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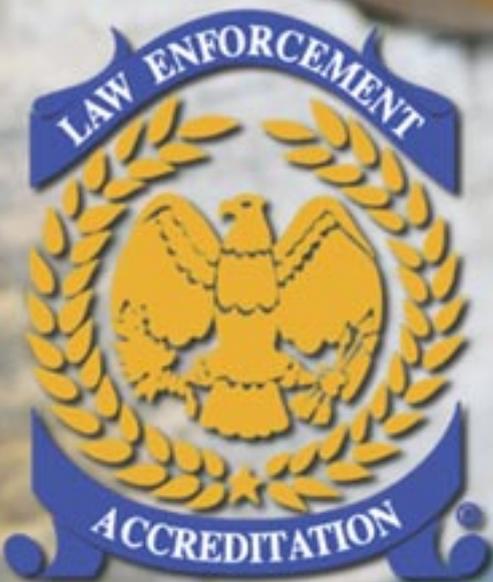
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MAY 2022, VOL. 20 ISSUE 5

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Ascension Magazine

18386 Little Prairie Rd.

Prairieville, LA 70769

Table of Contents

100 YEARS CELEBRATION..... 4

GONZALES GARDEN CLUB 10

SWEET EYES W/ TANYA.....12

APSO CALEA AWARD24

BILL DELAUNE..... 32

THOUGHTS FROM BULLY.....35

JAMMIN’ WITH GOOSIE..... 36

SPORTSMAN LEAGUE..... 37

SNO’S RECIPE..... 45



On the Cover: Sheriff Bobby Webre, CALEA AWARD



Jamie Frederic-Braud

LADY GATORS TAG THE BASES AND TAKE THE LHSAA 5A STATE SOFTBALL CHAMPIONSHIP TITLE HOME TO “THE SWAMP”

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CONGRATS TO THE LADY GATORS SOFTBALL CHAMPS!

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This past month The City of Gonzales Celebrated with Music, History, Cooking and Dancing.

CITY OF GONZALES 100 YEAR CELEBRATION

A PHOTO WALK THROUGH

Photos by Adrian's Photography



I would like to thank our committee, our sponsors, special guest, and citizens for making the celebration very special. The music, food, and history was enjoyed by all who did attend.

Mayor Barney Arceneaux







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Grand Opening



Christ Healing Community Closet & Pantry

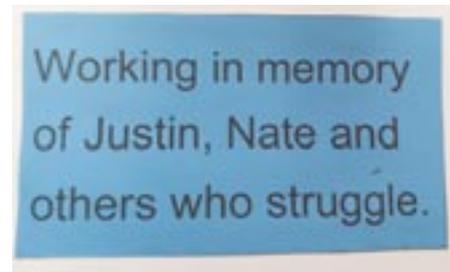
Seeking to glorify God by helping people!

A grand opening was held for Christ Healing Community Closet and Pantry on Sat. 4/30/2020. Free food was served, jambalaya, hot dogs, pizza and brownies. The weather was beautiful and the fellowship with members of the church and the community was great.

CHC Closet and Pantry provides clothing and food to people who are homeless or needy. There is never a charge for clothing or food, all is given away for free. We are seeking to glorify God by helping people.

We are trying to make a difference in the lives of people who need help. Recently, a homeless man came in, got clean clothes, shoes and food and was able to shave. He came back the next day to tell us he applied for and got a job. He just needed a little help to be able to help himself.

People were able to shop at the open house and several left with bags of clothing and staple foods. There were people available to pray with and encourage people. We are truly blessed when we are able to bless someone else. We are located in the back of the Cut Rite Tree Service building at 209 E. Railroad St. Suite B in Gonzales. We are



run only by volunteers and so we must make appointments for donations and shopping. You can find us on Facebook at CHC Closet and Pantry and send a message to make an appt. We take donations of gently used clothing and any type of food, diapers, hygiene,





products, laundry detergent, etc.

If you have items to donate or if you need help please contact us on Facebook or call Pastor Clayton Hartline at 225/773-4302. Please do not leave donations if no one is there to receive them.

If you would like to volunteer please contact us. We also have a need for a refrigerator/freezer so we can provide frozen meals. Any help would be appreciated.



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A Year of Renewed Appreciation



Attending the commencement luncheon at the Clarion Inn on May 4 were (L to R seated) Cynthia Cagnolatti, Loretta Ramirez, Janis Poche, Ellen Poche, Gwen Heck, Kaye Couvillion, Janis D'Benedetto and (L to R standing) Dale Bowman, Conchita Richey, Rita Bourque, Jamie Trisler, Marilyn Rice, Cathy Venable, Patti Mouton, Barbara McCormick, Mary Jo Pohlig and Pam Fiegel.

The garden club held its last meeting of the 2021-22 season on May 4. Members met at the Clarion Inn Convention Center for a sit-down meal reminiscent of pre-COVID days. Recollections of the year's most memorable moments primarily centered around anecdotes of the beloved Myra Mire who quietly passed away in February. She was dear to each member. The mood lightened when members spoke of the warm-hearted meeting at

Dale Bowman's house in March. The club had not socialized in a home since December, 2019.

The GGC received accolades for their efforts. President Jamie Trisler announced that Member Mary Jo Pohlig received 19 blue ribbons at the Louisiana Lagniappe African Violet Club Show and Sale in April at the Baton Rouge Garden Center. There were 171 plants entered. The club is quite proud of her.



Members Janis D'Benedetto, Patti Mouton and Barbara McCormick received certificates for perfect attendance at 2021-22 club meetings.



President Jamie Trisler was given a bromeliad plus a terrarium bowl by Hospitality Chairman Marlyn Rice (center) and Vice President Mary Jo Pohlig (right) in appreciation for her service to the club.

More congratulatory news was announced by Yearbook Committee Chairman Janis D'Benedetto. The Louisiana Garden Club Federation named the Gonzales Garden Club as the club with the #1 Yearbook in the

State! That book was subsequently submitted to Deep South Garden Clubs (for the states of Alabama, Florida, Georgia, Louisiana, Mississippi, and Tennessee) where it was also awarded first place! The book will next be considered with all



Past GGC Historian Pam Fiegel presented President Jamie Trisler with President's Books for 2019-20 and 2020-21.

descriptions, and edited the book that guided the club for 2021-22. Also deserving acknowledgement is the print shop that compiled the booklets in a cohesive format and produced them with quality materials with meticulous detail. The GGC sends special recognition to Dean Bourque of Bourque Print for his expertise in graphic design and printing services. Indeed, he helped the club win top honors.

After the meal catered by Mike Anderson's Restaurant, the meeting adjourned until next September. Members headed to Dale's house again for dessert and a walk through her landscape. When asked to describe her backyard garden, this is what she said. "I probably have 1/2 acre in the back with a large variety of flowers. Until the flood I had about 100 feet of azaleas across the back, but I lost every one of them. The backyard and path used to be all

regions of the country by National Garden Clubs, Inc.

Thanks go out to the yearbook committee who developed the theme, planned the programs, structured the projects, wrote the



Staghorn ferns and a hummingbird feeder hang in the shaded part of Dale's garden above impatiens, hostas, daylilies, and irises. Two pots of bougainvilleas are ready to be hung also.



The society garlic Dale planted in cinder blocks makes a showy garden border of lavender flowers all summer.



This view from the back of the property toward Dale's home shows wildlife features such as a bird bath and a purple Martin house. A flagstone and gravel pathway trails through the plantings.

shade until Gustav came through and took down my 150-year-old oak tree, and when it went down it took four more very large oak trees with it so then it was too much sun for all my ferns and shade plants. I have hostas and numerous begonias and hydrangeas in my most shaded areas. One section has nothing but pollinator plants for the hummingbirds and butterflies (cosmos, zinnias, marigolds, coneflowers) as well as butterfly bushes, asters, Turk's cap and iris scattered around. The bed off the patio has lots of bulbs (daffodils, amaryllis and miscellaneous lilies) along with begonias, coleus, honeysuckle, asters and of course, daylilies are scattered everywhere." Always a pleasure with Dale.



Dale served strawberry pie with graham cracker crust.

to water gardens often during this early summer heat, stay vigilant about controlling garden pests, and plant caladium bulbs. Retired LSU AgCenter Associate Professor Dan Gill says, "Although the ideal planting season for planting hardy trees and shrubs is past, many heat-tolerant vegetables, bedding plants, summer bulbs and tropicals can be planted now."

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

This month's horticulture hints are



Guests have come to expect Dale's luscious white chocolate bread pudding.



Delivering Magazines. Receiving Joy.

Since I've embarked on a new journey the past couple of years, I feel so grateful for the amazing relationships I've developed over the decades. Intentionally or unintentionally seeing and meeting people in the community members, family, former colleagues, friends, neighbors, church mentors, and strangers met "by chance" are one of my

greatest joys in life.

Those moments, I believe, are a divine destiny to fill your heart with joy and to put a smile on your face for days and weeks to come. Seeing those people, those critically influential people, in those brief moments and times, somehow feels more impactful than the days, weeks and months you spent with them prior.

Overwhelming gratitude and appreciation flow from my heart and creates the joy, which creates the strength, to

move forward and pour into the new relationships that have been placed in my path.

Even though you may have a life change, for example, moving or changing jobs, it's deep relationships that keep you grounded and connected. Some how running into an old friend or meeting up with a neighbor for coffee, brings your heart home. It reconnects you with your old self. That self you thought you forgot. The self that sometimes screams out to be known, and that person you wish your new

environment and relationships understood.

This happened recently when helping our amazing publisher, Mike Strong, deliver magazines last month. I ran into so many friends I hadn't seen in the community...for whatever reason. Nonetheless, it was such a gift from God through Mike, that had my heart soaring for days. It allowed me to reconnect with more people in a short period of time. To say the least, I hope Mike lets me deliver magazines again!

I think this short but heartfelt sentiment is simply meant as a reminder for two types of people, those who are in a life shift and those who are not. For those who are in a new season of life, make time to connect with people past that you love but may no longer see on a day-to-day basis. The second group are those who haven't left a job or home...in other words, living their day-to-day life. To those people I say, cherish that time just as much! Really appreciate the people around you and that are a part of your life. Cherish moments with the clerk at the grocery store, the mail lady, your boss, Mom, Dad...everyone.

In this life, the greatest commandment is, "to love the Lord your God with all your heart and all your mind, with all your might, and to love your neighbor as yourself." Somehow a day of delivering magazines made this scripture become even more real.

Blessings and Peace to you all.

XOXO,
Sweet Eyes





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Get Growing, Ascension!

What's Up with the Ascension Master Gardeners



Mariah Simoneaux

The past few months have been busy for the group of volunteers who make up the Ascension Master Gardener Association. Activities and events are back on and Master Gardeners have been hard at work educating the public on horticulture-related issues. In 2021, as the association was moving slowly and cautiously forward, Ascension Parish Master Gardeners still managed to log over 1,445 hours of volunteer service. Additionally, Ascension Master Gardeners recorded approximately 443 hours of continuing education increasing their horticultural knowledge.

On April 26 Ascension Master Gardeners held their first gardening seminar and plant swap since pre-COVID-19. Master Gardeners and plant enthusiasts gathered to hear Dr. Ed Bush, a professor in the LSU School of Plant, Environmental and Soil Sciences, present on soil

mixes for different applications. Dr. Bush brought along some tools of the trade such as pH meters, soil sieves, soil testing boxes and a variety of bagged soil mixes. Following the presentation was an old-fashioned plant swap. Over 700 plants were available for attendees to choose from. The event was a great success!

School gardens have a remained a top priority of the Ascension Master Gardener Association during the past year. New raised beds were installed at several schools throughout the parish, including Bluff Middle, Dutchtown Middle, and Gonzales Middle. Other schools who participated in the school garden program in 2021 were Ascension Christian, Central Middle, Galvez Primary, Galvez Middle, Lakeside Primary, Lowery Elementary, Oak Grove Primary and Sorrento Primary. Master Gardeners provide gardening supplies, plants, seeds and guidance to



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

school gardens throughout the year.

Master Gardeners are trained volunteers who provide proven, research-based educational programs to Louisiana residents. The Louisiana Master Gardener program is a place for volunteers to have a fun, educational experience while serving the community in which they live. There are

students for the next class contact Mariah Simoneaux.

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



Tomatoes are the most popular vegetable in summer gardens.



29 Master Gardener Association throughout the state. In Ascension Parish Master Gardener classes are typically held every other year with the next class scheduled for late summer 2023. To be added to a list of potential



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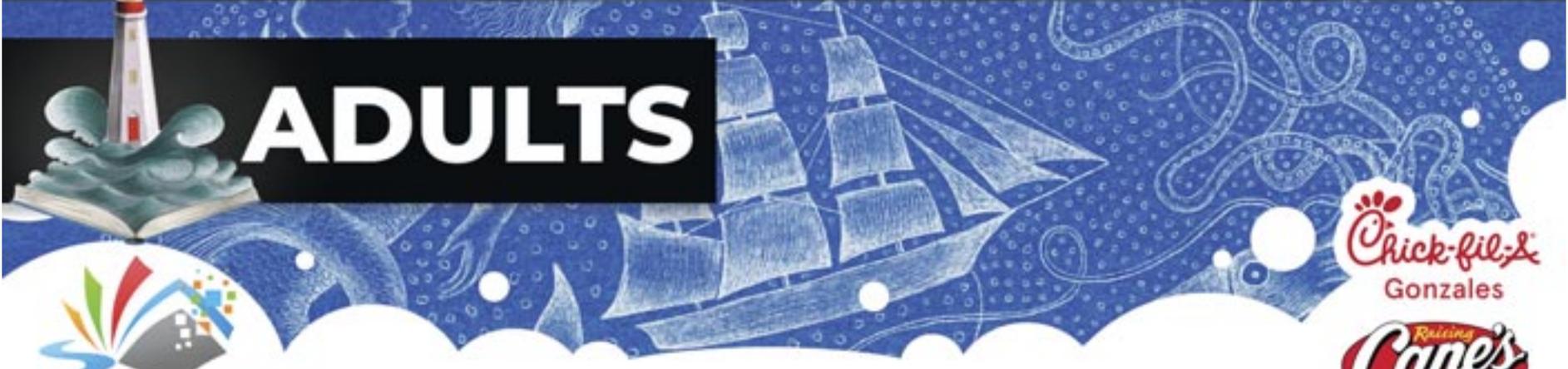
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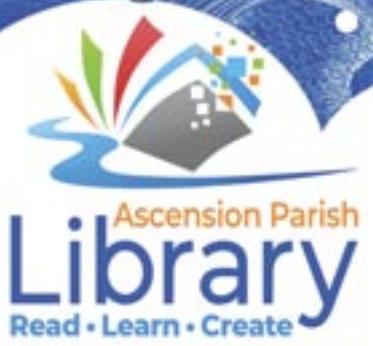
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17 Fitness Mistakes Your Trainer wants You to STOP Making, Part 2

By: Brandi LeBlanc, CPT

Ok, so here is the continuation of my article from last month – the remaining nine mistakes you’re making that your trainer wants to tell you to stop making. They don’t say it, but they are biting their tongues so hard it’s bleeding. I don’t let mine bleed. I’m that trainer that will tell you like it is, be blunt and honest, and not afraid to tell you what you’re doing wrong. If you’re not seeing the results, go back and read last month’s article and then read this month... I bet you’re bound to relate to some mistake listed here that you are making. What you were doing obviously wasn’t working, so it’s time to buckle down and try a new approach: do what your trainer tells you to do – don’t skimp. Cheating will only have you cheating yourself... and your “results” will prove it.

09 of 17 **Stop Skipping Meals**

Even though we’ve all heard that it’s actually counterproductive to skip breakfast, many of us still fall into the diet trap of forgoing the first meal of the day to “save” calories for later. Unfortunately, skipping breakfast, or any other meal for that matter, often leads to rebound overeating, low energy, and poor food choices. And, if you’re hungry at the end of a long day, you should not be afraid to eat—no matter what time it is. The myth of late-night eating contributing to the storage of excess fat has been disproven time and time again over the last decade. As long as some type of muscle-building activity is performed a few times throughout the week, eating a large dinner or having a snack before bed is perfectly fine if the overall amount of calories

within the day is consistent from one day to the next.

10 of 17 **Stop Switching Diets Every Week (or day...)**

Consistency. I tell my clients this all the time. Consistency is the KEY to change. Without consistency, you will not see results. It may seem silly easy and elementary, but it’s NOT. It’s hard work. Your brain, and your body, is conditioned to go to the well-worn path, or the habit. Developing new food habits is hard and takes commitment and work and a plan. Start small and stick with it. Think of your meal plan as a lifestyle, not a “diet”. The lifestyle of eating right will help you MAINTAIN the results that you achieve. Know what foods you need to stick with, and stick with them. I encourage you to get creative in the way you prepare your meals. Seek recipes that fit with the foods that are allowed on your plan so you do not feel like you are eating the same thing over and over; and stop adding in things that are NOT on your plan. Another thing I often tell my clients, “If it ain’t on your plan, you can’t have it.” Think



about it this way, what you were doing before obviously wasn’t working, so listen to the professional and give actually listening to them a try. I bet you’ll see better results.

11 of 17 **Stop Giving Up**

Stop quitting when things get tough. When things get hard in life, you should not give up—and that translates to the gym as well. To get fitter and stronger, you have to challenge the body. Be honest with yourself: As long as you aren’t feeling injury-related pain, push through the difficult parts of the workout because that’s how your body will adapt. The burn you feel is a good thing—embrace it, and try to get a couple more reps in before you take your rest. The burn means it’s working! Why stop when it’s just starting to make a change happen? I tell my clients daily, “If it doesn’t challenge you, it will not change you!”

12 of 17 **Stop Overemphasizing Cardio**

Many people think cardio is king when it comes to burning calories and losing weight. But, because your body adapts to your cardio workout, you may not be burning as many calories as you think, and it does little to build strength and tone your body. Cardio may be helpful in helping you achieve a caloric deficit, but [it] is not required to achieve this. There is a lot of confusion around this point and why many people think doing hours of cardio will help them lose weight. Rather than going for yet another 5-mile run, or mindlessly spinning every day after work while you binge-watch Schitt’s Creek, consider strength training. Strength training builds lean body mass, which not only increases strength and bone density but also increases your metabolic rate, helping you burn more calories throughout the day even once your workout is over.

13 of 17 **Stop Ignoring Technique and Form** SLOW DOWN ON YOUR REPS!

Going faster and swinging weight around is NOT going to aid in building muscle – it will only be an aid to injury. Pay attention to proper form and breathing. Executing each rep with proper technique and form is not only important for preventing injuries, but it’s also what ensures the exercise is actually effective. Use a weight you can handle for the entire range of motion of the move without needing to rely on momentum. When in doubt, go a little lighter, and complete a few extra reps.

14 of 17 **Stop Avoiding Variety**

Variety isn’t only the spice of life; it should heavily season your workouts, too. A well-rounded workout program keeps your body constantly challenged, which helps you become fitter and healthier, and it prevents overuse injuries, boredom, and fitness plateaus. Instead of sticking to your favorite spin class or repeating the same core exercises day after day, mix up the type of exercise you do regularly.

Opt for a balance of strength training, cardio, and flexibility workouts each week, and switch up the mode and intensity as well. For example, try a body-weight HIIT (high intensity interval training) workout on Monday, and on Tuesday, try a morning stretch routine and a low impact steady state (LISS) run to recover.

15 of 17 **Stop Skipping Warmups**

The warmup in an exercise class isn’t just a formality, and warmups for your own workouts shouldn’t be viewed as an optional component for when you have time. Particularly because we tend to be relatively sedentary throughout the day, and most of us wake up somewhat stiff, warming up our muscles through light cardio, mobility work, and low-resistance lifts is important to safely prepare your body for the workout to come. Skipping warmups makes you more prone to injury, which ultimately will disable you from working out altogether for a while.

16 of 17 **Stop Working Out Without a Plan**

Working out without a plan is like trying to build a house without a blueprint. A proper plan will help you make progress and reach your specific fitness goals. It can also prevent injuries because it ensures your workouts are balanced, include adequate rest, progress at an appropriate rate, and address all types of important exercises—not just the ones you like to do. Contact me and I’ll be happy to set you up on a productive workout plan that will guarantee you results IF you stay consistent with it.

17 of 17 **Stop Being Negative**

Always have a positive attitude—that is the key to success. Your attitude colors more than how pleasant you are to be around in the gym; it can dictate your success (or lack thereof). Stay positive, believe in yourself, and try your hardest, but understand that fitness is a process, and give yourself grace on days where workouts don’t go as well as you’d like.

There you have it. That’s 17 of the 17 mistakes you’re making right there. Evaluate your journey. Which of these mistakes have you been making? What can you do to truly start making a change in your progress?

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. Brandi LeBlanc, CPT
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Contact me:
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Retiring early? Know your health care choices

Life doesn't always go as planned. For example, you might think you'll retire at 65 or later, when you'll be eligible for Medicare. But if you retire before then, how will you pay for your health care?

Without insurance, you risk incurring thousands of dollars of expenses if you are injured or become seriously ill. And if you must pay for these costs out of pocket, you might have to dip into your IRA, 401(k) or other retirement accounts earlier than you had planned – which could result in a less desirable retirement lifestyle than you had envisioned.

What, then, are your options? It depends on your situation, but here are four possibilities:

• **Employer retiree health benefits** – If your former employer offers health coverage to retirees, it could well be your best choice, especially if the employer continues to pay a share of the premiums. However, fewer employers are offering continuing health coverage to former employees, and among those who do, they may use certain criteria – such as length of service and position within the company – to limit eligibility.

• **Spouse's plan** – If you're married and your spouse still has employer-provided insurance, you may be able to get coverage under this plan or continue this coverage if you have it already. If the employer subsidizes premiums for spouses, this plan could be an affordable choice – if not, though, it might be more expen-

sive than other options.

• **COBRA** – The Consolidated Omnibus Budget Reconciliation Act (COBRA) allows you to maintain your existing coverage with the same benefits and provider network. However, COBRA is typically only available for a specific time – usually 18 months – after you leave your employer, and coverage can be expensive. Your previous employer subsidized a portion of the premium as a benefit, but once you've retired, you'll likely have to pay the entire premium, plus an additional charge.

• **ACA Marketplace plan** – Through the Affordable Care Act Marketplace, you can find a variety of plans from which to choose, possibly including ones that include your existing network. If you qualify for subsidies, the premiums for your coverage may be similar to employer-sponsored coverage; if not, though, they can be more expensive. For information on ACA Marketplace plans, visit www.healthcare.gov.

If you have options for health insurance, you'll want to take into account differences in coverage and cost. Check whether your desired health care providers are in-network and try to determine if your current medications and the benefits you rely on are covered. You may also want to consider a plan that allows you to open a health savings account (HSA), which offers potential tax benefits. To contribute to an HSA, you must be covered by a high deductible health plan (HDHP), so there's that cost to consider, but if you're in generally good health and you don't expect to depend heavily on your health insurance until you're eligible for Medicare, you might want to consider an HDHP.

One final note: Even when you do enroll in Medicare, you will still incur expenses for premiums, deductibles and co-pays, so you'll want to budget for these costs in your overall financial strategy.

In the meantime, explore your health insurance options. The future is not ours to see – so you'll want to be prepared for anything.

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

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YOUR ESTATE MATTERS



By Linda Melancon

How Community Property Affects Estate and Tax Planning

In most states, spouses can purchase and own property separately from one another. I'd like to think that when I buy a bag of Zapp's Crawtators that they belong to me and only me, even if I bring them home and put them in the pantry. However, in certain states – called community property states – if one spouse purchases property, it is considered the property of both spouses. The state of Louisiana rules that I have to share my chips. More importantly than snack foods, how marital property is owned has implications for both estate and tax planning.

Currently, only nine of the fifty states are community property states. They are: Arizona, California, Idaho, Louisiana, Nevada, New Mexico, Texas, Washington, and Wisconsin. A few other states (for example, Alaska) allow couples to opt into community property arrangements.

Community property is property acquired by a couple during marriage. In community property states, property held in only one spouse's name can still be community property. For example, the paycheck that a spouse brings home every week is community property even though only one spouse's name is on the check. If that check is used to buy an asset, then that asset is community property, regardless of whose name is on the account or the asset.

Property that is not community property is property that one spouse brings to the marriage, inherits, or is gifted. A spouse can turn separate property into community property by putting an asset owned by one spouse into both spouses' names.

Depending on the state, partners may be able to change whether property is

separate or community via pre-nuptial agreement, post-nuptial agreement, or exceptions in the law. Changing community property into separate property may be appropriate in second marriages or when one spouse is bringing significant separate property into the marriage. For example, if, at the time of the marriage, one spouse receives significant income from owning a business, the spouses may decide that it is appropriate that the business remain that spouse's separate property and the income from that property will remain that spouse's separate property.

One advantage of community property is with regard to capital gains taxes. If one spouse dies, the cost basis of the community property gets "stepped up." The current value of the property becomes the cost basis. This means that if, for example, the couples' house was purchased years ago for \$150,000 and it is now worth \$600,000. The surviving spouse will receive a step up from the original cost basis from \$150,000 to \$600,000. If the spouse sells the property right away, he or she will not owe any capital gains taxes. In non-community property states, if one spouse dies, only the deceased spouse's interest (usually 50 percent of the value) is stepped up.

When estate planning in a community property state, it is important to fully review assets to determine which assets are community property and which are separate property. A surviving spouse in a community property state is entitled by law to half of the community property, regardless of what the spouses may have wanted to do with the property (such as pass it on to children). Community property can be a factor even in non-community property states if the couple owns property in a community property state.

If spouses move from one type of state to another, it is especially important that they have their estate plan reviewed by an attorney in the new state to make sure the plan still does what they want. A knowledgeable estate planning attorney will be able to advise you on the best way to plan for your property, assets, and, of course, your chips.

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.



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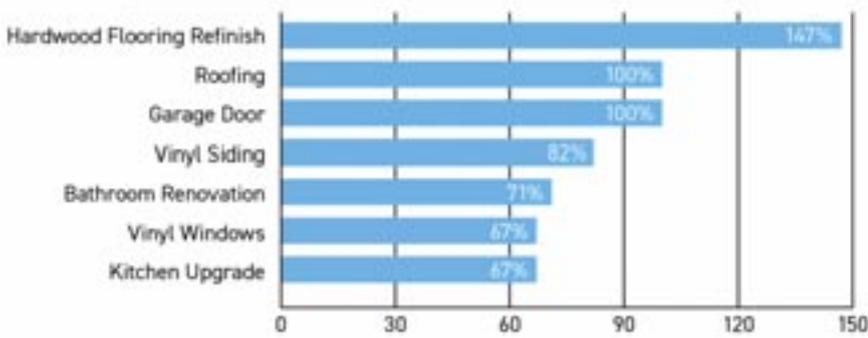
TO UPDATE OR NOT TO UPDATE...

RENOVATIONS??? Yep...that is a question many people have asked lately. That age old questions remains, "Should I renovate or not before I sell my home"? People...It is STILL a seller's market!! I know, I know the rates have increased...but the inventory has NOT! Inventory may be the main reason that because there are so few homes to choose from, those costly updates or

homeowners would consider purchasing a home requiring expensive renovations. However, if you do decide to tackle projects around your home before you list, here are a few things you should consider doing if you are concerned about cost recovery...

Regardless of what you decide to do, I highly advise you contact me or your Real Estate Professional to discuss what their thoughts are for recovering any costs

Cost Recovery on Remodeling Projects



renovations may not be the deciding factor in someone purchasing your home and they will decide they can just do it themselves! This way they secure a home and can put their own signature décor into the place without you actually "footing the bill"! Sounds like a winner to me!

associated with you remodeling or repairing your home. I would love to talk with you about your options!

Feel free to contact me anytime at 225-933-6869!

In a recent article from Freddie Mac...it was notated that nearly two-in-five potential



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Congratulations to the Cooking Contest Winners

Crawfish Eating Contest – Darby One Bite Challenge – Josie Villar
50/50 Winner – Tamara Johnson

Jambalaya Winners

1st Place – Kade Lanoux
 2nd Place – Clint Broussard
 3rd Place - Daren Braud

Crawfish Boiling Winners
 DTR Cooking Crew

Mini Jambalaya Winner
 Cohen Parent – 1st Place Mini-Pot

Cracklins' Winner
 James, Stump, Marchand



1st Place – DTR Cooking Crew



1st Place – James, Stump, Marchand



1st Place – Cohen Parent



1st Place – Kade Lanoux



2nd Place – Clint Broussard



3rd Place – Daren Braud









Ascension Parish Sheriff's Office Awarded National Accreditation



Upon being sworn in, Sheriff Bobby Webre committed to having the Ascension Parish Sheriff's Office accredited, and now your sheriff's office has been awarded national accreditation by the Commission on Accreditation for Law Enforcement Agencies (CALEA) following a vote of CALEA's 21-member board. CALEA Accreditation serves as the International Gold Standard for Public Safety Agencies. The Ascension Parish Sheriff's Office is one of only four sheriff's offices in the State of Louisiana and among four percent of law enforcement agencies nationwide that have achieved CALEA law enforcement accreditation.

"If you visit a hospital or send your children to school, you want to know if that institution meets the gold standard in its industry," stated Sheriff Webre. "I am proud to say that my office meets the highest standards in law enforcement."



***Sheriff Webre joined APSO's accreditation team, which includes:
Deputy Chief Laura Gremillion,
1st Lt. Blaine Melancon,
Sgt. Cody Dardeau, and
Staff Sgt. Chris Blalock during
CALEA's final review.***

In 2019, Sheriff Webre created an accreditation team of APSO deputies who began a three-year self-assessment phase. During that time, the accreditation team ensured overall agency compliance to approximately 161 law enforcement standards, policy development, employee training, best practices, and community engagement. The Ascension Parish Sheriff's Office now moves into CALEA's four-year re-accreditation process which includes an

annual remote, web-based file review and a site-based assessment in the fourth year.

“This was a goal I set out to achieve during my first term as sheriff. Make no mistake however, this was absolutely a team effort. It required a full commitment from everyone, from patrol to corrections, dispatchers to detectives. I want to thank all my deputies for their commitment to meeting and exceeding our goal,” stated Sheriff Webre.

CALEA was created in 1979, through the combined efforts of four major law enforcement organizations: the International Association of Chiefs of Police, National Organization of Black Law Enforcement Executives, National Sheriffs’ Association, and the Police Executive Research Forum. The purpose of the Commission is to develop standards based on international best practices in public safety, and to establish and administer the accreditation process. The accreditation process is how a public safety agency voluntarily demonstrates how it meets professionally recognized criteria for excellence in management and service delivery.

“This award of accreditation does not come easy,” said CALEA President Marcus Brown. “Agencies must go through a rigorous review and evaluation of their organization and then implement the necessary policy and procedure changes. The process does not stop at that point. By voluntarily choosing to seek CALEA accreditation, the agency commits to an ongoing review of adherence to CALEA’s standards. Each community with CALEA accredited agencies should be feel confident that their public safety organization is going above and beyond and operating under the highest standards in public safety.”



Sheriff Bobby Webre talks with law enforcement agencies during a Critical Stress Management Basic Training class hosted the Ascension Parish Sherriff’s Office.

Benefits of CALEA Accreditation

Greater Accountability Within the Agency – Accreditation standards give the Chief Executive Officer a proven management system of written directives, sound training, clearly defined lines of authority, and routine reports that support decision making and resource allocation.

Improved Employee Morale – Accreditation is a coveted award that symbolizes professionalism, excellence, and competence. It requires written directives and training to inform employees about policies and practices; facilities and equipment to ensure employee safety; and processes to safeguard employee rights. Employees take pride in their agency, knowing it represents the very best in public safety.





Lt. Jared Mullins briefs Ascension Parish Sheriff's Deputies and Volunteer Fire Department during search for an endangered missing teenager.

Increases Community Advocacy – Accreditation embodies the precepts of community-oriented policing. It creates a forum in which police and citizens work together to prevent and control crime. This partnership helps citizens understand the challenges confronting law enforcement and gives law enforcement clear direction about community expectations.

Bottom Line – CALEA accreditation strengthens law enforcement professionals' mission to protect and serve their communities.

More about CALEA

The purpose of CALEA's Accreditation Programs is to improve the delivery of public safety services, primarily by maintaining a body of standards, developed by public safety practitioners, covering a wide range of up-to-date public safety initiatives; establishing and administering an accreditation process; and recognizing professional excellence. Specifically, CALEA's goals are to: Strengthen crime prevention and control capabilities; Formalize essential



SSG. Roman Barthelomew shows teen how to wear gear from APSO's Critical Response Team



Cpt. Tony Tureau and Dy. Bret Weinberger play basketball with youth during event at WAG Center in Donaldsonville.

management procedures; Establish fair and nondiscriminatory personnel practices; Improve service delivery; Solidify interagency cooperation and coordination; and Increase community and staff confidence in the agency.

The CALEA Accreditation Process is a proven modern management model; once implemented, it presents the Chief Executive Officer (CEO), on a continuing basis, with a blueprint that promotes the efficient use of resources and improves service delivery—regardless of the size, geographic location, or functional responsibilities of the agency.

This accreditation program provides public safety agencies an opportunity to voluntarily demonstrate that they meet an established set of professional standards based on industry best practices and approved by an all-volunteer board of commissioners.



DFC. D’wanya Black observes toddler after rescuing him from a hot car that the toddler accidentally locked himself in.

Jambalaya Festival

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on our website.. jambalayafestival.net

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55th ANNUAL GONZALES JAMBALAYA FESTIVAL BAND LINEUP

FRIDAY May 27, 2022

MAIN STAGE

Damon Troy	5:30 PM - 8:30 PM
Ryan Foret & The Foret Tradition	9 PM - 12 AM

INDOOR STAGE

Kenny Cornett	6:30 PM - 9 PM
Chris LeBlanc & Jonathon Boogie Long	9:30 PM - 12 AM

SATURDAY May 28, 2022

MAIN STAGE

Dustin Lee Guedry	12:30 PM - 3 PM
Tuzak Martin Band	3:30 PM - 6 PM
Eddie Smith Band featuring Floyd Brown	6:30 PM - 9 PM
Blue-Eyed Soul Revue	9:30 PM - 12 AM

INDOOR STAGE

Kenny Fife & Bac Trac Reunion Band	12:30 PM - 3 PM
The MoJoes	3:30 PM - 6 PM
Mike Broussard & Nite Train	6:30 PM - 9 PM
NaNa Sha	9:30 PM - 12 AM

COOKING AREA STAGE

T-Boy Moore & Justus	1:30 PM - 4 PM
Jovin Webb Experience - <i>St. Amant Native - 2020 American Idol Top 10</i>	4:30 PM - 7 PM
<i>Announcement of Top 32 Cooks Semi-Finals</i>	7 PM - 8:30 PM

SUNDAY May 29th, 2022

MAIN STAGE

Rhett Glindmeyer	12:30 PM - 3 PM
Don Rich Band	3:30 PM - 6 PM
<i>Awards: Jambalaya Champ</i>	6 PM - 7 PM
Kendall Shaffer	7:30 PM - 10:30 PM

INDOOR STAGE

Capital City Soul	2 PM - 4:30 PM
Back Street Band featuring Ruckle Gautreaux	5 PM - 7:30 PM
Gregg Martinez & The Delta Kings featuring Parker James	8 PM - 10:30 PM

COOKING AREA STAGE

<i>Announcement of Top 12 Cooks Finals</i>	12 PM - 12:30 PM
Ghost Riders Band	12:30 PM - 3 PM
Last Round Band	3:30 PM - 6 PM

See Ya at the Festival



When: Saturday, May 28, 2022
Time: 7:00 AM - Registration /Sign In
 8:00 AM - 1 Mile Fun Run - "Kids Run" Start
 8:30 AM - 5K Run Start

Event Details:
 Entrants will receive a free T-shirt and free jambalaya at the after party – Run and after party is through the festival grounds – Music, cooking, party atmosphere - This is a flat, fast course!

Note - T-shirts are not guaranteed for those who register after 5/20/2022

Registration Fees: Till May 27th - \$25 for the 5K, \$15 for the 1 Mile and \$30 for both

Packet Pickup (Location, Date & Time): Race day at the Festival Grounds

1 mile Fun Run - "Kids Run" AWARDS:
 1st & 2nd place medals for Male & Female - overall and age categories 1-4, 5-10, and 11-15

5K Awards: Top overall M&F and Top 2 – First & Second in each group Male & Female
 Age Groups: under 9, 10-14, 15-19, 20-24, 25-29, 30-34, 35-39 till 70+

Team awards are 1st and 2nd place medals for teams with lowest total time



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What Would Willie Do?

by Bill Delaune



“It’s a regular whodunit about who lost it and who won it, And who’s still around to lose it all again...” “It’s a Long Story” by Willie Nelson.

Editor’s note- American music icon Willie Nelson celebrated his 89th birthday this year on April 29-and April 30-and May 1. In typical “Willie” fashion, Nelson explained he was indeed born on April 29-but very late at night.

“So it didn’t get registered in the county courthouse until the next day,” explained the Red-Headed Stranger, “so it went out as the 30th. So I just celebrate both days.”

And this year-since May 1 fell on a Sunday, his annual birthday party at his ranch

outside Austin just kept the celebration going to complete the weekend. Fittingly, Nelson released his 17th album on the same day-or days-that included a cover of the Beatles’ “With a Little Help from my Friends.”

Anyway, let’s drop in on an end-of-the-year class that concentrated on different events in Willie’s long and amazing life...

Okay, class, another year in Cultural Literacy has come to an end and it’s time for your final exam.

I trust all of you have done your required reading-“It’s a Long Story”-the biography of singer, songwriter, author, actor and activist Willie Nelson, because your test will include some critical thinking and mind

expanding as related to some of Mr. Nelson’s experiences in the book.

And why was his story chosen? Because in a world where lunatic leaders create their own wars, where some folks have no regard for the law and where you have to mortgage your first born to get a tank of gas-well, I figured you could use a tale of a common man’s hero. And besides, he’s Willie Frickin’ Nelson-that’s why!

So now, if you’ll take out your ABC notebook-no, we’re not going back to basics-it stands for Accountability, Benchmarks and Common Core-we’ll begin. You will be given 10 different situations that present social, financial and just plain awkward problems and you will

provide a solution to each as to how Willie Nelson would handle it.

And “getting back on the bus and going ‘On the Road Again” is not an acceptable answer. Keep your peepers on your on paper or there will be some “Blue Eyes Crying” with the pain of a failing grade. You may commence...

1. You are dead broke in Nashville and everyone is making fun of your new song. But one Opry star wants to record it. You need \$500 just to stay alive. W.W.W.D.?

2. After a night out on the town, you return home and pass out and your wife sews you up in a sheet and beats you with a broom. W.W.W.D.?

3. Your career finally takes off with songs like “Crazy” and

“Night Life” and you are living the dream when the IRS decides you owe them \$32 million in back taxes.

W.W.W.D.?

4. The police stop your bus (again) because there seems to be a cloud of smoke inside and a suspicious odor emitting from the vehicle. W.W.W.D.?

5. The piano company Baldwin gives you a guitar as a promotional gimmick and some drunk steps on it and breaks it beyond repair. The only acoustic guitar in the nearby shop is a Martin N-20 for \$750. W.W.W.D.?

6. You love the game of golf but-like the rest of us-you, well, suck pretty bad. W.W.W.D.?

7. You are in popular demand to do duets with everyone from Ray Charles to Nora Jones to Kid Rock.

Then, you are approached by a Spanish pop star who has never had a hit in English to team up on a song that sounds more like it came from the opera “Carmen”. W.W.W.D.?

8. Your daughter informs you that her husband is abusing her. W.W.W.D.?

9. Your plane tries to land near a friend’s Western town used for movie sets when the pilot hits a hole, flips the craft over on its side and crashes. W.W.W.D.?

10. You are over 80 years old. The only Texas musician older than you-your friend from the Bob Wills days-Johnny Gimble dies two days before you are supposed to do seven show in seven days in the Midwest where tornadoes are occurring daily. Some members of your band can’t leave Texas without checking with their parole officers. And then there’s that pesky death rumor that puts you in the same elite category as Sir Paul McCartney. W.W.W.D.?

Answers...

1. Willie played “Hello Walls” in a Nashville bar and was nearly laughed out of the place.

“What’s the next verse-Hello Commode?” joked one of the hecklers.

One person who didn’t laugh was Faron Young, already a country star in his own right, who offered to record the song. A desperate Nelson said he’d take \$500 for the tune and all the rights that went with it, but Young would not accept any money.

“I’ll loan you the money to stay on your feet, you retain the rights and let’s see what happens.”

A couple months later, Willie got a royalty check for \$20,000. According to Young, the next time he saw Nelson, Willie kissed him right on the mouth.

“One of the best kisses I ever got,” laughed Young.

2. Willie was having his problems in the record industry as well as at home at the time so he took the broom beating as an omen to make a clean sweep. He filed for divorce, let his hair grow long and moved back to Texas-and the rest, as they say, is history.

3. Speaking of problems, Willie lost most of his property and belongings in government auctions trying to pay off the massive tax bill. Fortunately, much of the property was bought back by friends and supporters-including Texas head Coach Darryl Royal-who gave it right back to him.

To pay for the rest of the settlement, Willie recorded an album entitled “The IRS Tapes-Who Will Buy My Memories?” which raised enough money to get the Feds off his back.

Nelson often jokes about the incident these days and appeared in a hilarious commercial for H&R Block during Super Bowl XXXVIII.

4. Another great American singer, songwriter and philosopher Kinky Friedman once opined, “If Willie Nelson had been Rosa Parks, there would never have been a civil rights movement in this country because he refuses to leave the back of the bus.”

All of the members of Willie’s band and extended family know the drill. When the police hold up a bag of weed and ask, “Who does this belong to?”-everyone on the bus raises his/her hand with Willie in the back hiding in smoky places. That comes out to less than a fraction of an ounce per person-a misdemeanor and a few months’ probation. Ironically, Willie has a duet with Merle Haggard is called, “It’s All Gone to Pot”.

5. Willie bought “Trigger”-the hole-riddled guitar he still plays-in 1969 but insisted the store owner install his Baldwin pick-up in the Martin.

“My idol was Django Reinhardt (a French jazz guitarist) and the combo gave it a Django-like sound that can’t be duplicated,” insisted Nelson.

“Roy Rogers had a horse named Trigger who was his constant companion and my guitar is my Trigger.”

Leon Russell is the first of many to sign Trigger and the holes-according to Willie- tend to “enhance the sound”.

6. Willie bought his own golf course and established par on the first hole as 44. “The other day I birded it,” he bragged.

7. “He loves all the people-no matter what their races, Hell, he even made a hit country song with Julio Iglesias...” Bruce Robison.

“For All the Girls I’ve Loved Before” became an improbable hit for both the Latin crooner and the Texas naseler. One of my college buddies who never had much luck with the ladies did a parody at Jam-Jam one year (Do they still have that?)

called “For Both the Girls I’ve Kissed Before”. But for the record, if you’re only going to love one girl, Julio’s son has ended up with Anna Kournikova which is not a bad singleton.

8. Always a peaceful guy, Willie went over and slapped the guy around and threatened to drown him if he ever laid a hand on his daughter again. When the dude came out to Willie’s house with a .22 rifle, Willie fired back with an M-1 and blew his tires out. When the police came out to investigate, Willie told them, “He must have run over a bullet.”

9. With the press descending upon the scene, Willie and the pilot came limping up the road.

“How did you survive? Are you hurt? Are you dying?” the questions came rapid fire.

Willie smiled and answered, “Why, this was a perfect landing. I walked away from it, didn’t I?”

10. As the aforementioned Robison and Friedman might paraphrase, “He might just go sit in the back of his bus, And he’s got problems just like any of us, I bet he’d just take a deep breath and he’d let ‘em all go, And then he’d take another deep breath and he’d let ‘em all go, And then he’d take another deep breath and he’d hold it...”

But Willie has lived such an epic life that he forgets the things most folks tend to remember. So since there really is no telling what Willie might do, all of your answers all correct and everybody passes.

Now, like the Red-Headed Stranger might say, “Pick up those guitars, boys, and go out there and break some hearts.”

Thoughts from Bully

**Butt Officer ...
I Had to Go!**

Back around 1975 I was traveling down Interstate 10 toward New Orleans in my trusty Volkswagon Beetle. The Interstate was not complete past Hwy 30. It did have the over pass complete and about 500 yards of road on the other side.



There were about 500 cars backed up trying to exit and get on Hwy 30. I looked ahead and saw baracades with signs reading 'Do Not Enter'

blocking the over pass. I couldn't resist and I took off driving around the baracades. In 1975, everyone had a CB radio. I heard several radio comments about breaking the law, then one guy pointed out that a Smokey with the bubble gum lights flashing was coming my way. I had just cleared the top of the over pass. I wasn't going to try to out run them so I had to think fast. I pulled down the road about 400 yards. I pulled over and got out of the car. I could see the Smokey coming. I had to time myself perfect for my plan to work. I worked my way to the front of the Volkswagon as I heard the

tires of the troopers car arrive I pulled my pants down urgently and squatted. I looked back with surprise to see the troopers laughing their butts off. They rolled down the window and I began to sing. I told them I was in the long line of cars and I was about to have a butt moment. They did have mercy and didn't ticket me. As they left I squatted again to continue the fake emergency. This particular day I put my butt to good use and saved me some cash.

**Don't Spend
Too much
time in the
Toilet**

It was 1975, my freshman year at LSU. Every Friday night we hit the White Horse Lounge and made fools out of

ourselves. After the many shots of tequila we'd buy boxes of Church's Fried Chicken to bring back to the dorm. After eating we'd pass out sleeping. This one particular night I needed to go sit on the toilet before passing out. I made it to the community bathroom with open stalls. I sat to do my business. My roommate

Tommy came in and said, "Bully, Are you coming to bed?" I told him to leave me alone and let me finish my business. "Can't a man get a little peace and quit." He then pointed out, It's 4:30 in the morning. You've been in here 2 hours." With that revelation I tried to get up. I couldn't. My butt had sunk into the ring. It had spread out

on the under side of the ring. I was wedged in like a mushroom. I eventually pried a cheek loose. It took weeks for the impression of that ring to go away. I learned to take a pillow with me to the John after this night and a shoe horn.

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Useless Random Facts with Kellie

•
No other month begins or ends on the same day of the week as May in any year. January of the following year always begins and ends on the same day of the week as May of the current year.

•
May 1 is the feast of St. Joseph the worker in the Roman Catholic calendar. In the Catholic Church the month of May is dedicated to and honorsthe Blessed Virgin Mary.

•
Butterflies range in size from a tiny 1/8 inch to a huge almost 12 inches.

•
The city of Venice stands on about 120 small islands.

•
The original story from “Tales of 1001 Arabian Nights” begins, “Aladdin was a little Chinese boy.”

•
The Hawaiian alphabet has only 12 letters.

•
Salt Lake City has a law against carrying an unwrapped ukulele on the street.

•
A snail can have 25,000 teeth.

•
No matter where you stand in Michigan, you are never more than 85 miles from a Great Lake.

•
A healthy (non-colorblind) human eye can distinguish between 500 shades of gray.

•
Shakespeare invented the word “assassination” and “bump.”

•
For every 230 cars that are made, 1 will be stolen.



Entertainment Schedule

May 21

Yeah You Right

May 27

The Jovin Webb Experience

May 28

Titanium Rain

June 4

4 Mag Nitrous

June 11

Southern Swing

June 18

Dr. Filth



The Jovin Webb Experience

May 27

www.parkplaceofgonzales.com

Jammin' with Goosie

Conversations On The Pier

The gathering of friends and kin this past Good Friday was a pleasant event to be a part of. The get together was at my sister and brother-in-law's house on the Diversion Canal located in Head Of Island, La. As I began to say hellos, questions in the manner of "How you been?", "How's retirement?", "How's your wife?". Statements such as "Long time no see" and remarks about gray hair and some about no hair filled the air as I was greeted on my way down to the fishing pier. There sat several other family members who were enjoying the water and somewhat watching three rods and reels that were set

out for a hungry catfish bite.

After several hugs and handshakes, one of the group asked me if I had been fishing lately. I replied that I had done a little early on but had been spending my time turkey hunting as of late. At some point during the conversation, one of the set rods revealed that unmistakable tug of a hooked fish on it. One of the young kids grabbed the rod and while smiling from ear to ear, reeled in a very nice catfish. It was at this point when the conversation of hurricane fish kills, restocking, what species of fish had survived the storm's fury and what types of fish did not do so well began to take place. Everyone agreed that the catfish population in the Amite River Basin came out



OK and fortunately, (several other catfish were caught that day) while several species of scale fish such as, bass, sacalait, goggeye, bream, etc., didn't make out so well. In the heat of the conversation, one of the group made the statement, "I guess that all those rules, laws, and regulations don't really help out at all, because the fish are now gone anyway. That is a thought and statement that I have been trying to defend since Hurricane Andrew's fish kill in the Atchafalaya Basin and surrounding areas in 1992. My answer to the remark was a true but not complete one for sure, as I replied, "Well I guess that those regulations will help bring the fishery back to a healthy place at some point". Later that evening I surrendered my thoughts on that subject once and for all when it finally hit me as to why we have limits and regulations to begin with. Those rules are put in place to maintain healthy fish and game populations during normal times for everyone to enjoy. The restrictions, although they do help to some degree, can not prevent such things as hurricane fish kills, disease, droughts, floods, etc. from devastating fish and wildlife populations. So to believe that there should not be any limits, laws, or regulations on fish and game populations because some disastrous event may someday kill them all anyway, is not a good train of thought in my opinion. I've heard and debated my point on that subject in which some people

agree and some disagree with for many years. I wouldn't agree to do away with whitetail restrictions because some deer have been diagnosed with Chronic Wasting Disease. In reality, all fish, game, and people will pass on when our lives are complete. But until that time comes, regulations are needed to maintain healthy populations of these critters at all times of their lives.

Hurricane fish kills suck. I hate it for sure. Being a new retiree, I sure was looking forward to those close to home, Amite - Blind River fishing trips. But now's not the time for that. It's going to take a few years, but it'll all come back before you know it. There's been some restocking and I am now getting some reports of a few scale fish being caught in that area. During these times, you may consider releasing the egg layers and keep only what you need, if any, from that area.

The state of Louisiana's fish and game bag limits along with the lengths of our seasons, are very generous, to say the least. Don't lie to yourself. There's no need for any of us to keep over our limit at any time. There will be other hurricane fish kills in the future. Until then. It will be up to me and you to get our fish populations back to where they need to be and those laws, limits, and regulations will help us do so.

Until next time

"Give it a thought yourself"
James "Goosie" Guice


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East Ascension Sportsmans League

Letter from president -
Mike Lambert

Hello again. I hope everyone had a blessed Easter holiday and had a good family get

together with lots of food and fun. That's what we do here in south Louisiana. Really we do the same thing for no reason.

Good Friday is, for me anyway the start of the spring and summer fishing time. I love the fishing this time of year. All the trees have new leaves and are full of happy birds and stuff. I hope you can get out and enjoy the many waterways we have in our area and the time to appreciate all that they have to offer. Go boating, skiing, swimming, fishing, crabbing, frogging or whatever you feel like. Bring the kids too. Kids need to get out more and learn that the outdoors won't hurt them.

I remember when I was young and school was out for the summer. Although I had many chores to do fishing was always on my mind. All my

friends would help each other out and get done what we had to do, and then it was on. We went fishing! I was raised at Stringer Bridge and had access to Black Bayou, Babin Canal, and we had a pond on our place. We did a lot of fishing even some catching, but it was just a joy to spend my time near the water.

Now I don't fish as much as I'd like because of one thing or another, but I still think about it a lot. I tell my grandkids stories of my youth and they are amazed. I encourage them to get out and do the things we did, but they can fish on their "I" phone now. I don't get it. When I take them fishing, they would rather stare at the fish finder screen. I still bring them though and you should bring yours. All you need is a lot of patience and

even more food and drinks. It's funny. I wonder what kind of stories they will have to tell about their childhood. I hope they all don't start with, "You remember that time on my phone".....

I'd like to thank Mr. Harry Robert for being the meal sponsor for our April meeting and Mr. Lucas Ragusa with the Louisiana Sportsman's coalition for being our guest speaker. I hope to see y'all at one of our meetings soon.

Till then enjoy the summer either on the water or not. Thanks for your time.

Thanks, Mike Lambert

East Ascension Sportsman's League Bass Club April Tournament

East Ascension Sportsman's League Bass Club News
The EASL Bass Club held it's April Tournament on the 23rd.

It was another trailer anywhere from Bayou Sorrel to Amelia with a 4:00 Pm weigh in at Doiron's Landing.

There were 19 Boats participating in the Tournament.

Again there were a lot of Bass caught including 3 that

weighed in above 4 lbs. Also this was the 4th month in a row that we had a Bass weighed in that exceeded 5.5 lbs.





First Place went to Phillip Valentine & Richie Bullion with 5 fish weighing 13.70 lbs.
 Second Place went to Chad Cannon & Dale Babin with 5 fish that weighed 13.17 lbs.
 Third place went to Donald Braud & Terry Molea with 5 fish that weighed 11.99 lbs.
 Fourth place went to Brennon Middleton & Dale Manuel with 5 fish weighing 11.2 lbs.



Fifth place went to Tim Fatheree & Julien Day with 5 fish weighing 11.16 lbs.
 Big Bass winner was Chad Cannon with his lunker that weighed in at 5.58 lbs. I
 Congratulations to the winners of the April Tournament. Our next event is scheduled for May 21st. The pre-tournament meeting will be on May 12th at Dirk Anderson's home.



Join Us For Our Next Meeting

East Ascension Sportsman League meeting will be at Cabelas in their upstairs meeting room on Monday June 20th.
 Meetings are always on the 3rd Monday of the month. Meeting starts at 7pm.

Interesting speaker and meal available.



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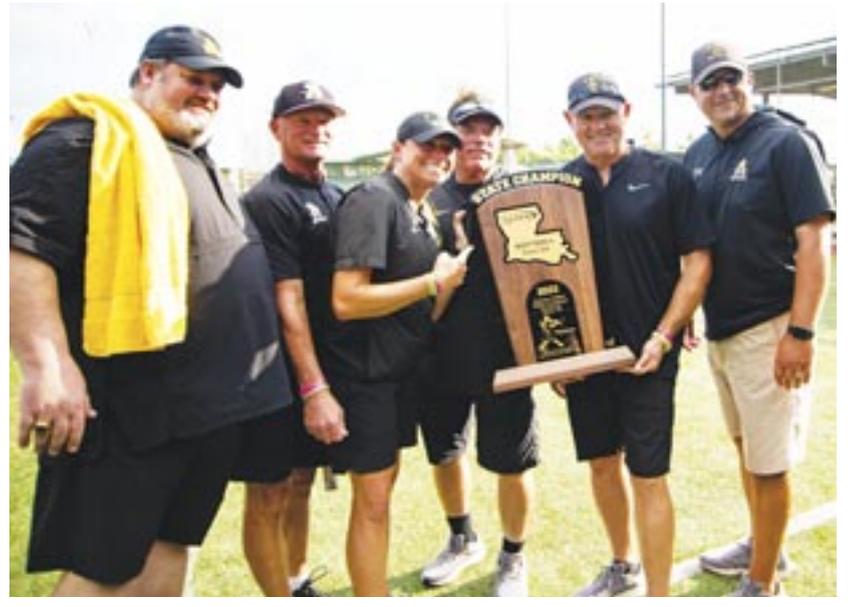
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STA Lady Gators Rock & Roll to the State Championship!

By Amy Pitre

The year started off with us not having a home field while the turf was being finished. We practiced at butch gore until the second week of March. We had to move our first home game to Hahnville where we won a 10 inning 1-0 game.

We went on to lose two games the following weekend in the Denham Springs tournament. Both losses were in extra innings. That would be

the last time we lose a game! We went on to win 28 in a row.

Our field was finished just hours before our home game against Walker on March 8th. That first game on our turf Addison Jackson pitched a no hitter.

We continued to work and get better every single game. We won district without giving up a single run, outscoring opponents 45-0.

We picked up some key wins

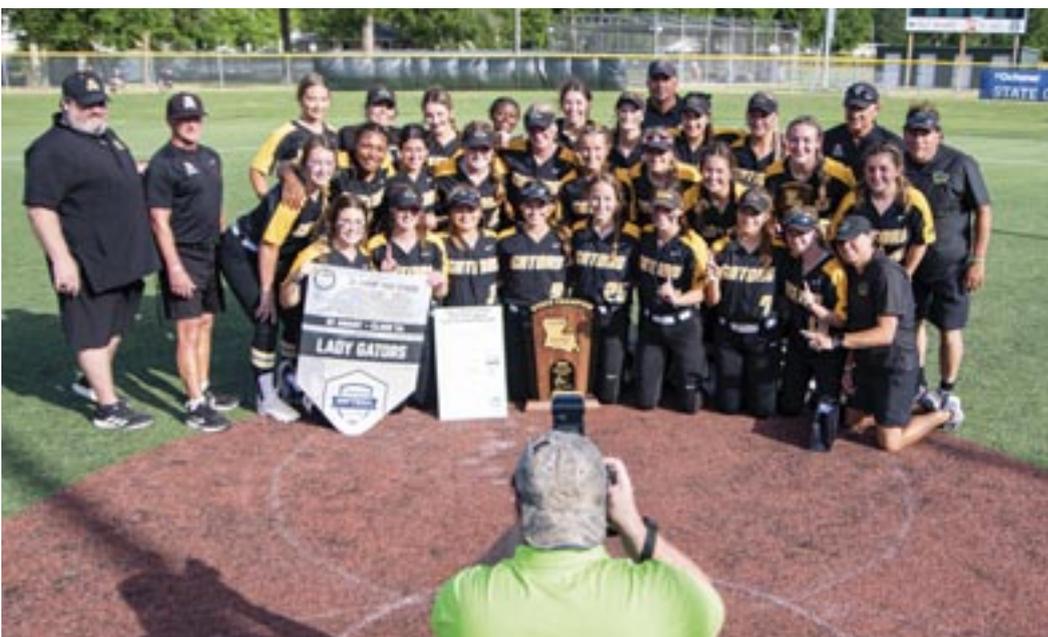
against North DeSoto(4A State champs), West Monroe(State runner ups),and John Curtis(Division 1 State Champs) along the way.

Addison Jackson broke the single season homerun record with 26 homeruns and she also broke the career record with a whole year left.

We entered the playoff and outscored our opponents 53-3 in 5 games. The championship game was dominated with

4 homeruns and a perfect game by Addison Jackson to 10 run rule West Monroe.

I am proud of these girls. They just kept getting better every day, every practice and every game. This championship is a reflection of the work that they put in daily. 2022 is in the books and our job is done!





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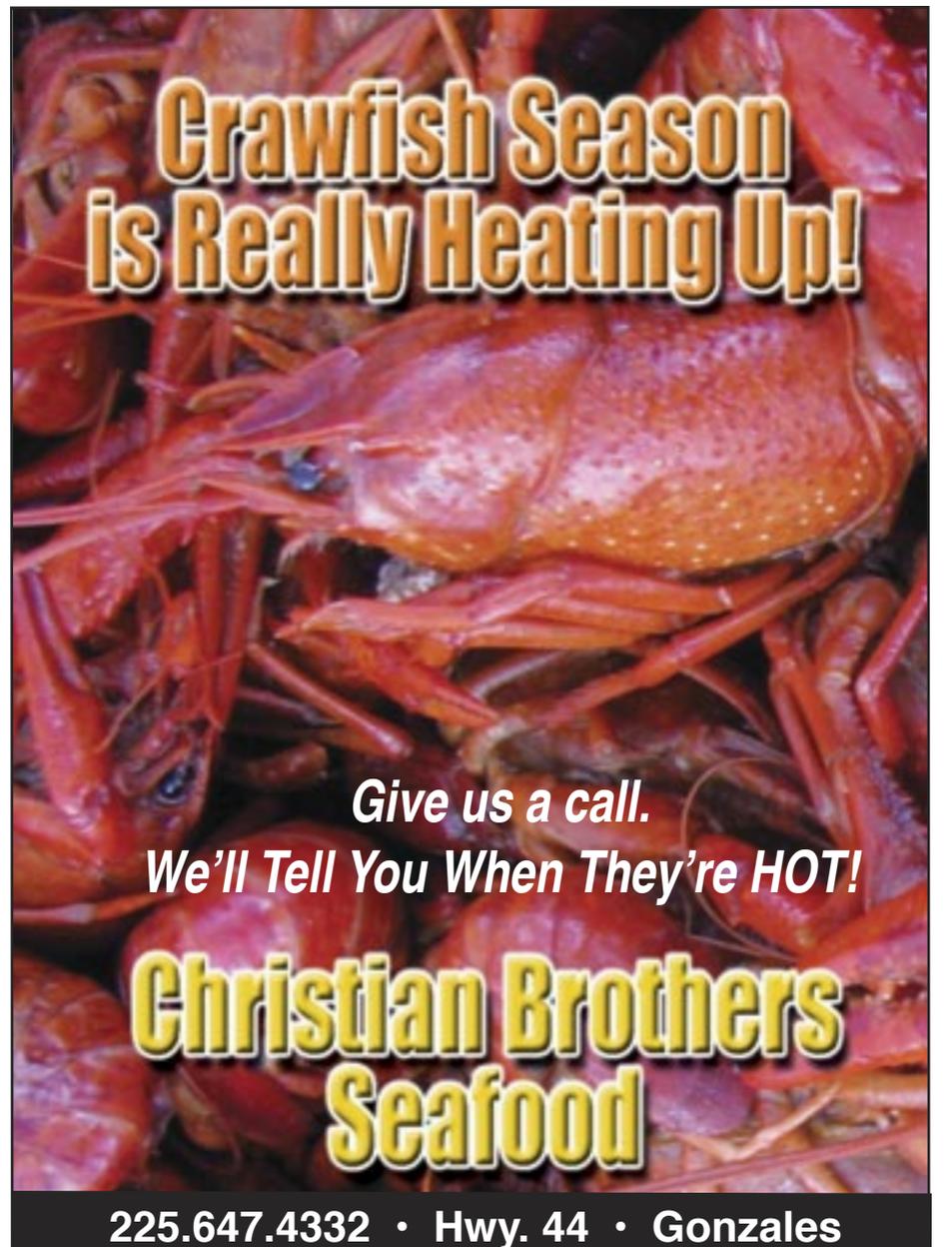
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Dawn Meng's Spring Fling

Spring is in the air at Pelican Point!!

On Tuesday May 3, and Wednesday May 4, the ladies at Pelican Point took to the Links for two days of fun golf. Dawn Meng was a member of the ladies golf group but unexpectedly passed away in December 2021. She was everything

these two days represented as there was an abundance of Love, Friendships, Laughter and Beautiful Weather. All of this was done in memory of our golfing Friend Dawn. We know she was clapping and smiling from above. Rest In Peace and Birdies!!





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Crab & Apple Bruschetta



Executive Chef, John Donaldson

Yield: 10-15 servings

Prep: 15 minutes

Cook: 10 minutes

Serving: 4

Ingredients:

8 ounces fresh Jumbo Lump crabmeat
1 small loaf French bread
1 Granny Smith apple
4 ounces Smoked Gouda (whatever cheese you like)
8 cherry tomatoes
1 ounce fresh basil
2 ounces extra virgin olive oil
2 lemons
Kosher salt & fresh ground black pepper to taste

Method:

First thing you want to do is get those toast points cooked. Set your oven on 375 and allow it to preheat. Take your French bread and cut it into 1/2 inch slices then lay them out on a sheet pan/cookie sheet. Drizzle them with olive oil and bake for 5 minutes or until lightly browned. Remove them from the oven and allow them to cool and get nice and crispy.

Next, grab your crabmeat and put it into a small mixing bowl. Drizzle the crabmeat with a little olive oil, the juice of the lemon (no seeds), and salt & pepper to taste.

Now get your cheese. Here we are using Smoked Gouda, but you can use any of your favorite cheeses. Shred the cheese and set aside until it's time to use.

Take out your cherry tomatoes and cut them in 1/2 and add them to the bowl of crabmeat

Thinly slice the basil leaves

The last ingredient to prepare is the apple. Remove the core of the apple either with an apple corer or simply by cutting off each side of the apple. Cut the apple into small cubes and put them into the small mixing bowl with the crabmeat and tomatoes, then drizzle with the juice of the last lemon (no seeds). This will keep the apple from turning brown.

LET'S PUT IT ALL TOGETHER!!!

Eat, Drink, & Enjoy!

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