

COMPLIMENTARY

Ascension

M A G A Z I N E

JUNE 2024, VOL. 22 ISSUE 6

Celebrating 10 Years
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SEE PAGE 24

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Thank You Wally

**Wally Taillon
JFA Hall of Fame
President for 23 Years**



I first met Wally in 1997. I was working with the Boucherie Festival and he came to the festival and helped. He mentioned back then that he was interested in taking over the Jambalaya Festival and bringing it back to Gonzales. An instant friendship

started that day. In the summer of 1998. He asked me to go to a meeting with the JFA board and he presented a plan to move festival back to the Gonzales on Irma Blvd. In May of 1999 that dream and idea came true. I have had the pleasure of working with Wally

at the festival since then. I would like to Thank him for everything that he has done for the festival and the community. He has helped a lot of cooks get started cooking Jambalaya. He even got up early one morning and taught me how to cook one on a T.V. show. Once



Wally, Thank you for trusting me to announce the cooking contest all these years.

Todd Long



In keeping with my family's long-standing tradition of stirring pots I started cooking competitively 17 years ago. For as long as I can remember, Wally has been the patriarch of the Jambalaya Festival Association. Wally has always been pleased to share his experience and wisdom with anyone interested in cooking jambalaya. Throughout the years, Wally has become a

dear friend and I have had the pleasure of cooking at countless events alongside Wally. There is little doubt that Wally's vision and persistence has grown the annual festival into one of the most anticipated annual community events. As the Jambalaya Festival celebrates its 57th year of crowning a World Champion, we raise our paddles to Wally for his commitment to keeping this tradition thriving. Wally, thank you for your mentorship, for your leadership, and especially for your friendship.

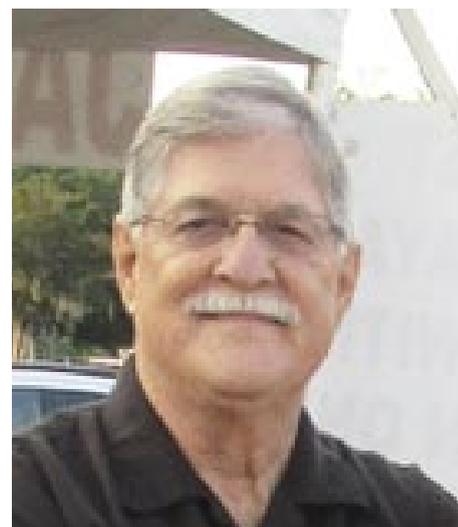
Koby Thacker



In 2007 Wally Taillon invited me to the Jambalaya

Berthelot along with Wally talked me into making my first meeting. After that one meeting I was hooked. After I made my first year I was elected to the Board and I have held a position on that Board on side of Wally since then. He has taught me many important things about Jambalaya that I thought I already knew but didn't. Wally has worked for this Association for many years non stop. I appreciate him so very much. Thank you Wally for all you have done for me, the community, the parish and our state. I love you my friend.

Tammy Guillory



Wally has been an asset to Gonzales and the JFA representing us throughout the state. He gave a good bit of his time for our civic and charitable organizations. Wally was a friend to all and he will be missed.

Barney Arceneaux-Mayor



Thank you Wally for your many years of service to the Jambalaya Festival Association. You have put your blood, sweat and tears into the association. I am very proud to call you my friend and mentor.

Wally is the reason I started cooking jambalaya and I don't think I would have the passion I have for cooking today without you. You took the time to teach me how to cook even as a 15 years old. I helped Wally cook jambalaya every Saturday morning for Leblanc Grocery Store. I have many fond memories of that time cooking with you. You were always there to lend a pot to me or any new cook in need.

Wally you will be greatly missed as the President of the JFA and I know Jambalaya cooking will live on through the decades by the ones you influenced.

Justin Courville

Most people alive today don't know of or remember a Jambalaya Festival without Wally Taillon. For the last quarter century Wally and the JFA were one in the same. That kind of service and dedication is very rare. As is the love and appreciation Gonzales has for it's Mr. Jambalaya.

Layne Gautreau





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Wally is an icon of Ascension Parish.

A true leader, not interested in fame or fortune, but only in service to his community and its continued prosperity.

He leaves a permanent mark on the Jambalaya Festival, and I thank him for his decades of honorable and enthusiastic commitment to its success.

Bobby Webre



I always wanted to feel like I was part of this community. I've lived here since 1968 and have been a part of our schools, our business and my family lives all over the parish. I've taken photos of cooks and the community for over 20 years. I recognized faces and people for years and then Wally talked to me about the JFA. Now because of my JFA membership I know them all as friends. I'm still making friends because of you. Because of you I am a better person and I just want to help. Thank You Wally. You are community and JFA fiber. The legacy you have left strenghtens the Jambalaya Festival Association and my future in the community.

Mike Strong



Wally and I came in to the association about the same time back around 98. Estelle Carpenter was the president and we worked with her to get the festival back in the city. Wally took over as president and together we had a goal of having our own place to call home. We gradually made the festival more profitable and were able to come up with a down payment and borrow the rest to build our current building on south Francois.

Through all these years it is Wally who is the face of jambalaya in Ascension Parish. He has always been very generous with his time and labor cooking jambalaya not only for the association but for friends and family as well. I want to thank him for being a good friend and for allowing me to be along for the ride to have the JFA in the position it is in today.

I still consider Wally as our ambassador for the JFA and for the city of Gonzales and Ascension Parish when it comes to jambalaya.

Mike Gonzales



Jambalaya

FINAL 12 Festival

A LOOK AT 2024

**Congratulations to All the
Cooking Teams for a Job
Well Done making it to
the Top 12 Finals.**



**Tyler Billingsley Wins the 2024 Jambalaya Festival
with helper Michael McCloud**



1 - Tyler Billingsley



2 - Kade Lanoux



3 - Jared White



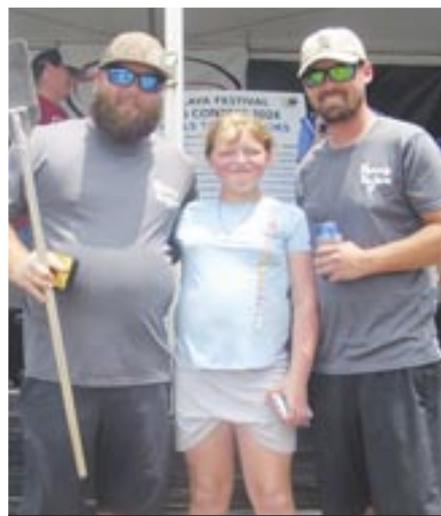
4 - Jason White



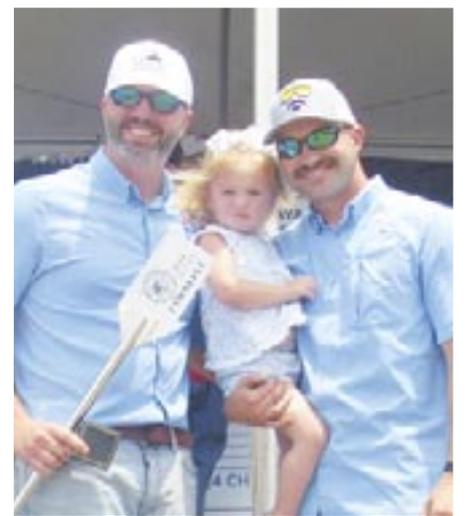
5 - Bart Himel



6 - Jarrett Marchand



7 - Chad Murphy



8 - Daren Braud



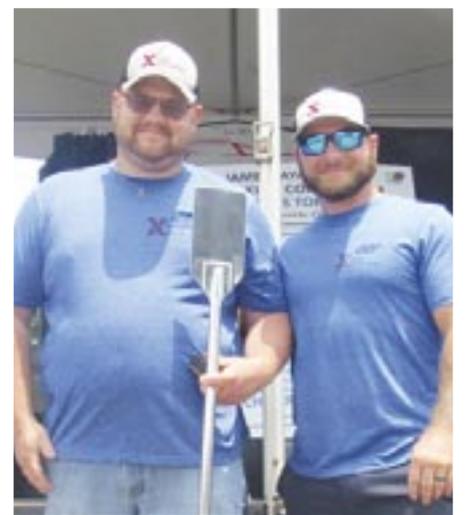
9 - Justin "Big Cat" Courville



10 - Brandon Olinde



11 - Jay Alexis



12 - Brett "Hoss Fly" Reine



From the Gonzales Garden Club

Plant Sale

GGC Ways and Means Co-Chair Janis Poche has been involved in the club's annual plant sale for the 17 years she's been a member. In her highly organized fashion, Janis' guidelines delegated assignments for sign installment, table setup, plant placement, garden items



Members working the GGC plant sale were, from left, Janis D'Benedetto, Janis Poche, Barbara McCormick, Razzie Cagnolatti, Jamie Trisler, Elizabeth Saffell, Flo Hernandez, Paola DiNatale, Marilyn Rice, Patti Mouton, Dale Bowman, Gwen Heck, Conchita Richey, Dana Teepell, Zanna Brewer, Raakhee Malani, Phyllis Charrier, Kathy Guidry, and Jade Thibodeaux.



This Mexican hand-painted ceramic wall hanging was won by Sherri Rachal in the plant sale raffle.

section, raffle ticket station, baked goods table, cashier counter, customer assistance and noon clean up. It all came together in the parking lot of City Hall on April 19 for the club's keystone fundraiser.

The arrival time for lead workers was 7am. Janis and Harlan, Flo Hernandez and Rodney, and Marilyn Rice and

Curt teamed up to unload their trucks and trailers. Members arrived thereafter with more plants, resale items and baked goods. Before the 9am start time, a few eager customers had arrived to scope out the best bargains.

This plant/bake sale turned out to be the most successful in the club's history. Janis'

propensity for planning inventory, involving members and following through until the last item sold was key to the bottom line. Members took in feedback for possible changes for improving next year's prospect. The club is grateful to the public for their loyal support and generosity.

National Garden Week

National Garden Week is spearheaded by National Garden Clubs, a nonprofit organization that promotes the love of gardening, floral design, and civic and environmental responsibility. According to National Today, the week is about bringing more awareness to the importance of gardening and preserving gardening traditions and practices by passing on knowledge to new gardeners.



Members attending the National Garden Week Ceremony with Mayor Ryland Percy, III (center) are, from left, Flo Hernandez, Marilyn Rice, Dale Bowman, Mayor Percy with proclamation, Elizabeth Saffell, Jamie Trisler, Conchita Richey and Pat Mouton. Photo by Joyce Sigler, APL Marketing Coordinator



Accepting donated books presented by GGC President Jamie Trisler (right) are Assistant Library Director Carrie Goodall (left) and Library Director John Stelly (center). Photo by Joyce Sigler, APL Marketing Coordinator

Most importantly, it is about simply enjoying gardening.

Chairman Janis D'Benedetto arranged for Interim Mayor Ryland Percy, III to sign a proclamation designating June 2nd – 8th as National Garden Week in the city. Incorporated into the occasion was the annual presentation of children's books to the public library system. The chosen hardbacks, which are recommended by National Garden Clubs, Inc., are My Green is Gone and Network with Nature, both by

Brenda Moore.

Members brought floral arrangements and plants to the June 3rd ceremony which they then delivered throughout the community. City Hall, Gonzales Library, Gonzales Police Department, Our Lady of the Lake Hospital, Ascension Health Department, Charlie's Place, Dutchtown Library, Assessor's Office and Council on Aging were the entities that received the garden inspirations.



Receiving Perfect Attendance Awards are, from left, Raakhee Malani, Barbara McCormick, Zanna Brewer, Dana Teepell, Flo Hernandez, Janis D'Benedetto, Kathy Guidry, Dale Bowman and Marilyn Rice.

April Garden Inspiration Exhibit. Perfect attendance certificate recipients were Dale Bowman, Zanna Brewer, Janis D'Benedetto, Kathy Guidry, Flo Hernandez, Raakhee Malani, Barbara McCormick, Marilyn Rice and Dana Teepell. Janis Poche was nominated for installation into the Louisiana Garden Club Federation Circle of Roses and will be honored at a ceremony in October. The garden club's Live Oak Society Conservation Committee recently qualified

seven trees on the Clarion grounds for state registration, noting that one is a centenarian. The club is in the process of sponsoring those trees for registration into Louisiana Garden Club Federation's Live Oak Society. The list of Ascension Parish registered oaks can be found at <https://www.lgcfinc.org/live-oak-society.html>.

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

Year-end Banquet

A meeting room at the Clarion Convention Center was the setting of the May 5th commencement banquet for award presentations and review of the Gonzales Garden Club's year. President Jamie Trisler was recognized for 15 years of service with eight years spent serving her current post. Treasurer Razzie Cagnolatti

was recognized for 30 years of membership with the majority of her time spent serving in her current position. Phyllis Charrier was celebrated as the newest member; she was given her personalized embroidered tote bag and nametag. Janis Poche, Raakhee Malani and Phyllis Charrier received prizes for winning their divisions at the



Members gathered under Clarion's pavilion are from left, seated, Flo Hernandez, Razzie Cagnolatti, Rita Bourque, Katherine Stag (kneeling) and, standing, Zanna Brewer, Conchita Richey, Raakhee Malani, Kathy Guidry, Loretta Ramirez, Dale Bowman, Mabel Savoy, Phyllis Charrier, Marilyn Rice, Paola DiNatale, Janis D'Benedetto, Dana Teepell, Barbara McCormick and Jamie Trisler. (Pat Mouton, not pictured)



Newest Member Phyllis Charrier received a personalized tote bag fashioned by Member Ellen Posey.

Jambalaya Festival

Champ of Champs 2024
Jarrett Marchand with helper Tyler Lambert





Unlocking Relief: The Benefits of Manual Therapy at Action Therapy and Wellness

In a world where stress and strain are often our daily companions, finding effective relief is paramount. Manual therapy, a hands-on approach to healing, has emerged as a beacon of hope for many seeking relief from pain and discomfort. At Action Therapy and Wellness, we delve into various techniques, from joint manipulation to cupping, dry needling, and instrument-assisted soft tissue mobilization, unlocking a realm of benefits for our patients.

Joint manipulation stands as a cornerstone of manual therapy, offering a dynamic approach to addressing joint dysfunction and discomfort. By skillfully applying controlled forces to specific joints, therapists can restore mobility, alleviate pain, and enhance overall function. Whether it's a stiff neck, a stubborn shoulder, or an achy back, joint manipulation



Taylor Terrio, PTA · Hailey Leindecker, DPT

can offer swift and significant relief, allowing individuals to regain freedom of movement and reclaim their daily lives.

Cupping, an ancient therapy with roots in traditional Chinese medicine, has garnered widespread attention for its remarkable benefits. By creating suction on the skin's surface, cupping promotes blood flow, releases tension, and stimulates the body's natural healing processes. At Action Therapy and Wellness, our therapists harness the power of cupping to address a myriad of concerns, from muscular tightness and inflammation to respiratory

issues and stress-related tension.

Dry needling, another innovative technique gaining popularity in the realm of manual therapy, targets trigger points within muscles with precision and efficacy. By inserting fine needles into these hyper-irritable spots, therapists can alleviate pain, improve range of motion, and restore optimal muscle function. Whether it's chronic pain, sports injuries, or musculoskeletal disorders, dry needling offers a targeted approach to pain relief, empowering individuals to break free from the shackles of discomfort.

Instrument-assisted soft tissue mobilization (IASTM) rounds out our arsenal of manual therapy techniques, offering a gentle yet effective means of addressing soft tissue restrictions and adhesions. By employing specialized tools to detect and treat areas of dysfunction, therapists can promote tissue healing, reduce inflammation, and enhance overall mobility. From tendonitis and fascial restrictions to scar tissue and post-surgical adhesions, IASTM holds the key to unlocking a world of possibilities for our patients.

At Action Therapy and Wellness, we understand that each individual's journey toward healing is unique. That's why we tailor our approach to meet the specific needs and goals of every patient who walks through our doors. Whether you're seeking

relief from acute pain, recovering from an injury, or striving to optimize your physical performance, our team of skilled therapists is here to guide you every step of the way.



In a fast-paced world where self-care often takes a backseat, manual therapy offers a gentle reminder to pause, breathe, and listen to the whispers of our bodies. Through the artful touch of skilled hands and the wisdom of ancient healing traditions, we invite you to embark on a journey of discovery, empowerment, and lasting transformation at Action Therapy and Wellness.

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A Light in the Darkness

A Light in the Darkness
 In the tapestry of life, there are few people who shine as brightly as a friend who offers unwavering support, even when their own world is filled with shadows. I have a friend, whose wife was just given an awful report...for a second time, but is such a beacon of hope, that it truly blows my mind and makes me want to have that kind of steadfast perseverance. His story is not only a testament to the human spirit but also a powerful reminder of the profound impact of compassion and faith.

Even though I don't see this friend at the workplace, nor do we speak often, we have

always had a bond of faith that can't be broken. Through a mutual friend, I've kept up with him and his wife and the awful year they had when going through surgery and treatment for the initial diagnosis. I can't imagine the arduous journey he and his wife endured, but I knew their faith was unwavering, and that they were in God's hands. Her eventual remission was a hard-won victory, a period of relief and gratitude.

But life's unpredictability struck again. Recently, they received the heart-wrenching news that the cancer had returned. Within that same week, I was blessed to attend a bible study and night of worship at their home. Walking into their home, I didn't even know how to express in words what I was feeling or what to say. Even as I write now, I'm at a loss

of words.

What happened at the end of Bible study was so profound to me. He prayed for me. He knew I had something going on and prayed over me. He's always been this type of person. One who can see into the spirit and knows what to pray for others. His unwavering support and encouragement for those around him, even in the face of his own trials, his ability to focus on the well-being of others, despite his personal heartache, is nothing short of remarkable.

He often shares words of hope and faith to those around him, reminding me to trust in and draw on strength in the Lord. His friendship has been a source of comfort, a spiritual example that has helped me navigate my own difficult times

through the years. It's a testament to his character; one who gives so much of himself when he is dealing with such a deep valley.

My friend's story is a powerful reminder of the importance of faith and community. In times of crisis, it's easy to turn inward, to become consumed by our own pain. Yet, my friend has shown that faith can be a guiding light, a source of strength that allows us to not only endure our own struggles but also to uplift those around us.

His community of friends and family has rallied around him and his wife, providing support and lifting them up in prayer. This is a reminder that in times of need, it's our connections with others that provide the greatest support. Consider getting involved with a local church if you have not done so. No, no church is perfect, because it is made up of imperfect people, but as the scripture in Ecclesiastes 4:10 says, "for if they fall, the one will lift up his fellow. But woe to him that is alone when he falleth, for he hath not another to help him up".

In honoring my friend, I hope to share his story as an inspiration to others. His ability to encourage and pray for me, despite his own heartache, is a powerful reminder of the strength of the human spirit. It's a call to each of us to be a source of light for those around us, no matter the challenges we face in our own lives.

His story is a story of the incredible power of faith. Through his example, we are reminded that even in the darkest of times, there is always hope, and there is always the possibility to support and uplift one another.

Praying for a month of peace, love and health to you all.

XOXO,

Sweet Eyes





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Get Growing, Ascension!

It's the year of the angelonia, the summer snapdragon. One great plant for summer color is the angelonia. The National Garden Bureau has named 2024 the Year of the Angelonia alongside hostas, squash, lilies, buddleias and African violets.

The National Garden Bureau has been around since 1920, giving plant recommendations for home gardeners. It is a U.S.-based nonprofit promoting gardening that



Mariah Simoneaux

The Serena angelonia series was named a Louisiana Super Plant for 2019. Its flowers come in mauve, pink, purple, blue and white, adding vibrant color to any garden. Serena angelonias are ideal for borders, groundcovers and

new varieties like the Serena and Serenita series, offering more compact plants with strong flower spikes and expanded colors. These new cultivars can be seed grown, a significant improvement over the original cuttings-only propagation.

Plant angelonias in well-drained soil and full sun to partial shade in USDA zones 8 to 11. They grow 10 to 14 inches tall and wide. Space them 12 to 15 inches apart. Water newly planted transplants regularly, especially in extreme heat. Once established, they require less water, and soil should be allowed to dry between waterings.

No special fertility program is

powdery mildew and root rot. The Serena angelonia is generally low maintenance.

For a stunning summer display, consider planting angelonias. Both Serena and Serenita raspberry are Louisiana Super Plants. Plants in both series come in a variety of other colors. Look for them at local nurseries, and for more information on Louisiana Super Plants, visit www.lsuagcenter.com/super-plants.

In addition to the Serena and Serenita series, there are new cultivars and series that are being released in the trade. Some popular series include Angelface, Archangel, Alonia and Carita.

The Angelface series includes blue, white and pink varieties. These are semi-upright plants with excellent branching habits and large, vividly colored flowers. They perform exceptionally well in hot, humid climates. As the name suggests, the Archangel series includes larger flowers in colors of purple, deep raspberry red, white and vibrant cherry red.

The Alonia and Carita series also come in blue, purple, pink and white colors. These varieties offer a diverse range of hues and forms, making them versatile choices for gardens, borders, containers and landscape plantings. They share common traits such as heat tolerance, continuous blooming and low maintenance requirements.

Incorporating angelonias into your summer landscape can transform your garden into a vibrant, low-maintenance oasis. Embrace their ease and elegance for a flourishing garden all season long.

This month's article was written by LSU AgCenter Extension Horticulturist Dr. Heather Kirk-Ballard. Mariah Simoneaux is the Horticulture Extension Agent serving Ascension Parish. For more information visit www.LSUAgCenter.com or contact Mariah at MSimoneaux@agcenter.LSU.edu.



collaborates with seed producers and gardening businesses to provide resources and educational materials about plant varieties. The bureau's "Year of the" campaigns highlight specific plants to inspire gardeners.

This year, the bureau has chosen to celebrate the angelonia (*Angelonia angustifolia*). This flowering, warm-season bedding plant is a reliable, long-lasting bloomer that tolerates heat, humidity and drought. This perennial plant is known as summer snapdragon due to its elegant, dragonlike flowers. It blooms from May through October, thriving in summer heat and humidity.

containers, attracting butterflies, bees and hummingbirds with fragrant foliage.

Introduced in the 1990s, the angelonia has evolved with

needed; just use a slow-release fertilizer at planting and supplement with liquid feed as needed. Watch for aphids, spider mites, whitefly and fungal diseases like





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YOUR ESTATE MATTERS



By Linda Melancon

Building Your “Bug Out Box”: Documents Everyone Needs for Hurricane Preparedness

It’s that time of the year again. The Atlantic Hurricane season began on June 1st and ends November 30th, 2024. When it comes to hurricane prep, Louisianans

know the drill – stock clean water and shelf-stable food, restock your batteries, and get out the plywood and sand bags. Unfortunately, our important documents can be an afterthought when a big storm is coming, but it’s a vital part of your hurricane prep.

The first step is locating and protecting your important documents. If you’re anything like me, you may have a junk closet, where stuff goes to eventually become lost in a sea of other junk. Don’t let your important documents get lost in the junk closet. Keep all your important documents together in a single location for easy access in the event of an evacuation. Let’s call it your “bug out box.”

Now, what documents should be in that bug out box? Here are some common items to consider:

- Insurance policies and supporting documentation

- Original estate planning documents (e.g., will, living will, powers of attorney)
- Real property deeds, titles, and mortgages
- Personal identification documents (e.g., passports, driver’s license)
- Financial account statements
- Birth, death, and marriage certificates
- Medical records

This month, we will discuss insurance policies and related insurance documentation and original estate planning documents. Next month, we will discuss real property deeds, titles, and mortgages in more detail.

First, insurance policies and supporting documentation. At the beginning of the season, make a quick call to your insurance agent. Check and make sure that you have enough coverage to repair and/or replace your home and belongings, if necessary. Ask for copies of your policies if you do not already have them, and put them in your bug out box. Remember that flood insurance is not included with your home insurance, so consider getting flood insurance if you do not already have it.

Next, take some time before hurricane season to document your home and belongings. In the event of a total loss situation, these photos will help you prove the pre-storm condition of your home. Take photos of your high value personal property, and keep the receipts, serial numbers, and warranties in your bug out box. In a total loss situation, insurance companies often ask you to produce receipts or serial numbers for items you bought years ago, so keeping these items together will save you a headache.

The next question you should ask yourself: Do I have a will, living will, trust, and/or power of attorney?

If the answer is yes, store the original documents in a weather and fire proof location, such as a safe. In the event of an evacuation, these documents belong in your bug out box.

If the answer is no, this is a good time to assess your needs and set your estate plan in place.

Consider: what would happen to your family and your belongings if you were to become incapacitated or die? The goal of estate planning is to safeguard your assets and make a plan for the management of your affairs during life and after death. The chaos caused by a hurricane will often present situations where quick access to your estate planning documents is a must. For example, if you become injured or incapacitated during a storm, having a healthcare power of attorney and a HIPAA authorization in your bug out box is crucial. Without it, doctors will not know your wishes and will not know who you’ve authorized to make medical decisions for you.

At a minimum, your estate planning documents should include a will, living will, durable power of attorney, a healthcare power of attorney, and a HIPAA authorization. Larger estates may warrant additional documents, such as a trust. These documents provide basic protection and allow you to rest assured that you are well-prepared for an emergency.

If you already have a estate plan, now is a good time to review it. Have you lost your original documents? Have there been any major changes in your life? Are you worried your documents may no longer do what you want them to do? If you answered yes to any of these questions, it’s time to consult with an attorney to discuss updating your plan.

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.

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FINANCIAL FOCUS

Talk to your family about wealth transfer

Are you anticipating an inheritance someday? If so, you may want to discuss it with your parents or other family members who may be leaving you the assets — because early, open communication will benefit everyone involved.

However, many people are reluctant to have these conversations. More than a third of Americans do not plan on discussing a transfer of wealth with their families, according to a recent study by Edward Jones in partnership with NEXT 360 Partners and Morning Consult. And the same study found that only about a quarter of Americans have actually discussed generational wealth transfer with their families.

Perhaps this low level of communication is not surprising — clearly, talking about wealth transfer and estate plans can be emotional. But having these discussions is important, for several reasons:

- *Strengthening family bonds* — Generational wealth transfer shouldn't be seen simply as a transactional event. By discussing your parents' plans and wishes, and your own expectations, you can build a sense of unity and shared purpose. And you can develop a common philosophy about how your family's legacy goals will be carried forward through the succeeding generations.

- *Avoiding unpleasant surprises* — If you or other family members are expecting a certain inheritance and things turn out differently, disappointment and bad feelings may occur. But this can be avoided by having a discussion beforehand that clearly outlines your parents' intentions. You still may not agree with them, but at least you'll know what to expect —

and you won't make the mistake of acting in advance on any assumptions about what you'll inherit.

- *Developing appropriate strategies* — Passing on wealth to a new generation as part of an overall estate plan can be more complex than you might think. Are your parents using tax-smart strategies? Would they benefit from establishing a living trust? Are the beneficiary designations on their retirement accounts and life insurance policies accurate and up to date? If you suspect your parents may not have properly addressed these issues, you may want to bring up the benefits of working with an estate-planning attorney and a tax advisor.

- *Protecting against incapacitation* — Many people go through their senior years with few, if any, physical or mental impairments. But there are no guarantees. If one or both of your parents were to become incapacitated and unable to handle their financial affairs, it could cause serious problems with their wealth transfer and estate-planning goals. But if you can discuss your parents' plans with them while they are healthy and alert, you can encourage them to take the proper steps, such as reviewing outdated estate-planning documents and designating you or another family member as power of attorney to make health care and financial decisions on their behalf should they become incapacitated.

While the benefits of having wealth-transfer and estate-planning discussions are clear, starting the conversations can be tricky. You need to show that you want to initiate these talks because you're concerned that proper plans need to be in place and understood by everyone involved. If you have a good relationship with your parents, you should be able to start these conversations, but you'll still need to be sensitive when bringing up the subject.

One final word: Estate plans can take some time to develop — so, the sooner you have these discussions, the better.

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

Edward Jones
 MAKING SENSE OF INVESTING
Jamie Lavigne,
 Financial Advisor



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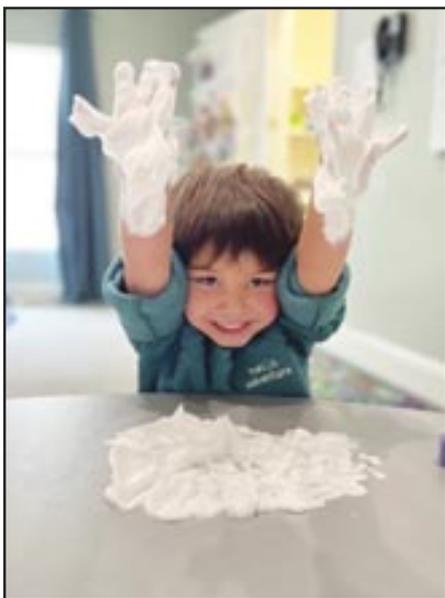


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SENSORY- sational Summer!

School is out, and summer is finally here! Is your schedule jam-packed with vacations, play dates, and summer camps in hopes of keeping the kiddos entertained for the next two months? Or have you taken a slower approach and plan to tackle the summer one day at a time? Regardless of your plans, one thing is a MUST to aid in your children's development as they take a break from academics: sensory exploration!

Unfortunately, with the increased use of phones, TVs, and tablets, children are moving their bodies and exploring their senses less and less. Here are some easy,



*Jada Kelsey, MOT, OTR/L
Occupational Therapist*

sensory-rich ideas that will not only promote development through the senses but also encourage imagination and create lasting memories this summer!

Sense of Taste

- Use foods like pudding, yogurt, or Jell-O as edible finger paint.
- Allow your children to be chefs for a day. They create the menu AND cook!
- Play "What's That Food?" by taste testing different items while blindfolded. Whoever guesses the most correct answers wins!

Sense of Touch

- Use shaving cream to paint the sidewalk, your bike, or your hands and feet.
- Plan a neighborhood water balloon fight.
- Freeze small toy animals in water. Use a water dropper to melt the ice to save the animals!



Sense of Sight

- Lie in the grass and make pictures with the clouds.
- Play flashlight tag at dusk.
- Go on a scavenger hunt to find one item that starts with each letter of the alphabet.

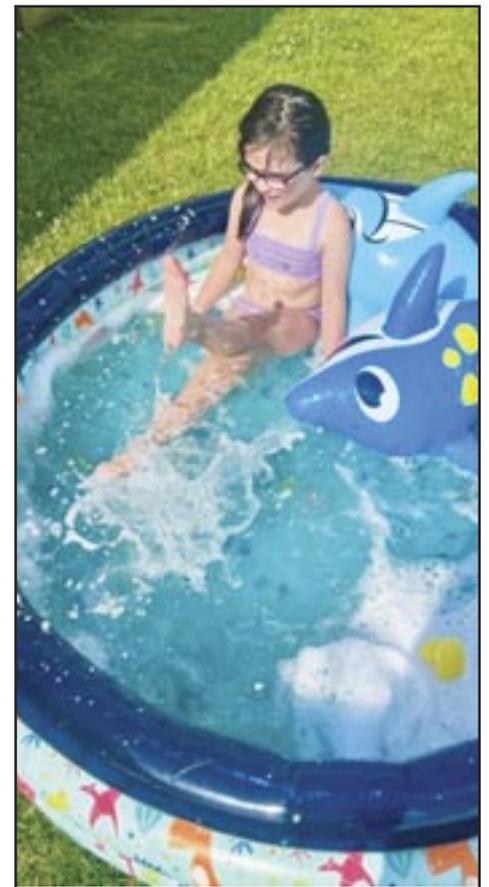
Sense of Smell

- Add essential oils to a slime recipe.
- Mail letters to friends and family using scented markers.
- Plant an herb garden. Mint, thyme, and sage are perfect starters!

Sense of Hearing

- Make windchimes out of beads, buttons, and bottle caps.
- Create a family band by turning household objects into musical instruments.
- Play "Marco Polo" in the yard!

Hopefully these activities will help you invest in a little more sunscreen and a little less screentime over the next few months. Let's give our kiddos a SENSORY-sational summer they will never forget!



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Dancing for a Cause

Extravaganza

Dancing for a Cause is in its 15th season and The Arc of East Ascension is proud to announce their Premiere annual event Dancing for a Cause on Saturday, July 13th, 2024, at The REV Center at Lamar-Dixon Expo Center located at 931 St. Landry Rd. Gonzales, La.

The Arc of East Ascension is a 501(c)(3) non-profit organization; tax-deductible receipts are available for qualifying donations.

Nine local "Celebrity Stars" will be paired with professional dancers to entertain and charm you with their performances.

The 2024 Celebrity Star Dancers and Professional Dancers are:

Amanda Gautreau, Distilled Hair Company, Hairstylist and Owner/ Pro Dancer *Walker Fleming*

Caprice Cline, Cypress Roofing, Co-Owner/ Pro Dancer *Leonard Augustus*

Chabry Marks, Our Lady of the Lake, Senior Director of Operations Pro Dancer *Van Vo*

Chris Rosato, WAFB Channel 9, News Reporter/ Pro Dancer *Dr. Aimee Mounger*

Christian Bourgeois Bourgeois Physical Therapy & Sports Rehab Owner/Physical Therapist/ Pro Dancer *Jerisse Grantham*

Elise Tureau Frederic, Ascension Parish Public School/ Educator / Pro Dancer *Leonard Augustus*

Falcon Mire Percy, Skias, and Schutte/Attorney Pro Dancer *Dr. Aimee Mounger*

Kelly Mitchell, Magnolia Roots Realty/ Owner-Broker/ Pro Dancer *Walker Fleming*

Rod Braud, Gonzales Electric Gates, Owner/CEO Pro Dancer *Brandi Malone*

Your sponsorship for Dancing for a Cause helps to raise funds and awareness for The Arc of East Ascension, a non-profit organization, whose mission is to enhance the quality of life for individuals with disabilities and their families through services and advocacy that support choice, independence, and dignity.

You are invited to participate in Dancing for a Cause through Table Sponsorship, VIP Single Ticket Sales, and Online Voting.

All table sponsors are invited to attend a VIP reception at 6:00 p.m. on July 13th, with the main event starting at 7:00 p.m.

Table Sponsorships range from \$300-\$35,000. Table Sponsorships include Two Step (\$300), Rumba (\$550), Salsa (\$1,500), VIP Salsa (\$2,500), Ballroom (\$5,000), Center Stage (\$7,500), Main Stage (\$10,000), and Diamond Stage (\$35,000). The different levels of sponsorship also include tickets to the event and advertising for your business or organization.

Sponsorships are available today by calling Raven LaBiche, Executive Director at: 225-621-2000 or by reaching out to one of our Celebrity Star Dancers. All sponsorship packets must be delivered or picked up by June 28th, 2024. Visit our website for more information and to vote for your favorite dancer(s) at: www.thearcea.com.

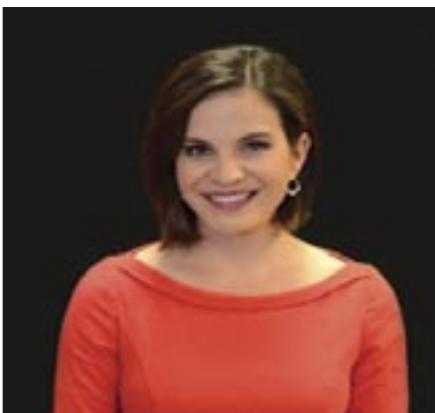
We will have a surprise local celebrity to serve as our welcome speaker along with the comic relief of Tony King, along with our crowd floor enthusiast, Daryl Hambrick.

Louisiana Seafood donates some of the seafood and the VIP reception is catered compliments of Mike Anderson Seafood owner, Chip Robert, and his team.

Dancing for a Cause provides judges, that will critique and score each performance.



Greg Meriwether



Elizabeth Vowell Blades

Jackie McCreary- CF Industries, Community Relations Manager- (2024 Star Dancer)

Dr. Edith Walker, Ascension Parish Schools, Superintendent

David Alexander- Ascension Chamber of Commerce, CEO/President

The Arc of East Ascension is proud to announce that WAFB Channel 9 News continues to be our Diamond Presenting Sponsor.

Emcees for 2024 are WAFB News' staff Elizabeth Vowell Blades (Evening Anchor Reporter) and Greg Meriwether (Anchor and Managing Editor). The event is hosted and chaired by the staff, employees, Board of Directors and participants of The Arc of East Ascension.

For more information, please contact The Arc of East Ascension by calling 225-621-2000

The 2024 Dancing for a Cause Judges are:

Allen Davis- Allen V. Davis & Associates, Attorney

Kris Cangelosi- Cangelosi Dance Project, Owner (Pro Dancer)

email info@thearcea.org
Visit the Dancing for a Cause website at: www.thearcea.com to vote for the dancer(s) of your choice. Make plans today to be a part of the biggest fundraiser in Ascension Parish, Dancing for a Cause 2024. We look forward to seeing you there!





Dr. Edith Walker, Judge



David Alexander, Judge



Jackie McCreary, Judge



Kris Cangelosi, Judge



Allen Davis, Judge



Rod Braud
Gonzales Electric Gates
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Amanda Gautreau
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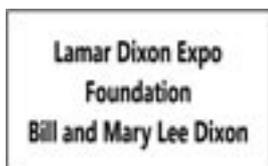
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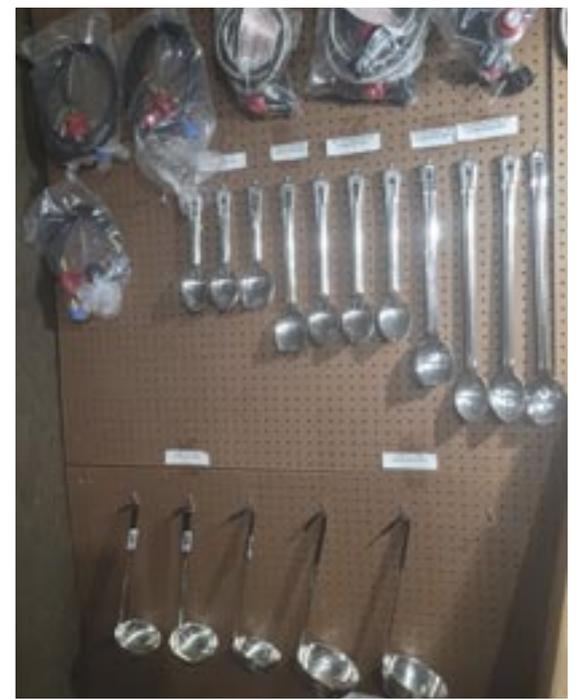
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Pediatric Therapy Solutions is celebrating 10 years of helping little people do **BIG** things!



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Ten years ago, Pediatric Therapy Solutions was opened by Danielle Saunders Mixon, an occupational therapist who had success with helping her own child overcome his challenges. Having a child with challenges and experiencing first-hand the difficulties that parents go through when

children are not developing according to the norm fueled Danielle's desire to help other children and their families.

In 2014, Danielle was the only employee at Pediatric Therapy Solutions and worked with only a few patients per week. Fast forward ten years, and today,

Pediatric Therapy Solutions employs over 40 staff members and treats over 500 patients per week!

In 2020, Danielle built and opened our current location, an 8000 square foot state-of-the-art facility in Prairieville. This clinic has 17 individual treatment rooms, a large indoor sensory gym, three therapeutic preschool classrooms, an inclusive outdoor playground, and the coolest painted fence around.

Currently, Pediatric Therapy Solutions has a vast array of



*Danielle Saunders Mixon
Owner of Pediatric Therapy Solutions
Occupational Therapist*

team members, including occupational, physical, and speech therapists, therapeutic preschool teachers, an office





Outdoor therapeutic playground



This is one of the murals on our amazing fence of murals in our back yard.

manager, insurance manager, and therapy technicians.

While all of this may seem impressive, the most splendid thing about Pediatric Therapy Solutions is not our one-of-a-kind facility. It's actually the passion, knowledge, and love

that our phenomenal team puts into their work every day, for every patient, that makes Pediatric Therapy Solutions so special.

Cheers to ten years! We look forward to seeing where the next ten years takes us!



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Do you think your child may need therapy?

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Our friendly front office staff is here to greet you when you arrive.

As a parent, you know your child better than anyone. If you suspect that your child is having challenges that may warrant therapy, talk to your child's pediatrician to let them know your concerns. You can also give us a call at Pediatric Therapy Solutions and we can assist in pointing you in the right direction.

If it is decided that therapy may be a good option for your child, we can schedule an appointment for your child to get evaluated by a therapist.

Prior to coming in for the first appointment, it's necessary for us to obtain a referral from your child's physician. Our

office staff can often assist with contacting physician's offices to request the order when needed.

Before the first appointment, parents are asked to complete a parent questionnaire to let us know about your concerns for your child and other pertinent information to assist in the evaluation process.

When you and your child arrive for the evaluation, our front office staff will greet you and give you any additional information to fill out. We will need a copy of your insurance card for billing.

Your child's therapist will then



This is the waiting room.

come to the waiting room, meet you and your child, and bring your child back to the treatment area for the initial evaluation. No need to worry, most children find this part fun, and many don't want to leave afterwards. The therapists at Pediatric Therapy Solutions are experts at making learning fun.

After the therapist evaluates your child (about 45 – 60 minutes), they will have a therapy technician play with your child in the sensory gym or treatment area while the therapist meets with you.

In the meeting, your concerns will be discussed, along with the findings of the evaluation. Recommendations will be made for a plan going forward, and any questions will be answered.

You can then decide on what you'd like to do with your child going forward. Typically, therapy treatment sessions can begin in the same week

as the therapy evaluation.

The therapy treatment sessions vary in length, from 30 to 60 minutes, depending



One of our 17 treatment rooms

on the discipline, and are held at least once per week, depending on the recommendations from your child's therapist.

Seeing a child struggle is never easy for parents. Knowing that there are people who understand and can help provides reassurance that things will be ok, and hope for a better tomorrow. This is a service that we are honored to provide at Pediatric Therapy Solutions.



This is one of the therapeutic preschool classrooms.



Meet The Team at Pediatric Therapy Solutions

With our growing team of professionals, we have a vast amount of experience in treating children of all ages.

**Offering: Occupational Therapy • Speech Therapy • Physical Therapy
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Danielle Saunders Mixon
Owner of Pediatric Therapy Solutions
Occupational Therapist



The PTS Leadership Team L-R Kaci, Samantha, Danielle, Stephanie, Lauren, Raimee



Samantha Matherne
Office Manager



Kaci Belanger
Lead Occupational Therapist



Lauren Henry
Lead Speech Therapist



Stephanie Andry
Lead Physical Therapist



Raimee Landry
Lead Occupational Therapy Assistant



Kristine Lee
Occupational Therapist



Madeline Siau
Insurance Manager



Christina Azar
Speech Therapist



Bailey Krankey
Occupational Therapy Assistant



Jada Kelsey
Occupational Therapist



Alexandra Freeman
Speech Therapist



Emily Comardelle
Occupational Therapy Assistant



Shelby Maranto
Speech Therapist



Leslie Weimer
Occupational Therapist



Kalan Moss
Occupational Therapy Assistant



Gabriele Robert
Administrative Assistant



Stephanie Hoffman
Occupational Therapist



Abigail Estevez
Occupational Therapy Assistant



Rebecca Lowery
Therapeutic Preschool Teacher



Caitlin Smith
Therapeutic Preschool Teacher



Traci Burtleigh
Childcare Assistant



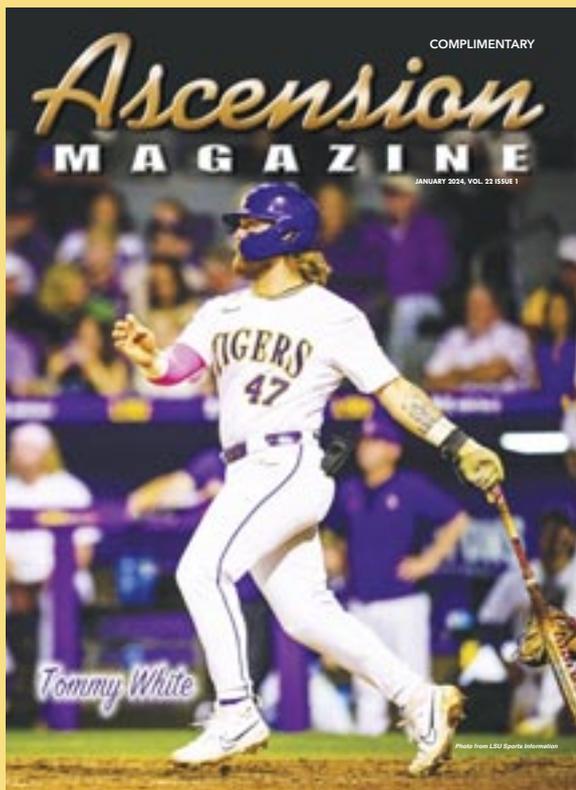
Caroline Mondello
Occupational Therapist



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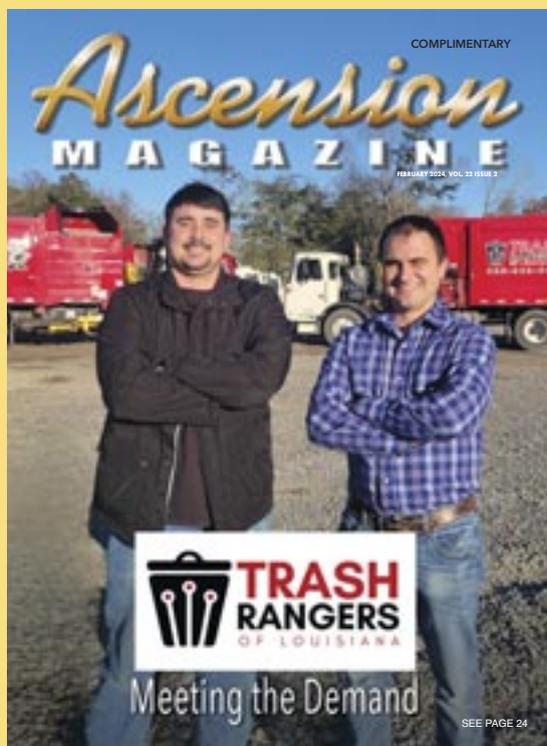
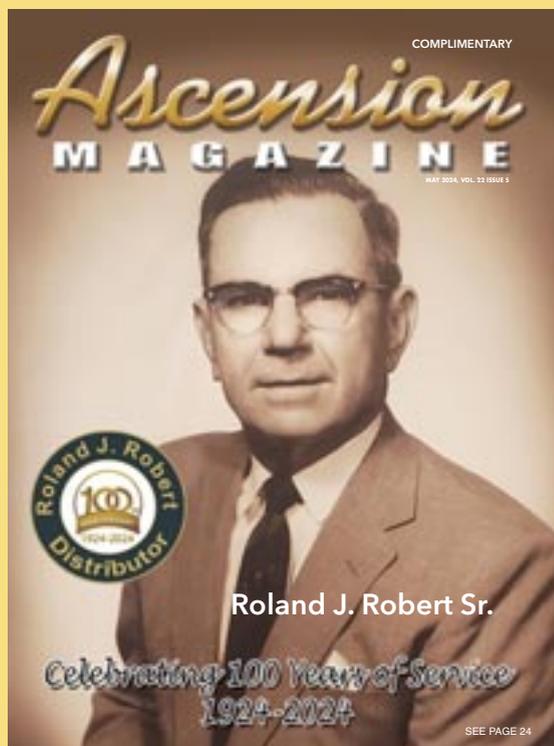
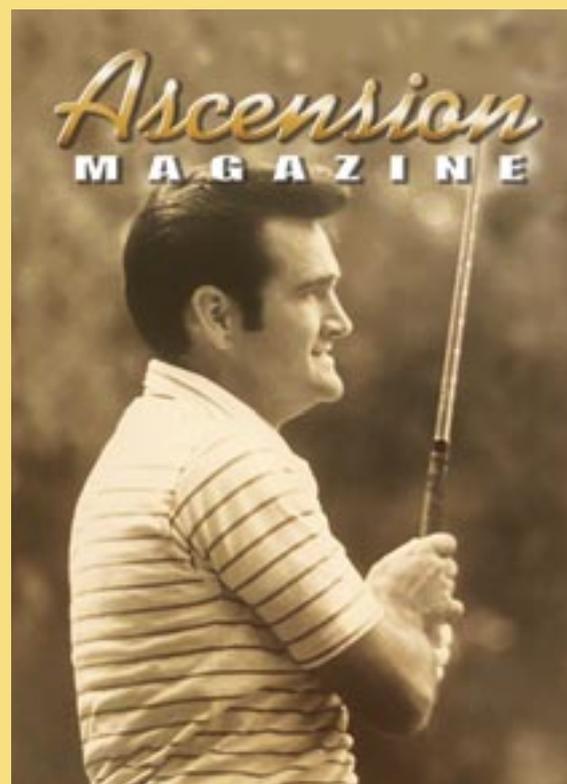
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Ascension Magazine has been publishing over 22 years and is a free monthly pick up publication. The magazine comes out in the middle of the month and can be found at local grocery stores and restaurants.

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A Gripping Tale or Salvation through Salivation

by Bill Delaune

A Gripping Tale or Salvation through Salivation "I didn't cheat until later in my career when I needed something extra to survive." Whitey Ford, pitching ace for the New York Yankees (1950-1967).

Breaking news-Houston Astro starting pitcher Ronel Blanco has been suspended for 10 games by Major League Baseball after umpires found a sticky substance on his glove during a game with the Oakland A's.

A couple of things popped into what serves as the remnants of my feeble brain when I saw this bulletin a few weeks ago. First of all, I know it's an off year for the Astros but do you really need to load up the ball to beat Oakland.

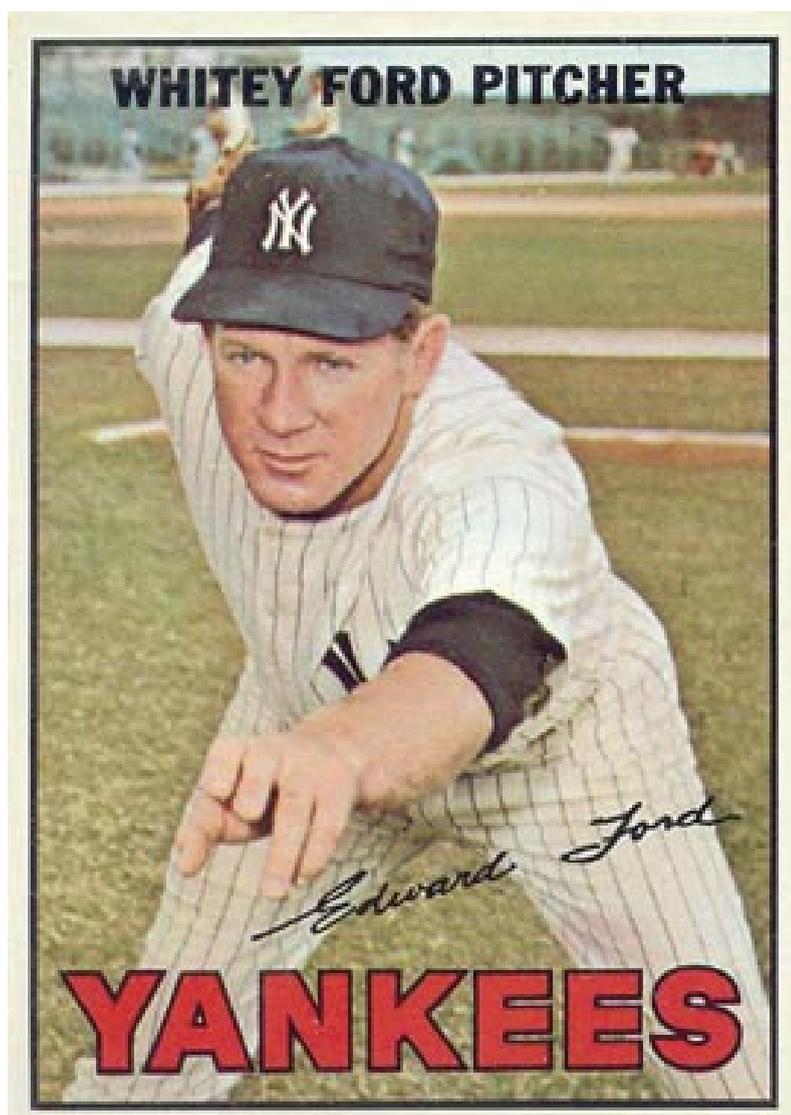
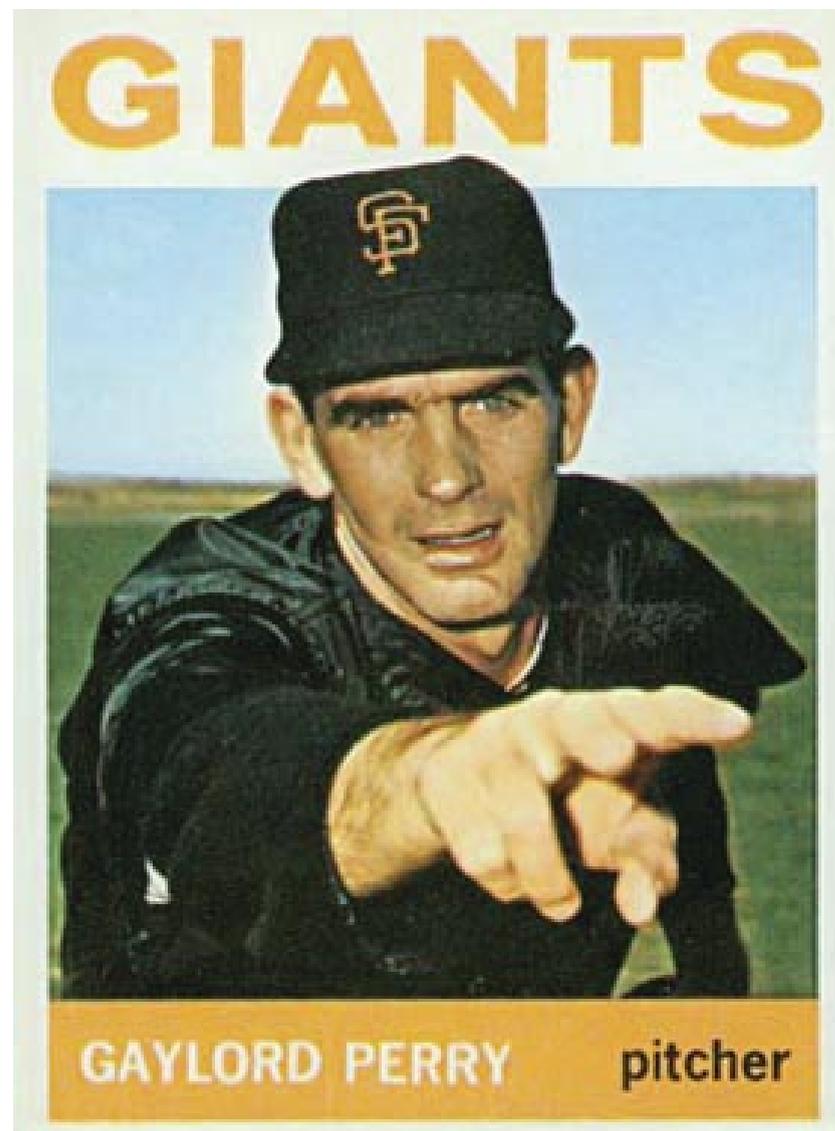
Secondly, this has been going on since Pebbles

Flintstone struck out Bam- Bam with a "Stegosaurus Sinker" in the Bedrock League.

So Major League Baseball is planning a big crackdown on pitchers using illegal substances on the ball because it's cheating. Well, I don't want to be the one to take a fly swatter to Tinker Bell, my MLB officials, but cheating in baseball-especially spitballs-is hardly breaking news.

Now I'm not even going to talk about the high-tech methods of sign-stealing by the Houston Astros a couple of years ago or the corked bats of the 60's and 70's or the obvious steroid usage that set off the home run barrage designed to get fans back after the 1994 strike.

I'll limit my comments to the pitchers who throughout the ages have experimented with ways to make the baseball



behave like a trained seal.

And before I begin to name some of the most notorious perpetrators (through their own admissions), I must also confess that I am guilty of some "spitstones" that I threw back in the Stone Ages that Governor Jeff Landry is taking us back to. Like Ford, many pitchers claim they resorted to some type of doctoring later in their career to get a key strikeout or to add an extra year of a big paycheck.

In my case it was a matter of a) not having as much talent as my publisher Mike Strong, b) a sudden loss of velocity due to an enlarged playing field, and c) an accidental discovery in a damp late-night game at the old Gonzales ball park.

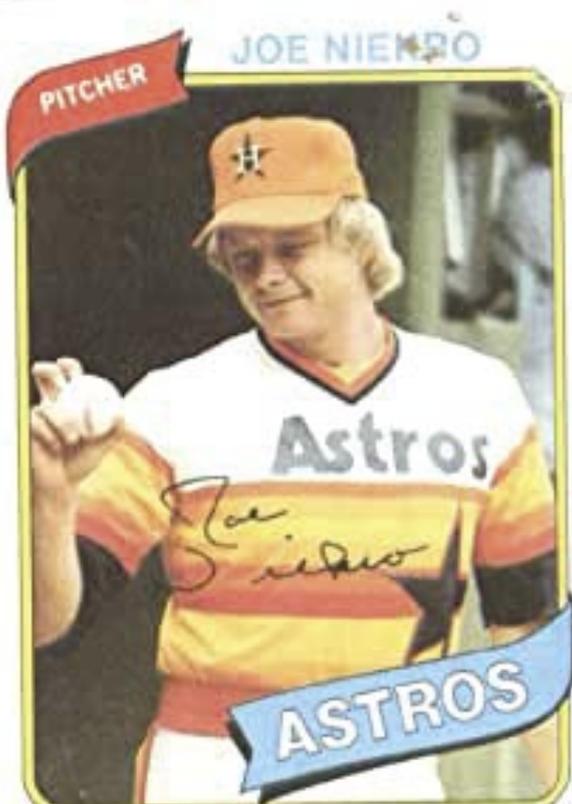
As a hard-throwing 12-year old at J.B. Landry's Prairieville Park, I enhanced the "Wild Bill" nickname given by my

grandfather by being wildly effective from the cozy 45-foot mound.

But when we graduated to the 13-15 year-old league in Gonzales, there was no transition to ease us in. We pitched from a Major League distance of 60 feet, six inches to home plate and suddenly my fastball had an arc in it like slow-pitch softball.

Needless to say, I was getting knocked around like a piñata by the older guys until one fateful night I was named starter in the 8 p.m. nightcap. My catcher Barry Ricca was throwing the ball back during my warmups (a lot harder than I was throwing to him) and one sailed into the wet outfield grass. Now these were the old rubber-coated balls used in the late games to save baseballs.

But when I took my final warmup, a strange thing happened. The wet ball slipped



change his cap and jersey although the spectators weren't sure of what was going on.

Perry would go on to use that reputation with a pre-pitch ritual where he'd touch the bill of his cap and other parts of his uniform just to let the batter think he might be adding something to the ball. One of his catchers claimed the Perry rarely cheated. "He had a great

slightly off my fingers and dove sharply when it reached home. Ricca looked at me-in shock, I suppose-and said, "Why don't you throw that again?"

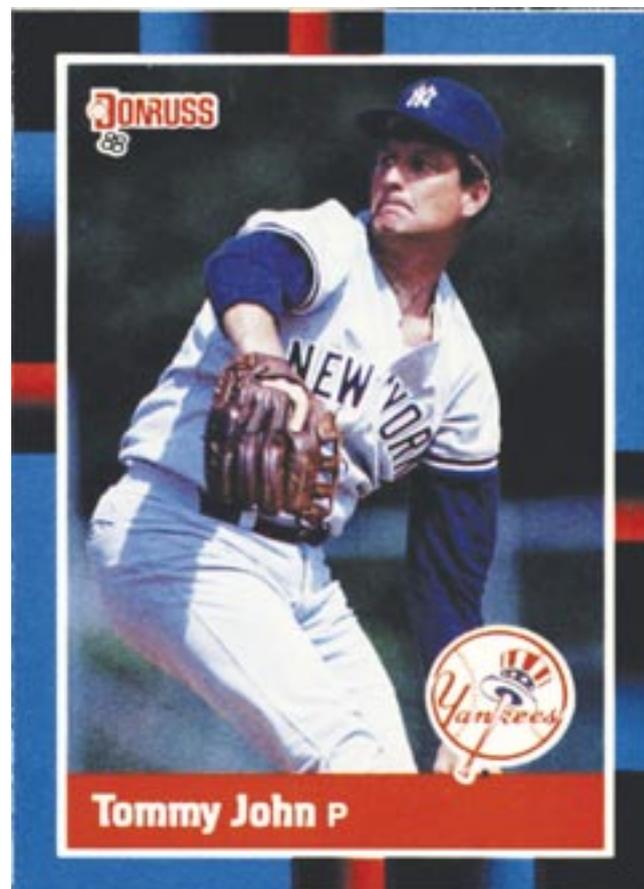
And so I did. I found by gripping the wet ball with the seams and adding a little sidearm motion I could run it in on the hands of right-handed hitters and away from lefties. My strikeout count didn't go up but suddenly I was giving up harmless ground balls instead of line drives in the gap. There was only one problem.

My infielders-including a strong-armed shortstop named Don Dixon- were having problems firing my "dewball" to first. So much, in fact, that after a couple of innings, the spectators behind the first base dugout had cleared out to safer ground. I didn't impress any scouts with that performance but my coach Bruce Lavigne did pencil me in on the mound for all the remaining late contests that season and let Don pitch the early ones.

The most famous spitballer when I was growing up was Gaylord Perry. I saw Perry pitch in person against the Houston Colt .45's in 1964-the year before the name was changed to Astros. Even that early in his career, he had gained a reputation of using Vaseline, Slippery Elm throat lozenges or combinations of sweat and resin and that night the umpires ordered him to

sinker and just kept up the act to make hitters believe he was loading up the ball."

He even wrote an autobiography called "Me and the Spitter" even though he was not busted until the second to last year of his career. Adding to the legend was that Perry once offered his



services for a Vaseline ad-"We soothe babies'asses, not baseballs"-but that one never hit the networks.

Don Sutton, another Hall of Famer, was accused of doctoring the ball by cutting, scuffing and sandpapering. "I ought to get a Block and

Decker commercial out of it," he once said. He also claimed he hid dirty notes in his uniform for the umpires to find when they would search him.

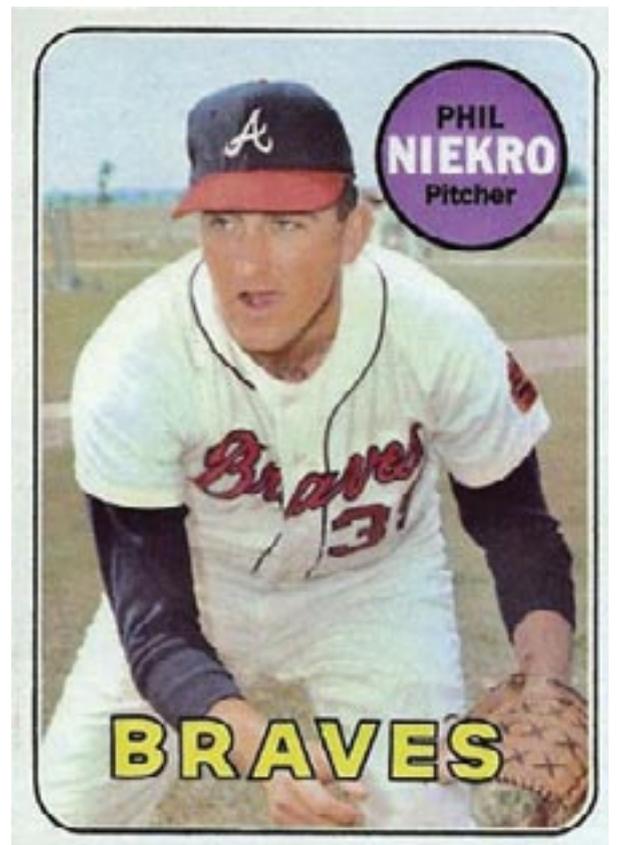
Sutton, who went on to be a TV analyst for NBC, had a bet with then-PGA golfer (now CBS announcer) Gary McCord that if he was searched on national television, he would strip down to his undershirt and jock.

Even the saintly Tommy John-for whom the popular surgery is named- lasted 26 years in the majors because of his rebuilt elbow and an assortment of pitches that some batters questioned. Even he admitted late in his career to throwing "four basic pitches-plus eight illegal ones."

The most blatant doctoring incident involved knuckleballer Joe Niekro in 1987 when he was pitching for Minnesota. When asked by the umpire to empty his pockets, Niekro tried to ditch a piece of sandpaper and an emery board like a jockey flinging batteries away at the Evangeline Downs finish line but the umps found it immediately.

When the Twins released a bobblehead set of the '87 World Series team, Niekro's had a nail file in the back pocket.

Whitey Ford admitted to using a specially-made ring to scuff the ball and a mixture of baby oil, turpentine and the always-available resin to produce what he called a "gunk ball". When umpires



caught on, Yankee catcher Elston Howard sharpened the buckles on his shin guards and cut the ball for the lefty.

Ford even scuffed a ball in the 1962 All-Star Game in San Francisco-but once again for what he considered a good cause.

As the story goes, Ford and his drinking buddy Mickey Mantle had run up a sizeable tab at a nearby country club where Giants' owner Horace Stoneham was a member. Stoneham told Ford, "If you strike out Willie Mays in the All-Star Game, I'll take care of the tab."

Dr. Whitey did a little surgery, fanned the Giant star and the 4-digit debt was paid.

Just for the record, Perry and Sutton both won over 300 games in the Majors and John won 288. Niekro won 221 and he and his brother Phil hold the record for most wins by MLB brothers-just above Perry and his brother Jim.

Ford is in the Hall of Fame and still holds most of the Yankees' World Series pitching records.

So there you have it, boys and girls. The next time someone tells you, "Cheaters never win," just pull out your petroleum jelly and your sandpaper and show them your new "Vaseline slider". And tell them Wild Bill taught that pitch to you.



East Ascension Sportsmans League

Letter from president -
Greg Cedotal

Wow, where has time gone. I decided to have a little fun with some old fishing buddies. I told them I was going to write an article entitled "Observations of a Back Seat Fisherman". After starting the article, I realized there are way too many stories to fit in the Letter from the

President article. I think I am going to have to write it and put it on the website. Being an article about fishing, I can take fishing privileges. That is telling the story my way. They are all great fishing memories.

Speaking of fishing memories, help a child make some fishing memories of their own by bringing them to the 63rd Annual Kids Fishing Rodeo scheduled for July 27th, at Twin Lakes Mobile Estates.

EASL will hold its quarterly membership meeting on Monday June 17th, at Cabela's in the second-floor meeting room starting at 7:00 pm. The guest speakers will be Chris Baker, fishing club sponsor for St. Amant High School and Kimberly Wheat, fishing club sponsor for East Ascension High School. They will talk about the status of high school fishing teams in Ascension Parish schools. If you know of a high school age person who may be interested in becoming

a team member, please let them know about this meeting.

I spoke with a couple of the board members about the possibility of having a catfish rodeo next spring. If you are interested, please give me some feedback and your ideas on this topic.

The "Every Fish Matters Banquet", put on by professional bass fisherman Cliff Crochet to benefit fish restocking, is scheduled for July 25th. The event will be held at the Assumption Parish Community Center located at 4910 LA 308 Napoleonville, LA. Doors open at 5:00 pm. See cliffchrocet.com for ticket information. Let me know if you are interested in trying to help develop a restocking program for our local waterways.

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 June 29th. If you are interested in fishing with the bass club, contact Jim Hebert at 225-717-6037. The June .22 Rifle Silhouette Match will be June 22nd 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 gdcad1@gmail.com.

EASL Bass Club News

The EASL Bass Club fished its May Tournament on the 25th. This was another "trailer tournament" with launch limits from Amelia to Pigeon and Lake



Murray Alexander with 3.55 lb. Big Bass

Verret. The weigh in was held at Doiron's Landing. There were 17 boats signed up to fish.

The fishing was not great, but a little better than the April Tournament and the results showed that. There were 6 boats that weighed a limit of Bass with small weights. Others weighed from 2 to 4 fish. There were only 2 boats that did not weigh a fish.

The winners were Dirk Anderson & and Jessie Argrave with a limit that weighed 10.26 lbs.

Second place went to Wilson Mulina & Wayne Elder with their limit that weighed 9.54 lbs.

Coming in third was the

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



left to right Ricky Dedon & Terry Molea, Wilson Mulina & Wayne Elder, Jessie Argrave & Dirk Anderson, Murray Alexander

team of Terry Molea & Ricky Dedon with a limit that weighed 9.42 lbs.

The Big Bass winner was Murray Alexander with a Bass that weighed in at 3.58 lbs.

Congratulations to the winners of the May

Tournament. The Club's next tournament will be held on June 29th. The meeting to sign up will be on May 20th at Dirk Anderson's home at 5:30 PM.

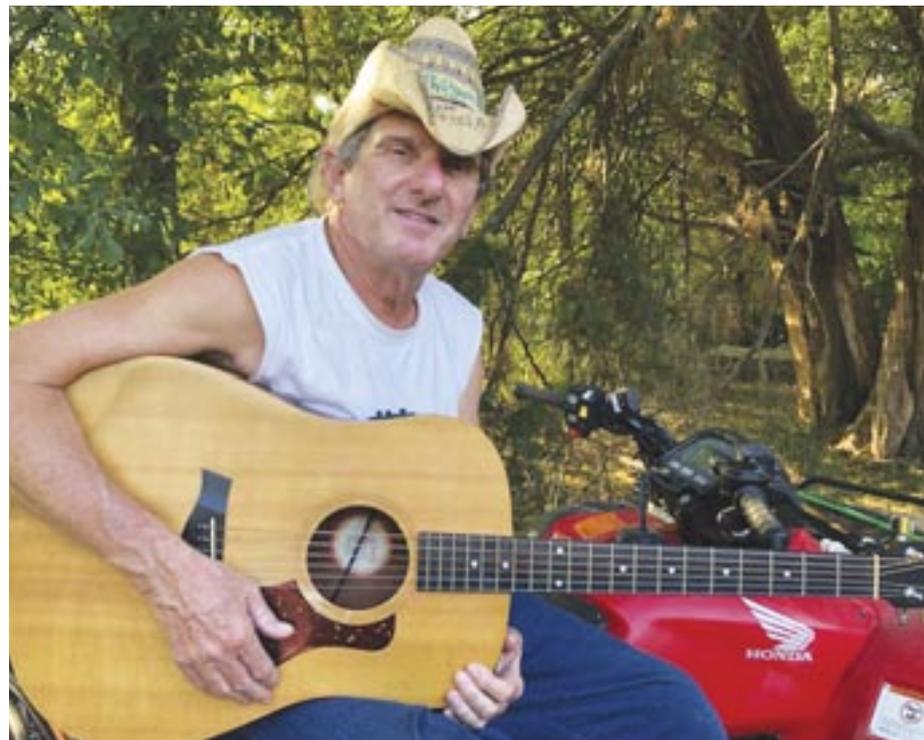
Jammin' with Goosie

Pond Fishing

Things sure have changed in our area when it comes to the availability of being able to use neighboring landscapes in comparison to days of the past. Back in the day you could ask Mr. Daigle, Mr. Brown, etc. if you could fish their farm pond for a chance to catch a few fish. Those days bring back some precious memories for sure. I still recall bringing home or maybe even at times cooking on the bank a mess of bluegills, bass, goggle eye, sacalait, or mudcats. The Mr. Browns of such cattle fields have for the most part been developed into strip malls and subdivisions. There are a few farm, subdivision, or interstate

Prior to that local outing my latest pond fishing adventures had taken place on our hunting lease in St. Helena parish. The Amite River Basin in that area of our state houses numerous sand and gravel pits that can offer some great bank fishing for folks that have access to those water holes. I've been blessed to have hunted and taken game from the mentioned particle of land before it was dug to extract the aggregates. I once had a deer stand that was in plain view of the small lake after the project was complete. Each time that I would hunt that location for deer or turkeys I would glance at the then muddy waters surface looking for any movement of life. As the years passed more signs of fish movement began to take place.

My first conversation of what this body of water may hold in the future actually began during the digging of



development and he actually assumed that someone of our membership had done the dirty deed. I quickly put an end to that accusation. But because of an instance that had occurred a day or two before in the predawn at the entrance gate of that property to one of our members and his wife I thought that we could help solve the problem. He and I took a ride back there to look at the situation at hand and on the way he made a statement such as "I don't know where they come from but in a couple of years these

down. There's usually not very much structure in the water around the bankline and fishing from the bank can sometimes be difficult depending on how the excavation was dug. Because of the lack of structure available plenty of the fish at different times of the year may be found hanging out on the drop offs. This may require long casting to reach but in other instances the descending bottom may be closer to shore. Trees growing along the edge can also contribute to tough bank fishing.

My wife accompanied me on my first fishing trip to our hunting club's gravel pit. The outing that evening produced fourteen small keeper bass and a very large sacalait as well as one largemouth that was probably over six pounds. The big fish that I caught fell victim to a Zebco 202 while using a shiner for bait. Go figure. She was released to hopefully spawn again. A buddy of mine and I caught seventeen on my next trip there.

The fish that inhabit most of these types of small lakes are generally slim in nature. They typically feed on minnows and smaller fish such as bluegills that are available. Removing fish from these environments actually increases the health of these fisheries. Fish taken from those clear sandy bottom lakes are very good table fare. I love to fish from my boat but to this day I must say that I still enjoy the art of pond fishing.

Till next time

Give it a try

James "Goosie" Guice



ponds available to fish these days if you are fortunate enough to have permission to do so. I recently had the opportunity to fish one of the local interstate ponds in our area and was able to land my biggest bass to date, a seven pounder along with a nice catch of other largemouths. Most of the interstate pits have a good depth to them and many have been stocked with the Florida strain of fish that typically grow to a larger size than our Louisiana natives.

the approximately twenty acre hole. It was some ten years or so ago when I was confronted by one of the aggregate company employees who was involved with that mining effort about a theft that had taken place on the property. I had just returned from a turkey hunt one morning when I heard the angry employee knocking on the front door of our hunting camp. He explained to me that someone had stolen a welding machine and torch setup from the

types of gravel and sand pits will be full of fish". I remember that statement very well and I can tell you that truer words had never been spoken. By the way, after a phone call to the member that had encountered a trespasser on the property a day or so before law enforcement were able to arrest the proper thief of the equipment.

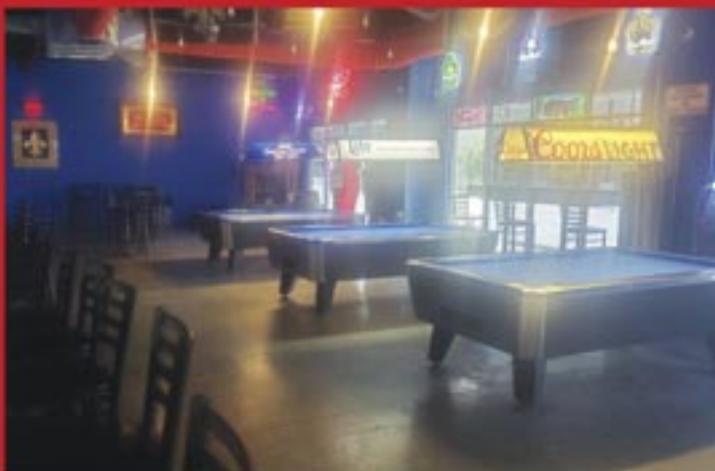
Gravel pits can be difficult to fish. The water in these things can become very clear after everything from the digging and dredging settles



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Useless Random Facts
 with Kellie

•
 How valuable -Drinking water after eating reduces the acid in your mouth by 61 percent.

•
 A man by the name of Ed Paterson is the inventor of the English muffin.

•
 More people use blue toothbrushes than red ones.

•
 Scooby-Doo's first name is Scoobert.
 Shaggy's real name is Norville.

•
 Dracula is the most filmed story of all time. Dr. Jekyll and Mr. Hyde is the second, and Oliver Twist is third.

•
 When the movie Wizard of Oz first came out, it got bad reviews the critics said it was stupid and uncreative.

•
 How valuable is the penny you found lying on the ground?
 If it takes just a second to pick it up, a person could make \$36 per hour just picking up pennies.

•
 The face of a penny can hold 30 drops of water.

•
 Robert E. Lee, of the Confederate Army, remains the only person, to date, to have graduated from the WestPoint military academy without a single demerit.

•
 The Pentagon in Arlington, Virginia, has five sides, five stories, and five acres in the middle.

•
 At one point the Circus Maximus in Rome could hold up to 250,000 people

Thoughts from Bully

I was held hostage by a Terrorist Toilet!!!!

This past month I passed security with plenty of time and was ready to make an early morning flight out of the New Orleans airport.

While watching the sun come up, I realized I had plenty of time to take care of some personal business before my flight.

I strolled into the MEN'S ROOM. With my trusty carry-on suitcase behind me and I entered a stall.

Like most people I have a phobia about my flesh touching public facilities. So, I used two or three of those paper ring things before I sat in place.

As I sat and listened to the hustle and bussle of the scurrying people all throughout the lounge, I noticed that my tennis shoe needed adjusting. I leaned forward ever so slightly and the automated toilet exploded with gallons of water flushing rapidly and splashing all over my backside.

The sanitary paper rings were wet. Water was dripping from my thighs and my shoe still needed to be tied and I realized that this wasn't Kentwood water. It was New Orleans processed nuclear waste water.

I gathered my thoughts and figured to roll some tissue off the industrial size dispenser. With a little movement forward to gather a bunch of absorbent tissue, the toilet exploded again. SWOOSH. Gallons of water moisturized my already damp behind.

What's up with this toilet. I tried for the paper again. SWOOSH. New Orleans water all over me and the paper rings were starting to stick.

I reached my hand back to block the sensor and grabbed for paper with one hand. Now, I'm unrolling as much paper as



possible. Of course it was piling up and touching the public bathroom floor.

In gathering the wad of paper, my hand moved a little and SWOOSH, Niagara Falls splashed me again.

By now I could tell that some of those hustle-bussle people in the lounge are taking notice that I am flushing a lot.

I leaned again, SWOOSH, and again, SWOOSH. By now I don't need to use tissue paper to clean up because like using a French Bedey, I am squeaky clean.

Finally, I thought of the bright idea of removing one of my tennis shoes and placing it over the electronic sensor flushing device.

A man spoke up, "Good Lord Boy are you alright?"

I responded "squeaky clean".

I stood up and backed away slowly and removed the shoe and that son-of-a-bitch didn't flush.

I bent down, put my shoe on and turned around to exit. As I pushed my carry-on luggage out of the stall, SWOOSH. Little sprinkles of New Orleans water absorbed into my slacks from the blast of the terrorist toilet.

After 14 flushes, 28 gallons of water and at least 60 feet of toilet paper I was set free.

My next trip, I am carrying some duct tape in the John and taping the sensor prior to sitting.

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Ascension Parish Sheriff's Office Host Annual Junior Deputy Program

On Monday, June 3rd, Sheriff Bobby Webre and the Ascension Parish Sheriff's Office welcomed nearly 80 youth for the 2024 Junior Deputy program. The weeklong program offers Ascension Parish youth, ages 10-13, a chance to interact with law enforcement professionals while learning the various skills required to be a



sheriff's deputy. The goal of the program is to foster a relationship with preteens and law enforcement professionals in Ascension Parish while promoting how to be respectful,

proactive, law-abiding citizens who possess honesty, good moral character, and the ability to perform kind acts for others.

"The Junior Deputy program is





an incredible opportunity for our young people to engage with law enforcement in a positive and meaningful way," said Sheriff Bobby Webre. "It's inspiring to see these preteens develop important life



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skills and values while having such an enriching experience." Sheriff Webre and the APSO

hosted a graduation ceremony for the 2024 junior deputies on Friday, June 7th at the Lamar Dixon Center in Gonzales. For



additional information and to view more photos from this year's activities and graduation, visit [www. ascensionsheriff.com/community-outreach-division](http://www.ascensionsheriff.com/community-outreach-division)

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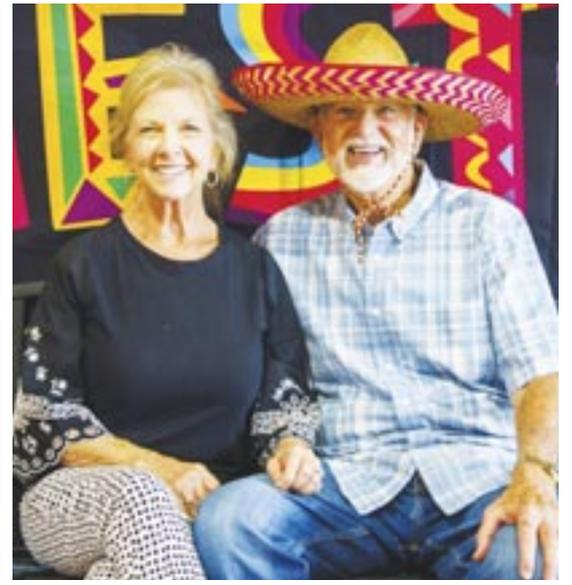
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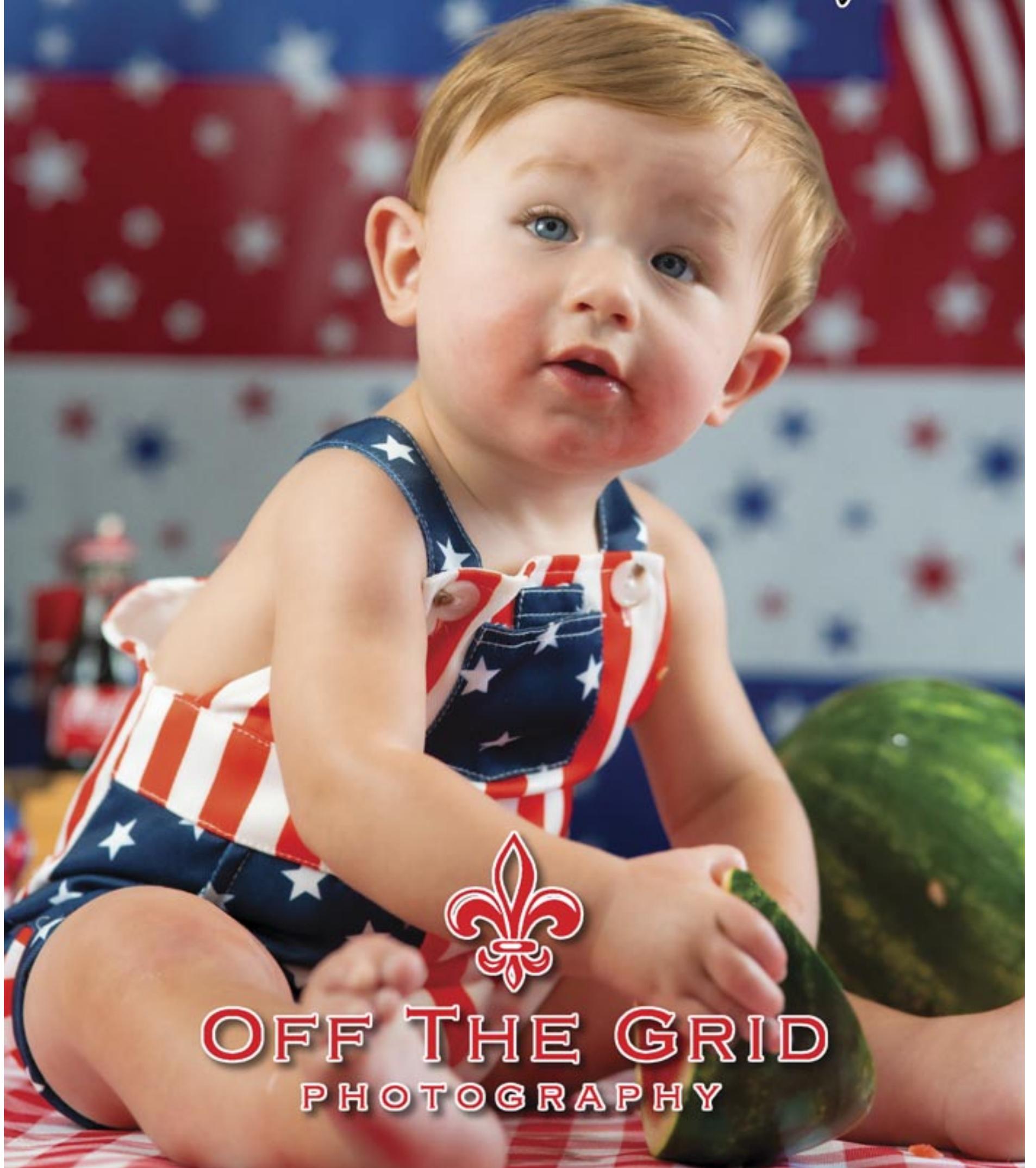
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1 cup grits
4 cups water (unless you are using quick grits- then follow instructions on package)
2 tablespoons butter
1 cup diced smoked sausage
1 cup diced white onion
½ cup green onions (sliced)
Salt, Red Pepper, Black Pepper to Taste

Method:

In a cast iron pot, thoroughly brown your smoked sausage then remove from pan. Next, cook your onions in the same pan until they are beautifully caramelized. Return your sausage to the pan and you water and butter. Bring the water to a boil then slowly stir in the grits. Bring mixture back to a boil, then cover and cook over medium heat for approximately 40 minutes or until a smooth texture is reached. Add salt and pepper to taste.

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