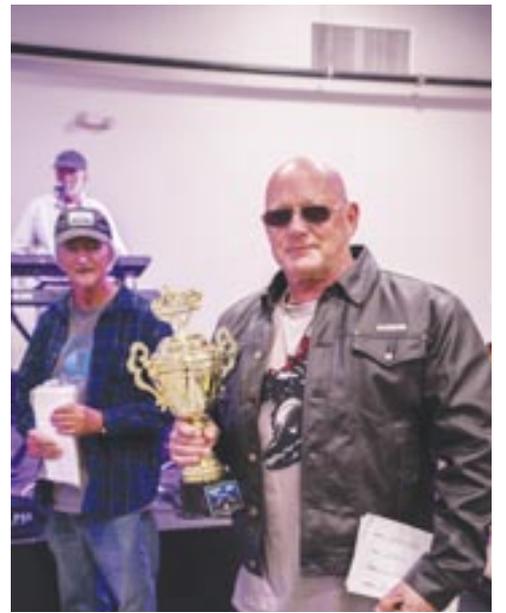
Melissa Woodward 3rd. Huge shoutout to Edmond Rouyea with Money Pit Garage for hosting the car show. We had a great turnout with over 100 cars and congratulations to the Top 25.

Life IV Louis would like to thank Eva Dale for allowing us to help and be part of such a great event. We appreciate the continued support from the best community and friends and family. Life IV Louis is dedicated to helping those in need. Be on the lookout first the next event!



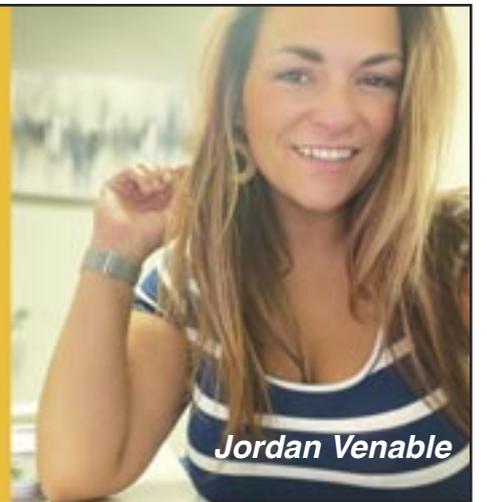
Thanks to all the cooks that attended and congratulations to the winners, Bart and Selena Himel 1st place, Curt Parent and Todd Brignac 2nd place and Bill and





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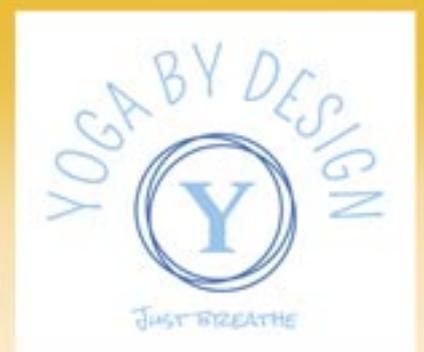


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## Cooking Gourmet at Home with SNO'S SEAFOOD & STEAKS



### 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 hgacompaniment with a hearty meal.

ENJOY!!!!!!

## TREAT YOUR MOM!

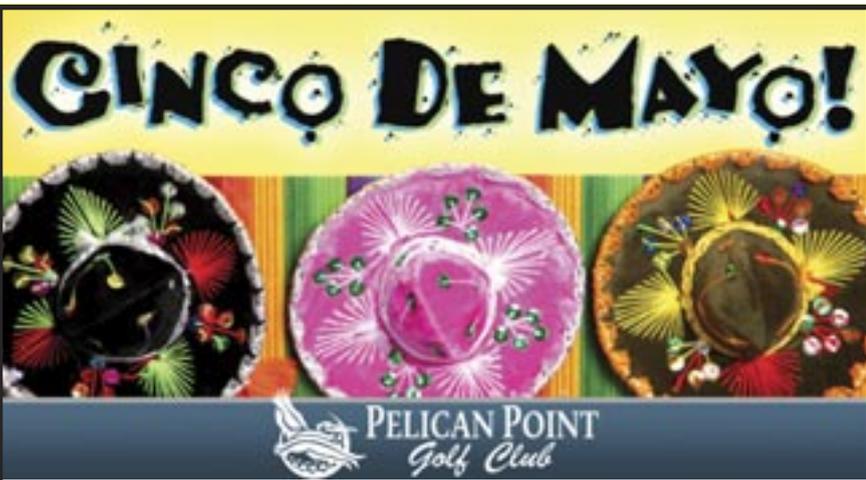
We're open Tuesday to Sunday  
Dine in and Curb-side takeout

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## Cinco de Mayo Party at the Point!

**MJ & the Redeemers**  
**3 Bars**

Serving:  
**Margaritas, Dos Equis Draft**  
**Corona, Modella, Pacífico**  
**Tacos & More!**

**Sunday, May 5th**

**Pelican Point Golf Club | 225-746-9900 ext. 2**

**Cinco de Mayo**  
**Live Music Kicks off at 7pm**  
**Taco Bar starts at 5pm**

### Taco Bar Menu:

All plates served with Soft Tortillas, Spanish Rice,  
Refried Beans and your choice of

**Three Tacos:**

- Beef Tacos**
- Shrimp Tacos**
- Steak Tacos**
- Chicken Tacos**
- Carnitas Tacos**

\*\*\*Taco Bar is walk-up and served by our team\*\*\*

## Pelican Point Golf Club

6300 Championship Court, Gonzales, LA 70737  
(225) 746-9900  
www.golfthepoint.com



*Reservations are now open for our  
Annual Mother's Day Brunch  
which will be held on Sunday,  
May 12th from 9am - 3pm.*

### 3 Course Menu

Soup or Salad  
(Choose One)  
Shrimp & Butternut Squash  
Strawberry Feta Salad

### Entrees

(Choose One)

All served with choice of Hash Brown Casserole or Yellow Stone Grits

Eggs Benedict  
Fried Oysters on a Toasted English Muffin, topped with Smoked Ham,  
Poached Eggs and Hollandaise

Shrimp and Grits  
Gulf Shrimp in a Savory BBQ Butter Sauce over Yellow Stone Grits  
served with Grilled Asparagus and Garlic Bread

Breakfast Plate  
Two Fluffy Pancakes served with Two Eggs, Cooked to Order, with  
Bacon and Sausage

Steak and Eggs  
4oz Filet served with Two Eggs, Cooked to Order, with Toast

French Toast  
French Toast Sprinkled with Powdered Sugar  
served with Your Choice of Bacon or Sausage

Create Your Own Omelet  
Choose from Ham, Bacon, Shrimp, or Sausage  
Your choice of Cheese, Mushrooms, Onions, Bell Peppers, Tomatoes,  
and Jalapenos.

Desserts  
(Choose One)  
Bread Pudding with Rum Sauce  
Strawberry Shortcake

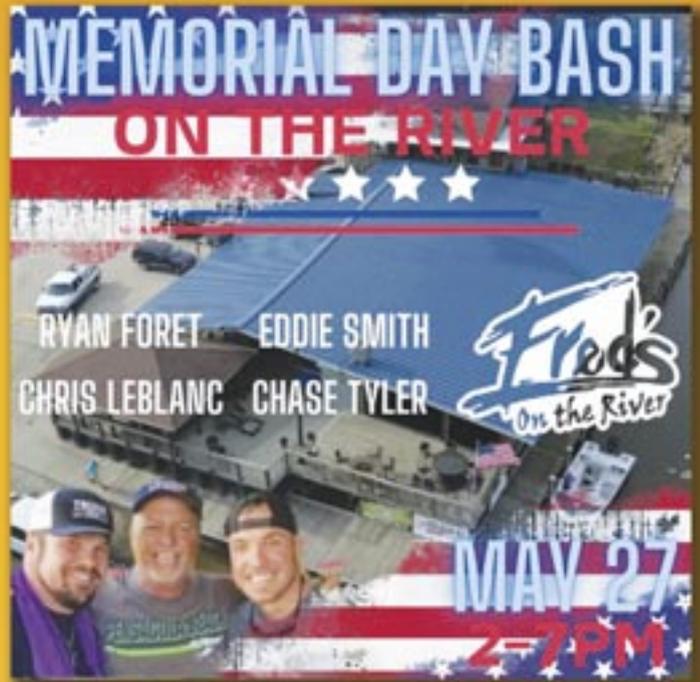
For reservations and additional information...  
Flight Restaurant | (225) 746-9900 ext. 2

## Pelican Point Golf Club

6300 Championship Court, Gonzales, LA 70737  
(225) 746-9900  
www.golfthepoint.com

# Fred's

On the River  
Prairieville, LA



## IT'S A PARTY ON THE RIVER

### Band Schedule

- 4/19 - Drunk Uncles 9-12am
- 4/20 - True Spin 9-1am
- 4/21 - T-Boy & Just Us 3-7pm
- 4/25 - Thomas Cain 7-10pm  
Ladies Night 2 for 1
- 4/26 - Whiskey Bent 9-1am
- 4/27 - DJ Bullet & DJ Atomic 9-130am  
35th annual Amite 100 poker Run
- 4/28 - Backstreet band 3-7pm
- 5/2 - Taylor Harris 7-10pm  
Ladies Night 2 for 1
- 5/3 - Tickfaw 200 After party  
Blue Crab Redemption 6-8pm  
True Spin 9-1am
- 5/4 - Ben Ragsdale 9-12am
- 5/5 - 3rd street Band 3-7pm
- 5/9 - SENIOR CITIZENS DAY 9AM-4PM**
- 5/10 - Titanium Rain - 9-12am
- 5/11 - Whiskey Row - 9-12am
- 5/12 - T-Cuz Band 3-7pm
- 5/16 - Peyton Falgoust & Mike Broussard 7-10pm  
Ladies night
- 5/17 - DJ Bullet & DJ Atomic 9-130am
- 5/18 - After 8 9-12am



*Pat Michel*  
Owner

**May 9th**  
**SENIOR CITIZENS DAY**  
**9AM-4PM**

FOR MORE INFORMATION CALL FRED'S BAR 225.622.4884



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

As Seen On  
**THE DOCTORS**

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