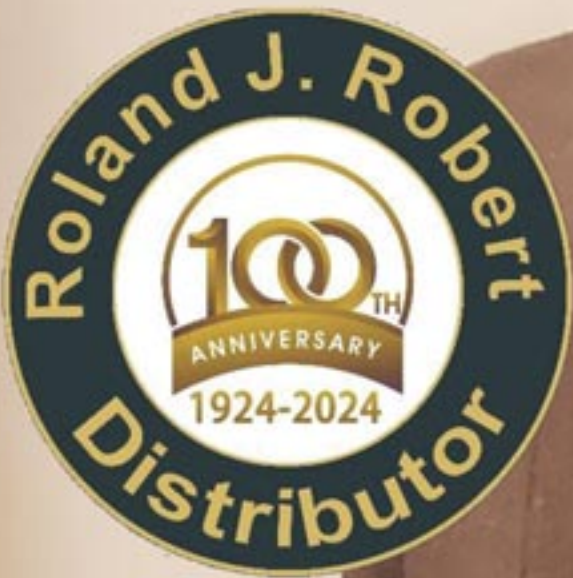
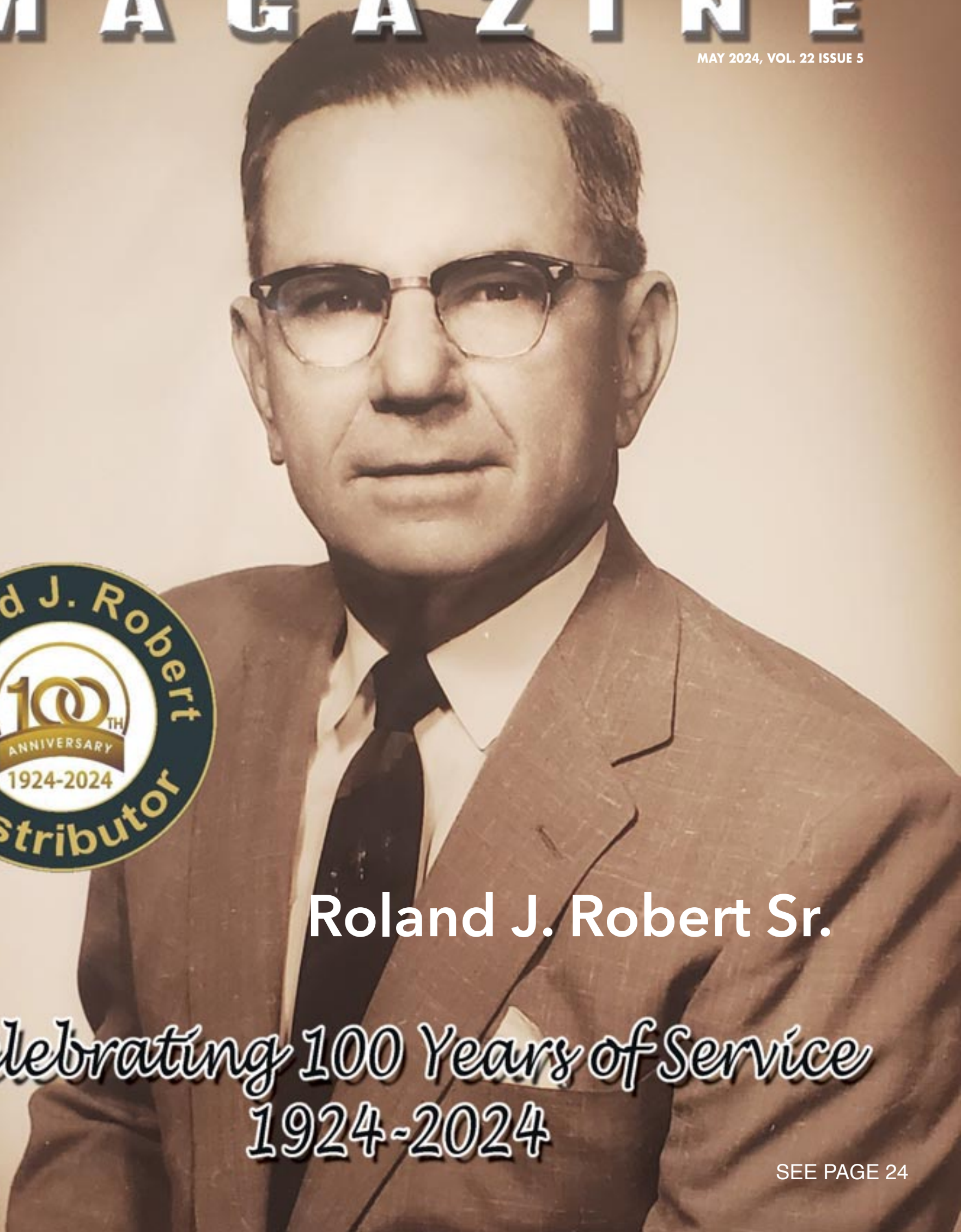


COMPLIMENTARY

# Ascension

M A G A Z I N E

MAY 2024, VOL. 22 ISSUE 5



Roland J. Robert Sr.

*Celebrating 100 Years of Service*  
1924-2024

SEE PAGE 24



GRILL & BAR

# Kids Night! Rocks!



**Wednesday nights-  
Kids Eat FREE**

(with purchase of adult entree)

*Wednesday 4 - 9*

**For All Our Information & Services: [franksrestaurantla.com](http://franksrestaurantla.com) • 225.673.8876**

**Publisher / Editor**

Mike Strong

**Associate Editor**

Thumper

**Sales Manager**

Dottie Godbery

**Staff Photographers**

Robin Stevens

George Stevens

Jimmy Dunkley

**Distribution Manager**

Michael Strong

**Contributing Writers**

Bill Delaune

Linda Melancon

Bully

Goosie Guice

Kellie Seymour

Tanya Stilley

Jimmy Dunkley

Patti Mouton

Jamie Lavigne

Mariah Simoneaux

Robin Stevens

**For Advertising**

**Rate Sheet, email**

**stronggraphics1@cox.net**

**or call:**

**225-622-1324**

E-Mail Comments

to Stronggraphics1@cox.net

www.ascensionmagazine.net

*Note: Features in this publication labeled "advertorial"*

*are paid for editorials.*

*All Rights Reserved.*

*Opinions expressed are not*

*necessarily those of the*

*publisher, editor or staff of*

*Ascension Magazine*

18386 Little Prairie Rd.  
Prairieville, LA 70769

**Table of Contents**

SENIORS DAY AT FRED'S ..... 4

GONZALES GARDEN CLUB ... 10

SWEET EYES W/ TANYA.....12

EA SENIORS LAKE JUMP ..... 20

ROLAND J. ROBERT .....24

BILL DELAUNE .....30

ASC SPORTSMAN LEAGUE .... 32

JAMMIN' WITH GOOSIE..... 33

THOUGHTS FROM BULLY.....35

SNO'S RECIPE..... 45



**On the Cover: Roland J. Robert Celebrates 100 Years ..... Page 24**



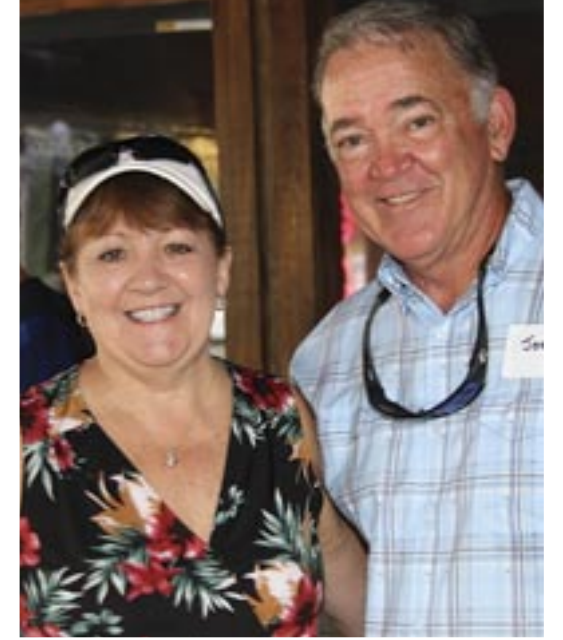
**TAGS & TITLES, LLC • 644-1512**  
**11296 HWY. 43 • ST. AMANT, LA 70774**



# SENIOR DAY AT FRED'S









**Special Thank You  
to All those Involved in Making Our  
Senior Citizens Day at Freds On The River  
a Wonderful Day for Our Seniors**





# From the Gonzales Garden Club

## Garden Inspiration Exhibit

Garden Club Members set up this year's Garden Inspiration Exhibit at the main library on Tuesday, April 9. Plants and flowers were organized into groupings of horticulture specimens, floral designs and container plants. A business meeting, two public presentations and an informal reception for visitors had been planned for the next morning but inclement weather on April 10 prompted closure of schools, public offices and libraries. The presentations



Members Phyllis Charrier, Raakhee Malani, Janis Poche and Marilyn Rice created floral designs for the exhibit.

that were to be presented by Marilyn Rice and Janis Poche were canceled and saved for a future date. The flower



There were numerous cuttings of flowers and leaves in the horticulture specimens category.



Each Green Inspiration Exhibit item was numbered. Visitors voted for their favorites in each category. Winners of the People's Choice Awards were announced at the club's banquet meeting in May.



Members Dale Bowman, Phyllis Charrier, Flo Hernandez, Raakhee Malani, Janis Poche, Conchita Richey and Jamie Trisler displayed unusual container plants.



# Yards of the Month



Newest Member Phyllis Charrier took the first place award in the container plant division with this succulent fairy garden.



Shown here are Phyllis Charrier and granddaughter Nora on the day they completed their container plant entry.

show exhibit was available for public view when the library reopened on Thursday, the 11th, and Friday, the 12th. Many patrons visited the display and cast their votes for the People's Choice Awards.

introduced as a garden inspiration. The public agreed and voted "Nora's Succulent Fairy Garden" as the first place winner of the People's Choice Award in the container plant division.

The winner of the Floral Designs was Janis Poche with her "My Garden" horizontal mass arrangement of pink snapdragons and foliage from a snake plant, ornamental cabbage, hostas, ferns, and variegated marigold.

Congratulations to Janis, Raakhee and Phyllis. Each winner received a \$50 check as a prize.

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

Raakhee Malani, a 2023 member, won the horticulture specimen category with her intricate cutting of dwarf nandina. Distinct foliage on a lateral network of burgundy stems supported a central cluster of creamy white berries.



Janis Poche's horizontal mass arrangement was the winner of the show's floral designs.

Phyllis Charrier who just joined the GGC this February impressed the club with the first ever fairy garden to be



This dwarf nandina cutting from Raakhee Malani's garden was the crowd's favorite horticulture specimen.



Raakhee Malani, first year member, is the winner of the horticulture specimen category.



Jo Ann Benoit of 1805 S. Sandra Ave won May Residential Yard of the Month. The yard is a perennial bed full of plants that will go through

the heat of our summer. She has multiple types of Lantana, agapanthus, small shrub roses, gladiolus bulbs and amaryllis bulbs, and salvia.



Alexander's Supermarket on Hwy 30 won Commercial Landscape of the Month for May. It welcomes customers with an eye-pleasing landscape

including Popcorn Drift Roses, Stella D'oro Yellow Day Lilies, Liriope and Autumn Maple Trees.

# Dancing for a Cause 2024 Celebrity Dancers



**Amanda Gautreau**  
Distilled Hair Co.  
Owner / Hair Stylist



**Caprice Cline**  
Cypress Roofing  
Co-Owner



**Chabry Marks**  
Our Lady of the Lake Group, Gonzales  
Senior Director of Operations



**Chris Rosato**  
WAFB Channel 9 News  
Reporter



**Christian Bourgeois**  
Bourgeois Physical Therapy & Sports Rehab  
Owner / Physical Therapist



**Elise Tureau Frederic**  
Ascension Parish Public School  
Educator



**Falcon Mire**  
Percy, Skias & Schutte  
Attorney



**Kelly Mitchell**  
Magnolia Roots Realty  
Owner / Broker



**Rod Braud**  
Gonzales Electric Gates  
Owner / CEO

For Sponsorship or Ticket Information • Call 225.621.2000  
or to Purchase Online Go to: [www.thearca.com](http://www.thearca.com)





## ***Harnessing the Power of Nutrition and Healthy Lifestyle for Enhanced Healing During Physical Therapy at Action Therapy & Wellness***

In the realm of physical therapy, the journey to recovery isn't solely about exercises and treatments; it's also deeply intertwined with nutrition and lifestyle choices. At Action Therapy & Wellness, we understand the pivotal role that nutrition and healthy living play in accelerating the healing process and optimizing overall well-being. Let's delve into the manifold benefits of integrating these elements into your physical therapy regimen.

### ***Fueling Recovery with Proper Nutrition***

Nutrition serves as the foundation for optimal healing. The body requires essential nutrients, vitamins, and minerals to repair



Taylor Terrio, PTA · Hailey Leindecker, DPT

tissues, regulate inflammation, and bolster the immune system. A well-balanced diet rich in lean proteins, whole grains, fruits, and vegetables provides the building blocks necessary for tissue repair and recovery.

### ***Managing Inflammation and Pain***

Inflammation is a natural response to injury, but chronic inflammation can impede the healing process and exacerbate pain. Certain foods possess anti-inflammatory properties, such as fatty fish rich in omega-3 fatty acids, leafy greens abundant in antioxidants, and spices like

turmeric known for their anti-inflammatory effects. By incorporating these foods into your diet, you can help manage inflammation, alleviate pain, and promote faster recovery, thereby complementing the efforts of physical therapy.

### ***Enhancing Energy Levels and Performance***

Physical therapy often demands considerable energy and endurance. Proper nutrition ensures that your body has an adequate supply of energy to meet the demands of therapy sessions and facilitate recovery. Carbohydrates are particularly crucial as they serve as the primary fuel source for physical activity. By consuming complex carbohydrates such as whole grains and legumes, coupled with lean proteins and healthy fats, you can sustain energy levels, enhance performance during therapy sessions, and expedite the healing process.

### ***Supporting Muscle Repair and Strength Building***

Muscle repair and strengthening are integral components of physical therapy, especially following injuries or surgeries. Adequate protein intake is paramount for muscle repair and growth. Protein-rich foods such as lean meats, poultry, fish, eggs, dairy, and plant-based sources like beans and tofu supply the amino acids necessary for rebuilding damaged tissues and

enhancing muscle strength. Pairing protein with carbohydrates post-workout can further facilitate muscle recovery and replenish glycogen stores, aiding in the restoration of energy levels.

### ***Promoting Overall Wellness and Long-Term Health***

Beyond the realms of recovery, embracing a healthy lifestyle fosters long-term well-being and resilience. Regular physical activity, balanced nutrition, stress management, and sufficient sleep are fundamental pillars of a healthy lifestyle. By cultivating these habits alongside your physical therapy journey, you not only expedite recovery but also fortify your body against future injuries and chronic conditions, empowering you to lead a fulfilling and active life.

At Action Therapy & Wellness, we recognize that true healing encompasses more than just the physical aspects; it encompasses holistic well-being encompassing mind, body, and spirit. By integrating nutrition and healthy lifestyle practices into our physical therapy programs, we strive to empower our clients to embark on a journey of comprehensive healing and transformation.

**Physical Therapy**      **Hand Therapy**

**Action**  
THERAPY & WELLNESS  
225-644-7044

**We provide one-on-one, results-driven therapy tailored to help you reach your goals and needs.**

**Services**

- Instrument-Assisted Soft Tissue Mobilization (IASTM)
- Custom Splint Fabrication
- Pre/Post-Operative Care
- Functional Dry Needling
- Pain Management
- Cupping



hooked up.”

This kind of transparency is humbling, and I know I could have handled it better. I really wanted him to say, “Hey, I’m sorry. I should have checked on things and maybe it wouldn’t have gotten so bad”. And he did...eventually, and soon my temper calmed.

We now have running water and more importantly, understanding. The home is not all the way put together yet, but we will get there. So, what’s my takeaway? Well, first and most obviously, bumps in the road are inevitable, so e have to learn to roll with the punches. Material things wear out but take care of them while you have them. People make mistakes but love them through it. Emotions are fleeting, so guard your hearts and tongues.

Wishing you peace, love and joy. I speak a special prayer over all the graduates as them embark on a new season in life. As the Lord for wisdom, and He will give it to you. Blessings Ascension Parish.

XOXO,  
Sweet Eyes

## Bumps in the Road

Well guys, you wouldn’t believe this...but JUST after (within days) of writing the article last month about how routine house maintenance likens to maintaining different parts of your body, my husband and I had a water leak issue in our home. The pan under our hot water heater had a crack, as well as a pvc pipe, that had been dripping for who knows how long. Well, I have an idea of how long because I’d been telling my husband to check in the

storage area behind the closet where the hot water heaters are stored.

For at least four months, I smelled the slightest smell of wet dog, and I knew something was amiss. “Check behind the washer.” I said. “How about clean out that closet?” I said. (Men, if you’re reading, when your wife suggests something more than once, it’s usually in your best interest to investigate. It may just save you time, energy, and money.)

Well, we are now gutted to the studs and our hard wood floors are ripped up in several rooms in the downstairs. Did

I mention we remodeled this house four and a half years ago?

Needless to say, routine maintenance and “checking on things”, didn’t happen. Could we have mitigated the issue at hand? I believe so? Did it make me angry? Yes. It is going to be expensive? 100 percent. Did it cause a bump in the road? Most certainly. My husbands solution was to take a shower at the outdoor shower. My solution was to lose my cool. “Well, at least we get to reorganize the closet,” he said. I said, “Yes, and now you have to pay for laundry service because we don’t have a washer





AESTHETIC  
DERMATOLOGY

# What does Dr. Z do to keep her skin tight? Ultherapy once a year.

## Lift your Eyebrows & Sculpt Your Chin with Ultherapy!

### What is Ultherapy?

Ultherapy is the only FDA-cleared, non-invasive procedure that lifts the neck, chin, and brow, and improves lines and wrinkles on the upper chest. This



non-invasive treatment goes deeper to stimulate the production of your body's own collagen and elastin, for natural-looking results without surgery or downtime.

### ULTRASOUND, NOT SURGERY

Ultherapy relies on ultrasound therapy to go deeper than other non-invasive treatments for collagen stimulation. It leverages traditional ultrasound imaging so our Ultherapy providers can see the layers of tissue they are treating. This ensures the treatment energy is delivered to where it benefits you most.

### What is the function of collagen?

It is a naturally occurring protein, which keeps skin firm, toned, and youthful. Over time, collagen begins to lose its strength, inhibiting its ability to fight the force of gravity and skin begins sagging. Ultherapy is a way to jumpstart the natural remodeling process that repairs existing collagen and produces new collagen.

Call Today to see if Ultherapy is right for you, **225-778-7540**

**Your Skin Deserves The Best**

### Ultherapy Special Offer:

*Purchase 3 Ultherapy Brow Lift Treatments & Receive 3 Double Chin Treatments Free! \$2,250 Value*

*Call for a complimentary consultation with our Expert Providers to see if Ultherapy is right for you.*

**Top 3% in the Nation**

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



ZDermatology.com | 225.778.7540

# Get Growing, Ascension!

## Master Gardener Course Planned for Ascension

A Louisiana Master Gardener course will be held in Ascension Parish beginning this August. The Louisiana Master Gardener Program is a volunteer development program offered by the LSU AgCenter. Master Gardener volunteers are highly trained and provide proven, research-based educational programs and outreach. The volunteer aspect of the Louisiana Master Gardener (LMG) program allows individuals to dedicate their time and talents to the citizens of their community by applying the science and art of horticulture.



Mariah Simoneaux

Any adult with a willingness to learn and a desire to help others can become a Master Gardener. Master Gardeners volunteers are asked to complete 40 hours of volunteer service during their first year and 20 hours each year after. Volunteer activities may include community beautification, school gardens, educational outreach, etc. More details about Ascension Parish specific volunteer programs can be found on the Ascension LSU AgCenter webpage at [LSUAgCenter.com/Ascension](http://LSUAgCenter.com/Ascension).



LOUISIANA Master Gardener

Classes will be held on Tuesday mornings from 9:00 a.m. to noon beginning August 6 through the end of October. A graduation ceremony will be held in early November. The course is composed of approximately 40 hours of educational programming. Classes cover a wide range of horticulture topics including botany, plant propagation, entomology, pathology, weed science, lawn care, soil science, fruits and nuts, and vegetable production. Field trips are planned to the LSU AgCenter Hamond Research Station and LSU Hilltop Arboretum. Participation in the program offers something for everyone, and we welcome new individuals bringing unique perspectives into the mix.

For more information about the course or to receive an application please contact the Ascension Parish LSU AgCenter at (225) 621-5799 or email Mariah Simoneaux directly. A fee of \$180.00 is collected from each participant to cover the cost of the official Louisiana Master Gardener Handbook and additional supplies.

*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).*





**Rail Road  
Auto Plaza**



Eric Lambert  
Owner

**HOMETOWN QUALITY SERVICE**

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

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



225.647.3000 • 1311 N. BURNSIDE • GONZALES





**Taking the Pressure Off!**

**Specializing in  
driveways, sidewalks,  
fences and concrete**

**Brandon Klein- Owner**

Phone # 225-495-0071

Discounts for Military and First Responders



# 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

Our new addition at CHC Closet and Pantry is complete and is being well used already. New Song Community Church has added a storage room to our building and provided shelving for it. We are filling it up quickly and we now have so much more room to organize our pantry. We cannot thank them enough for their support. I would like to thank the following people who helped

wouldn't exist if not for their generosity. If I have missed someone I sincerely apologize and thank you very much.

St. Mark Catholic Church hosted a St. Joseph's altar in March and donated the donations from it to our pantry. It was beautiful and inspiring, the food was delicious and the donation was more than generous.



with donations, time and expertise: David Jenks of D. Jenks Designs, State Lumber provided materials, Lowes provided flooring, Salco, Inc. for the roof, Steve Christ provided paint. Mike Melancon and several others donated time and labor. I especially want to thank Cut Rite Tree Service for material donations and for giving us the space we have and allowing us to add to the building. We

I would like to clarify what and when we can accept donations. We have had a little trouble with people leaving things on the porch after hours. We cannot allow this. We are happy to accept donations when we are open on Tuesday, Wednesday and Thursday from 9:00-12:00. If you cannot make those times donations can be dropped at the Cute Rite office in the front of the building Monday – Friday from 9:00-3:00. PLEASE do not leave donations if no one is there to accept them and bring them inside. The neighborhood animals ruin them and we have to throw them away.

We can only accept clean, useable clothing without stains or tears. We cannot accept items with a cigarette or moldy smell. If you wouldn't wear it yourself, please don't donate it. We try to treat our homeless and needy people with dignity and respect and to offer them dirty, ripped or stained clothing

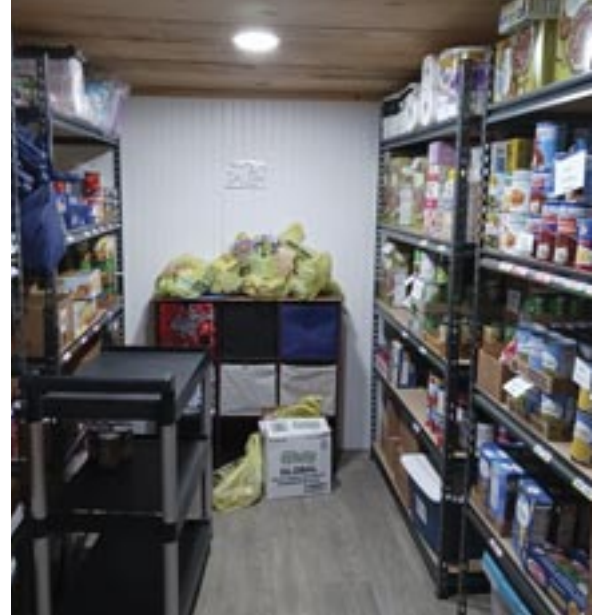


As always, our biggest need is food and hygiene items. You can check our FB page (CHC Closet and Pantry) to see what is most needed but any food or monetary donation is always welcome. We will be having a fundraiser at Off The Hook on June 17th from 5:00 – 9:00. Please come out and support us and have a good meal at the same time.

Thank you for your help and support and may God bless you all.

does not give that.

We are also always in need of towels, sheets, blankets, etc. as long as they are very clean and in good condition. We can accept small kitchen items and toys. We do not accept furniture or large toys because we do not have space to store them. The Fellowship Center or St. Vincent De Paul can accept those larger items.



*Joie de Vie*  
SALON

**Full service salon specializing in:**  
**Color**  
**Highlights**  
**Hand tied extensions**  
**Straightening treatments**  
**Special occasion hair and makeup**

*Joie de Vie*  
SALON

**622.5085 • 44253 Hwy. 42 (1 mile from Port Vincent)**

# YOUR ESTATE MATTERS



By Linda Melancon

## Celebrating National Elder Law Month with a Wealth of Resources

It's peak springtime and National Elder Law Month is in full bloom! In this month's column, I aim to educate you about what exactly elder law is, how it can benefit you or your aging loved ones, and provide

you with some key resources for gathering more information. To begin, what is elder law? While it's true that elder law does cover a range of issues and the clientele is seniors, elder law refers specifically to planning for seniors so that they may protect their rights and their assets, preserve their autonomy, and ensure that they receive the highest quality of care possible as they age. Elder law attorneys are typically qualified to give advice about wills, trusts, and powers of attorney; guardianships (known as interdictions in Louisiana); financing long-term care (including Medicaid and VA benefits); and special needs planning. Some elder law attorneys may also give advice about social security benefits, elder abuse and disability law.

This doesn't mean every legal issue involving a senior will be an elder law issue, however. Because elder law covers such a wide variety of topics, you want to make sure the attorney you speak with is familiar with the specific type of

elder issue you're seeking help with. For example, if you are a senior who wants to prepare a new will and your spouse is ill, the attorney needs to know enough about Medicaid to know whether it is an issue with regard to your spouse's medical care planning. The benefit to seeking an elder law attorney lies in their the crossover knowledge of many types of law that you may be affected by.

Elder law attorneys are a great resource for providing information when you have a parent, spouse or loved one facing the issues of aging, but if you're looking for more general information, there are also other resources available that you should be aware of. The internet is one of the best places to find information relating to elder law and other aging issues. These are some of our favorites:

- The **National Academy of Elder Law Attorneys (NAELA)** aims to equip its attorney members to be the premier providers of legal services to seniors and those with special needs. Its website, [www.naela.org](http://www.naela.org) provides many resources dealing with elder law and special needs issues and provides links to other helpful websites also.

- **Elder Law Answers** has guides on a variety of topics, a robust blog full of helpful articles, as well as a directory of attorneys who practice Elder Law across the country. Their website, [www.elder-lawanswers.com](http://www.elder-lawanswers.com), is another great resource for getting information on how an attorney can help as you age.

- **AARP's** website, [www.aarp.org](http://www.aarp.org), also contains a wealth of information about legal issues affecting seniors, including estate and long term care planning.

- The goal of the **National Care Planning Council**, which has been around since 2002, is to promote a public awareness of the need for long term care planning. Their website, [www.longtermcarelink.net](http://www.longtermcarelink.net), contains many articles and resources on dealing with elder care and elder law.

Although these resources do not provide information specific to Louisiana, they do provide a good overview of issues that seniors should be aware of. Additionally, programs such as Medicaid and VA Aid & Attendance are federal programs so much of the information on these sites will be relevant for Louisiana

residents. (Each state administers its own Medicaid program and information for Louisiana can be found at <https://ldh.la.gov/page/about-medicaid>.)

For those seeking state-specific information on aging resources, there are several that we recommend checking out:

- The **Governor's Office of Elderly Affairs** (<https://goea.louisiana.gov>) is a state-government-run office that serves elders in a variety of ways. GOEA is committed to advocating for the needs and rights of the elderly, improving the quality of life for seniors, promoting public awareness, intervening in exploitation and abuse, building partnerships with communities, and supporting intergenerational activities. They can also be reached at (225) 342-7100.

- The **Capital Area Agency on Aging** advocates and provides services to enhance the quality of life for aging adults. Their toll-free number is 1-800-833-9883 and their website is [www.capitalaaa.org](http://www.capitalaaa.org).

- And for those further west, the **Southwest Louisiana Independence Center, Inc.** (SLIC), a non-profit agency, is an agency of action, advocacy and coalition where seniors can become empowered to develop the skills necessary to make effective lifestyle choices. Their website is <https://slc-la.org/>.

With the amount of information out there, navigating the complexities of elder law and elder care can feel overwhelming. However, I hope this selection of valuable resources serves as a guide in your quest for information. If you or your elder loved one is thinking about planning or long-term care, we recommend reaching out to a qualified elder law attorney to dive into the specifics of your situation. (And, if you reach out this month, don't forget to express appreciation in the spirit of celebration!)

*The information provided is not intended to be legal or tax 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, 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.*

ASCENSION PARISH  
ANIMAL HOSPITAL  
225.744.4905



# FINANCIAL FOCUS

## Don't Let Investments Take a Vacation

Summertime is almost here — and for many people that means it's time to hit the road. But even if you decide to take a vacation, you'll want other areas of your life to keep working — especially your investments.

So, how can you prevent your investments, and your overall financial strategy, from going on "vacation"? Here are a few suggestions:

- **Check your progress.** You want your investments to be working hard for you, so you'll need to check on their performance periodically — but be careful about how you evaluate results. Don't compare your portfolio's results against those of a market index, such as the S&P 500, which tracks the stock performance of 500 large U.S. companies listed on American stock exchanges. This comparison may not be particularly valid because your own portfolio ideally should include a range of investments, including U.S. and foreign stocks, corporate and government bonds, certificates of deposit (CDs) and other securities. So, instead of checking your progress against a market index, use benchmarks meaningful to your individual situation, such as whether your portfolio is showing enough growth potential based on a compounding rate of return to keep you moving toward a comfortable retirement and other long-term goals.

- **Invest with a purpose.** When you work intensely at something, it's usually because you have a definite result in mind. And this sense of purpose applies to investing, too. If you buy a stock here, and another one there, based on "hot" tips

you might have seen on television or the internet, you may end up with a jumbled sort of portfolio that doesn't really reflect your needs. Instead, try to follow a long-term investment strategy based on your financial goals, risk tolerance, asset accumulation needs, liquidity and time horizon, always with an eye toward where you want to go in life — how long you plan to work, what sort of retirement lifestyle you envision, and so on.

- **Be strategic with your investments.** Over the years, you will likely have a variety of competing financial goals — and you'll want your investment portfolio working to help achieve all of them. That means, though, that you'll likely need to match certain investments with specific goals. For example, when you contribute to an IRA and a 401(k) or similar plan, you're putting away money for retirement. But if you want to help your children go to college or receive some other type of post-secondary education or training, you might want to save in a 529 education savings plan, which allows tax-free withdrawals for qualified education expenses. Or, if you want to save for a short-term goal, such as a wedding or a long vacation, you might choose an investment that offers significant protection of principal, so the money will be available when you need it. Ultimately, this type of goals-based investing can help ensure your portfolio is always working on your behalf, in the way you intended.

When you take a vacation, you will hopefully be more relaxed and refreshed. But if you let your investments stop working as hard as they should, the results could be stressful. So, be diligent about your investment strategy, monitor it regularly and make those moves appropriate for your situation. By doing so, you can't necessarily guarantee a long day at the beach, but you'll have a good chance of enjoying a sunny outlook.

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

**Edward Jones**  
MAKING SENSE OF INVESTING  
**Jamie Lavigne,**  
Financial Advisor



516 Moore St., Suite 103 • Baton Rouge, LA 70806  
Office 225.314.3558 • cell 225.328.6900 • Fax 844.879.7129 • www.edwardjones.com



## 4 Family-Friendly Clinics in Ascension Parish!

We're here for every "ouch" and "uh-oh", Ascension Parish! Whether it's a sudden fever or a minor injury, our expert team is dedicated to providing compassionate care for your family's well-being. Open 7 days a week for ages 3 months and up.

**LakeUrgentCare**



LakeUrgentCare.com  
Walk-In, Check-In Online or  
Schedule a Virtual Care Visit

Give us a follow



When I think of Brewbachers  
I think of  
**Lasagna**

ESTD 1983  
**BREW-BACHERS**  
GRILL

909 E. Ascension St. Gonzales • 225.647.2850  
(Only at Gonzales location)

## Exploring Developmental Milestones: Crossing Midline



*Emily Sellers, COTA/L  
 Certified Occupational Therapy Assistant*

What is midline? Imagine a vertical line going down the center of your body that separates it from left and right. Many of the movements and activities that we perform daily require us to cross this imaginary line. When we cross this imaginary line, we cross the midline, which is a foundational skill that directly impacts fine motor coordination, gross motor skills, oculomotor skills, and cognitive development. Being able to complete this skill requires both sides of the brain

to work together and communicate effectively so that higher-level learning and motor planning can occur. Our brain begins to learn this skill during infancy but continues to develop through practice and play as we grow.

If a child has difficulty crossing midline, you may notice them using their left hand to complete activities on the left side of their body and their right hand to complete activities on the right side of their body. You may also notice the following:

- Delay in crawling
- Switching hands when writing, drawing, or coloring and will tilt the paper to avoid crossing midline
- Challenges with visual tracking
- Rotates their trunk to reach for objects on their left or right side during play
- Difficulty motor planning gross motor movements such



as catching a ball, skipping, and hitting or kicking a ball

### **Activities to promote crossing midline**

- Infinity 8 tracing-Draw a large infinity loop and have your child trace this loop on a vertical surface. They will need to stand in front of this and trace the loop starting from the center. You can also use sidewalk chalk and have your child walk this loop on the ground!
- Cross crawls-While standing, have your child reach across the midline of their body by touching their hand or elbow to the opposite knee. Repeat this several times in a rhythmic way! You can make this more challenging by adding a metronome or less difficult by having your child sit in a chair.
- Place stickers on one of your

child's arms and encourage your child to remove them with the opposite arm

- While playing Simon Says, practice crossing midline by saying "Simon Says, touch your left hand to your right knee" or "Simon Says, touch your left elbow with your right hand."
  - The popular game of Twister requires the player to place their body in a variety of positions that require them to cross midline
  - Crawling and climbing on playground equipment
- Crossing the midline can be a tricky skill to learn but it is a necessary developmental milestone for children. If you think your child has difficulty crossing midline, an occupational therapy referral may be warranted.



**PEDIATRIC**  
THERAPY SOLUTIONS

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



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





# Where the Health of *Your Skin* is on Our Shoulders

Experience advanced dermatological care at Atlas Dermatology. From medical treatments to cosmetic enhancements, trust our skilled professionals for all your skin concerns. Schedule an appointment today for a healthier, more beautiful you!

## OUR SERVICES

- ✓ Medical Dermatology
- ✓ Surgical Dermatology
- ✓ Laser Hair Removal
- ✓ Chemical Peels
- ✓ Relaxant
- ✓ IPL

### LOCATIONS

**Prairieville**  
17503 Old Jefferson Hwy  
Prairieville, LA 70769

**Baton Rouge**  
163 Burgin Avenue  
Baton Rouge, LA 70808

### SCHEDULE

**Monday thru Thursday**  
7am - 5pm

**Friday**  
7am - 12pm

### PROVIDERS

**W. Trent Massengale, MD**  
Board Certified

**Danielle M. Webster**  
MSN, APRN, FNP-BC

**Mallory S. Sotile**  
MSN, FNP-BC



CONTACT US  
(225) 313-4560



ATLAS DERMATOLOGY  
[www.atlasdermatology.com](http://www.atlasdermatology.com)



# EA SENIORS CELEBRATE, SPLISH SPLASH, I FINISHED MY CLASS









# Day Tripping with Off the Grid Photography

By: Robin Stevens

A day trip to Avery Island checks all the boxes! A short 2 hour drive to explore the Tabasco Factory and Jungle Gardens makes for a great time.

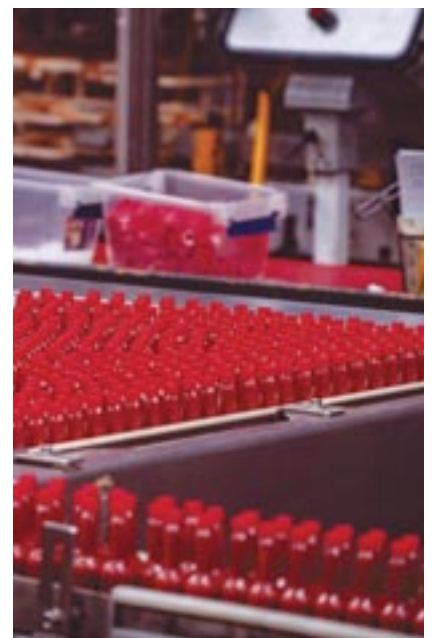
Avery Island isn't actually an island but rather a salt dome surrounded by bayou marshes and is just 15 miles from New Iberia, Louisiana and home to one of the most popular hot sauces in the world. Every bottle is made there on the island that was named for the family that has owned it for over 200 years. The island is listed on the National Register of Historic Places.

Take the self guided tour around the museum, greenhouse, barrel and blending processes and the factory's bottling plant to learn the history of Tabasco and see how it is made. After your tour, stop into the gift shop for all things

Tabasco! Then take a break for lunch at the 1868 restaurant. A cottage-style restaurant featuring a diverse menu of Tabasco infused Cajun favorites including pepper barrel crawfish etouffée, pepper jelly boudin, Avery Island red beans and rice and more. Cooking class are also available by reservation.

My favorite part of the island is the Jungle Gardens. 170 acres of marshes and botanical gardens that is home to thousands of egrets, alligators, white tail deer and even a few black bears. The 4 mile loop of gravel road has a map that marks the 14 beautiful stops to get out of your car and do some exploring. Like the Chinese Buddha in the glass temple, Bird City, the Venetian Gardens, and one of the oldest Bamboo groves in America. Just to name a few. You can also take a tour on your cell phone for an enhanced experience as you drive through the Jungle Gardens with the Travel Story Audio tour.

For tourism information, visit [www.TABASCO.com](http://www.TABASCO.com)





# Celebrating 100 Years of Service

## 1924 - 2024



L-R Don, Steve, Al, Vall Ann, Harry, Gayle, Roland Jr. 2024 Crawfish Boil

In the early 1900's a new consumer sector was sweeping the United States, Automobiles. In 1918, automobile sales reached 835,900 per year. In 1920, that figure jumped to 1,453,252 and, in a matter of 2 years, 1922, the figure was over

1,864,213. A young aspiring entrepreneur kept seeing an influx of new vehicles on the streets and back roads of Ascension Parish. He knew the need for Gasoline, Diesel and Petroleum products in the parish would skyrocket just as the sales of automobiles had in

the past 4 years. On December 14, 1924 Roland J. Robert Sr. opened his petroleum products wholesale company in conjunction with the Mexican Petroleum Corporation, which was owned by Pan American Petroleum and Transport



company. This was the birth of Roland J. Robert Distributor, INC.



L-R Don, Steve, Al, Vall Ann, Harry, Gayle, Roland Jr. 2014 Crawfish Boil

Back then, refineries were scarce and transportation to and from refineries was mainly by water. The gasoline was processed from crude oil at MPC's plant in Destrehan and was transported via the riverboat 'Petrolia'. Roland Robert's sons often talk about the stories Roland Senior would tell them about the whole distributing process. "Back in the old days there was no fueling rack at a refinery to pull up to in your 8500-gallon fuel truck and electronically load fuel at a





LEFT- Robert P. Mire (Uncle Bob) Right- Roland J. Robert Senior

rack. Barrells of fuel were brought up river by river boats and off loaded onto the Mississippi river bank. Dad would have to roll many barrels of gasoline and oils up the levee and load them onto the back of trucks by hand. There were no forklifts or conveyor belts to get them over the levee, it was all done by bruit strength and ingenuity. Also, there were no tanker trucks back then, so the gas had to be delivered to customers in 55-gallon barrels loaded on the back of his flatbed Model T-Truck. When it rained to much, horses and wagons had



Mrs. Val H. Robert, wife of Roland Robert Senior

to be used to service anyone who was off the main gravel highway.”

In the 1930's and 1940's Mr. Robert's distributorship primarily serviced small service



Roland J Robert Senior on top Bulk Plant Tanks



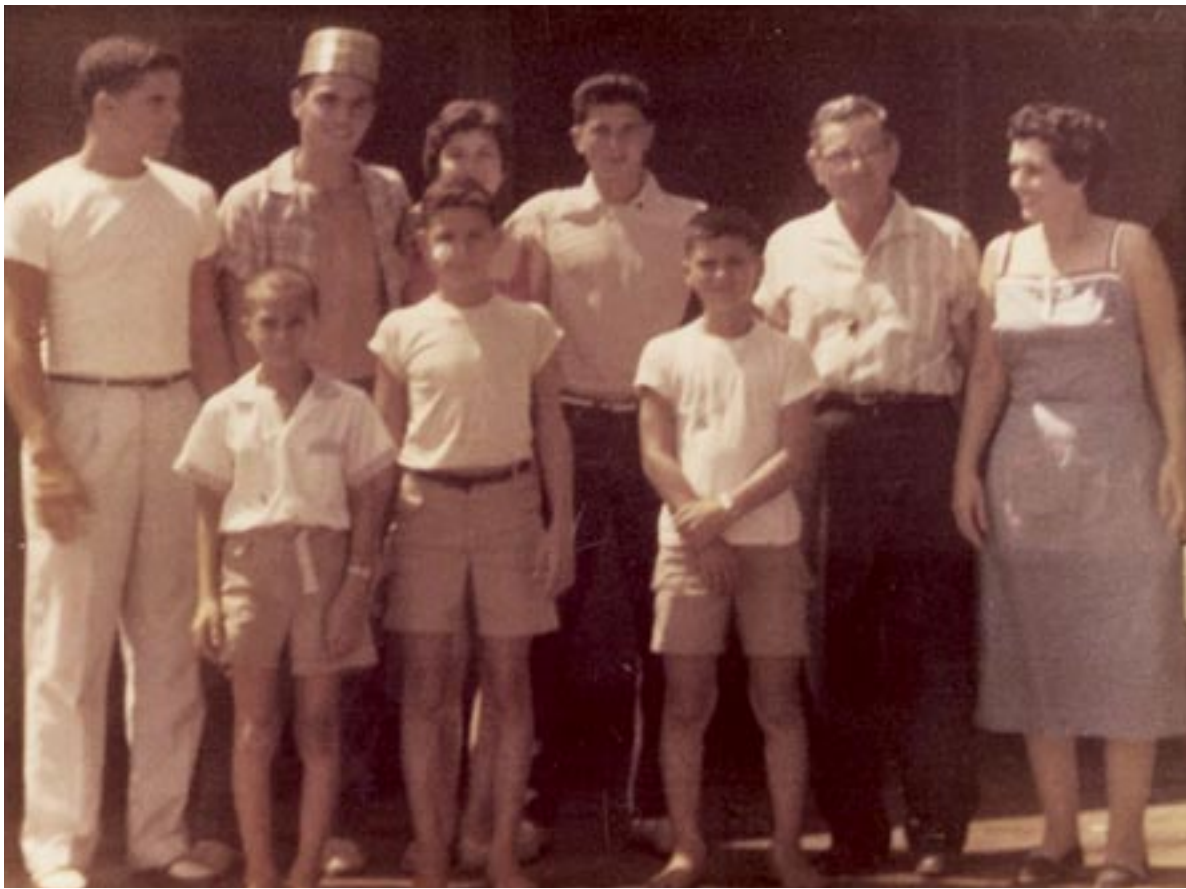
Pan-Am Station located on North Burnside and E. Roosevelt St.

stations and farm accounts. He was seen in the community as a pioneer, a philanthropist, an entrepreneur, a builder and a friend. In 1935 he married the love of his life, Vallie Hernandez of St. Gabriel. It did not take them long to start a family of their own totaling 6

boys (Roland Robert Jr., Gayle Robert, Harry Robert, AL Robert, Steve Robert, Don Robert) and 1 girl (Val Ann Robert). Roland Sr. instilled his hard work ethic into his children by getting them involved in the daily tasks around the home, farm and distributorship. Their home was located right behind the bulk plant, so the children were involved in daily tasks of the business as well.

Towards the end of the 30's the Mexican Petroleum Company was sold, but the Pan-Am Petroleum Company





L-R Back Row: Roland Jr., Gayle, Val Ann, Harry, Roland Sr., Vallie L-R Front: Don, Al, Steve • Taken Summer 1957



Top (L-R): Gayle, Harry, Al, Don ... Bottom (L-R): Roland Jr., Val Ann, Steve



(L-R): Steve, Gayle, Don, Harry, Val Ann, Al, Roland Jr.



Uncle Bob's Gas and Lube Station located South Burnside and East Cornerview, current Gonzales Rapid Lube

was still alive and thriving in America. Mr. Robert changed his branding to Pan-Am and continued forward raising his new family and expanding his business. It took a while, but the depression finally hit ascension parish during this time period. Most Families were seriously affected and the Roberts were no exception. But Roland J. Robert Sr. was at his best when things seemed the toughest. Though close to financial ruin, his effectiveness as a businessman combined with his commanding persona and natural leadership stimulated Pan-Am Petroleum to invest in Mr. Robert's business and keep it afloat as long as he promised to stay in business. His son, Gayle



Robert, stated, "Dad never forgot that helping hand and he spent the rest of his life helping other people get started in business."

In 1950, as the petroleum chemical industry grew, so did the Robert business. Ormet was one of the first chemical plants to move to the area and purchased land from Roland Robert, Remy Robert Brothers Farm and the Waguesspack Family. This purchase was the beginning of the chemical industry boom in Ascension Parish. Roland would often stay up all night going out to construction sites to fill bull dozers and equipment and have them ready for work early the next morning. The boom of the chemical industry also meant a boom in the population. This growing population was great for his business but it also gave him an opportunity as an entrepreneur and philanthropist to help others. Mr. Robert would build gas stations for local business men on the promise that they would run them and buy gas exclusively from him. Later he would work out financial



*Newest Location, Galvez Super Stop*

arrangements for them to repay him whatever they could over the next 10 to 15 years.

In October of 1958, Roland J Robert Senior passed away. His sons, Roland J. Robert JR. and Gayle Robert took over the operations of the thriving Robert Enterprise. Over the years they would grow the business by adding an additional Bulk plant in Hammond Louisiana, open new truck stops and several convenience stores throughout Ascension Parish. Steve Robert, current President, Al Robert, and Harry Robert remained active in the distributorship after their father's death. Today, they all



serve as the Board of Directors of Roland J. Robert Distributor and Super Stop Enterprises.

Today, the business may be larger, but it still operates under the same principles and guidelines that Roland Sr. instilled since its beginning. Roland J. Robert Distributors, INC will be reaching its 100 Year Anniversary this year. The legacy of Roland J. Robert Sr. goes well beyond the Petroleum Distributorship which still thrives today. Employing over 200 people from East Baton Rouge, to Ascension Parish, to St. James Parish and St. John Parish. The business currently owns 14 convenience stores and

truck stops as well as major shopping centers and rental properties located throughout Ascension Parish and has many projects in the works for expansion. The Business is currently run on a daily basis by President Steve Robert. The Board of Directors is made up of Roland Robert Jr., Gayle Robert, Harry Robert, Al Robert Sr. and Steve Robert. There is also a Junior Board consisting of Michael Robert, Blake Robert, Keith Robert, Taylor Robert and Al Robert Jr. which will be the next generation of operators for the business. Over the last 100 years the fuel brands have changed from Mexican Petroleum

Corporation, Pan-Am Petroleum, Amoco, Texaco, Chevron, Shell and now Marathon. Though the brand names on the sign and canopies may have changed, Roland J. Robert Distributors has not. It will continue to be a family-owned company that will always strive to give back to the community, to make its employees feel like part of the business and grow to meet the needs of the expanding economy in the surrounding parish.

The Robert Family would like to thank Ascension Parish for its 100 years of partnership. Without the local government and community working with us, we would not be where we are today. We look forward to growing this great relationship for another 100 years.



As Seen on

facebook

## Gomer Goes to Court



## Winners at the VFW



The Outcast Band in the 1970s -  
Bottom row left to right Kenny Fife  
and Joe Landry - Top row left to right  
Randy "Bush" Carpenter - Paul Landry  
(Joe's little brother) Paul Breaux and  
Greg Melancon

*Above from left to right:* Big Cat Courville and Pappy 2nd Place. Selena and Bart 1st Place. Clint and Lucie 3rd Place.

## Congratulations Cooks!!



*Above is Nana a proud Grandma:*  
She lives in Colorado and like the mail man, come sleet, hail or snow, she's not gonna miss a soccer or softball game. Millie and Addie keep her moving and on the go. Good Job Sis!

# The Merry Month of “May-bes”

by Bill Delaune



Being the hopeless romantic that I am, I like to think of May as the month of “May-bes”. As in-maybe this is the year I hit the Kentucky Derby and go on to win the Triple Crown. Or maybe this is when LSU baseball finds some “May Magic” and somehow miraculously slips into the NCAA Tournament.

Or maybe one of my ex-players will come up with some backstage passes to the Rolling Stones Jazz Fest gig and invite old Coach Bill to join him.

But after dealing with odds and probability for most of my life, I realize the chances of any one of those happening-much less all three-are about as astronomical as a moderate, common sense candidate appearing from out of the blue and becoming President of the United States.

But May is one of my favorite months because the somewhat mild temperatures (by Louisiana standards) are suitable for outdoor activities like golf, baseball games or attending one of the many festivals that we have

throughout the state.

In fact, my outdoor festival season started in late April at the well-attended St. John Church Fair-Festival de la Prairie. After my usual tithing contributions to the beer booth and the money wheel, I began scouting out a place to hear the Saturday night bands.

Now when I said well-attended-I meant people were packed in that parking lot like holy sardines. I was at the Sunday performance of Santana at the 1969 Prairieville Pop Festival and I was closer to Carlos and his band than I was to That 70’s Band or Chase Tyler at the fair.

At least Cousin Cody had one of his souped-up Sheriff’s Department golf carts on call to take me back to White Road to avoid an unfortunate incident from a few year back that resulted in a WWI-Walking While Intoxicated-when I ran into a tree trying to stagger back across Highway 73.

And since I can’t make the Crawfish Festival in Breaux Bridge or the Frog Festival in Rayne this year, I have a while to get back in shape for the Jambalaya Festival May 23-26.

Speaking of getting close, it was close but no roses in the Derby again this year for Blackcat Bill as my horses ran second, third and fourth. I ignored all the signs (more on that later) and took three Fairgrounds horses-Sierra Leone, Chasing Freedom and Honor Marie and threw in Forever Young-the title of one of my favorite Bob Dylan songs-for my trifecta and superfecta wagers.

Honor Marie almost got knocked down at the break and lost any chance and Forever Young and Sierra Leone bumped more times than a Miley Cyrus twerking contest and lost by a nose to the eventual winner in the closest photo in 60 years.

But back to the winner Mystic Dan. Earlier in the week, my star-gazing sister had posted an update that a rare meteor storm would be visible the night before the Derby. One of the replies read, “Might be a sign for the race from above-something mystical perhaps...” Now being a far-out Pisces who’s always looking for omens, how could I possibly miss such an obvious thing.

Throw in the fact that I always give extra credit to Louisiana jockeys (See Eddie Delahoussaye, Calvin Borel and Kent Desormeaux.) and winning rider Brian Hernandez Jr. is from Lafayette... Well, how could I possibly leave Mystic Dan off my ticket.

Oh well, maybe I can get out on cheating Bob Baffert’s two entries in the Preakness.

And while we’re on the subject of close losses, pity the poor LSU baseball team who blew a 4-run lead in a “must-win” game at Alabama when our best defensive catcher threw the ball into right field on a dribbler in front of the plate. Then-in a “really must-win” game, our third baseman misses third base on his way home and is called out on appeal. Those weren’t the only miscues by far but they both resulted in one-run losses. Good teams seem to find ways to win. This bunch seems to find ways to lose.

My grandfather used to say something in French that will make sense to all my golfing buddies who finally get their driver straightened out only to see their irons and putter go

cold. Loosely translated, it meant-“The kids go good, the dog goes bad...” With this 2024 edition of the Tigers, when the offense finally musters up enough runs, the pitching lets them down. And when the pitchers hold a potent offense to 3-4 runs, the bats have holes.

But let’s lose the negative thoughts for a moment. Due to late deadlines and a spring storm playing games with our computers, you probably know the outcome of the LSU-Ole Miss series by now. Let’s say the Tigers swept and rolled into the SEC Tournament to win a few more games. Remember the North Carolina State

basketball team who was prepared to fire their coach after a dismal regular season that reeled off five straight wins in the ACC Tournament to qualify for the Big Dance and then made it all the way to the Final Four.

And don’t forget the 2022 Ole Miss Baseball squad. The Rebels were not even sure they would make the NCAA Tournament until the committee voted them the very last team in. The Rebs then went on a tear that ended in a National Championship in Omaha.

How’s that for positive thinking.

Here’s something I am

positive about-no maybes about it. I’m positive I’ll make an appearance at the Jambalaya Festival since I’ve been to most of the 56 previous events.

Every so often I’ll run into a group around my age-the ones who aren’t dead or in jail-and we’ll remanence about some of those early festivals in the late 60’s. If the conversation begins with, “I’ve had amnesia so long, I can’t remember...” then I know I’m in the right group. Here are some of the memories of a few feeble brains who have destroyed many brain cells over the years...

1. Burnside Street blocked off from Cornerview all the way to pass Gonzales Elementary School for bands, booths and street dancing.

2. Wading through the stacks of beer cans to get from one end to the other in rain or sweltering heat.

3. Parking at Fish-N-Pic and walking to the Festival-then hiking to Bobby’s Lounge (almost to the Airline) for the post-Fest party.

4. Swimming in the ponds by the then unfinished Highway 30 for an early morning bath. Traffic was not a problem back then.

5. Filling our wine pouches with Boone’s Farm Strawberry Hill for refreshment at any leg of our odyssey.

I’m sure you have others- perhaps as a cook or a young carnival rider but remember- my crowd back then weren’t exactly the A-listers.

I guess the moral to this meandering yarn is to get outside and enjoy some of these events-be they ball games or festivals or just a ride in the golf cart-you don’t have to subject yourself to the torture of actually playing. Turn off that Fox News or CNN and follow the advice of that late Son of a Sailor Jimmy Buffet-“So many nice things happening out there...”

And speaking of boats, if anyone would like to shuffle me over to the new Blind River Bar in their party barge, I’m anxious to see what Dustin’s done with the place.



Hey Y'all!!!

It’s Jambalaya Festival Month for the Jambalaya Festival Association!! My teen queen, Addie Roden and I, are selling 50/50 tickets to help fundraise for the queens’ travels around the state! The winner will be announced Sunday night at the festival.

**You do not have to be at the festival to win.**

**Ticket Prices:**

\$2.00 each • 3 for \$5.00 • 6 for \$10.00 • 9 for \$15.00 • 12 for \$20.00

Please reach out to me via Facebook Messenger or through text at (225)290-8530 to purchase or if you have any questions!

WHO WILL BE THE NEXT  
GONZALES JAMBALAYA QUEENS?

WE WANT YOU TO JOIN OUR ORGANIZATION!!

JUNE 8, 2024  
7:00 p.m.  
GONZALES CIVIC CENTER

REACH OUT TO KATIE BATTAGLIA WITH ANY QUESTIONS  
ALL FORMS CAN BE FOUND AT WWW.JAMBALAYAFESTIVAL.NET



## East Ascension Sportsmans League

Letter from president -  
*Greg Cedotal*

Wow, where has time gone. Seems like just a month ago I turned in a Letter from the President to be published. Before we know it the June regular meeting will be upon us. Then the Annual Kids Fishing Rodeo. But, before

those events, there is the Spring Squirrel Hunting Season, which started on May 5th and will last until May 26th.

With the warmer weather, fishing is heating up, no pun intended. It's time to clean and put away your guns and take out the fishing rods. I hope your honey hole still has honey in it, so to speak. I need to find some bass tournaments so I can go watch the weigh-ins. If you know of any, let me know.

Speaking of good honey holes, Cliff Crochet has told me that "Every Fish Matters Banquet", to benefit fish restocking, is scheduled for July 25th. I will have more details in June Letter from the President. They released fish on May 11th in the Pierre Part area.

A little bit about what is happening at the State Capitol, I will try to keep everyone up to date on the proposed Constitutional Convention and the possible affect it could have on dedicated funds for the Conservation Fund and Coastal Trust Fund and Artificial Reef Development Fund that are under constitutional protection. All three were voted for by the voters in high percentages - 80%+ range.

Now for a little bit about EASL events. You must be a member to participate in these events. EASL Bass Club will fish a tournament on May 25th. If you are interested in fishing with the bass club, contact Jim Hebert at 225-717-6037. The March .22 Rifle Silhouette Match will be May 25th 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.

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.

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 Bass Club News

The EASL Bass Club fished their April Tournament on the 20th. This was a "trailer tournament" with launch limits from Amelia to Pigeon and Lake Verret. The weigh in was held at Doiron's Landing. There were 15 boats signed up to fish.

The fishing was not great on this day and the results showed that. There were 7 boats that weighed a limit of Bass with small weights. Others weighed from 2 to 4 fish. There were 4 boats that did not weigh a fish.

The winners were Dirk Anderson & and Brandt Fairchild with a limit that

weighed 9.94 lbs. Second place went to Wilson Mulina & Gary Christian with their limit that weighed 9.72 lbs.

Coming in third was the team of Bo Jack & Brody Anderson with a limit that weighed 9.50 lbs.

The Big Bass winner was Bubba Rossi with a Bass that weighed in at 3.6 lbs. Congratulations to the winners of the April Tournament. The Club's next tournament will be held on May 25th.

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



The Big Bass winner was Bubba Rossi with a Bass that weighed in at 3.6 lbs.



# Jammin' with Goosie

## PETS OR PEST

My vegetable garden of last year's spring started out with high hopes. The potato crop was harvested first and that was by far the best yield that I have ever produced. After the planting of squash, cucumbers, bell peppers and two different types of tomatoes was done it was now time to sit back and wait for a healthy harvest to occur. All plants seemed to have acclimated very well into the environment of which they were growing in. I never had any bug or disease problems and always watered and fertilized the plants as needed. One evening as my wife and I were discussing how well everything was looking in the garden I quickly reminded her of several instances that have happened to us in our past gardening experiences. As a matter of fact I actually quoted her that old statement that we have all heard before that states "Don't count your chickens before they hatch". Things can go south quickly in a garden environment.

The first tomato that appeared was one that I had watched until it was then ripe enough to pick. I had kinda taken special care of that thing for a couple of months and on the morning that I went out to pick my first tomato of the year, it was gone. At first I thought that someone was playing a trick on me. After determining that no human interference had taken place I then began to use my hunting skills to find out just what kind of animal was responsible for the theft. I soon discovered that squirrels were the culprits and shortly after that incident I actually watched a gray squirrel carry off one of my baseball size green tomatoes.

Now let me say this, I love squirrels. They are probably my favorite of the wild animals to hunt and eat. Believe me, it would not hurt to harvest a few of them from my yard occasionally but I consider them pets and don't really have the desire to kill them on my property. So at first I kinda felt like, Ok I will share a little with you guys. After all, we

have a few tomatoes on the countertop and plenty still developing on the plants. Then all of a sudden things started really getting out of hand. I tried a few things to maybe keep them back such as deploying a fake snake and a whirlybird. I also began to chase them away when I would see one of the rodents heading towards the plants. At the time of this writing last summer I had not got to eat any fruit from the plant that held my first tomato of the year.

After returning home from a doctor's visit one evening I noticed that one of my green tomatoes that was on one of my bushes when I had left earlier was now missing. I said to myself, "He can't be very far from here". Sure enough. There he sat crouched comfortably on a pecan limb just gnawing away on that perfect sized green tomato. Well I'd had enough at this point. I grabbed my pellet rifle and as I was aiming the gun I noticed a UPS driver walking down the driveway towards me. Not wanting the driver to spook the creature I quickly placed the crosshairs on its head and pulled the trigger. The squirrel and the half eaten tomato both hit the ground at about the same time. As the UPS driver was handing me my package I quoted "That



son of a you know what won't eat any more tomatoes". He kinda smiled and said, "That's for sure". That squirrel along with a couple more from my freezer was my supper a couple of days later. The problem was that the female that I had shot wasn't the only thief around. By the next morning I noticed that several other tomatoes were missing. Squirrels are very smart creatures and after they discovered the absence of that large female from the group they began to feed on the plants in the cover of darkness.

Those of us who grow vegetable gardens have invested a few dollars, a little work and a whole lot of time in having the



pleasure of watching plants grow and produce food for the table. We typically understand that we will lose some produce from this or that throughout the growing season but when it gets to the point of an animal destroying most of the crop then something needs to be done. I did not have any squirrel problem in my tomato garden from the prior year and I had basically the same squirrels around. What I did have that year was a chicken problem in my squash and cucumber area. My neighbor's chickens ate up and scratched up every plant that I had. I would rather not have a confrontation with a good neighbor if I can avoid it so when the next growing season came around I bought some material and built a barrier around that area. After that work was complete they got rid of the

chickens. Oh well it's all good.

To combat the squirrels for the remainder of that summer I wrapped each plant with a wire screen to help protect its fruit from being eaten but they can be a pretty resilient pest and would continue to try and figure out a way to get their little paws on the tomatoes. I also began to put out bowls of water for the animals of my surroundings to drink from because of the intense drought conditions. Each morning I would find those bowls empty. The extremely dry conditions of that summer and the need for moisture was probably the main reason for the crop predation to occur as it did. And by the way,

between the squirrels and racoons my muscadine crop for that year was also destroyed. As the summer moved along the food source for the rodents began to change. They began to feed in my cypress and pecan trees and that doesn't bother me at all. They can have all they want but if I see any of them around my tomato plants this year, believe me it won't be a good day for that bushy tail.

There's several methods available to help control squirrels and or other animals from destroying your crops. You can trap them dead or alive. If you catch them alive please release them on our hunting lease. We will take care of them. You can poison. Not a good idea in my opinion. You can put out things like fake owls, snakes, etc. that may keep them at bay or you can shoot and eat them. All of these methods can come with good and bad consequences so before you participate in any of those things please research thoroughly. Wild game animals are great creatures to have as part of our landscapes but when pets become pests it typically won't end well for either of us. Legal hunting is and has always been the best method of controlling problematic game species and the destruction that they can bring about. Let's keep it that way. Louisiana's spring squirrel season runs from May 4-26.

Till next time  
Hopefully I'll get to eat a few tomatoes this summer  
James "Goosie" Guice

**Attention:**  
**Major Shelby Ballard of**  
**Ascension Veterans**  
**Memorial Park**  
**Foundation**  
**welcomes you to:**  
**Memorial Day**  
**Observance**

**May 27, 2024**  
**10:a.m.**



**NOW OPEN**  
**at the new location**

**2705 W. Hwy 30 • Gonzales**

**Open 11am till 2am**



*Our happy hour specials  
 are \$2.50 domestic beer  
 \$3 Mexican beer • \$4 single well  
 \$5 double well • \$4 and \$5 bomb shots.*

**Monday special**  
**\$4 bomb shots**  
**\$2.50 Blue Moon Draft**

**Thursday special**  
**\$5 double well**

**Tuesday special**  
**2 for 1 Bomb Shots**

**Sunday is SIN Night**  
**2 for 1 for SIN and**  
**Military people &**  
**hospitality workers**

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

[www.parkplaceofgonzales.com](http://www.parkplaceofgonzales.com)



**Useless Random Facts**  
 with Kellie

The Pilgrim's thanksgiving feast in 1621 occurred sometime between September 21 and November 1.

It lasted three days and included 50 surviving pilgrims and approximately 90 Wampanoag Indians, including Chief Massasoit. Their menu differed from modern Thanksgiving dinners and included berries, shellfish, boiled pumpkin, and deer.

The 2004 Indian Ocean earthquake lasted nearly 10 minutes—the longest on record.

With their "echo-location," dolphins can distinguish between types of fish the same size, between aluminum and brass, and between a steel ball that is 2-1/2" in diameter and one that is 2-1/4" in diameter.

Cigarette butts and filters take 12 years to biodegrade. An aluminum can takes between 200 to 500 years to biodegrade. Plastic diapers and sanitary pads take between 500-800 years. Styrofoam takes more than 5,000 years.

And it would take a glass bottle 1 million years to biodegrade.

Popcorn kernels can pop up to 3 feet in the air.

Egg-laying hens live on sloped cage floors so that the eggs will roll aside. However, the sloped floor damages their feet. In some cases, toenails become permanently tangled in the wire, so the flesh grows around it. The birds are essentially soldered to their cages.

When McDonald's opened an outlet in Kuwait shortly after the end of the Gulf War, the line of cars waiting to eat there was seven miles long.

According to the U.S. census, there are 95.9 million unmarried people in the U.S. of which 47% are men and 53% are women.

India is the birthplace of chess.

While general vocabulary and knowledge about the world often stays sharp through one's 70s, memory for names begins to decline as early as age 35. The ability to recognize faces and find one's car has already begun to wane by the 20s. However, research shows that brain stimulation not only stops cells from shrinking, but it can also increase brain cell and dendrite branching.

# Thoughts from Bully

## Because I'm Your, Mom!

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

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

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

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

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

A real cutie.

Well I climbed in the back-seat of the car and crawled up in the back window to look out as we drove to church. This behavior could have a parent incarcerated today. I then took off that hat. She said, "Put it on." I said, "No". She said, "You better or else. I threw the hat out of the window of the moving car.

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



pick up and put on that hat.

At first I pitched a fit. Flopping and whaling in the ditch. Hollering Why!!!

I said a few more No's.

It then came time for that 'or else', part from her.

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

I screamed one more time why do I have to where the hat? She said simple, because "I AM YOUR MOM!!!

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

---

Thank you Mom on this Mother's day. Now that you have passed I feel comfortable calling you Thelma. I love me some Thelma. She taught me how to fish and pitch baseballs. She taught me how to bowl and cook and most of all she taught me how to dance. Listen to the beat of the drums and the man leads. We used to frequent the 'The Music Box' back in the day. It was awesome jitter- bugging with her. She was a pro. Not classically trained but a natural. We'd get to spinning and she'd never miss a step.

My Favorite part of those dances was my Grandmother MaMaw would come. I'd wait till there was less than a minute left in the song to ask her to dance. We'd get a



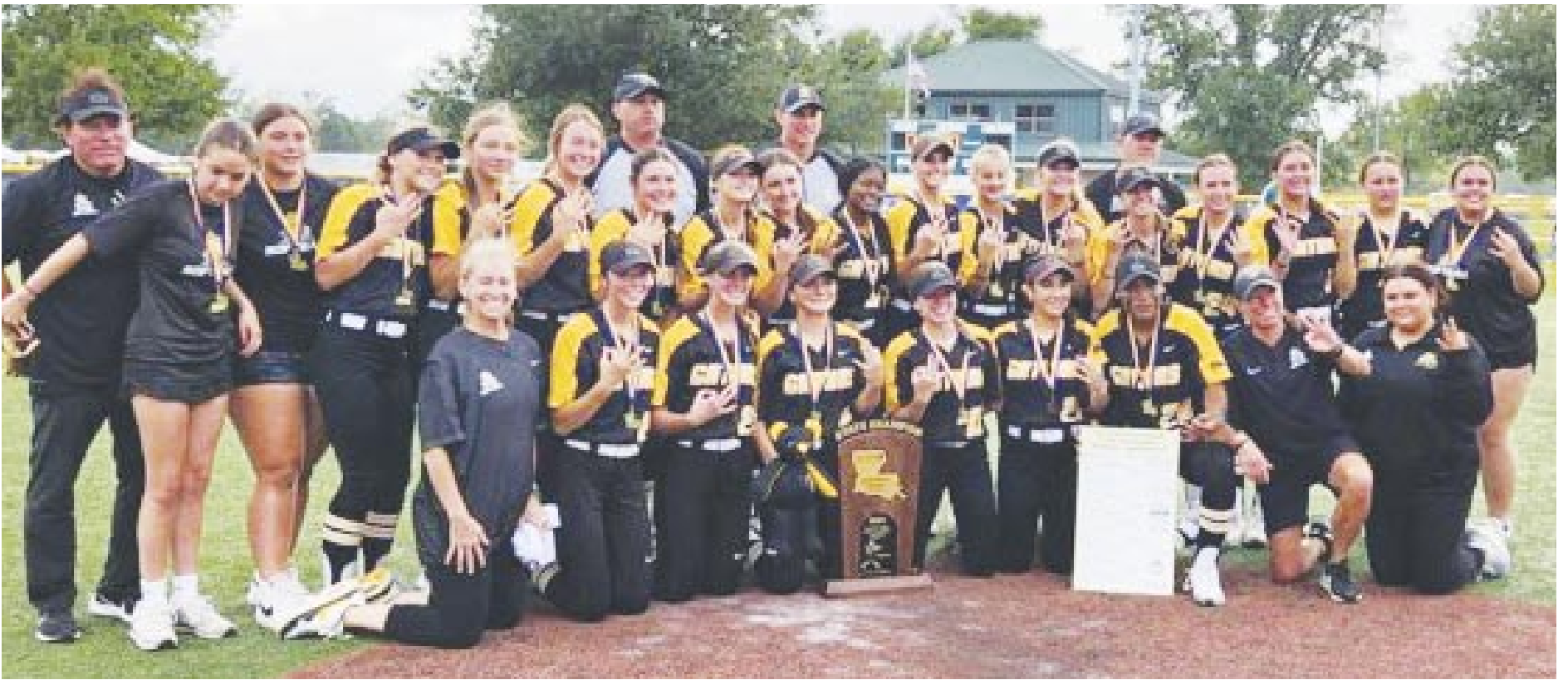
couple of turns and hugs in and then the song was over. She felt accomplishment for making it to the end of the song.

I got to love on my Grandmother. She would always say, "Thank You Mikie!"



Happy Mother's Day to all the mothers in the world. You are the back bone of our life. You will always be missed but always loved.

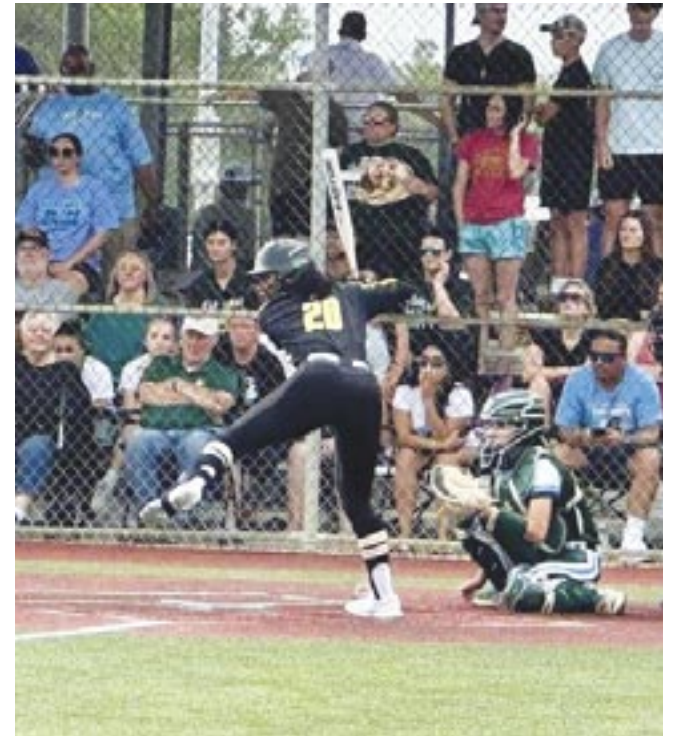




# Lady Gators Win the State Title Again!!!

*2024 Record – (25-10) • 9th St. Amant School State Championship  
Won State 3 out the last 4 years • Gators WIN Championship 19, 22, 23, 24  
(2020 season canceled with COVID)  
2021 – Lady Gators were quarter finalist*







## 57TH ANNUAL GONZALES JAMBALAYA FESTIVAL

# EVENT SCHEDULE

FESTIVAL GROUNDS: 219 South Irma Boulevard, Gonzales, LA 70737  
**FREE ENTRY AND FREE PARKING**



## 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

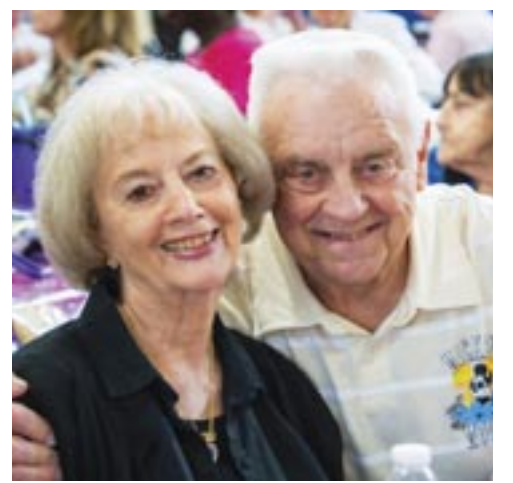
Friday 2:00 pm - 7:00 pm

Saturday & Sunday 10:00 am - 7:00 pm

# The Garney Gautreau Disco Soc Hop 70's Dance



PHOTOS BY ROBIN STEVENS, OFF THE GRID PHOTOGRAPHY





Talapia with shrimp in a reduced wine cream sauce over angel hair pasta



When I think of Brewbachers I think of

Broiled Talapia



909 E. Ascension St. Gonzales • 225.647.2850 (Gonzales Location Only)

FRANCOIS BEND SENIOR LIVING

Ask us about our Summer Special

Explore why you will be carefree and cared for...

Call for a tour today!

225-647-2363

www.francoisbend.com





# Open for Business!

Monday 5pm to 8 pm.  
Tues - Thurs 9am-8pm

at 12489 Home Port Dr  
Suite B Maurepas, La 70449.



Jordan Venable

*Join Stefanie Davis and Jordan Venable for an unforgettable experience in relaxation, and personal connection. Whether you're a seasoned yogi or looking to try something new, our experienced instructors will guide you in every step of the way.*



Stefanie Davis



225.316.6548

mbsyogabydesign@gmail.com  
MBS Yoga by Design / Facebook  
www.mbsyogabydesign.com

*Allstar Toyota would like to welcome James to the sales team. Come see 'Stump' for your new or used vehicle!*



Call James Marchand  
Cell: 225-348-1222

[jmarchand@allstarautomotive.com](mailto:jmarchand@allstarautomotive.com)

9150 Airline Hwy, Baton Rouge, La. 70815

13053 HWY. 431 • ST. AMANT



**FIRESTONE BRIDGESTONE CREDIT CARDS  
ACCEPTED AND AVAILABLE AT BIGGEAUX'S**

*State-of-the-Art  
Equipment*

*Front End  
Alignments*



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



**24 Hr. Emergency Roadside Service**



- All tires from ATV to Commercial Machinery
- All brands to fit autos, trucks and 18 wheelers, including tractor/ construction equipment tires

- Emergency road service assistance-Commercial Only
- Locally owned and operated since 2004
- New used and retreads



**Call for Appointment • 225.644.8473**





**BRAUD**  
WELDING & INDUSTRIAL SUPPLY

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

Gelsmar: 225.673.3370  
Toll Free: 888.269.4315  
Fax: 225.673.5703

www.braudco.com

## Ascension Proud for Over 35 Years

At Braud Company, we have been supplying the construction trades quality materials at competitive prices, with reliable delivery, for over 35 years.

*Our emphasis is on service. Call or visit our walk-in showroom. We deliver on time, everytime 24/7 365.*



225.673.3370 • Toll Free 888.269.4315 • www.braudco.com

If you are interested in purchasing a photo from the dance. Contact **Robin Stevens • 225-573-9571** [www.otgphotography.com](http://www.otgphotography.com)

*Every photograph tells a story.  
Let me help tell yours.*



**Now Booking  
Senior Sessions**



**OFF THE GRID**  
PHOTOGRAPHY

**Robin Stevens • 225-573-9571 • [www.otgphotography.com](http://www.otgphotography.com)**

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



### 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 ½ 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 ½ 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!

*We're open Tuesday to Sunday for  
dine in and curb-side service or take out.*

Follow Us for Daily Chef Specials 

**50<sup>th</sup>**  
**SNO'S**  
SEAFOOD & STEAK  
EST. 1971

CALL FOR TAKEOUT 225.647.2632

Airline HWY 74 in Gonzales

[snoseafood.com](http://snoseafood.com)



# A GOLFER'S PARADISE @ PELICAN POINT



27 Championship Holes • Hi-Tech Simulator Bays  
Training Facility • Complete Practice Facilities



## THE *New* 19TH HOLE



PELICAN POINT  
*Golf Club*

225.746.9900 EXT 1



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

As Seen On  
**THE DOCTORS**

*You Deserve The Best!*

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



AESTHETIC  
DERMATOLOGY

# UNSTOPPABLE INTERNET



Delivering **better Internet.**  
**Powered by locals** in your Parish.

**866-881-4738**

**letsrev.com**

**INTERNET | TV | PHONE | SECURITY**

HomeIQ® service provided by RTC Security Services, LLC dba REV LA License #F354 913 S. Burnside Ave., Gonzales, LA 70737 225-621-4300.