

COMPLIMENTARY

Ascension

MAGAZINE

SEPTEMBER 2022, VOL. 20 ISSUE 9



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Table of Contents

CHAMBER EXPO 4

GONZALES GARDEN CLUB 10

SWEET EYES W/ TANYA.....12

ASCENSION LIBRARY24

BILL DELAUNE..... 32

THOUGHTS FROM BULLY.....34

JAMMIN' WITH GOOSIE..... 36

SPORTSMAN LEAGUE..... 37

SNO'S RECIPE..... 45



On the Cover: The Ascension Parish Library



Jamie Frederic-Braud

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Tags & Titles knows the start of a new school year brings many changes with school enrollment, residency affidavits, TIP cards for the new driver's, transfers of TIP to permits and full driver's license privileges for others. We are here to help make all those changes as easy as possible. Give us a call for any questions you may have before you come in to be prepared at 225-644-1512.

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The Ascension Chamber of Commerce 2022 Business Expo & Summit is Largest in Chamber History

The Expo returned after a two-year hiatus with a revamped lineup to become the most successful chamber networking event in years

The Ascension Chamber of Commerce is proud to confirm that the 2022 Business Expo & Summit Presented by the Cardiovascular Institute of the South at the Lamar Dixon REV Center on Thursday, August 25, 2022, was the largest Expo in Chamber History.

The Business Expo returned after a two-year hiatus due to COVID and Hurricane Ida to become the most successful networking event in memory. The Expo created an affordable opportunity to showcase the best of business throughout the Ascension Community, make valuable connections with hundreds of business professionals, and build leads with an engaged audience.

The event kicked off with a luncheon and Keynote Address from Brandon Landry, Founder and CEO of Walk-On's. Landry spoke about entrepreneurship and the importance of having a "walk-on mindset." "People don't care how much you know; they care how much you care," Landry said to the crowd of over 300 luncheon attendees.

"On behalf of the Ascension Chamber of Commerce, I want to congratulate and thank our sponsors, members, vendors, staff, and volunteers for making the 2022 Business Expo & Summit the best one yet," said President and CEO Anthony Ramirez. "We've raised the standard, but we will



always strive to elevate the experience of our attendees, vendors, and sponsors."

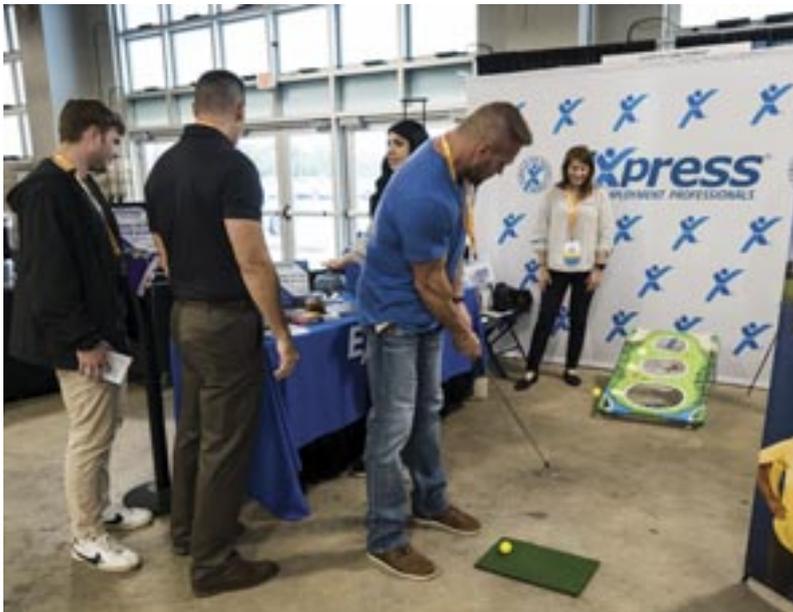
New offerings for 2022

included: Expert-Led Breakout Sessions, Ascension Public Schools Partners In Education (PIE) Power Hour, Passport to Prizes, and the Taste of



Ascension Happy Hour.

The Ascension Chamber would like to thank the following sponsors for making the 2022 Expo a resounding success: Adam McCarty State Farm, Ascension Public Schools, BXS Insurance, Community Steel Company, Cypress Roofing, EFCU Financial, Express Employment Professionals, Hancock Whitney, In-Telecom, Louisiana Federal Credit Union, ProSource Wholesale, Sharprism Branding & Marketing, and Williamson Eye Center. Additional thanks to the Lamar Dixon Expo Center, 360 Catering, AV Express, Gulf Coast Event Services, Diez Signs, Bayou Rose Photography, Brandon Landry, Dana Hart, Quintin D. Taylor, and Louisiana Economic Development



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With the opening of Road Dawg Customs in Prairieville, Louisiana, Road Dawg/Rob Rangold brings 35+ years of exceptional hands-on experience, talent, and an irrefutable reputation within the HD riding Community. Specializing in HD and offering Service for Indian Motorcycles, Road Dawg Customs also offers exceptional support and Sales in Parts, Configuration, Fit Specialist Support and has brought back Customer Service that is the best in the business.

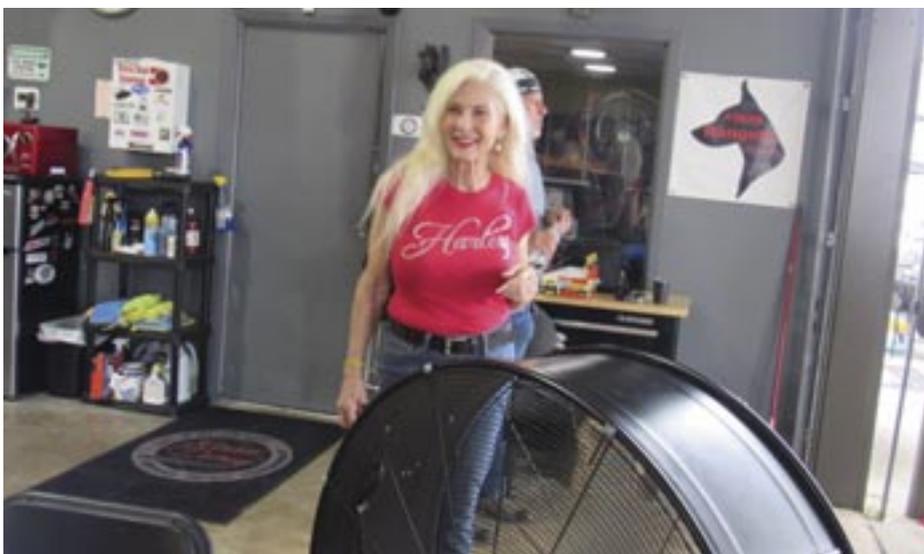
In Parts, our Parts Manager is the renown Will Sibley who has 17+ years' experience as a Parts Manager/Expert and #1 in Accessory/Fit Application(s). Our Lead Mechanic Joe Posillico is a huge asset to Road Dawg Customs as a Phoenix Arizona MMI Graduate and has years hands on experience as an HD Technician and being

mentored by Rob in Custom Applications and Builds. Rob Rangold, (Road Dawg) Owner and P.H.D. Certified Senior Master Technician formerly with HD Factory in Milwaukee, Wisconsin from the Factory University, has 30+ years' experience: 25 years "in Dealership" experience, The very 1st Magazine one of Rob's Custom Motorcycles was published in was Street Chopper Magazine in 1979. Many, many more have followed, (Rob has lost count). Road Dawg is a Master Custom Builder, winning at the World of Wheels, Daytona, and STURGIS, South Dakota, (among hundreds of other Bike Shows)

Road Dawg Customs is solely owned by Robert and Kim Rangold and is run as the family-owned business that it is. We are a Full-Service Motorcycle Shop. Road Dawg sells Parts, Oil, etc., and has

an inventory for every one of our clients, whether your preference is to "do it yourself" or have our expert staff do the

work for you and pick up your ride clean and ready to go. If we do not have the Part or Accessory, we can certainly





find it and order it for you.

We hold Events for the Nation of Patriots, all things Veterans. We support our Youth in Flat Track racing and are currently sponsoring #FastJax Racing, LLC. Jaxson is an 8-year-old, 60lb Champion in Flat Track Racing and he is Ascension Local! and our Veterans. We have had Baby Formula Drive for the Mothers of our Community and we donate to our local Law Enforcement, Fire Department, and those in need in our community. We assist our Community in the aftermath of Hurricanes, and we assist in any way we can with those less fortunate in our Community. We have Custom Motorcycle Shows,



Jaxson and Grandfather Slimm



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2022 BOUCHERIE FESTIVAL PAGEANT!!!

When: Saturday – October 15, 2022

Where: Sorrento Community Center
7471 Main Street
Sorrento, LA 70778

Pre-Registration Deadline:
Friday, October 7, 2022
All divisions other than Teen/Miss: \$60
Teen: \$80 & Miss: \$100
Door entries accepted w/\$10 late fee for all ages **except** Teen & Miss.

Morning Competition: Must check in 30 mins prior to competition time.

Baby Miss: 0-11 mos - 9:00
Baby Master: 0-11 mos - 9:00
Toddler Miss: 12-23 mos - 9:30
Toddler Master: 12-36 mos - 9:30
Tiny Miss: 2-3 yrs - 10:00
Petite Miss: 4-5 yrs - 10:30
Little Miss: 6-8 yrs - 11:00
Deb Miss: 9-11 yrs - 11:30

Afternoon Competition: Must check in 30 mins prior to competition time.

****Miss Division Check In at 1:00 and interviews start at 1:15.****
Junior Miss: 12-13 yrs – 2:00
Ms: Married/Mom/Over 23 – 2:15
Teen:** 14-16 yrs – 2:30
Miss:** 17-23 yrs – 3:00

**** Teen & Miss Boucherie are contract titles. These contestants MUST live in Ascension Parish and will sign a contract after the pageant.**

Additional information & printable/online registration forms can be found on the website:
www.boucheriefestival.com/pageant/
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FB: Boucherie Festival Pageant

****Teen & Miss must register by deadline!!! LUNCH BREAK (12-1)**

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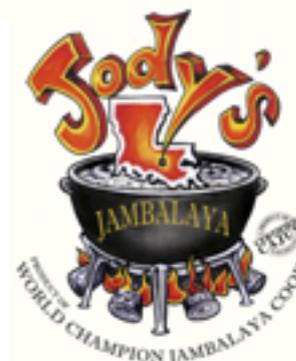
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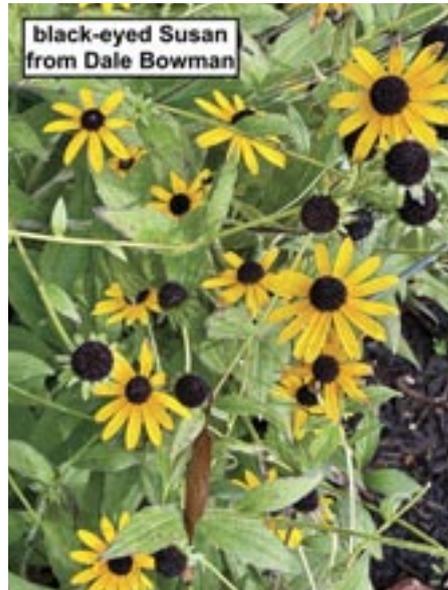


From the Gonzales Garden Club

Go Native

In keeping step with the National Garden Clubs' promotion of environmental responsibility, the Gonzales Garden Club takes this opportunity to raise awareness of the pressing need to help our bird population and the natural resources that support them. The answer begins with native plants.

William Fontenot, 2021 Louisiana Naturalist of the Year, says "native plants are those species which naturally belong to a particular region ... as a result of many years of continuous interaction with native animals, changing climate and geology." According to the National Audubon Society, a native plant in the United States is defined as "one that was naturally found in a particular area before European colonization. Native plants are the foundation of a region's biodiversity, providing essential food sources and shelter for birds, especially those threatened by the changing climate. Since native plants are adapted to local precipitation and soil conditions, they generally require less upkeep, therefore helping the environment



black-eyed Susan from Dale Bowman

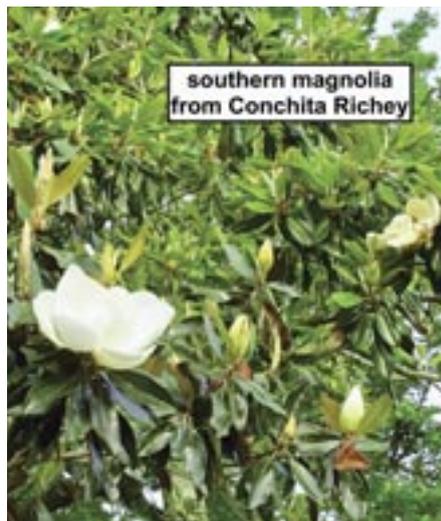
and saving you time, water, and money. The key to getting started is picking the right plants for your area."

Acclaimed Entomology Professor Doug Tallamy makes the connection between plants and insects and its importance to birds. Native plants attract native insects that native birds need to grow their hatchlings. Young and adult birds can survive on seeds, fruit and nuts, but the babies need a diet of protein-rich bugs like caterpillars. Native insects cannot eat foreign plants. Professor Tallamy explained that "specialist" insects cannot make the transition from native to non-native plants. He reports that many non-native plants are chemically unique, and therefore insects are unable to adapt to them; non-native plants do not provide food for insects to thrive. Additionally, with no natural predators, non-native plants can become invasive taking up space and natural resources thus crowding out the native plants.

When asked, "What does bird food



Louisiana iris from Janis D'Benedetto



southern magnolia from Conchita Richey

look like?", Tallamy's response is grasshoppers, locusts, katydids, crickets, walking sticks, leaf-footed bugs, shield bugs, cicadas, treehoppers, aphids, beetles, weevils, spiders and - best of all - caterpillars.

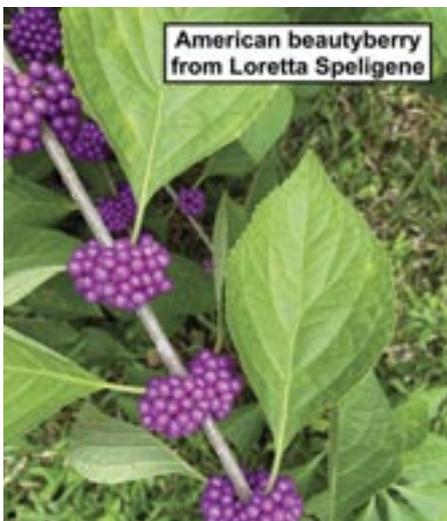
Different backyard birds like different native plants for protection, nesting and food. Cardinals like sunflowers and elderberries. Blue jays like oaks and beeches. Woodpeckers like pines and hickories. Chickadees like birches and sumacs. Finches like spruces, hemlock and pines and flower seeds from daisies, sunflowers, thistles and asters. In 2017, Audubon's Citizen Science



bluebird feeding insect to young from Conchita Richey

Program Manager Zach Slavin wrote "Grow These Native Plants So Your Backyard Birds Can Feast". He said, "Native plants beat even the best birdfeeder." Birds pluck nutrient-rich seeds from the center of enormous yellow sunflowers making sunflowers bird feeders you can grow in your yard. He noted, "Caterpillars are an especially important food," and pointed out that oaks and birches host hundreds of different caterpillar species.

The Audubon Society experts suggest 37 native plants for biodiversity for the 70769 zip code: American beautyberry shrub, beech tree, elm tree, ironwood tree, pokeweed perennial, sycamore tree, aquatic milkweed, butterfly milkweed, buttonwood shrub, persimmon tree, crossvine, holly shrub, eastern gamma grass, gulf coast penstemon perennial, blueberry shrub, Indian wood-oats grass, jack-in-the pulpit perennial, pecan tree, pond cypress, purple passion flower, red maple tree, Drummond's dogwood, sugarberry/hackberry tree, cow oak tree, goldenrod perennial, red oak tree, bald cypress tree, wax myrtle shrub/tree, beebalm perennial, jewelweed annual, swamp sunflower, sweet-bay magnolia, sweet gum,



American beautyberry from Loretta Speligene



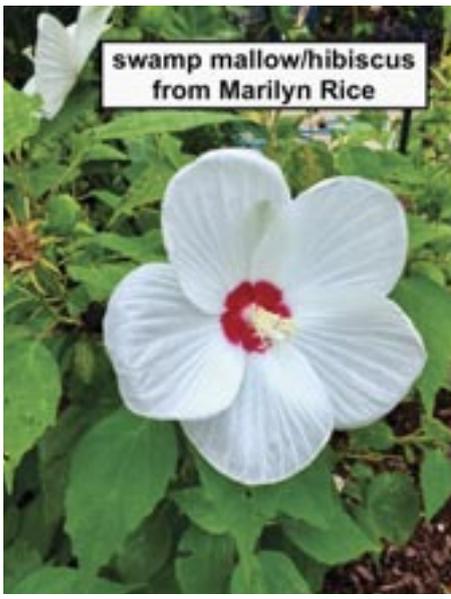
female and male cardinals from Conchita Richey



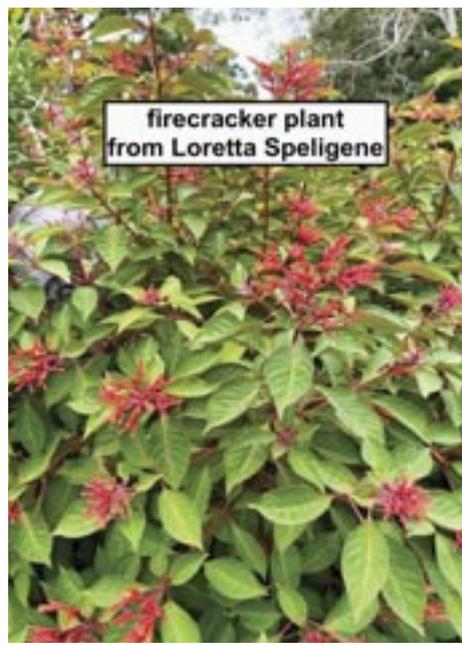
blue heron from Conchita Richey



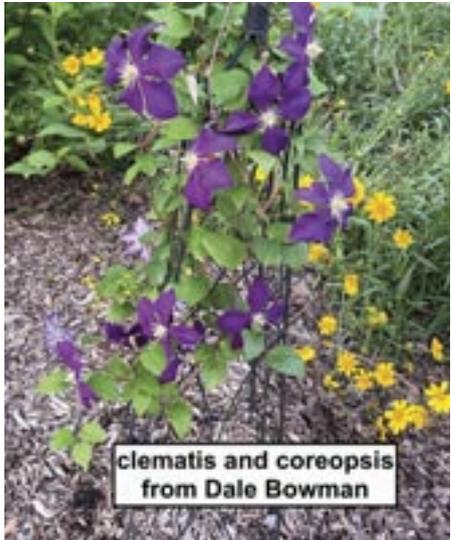
indigo from Patti Mouton



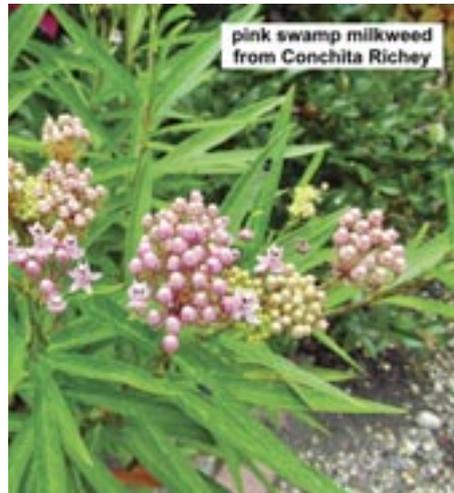
swamp mallow/hibiscus from Marilyn Rice



firecracker plant from Loretta Speligene



clematis and coreopsis from Dale Bowman



pink swamp milkweed from Conchita Richey



coral honeysuckle with hummingbird from Conchita Richey

trumpet vine, water oak, willow oak, and yaupon holly.

As Tallamy points out, "Plants and landscapes are not just for beauty and relaxation. Biodiversity is vital to our own well-being. Parks are not enough. Plant choice matters. You are nature's best hope. Go native and go natural."

Resources for this article

BOOKS:

• *Bringing Nature Home: How Native Plants Sustain Wildlife in Our Gardens* by Douglas W. Tallamy, 2007.

• *Louisiana Yards and Neighborhoods - A Guide to Louisiana-Friendly Landscaping*, LSU AgCenter, Pub.#2993.

• *Native Gardening in the South* by William R. Fontenot, 1992.

• *Nature's Best Hope: A New Approach to Conservation that Starts in Your Yard* by Douglas Tallamy, 2020.

FACEBOOK GROUPS:

- Baton Rouge Audubon Society
- Gardening with Native Plants

WEBSITES:

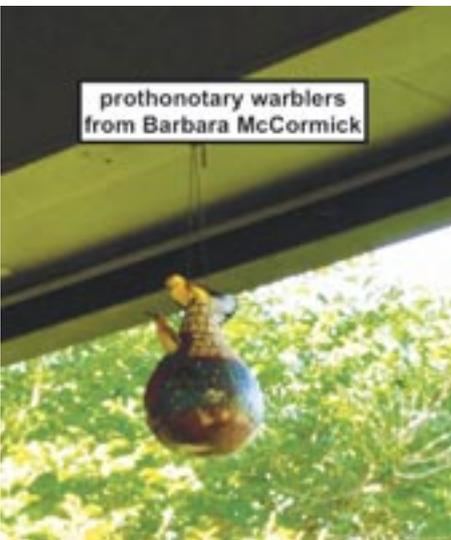
• Baton Rouge Audubon Society, braudubon.org. See "Native Plant Guide, Plants for Birds-Louisiana Style!"

• Lady Bird Johnson Wildflower Center, wildflower.org

• Louisiana Native Plant Society, lnp.org

• National Audubon Society, audubon.org

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



prothonotary warblers from Barbara McCormick

LOCAL NURSERIES CARRYING NATIVE PLANTS

- Hilltop Arboretum
- Beaver's Abundance Native Nursery
- Will Garden
- Clegg's Nursery
- Louisiana Nursery
- Greenhand Nursery
- Almost Eden Nursery @ almostedenplants.com
- Louisiana Growers @ lanativeplants.com



~from Baton Rouge Audubon Society

NATIVE PLANTS YOU MAY KNOW

WILDFLOWERS

- firecracker plant
- false indigo
- red milkweed
- butterfly weed
- American beautyberry
- trumpet vine
- fringe tree/Grancy greybeard
- coreopsis
- larkspur
- coneflower
- zigzag iris
- cardinal flower
- coral honeysuckle
- buttercup/primrose
- butterweed
- black-eyed Susan
- stokes aster
- wisteria

TREES

- mayhaw
- pecan
- Redbud
- silverbell
- southern maple
- white oak
- red oak
- water oak
- pin oak
- Shumard Oak
- iron oak
- live oak



The OLD Ways

The NEW Ways



Planting exotic shrubs and annuals



Planting native plant species



Blowing and destroying topsoil



Growing with natural mulch



Killing Biodiversity



Clearing off invasive species



Maintaining lifeless landscapes



Creating Healthy Habitats



Here's Looking at You Sweet Eyes

A Southern Gal's Musings
About Being Your Best ...

by Tanya

What the Squash?

As soon as our daily temps dip below 90 degrees, us Southern girls, always, I mean always, start considering and quite often do, break out our fall décor. But I'm not here today to talk about décor, no, I'm here to talk about the often overlooked and highly unconsidered pumpkin as a legitimate menu staple.

Pumpkin Facts

This fun-loving gourd is actually a fruit from the squash family and is similar to cucumbers and melons.

Some of the biggest pumpkins on record are over 2500 pounds!

It's a healthy fall food, with around 100 calories per cup, 3 grams of protein, 7 grams of fat, 19 grams of carbs of which 7 grams are fiber, and Vitamin A, K, E, Copper and more!

Grandma's Pumpkin Spice Muffins

This is a recipe I used to enjoy with my Grandma Kessel. Little did I know it was a Weight Watchers recipe, but nonetheless, these are a staple even today in our family. Each of these muffins is only one point!

- 1 box Duncan Hines Deluxe Spice Cake mix
- 1 15 oz can of pumpkin puree
- ¾ cup water

Bake at 350 degree for 18 to 22 minutes in muffin tins (using non-stick spray or muffin liners) until muffins are just firm to touch.

Tanya's Pumpkin Latte Smoothie

Most people that know me, know I don't like recipes, so please adjust the measurements to this delicious smoothie recipe according to your liking. Best made in a ninja, but a regular blender will do!

- ½ large frozen banana or 1 whole small banana
- ½ cup Cold Coffee
- 2 heaping tablespoons of pumpkin puree (fresh or canned) – Save the rest in a Tupperware for other recipes.
- Few shakes of cinnamon
- 1 serving/scoop of vanilla protein powder or collagen
- Oat milk unsweetened approximately ¾ cup (added to get to the consistency of your liking)
- 3-4 cubes of ice

Blend together thoroughly and enjoy!

Pumpkin Alfredo with Crawfish Tails

This is a spin on the famous Houmas House pumpkin crawfish soup. If you like that dish, you're sure to like this!

- 1 pound of fettuccine (or other pasta of your liking) cooked al dente

- 1 pound Louisiana crawfish tails
- 6 tablespoons of butter
- 3 to 4 garlic cloves minced
- 1 cup pumpkin puree
- 1/8 teaspoon nutmeg
- 2/3 cup half and half
- ½ cup freshly grated parmesan
- 1 tablespoon chopped parsley
- Salt and pepper

After your pasta is cooked, keeping some of the water when you are done. In separate dish, sauté butter and garlic at a low medium heat until just done (be sure not to overcook). Stir in half and half, parmesan, pumpkin, nutmeg and salt and pepper to taste. Then add in your crawfish tails and cook for another three to four minutes, just until the crawfish are heated thoroughly. Add pasta water, ¼ cup at a time, until the consistency of your liking. Add pasta and cook until all incorporated, about one to two minutes. Add parsley for garnish and more freshly grated parmesan cheese!

So, why not give this under rated fruit a try! It's sure to get you in the fall spirit and with its huge health benefits, you can't go wrong!

Wishing each of you health, peace, and blessings this fall Ascension Parish!

XOXO,

Sweet Eyes

References:
<https://www.healthline.com/nutrition/pumpkin-nutrition-review#nutrition>



Bring on the Pumpkins!

Happy Fall Y'all!



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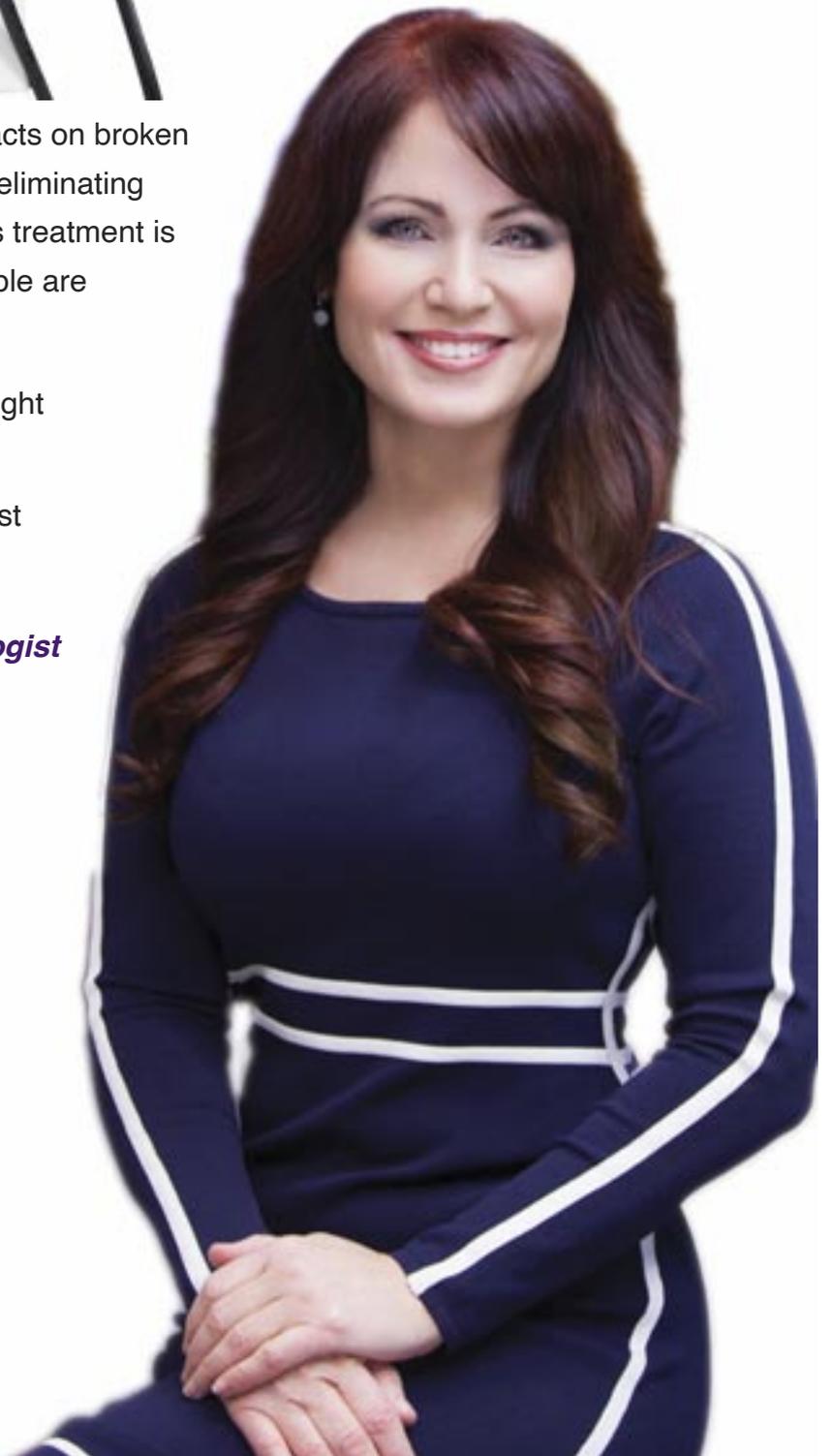
pigmentation issues and it acts on broken capillaries thus reducing or eliminating facial redness. Because this treatment is especially gentle, most people are good candidates.

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As Seen On



Get Growing, Ascension!

Ascension Master Gardeners to Host Seminar

The Ascension Master Gardener Association is pleased to announce the first River Parishes Master Gardener Seminar scheduled for Friday, September 30 at the Clarion Conference Center in Gonzales. The seminar will consist of two engaging speakers, Peggy Martin and Felder Rushing, networking with fellow Master Gardeners, and a delicious lunch. Felder



Rushing is an 11th generation Southern gardener who travels worldwide in his quest for practical and inspirational

home-gardening ideas to share. The retired, colors-outside-the-lines, Extension Horticulturist started the Master Gardener program in Mississippi. Peggy Martin is a rose enthusiast and a resident of Ascension Parish. Since Hurricane Katrina Peggy Martin roses have become a Southern favorite due to their ease of care, disease resistance and gorgeous, prolific, pink blooms.

The registration cost of the seminar is \$35.00. Early bird registration will open August 9 – September 1 to Master Gardeners from the Ascension, East Baton Rouge, Feliciana, LaTerre, Livingston, Pointe Coupee, River Region, and Westside Associations. Each Master Gardener has the option to register one guest. Open registration will be September 2 – 19 to all Master



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River Parishes Master Gardener Seminar

FRIDAY, SEPTEMBER 30
GONZALES, LA



Guest Speakers Peggy Martin and Felder Rushing

More info here - <https://bit.ly/3AECQYz>
or contact Mariah Simoneaux at MJSimoneaux@agcenter.LSU.edu

Gardeners and gardening enthusiasts.

To receive a registration form or request additional information please contact LSU AgCenter Agent Mariah Simoneaux at MJSimoneaux@agcenter.LSU.edu or (225) 621-5799.

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





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YOUR ESTATE MATTERS



By Linda Melancon

The Ins and Outs of Estate Sales

Following the death of a family member, you may find yourself needing to sort through many possessions accumulated over the deceased's lifetime. An estate sale is one way to dispose of those items that you do not want or need quickly and efficiently.

While selling someone's furniture, jewelry, artwork, antiques, and other belongings yourself can mean a great deal of time and effort on your part, there are companies that help families sell items. An estate sale company will do all the work in exchange for a percentage of the proceeds — typically anywhere between 25 percent and 50 percent. The company usually handles organizing the inventory, staging the house, appraising the value of items and setting prices, promoting the sale to the public, and hiring workers to run the sale.

Before the sale, you will need to consider a few things. First, ensure that you have the legal right to sell the property. There cannot be any unresolved estate issues. Some companies request legal documentation showing that you have the right to dispose of the property. You will also want to remove from the house anything you want to keep before calling in the liquidators, but avoid throwing too much away; as any good picker knows, one person's idea of trash might be another person's treasure.

There is no regulatory body that oversees the estimated 15,000 estate sale companies in the United States, so before hiring one of them, rely on a referral from a trusted friend, family member, or estate planning attorney. And always do your research. You can

search the website of the American Society of Estate Liquidators, a trade association that requires its members to meet certain requirements and abide by an ethics code. You can also check your local Better Business Bureau and Yelp for complaints about companies you are considering, or attend a sale run by the company. Or if you are someone who attends estate sales, take note of the ones you visit and what company is running it to see firsthand how the sale is being run.

When reaching out to companies, make sure to ask if the liquidator carries insurance in case there are any accidents while buyers are at the estate sale. Also ask any prospective liquidating company how it handles security, what happens to goods that do not sell, and what type of clean-up is included. (Not all companies include cleanup in their services.) Once you're ready to hire someone, make sure the company offers you a written contract so that you can be clear what each party is responsible for.

In some cases, estate sales are used to help people moving into nursing homes and assisted living facilities downsize their belongings. It should be noted that many companies discourage families from being present during the actual sale, regardless of the reason for the sale.

For lovers of old houses and deep discounts, an estate sale can be the perfect way to spend a weekend morning. While there can be fun in seeing an older home's decoration or architecture or getting a good deal, an estate sale can be lots of work for family members. Fortunately, when using an estate sale company to help organize everything, the process can be relatively stress-free and leave you with some extra cash.

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.

FINANCIAL FOCUS

Should you consolidate retirement accounts?

One of the rewards for working over several decades is the ability to contribute to tax-advantaged retirement accounts, which can help provide needed income for you when you do retire. As the years went by, you may well have accumulated several retirement accounts, such as IRAs and 401(k)s or similar employer-sponsored plans. But you might find it advantageous to consolidate these accounts with a single provider.

Consolidating them can provide you with several potential benefits, including these:

- **Less confusion and clutter** – If you have multiple accounts in different locations, it may be difficult to keep track of tax documents, statements, fees, disclosures and other important information. Consolidating accounts could help provide clear, simplified account maintenance.
- **Less likelihood of “lost accounts”** – It may be hard to believe, but many people abandon their retirement accounts, leaving thousands of dollars behind and unclaimed.

In fact, at the end of 2021, there were nearly 25 million forgotten 401(k) accounts, worth about 20% of all 401(k) assets, according to an estimate by Capitalize, a financial services company that helps individuals roll over retirement plan assets into new accounts. It’s possible that employers can even move small, old accounts out of their 401(k) plans and into an IRA on behalf of

their former employees, thus increasing the chances that savers will lose track of their money. By consolidating your retirement plans with one provider, you can ensure you don’t lose track of your hard-earned money.

- **Ability to follow a unified strategy** – With multiple retirement accounts, and different investment portfolios, you might find it difficult to maintain a unified financial strategy that’s appropriate for your goals and risk tolerance. But once you’ve consolidated accounts with a single provider, you’ll find it easier to manage your investment mix and to rebalance your portfolio as needed. The need to rebalance may become more important as you near retirement because you may want to shift some of your assets into investments that aren’t as susceptible to swings in the financial markets.

- **Possible improvement in investment options** – Often, 401(k)s may have limited investment selection, so consolidating accounts with a full-service firm may allow for a wider array of products and strategies. This broader exposure can potentially help you improve your overall retirement income strategies.

- **Greater ease in calculating RMDs** – Once you turn 72, you will need to start taking withdrawals — called required minimum distributions, or RMDs — from your traditional IRA and your 401(k) or similar plan. If you don’t take out at least the minimal amount, which is based on your age and account balance, you could face a penalty. If you have several accounts, with different providers, it could be cumbersome and difficult to calculate your RMDs — it will be much easier with all accounts under one roof.

So, if you do have multiple retirement accounts, give some thought to consolidating them. The consolidation process is not difficult, and the end result may save you time and hassles, while also helping you manage your retirement income more effectively.

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



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Iron Warriors Motorcycle Club



The Fundraiser Dance of Hope!

Thank You everyone for your kindness with donations and volunteers that will help a Dream Kid's Dream Come True

The Dreams Come True Dance was a big success. Finally Covid has passed and we can start making kids dreams come true. It took a bit to get this years fundraiser off the ground but like always volunteers and a community came together.

Thank You Na Na Sha for helping us put our dancing shoes and dancing our cares away.

The Jambalaya Festival Association and Wally Taillon cooked a great jambalaya.

The Iron warriors Motorcycle Club came through in a big way with the presentation of a \$10,000 check and Mike Strong painted and donated 'Tiger Eyes' to auction that brought \$700 to us.

There are so many people to thank we thought we'd give a list of our sponsors and donors.

We hope to see you next year and here's a list of sponsors and donors.

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Iron Warriors Motorcycle Club

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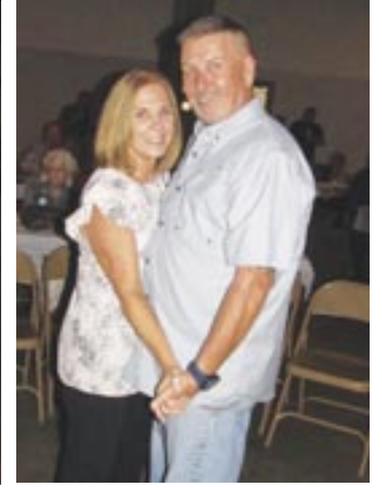


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By: Brandi LeBlanc, CPT

Bet You Didn't Know... That Ascension Parish is full of BODY-BUILDERS!!

Yep, you heard me! BODY-BUILDERS!! PROFESSIONAL AND AMATUER and COACHES who can bring you to the same level of fitness (even if you just want to look like one... or just look better)!!

This past weekend, we had several Ascension Parish residents, along with over 60 other competitors around the state of Louisiana compete in the 2022 NPC Louisiana Open Championship which was held at the Crowne Plaza Hotel/Executive Center and promoted by Bubby Lupo, Chuck Biggio, and Jason Neatherlin, officials of the National Physique Committee. These AP resident competitors were coached by coaches who also live, breathe, and conduct their fitness businesses in Ascension Parish as well. I bet there are MANY more that you may or may not know who are competition athletes and deserve just as much credit for the hard work they have put in over the years of their fitness journey. BTW, if you're from AP and you missed your opportunity to get in on this article, find me and add me on Facebook!

First off, I have to say, that I, Brandi LeBlanc, competed myself in this competition. Yes, I am a certified personal trainer, a gym owner, a World Champion Professional Bodybuilder, a coach/trainer of many others (men, women, mothers, daughters, sons, grandmothers, grandpas, auntees and parans, to athletes and competitors like myself) and yes, I still have a coach too. My coach who helped me bring this package that took not one, but TWO OVERALL CHAMPION TITLES Saturday night is none other than Ken

Falgoust of Falgoust Fitness, also a resident of Prairieville, LA. This man has coached not only world champion bodybuilders like myself, but also clients who are regular, everyday lifestyle clients to actors/actresses who you have watched many times on the big screens. I can't give this man enough credit for what he has done and how he has inspired me to be a better coach/trainer to my own clients by the way he is to me as his client. He is not only a trainer, but a teacher, and I am proud to say that I am STILL his student who is learning from one of the best of the best in the world. With Ken's help, this weekend I took home two more titles to add to my collection, the Overall Champion titles for both Women's Bodybuilding and Women's Physique Divisions for the State of Louisiana.



Brandi & Coach Ken Falgoust

Not only did I compete myself, I also had competitors who attended and placed (very well I might add) in this show, but I am only going to add those who are from the big AP in this article since that's what this article is about! My gym, Barbell Beauty & Beast Fitness, located in Prairieville, is a bodybuilders DREAM PLAY-GROUND as most of the equipment is designed for bodybuilders and to achieve and aesthetically pleasing physiques, whether your goal is to compete or just look better, you gotta come check out this one of a kind training ground and let me and my certified trainers help you reach YOUR goals. With the years of



Brandi LeBlanc, Barbell Beauty & Beast Fitness

experience we have in nutrition and fitness, we can help you achieve YOUR goals!! And you can come check out my trophy and medal collection while you're there too!

Another AP resident and business owner who is also an IFBB Professional Bodybuilder, Caleb Blanchard, Coach & Co-Founder of Transformation of Ascension & Founder of Bodybuilding By CTrain LLC in Prairieville, is also a certified competition coach and trainer as well (and he has also trained me before too, might I add). He too brought

athletes who took the stage this weekend who are both from EBR and AP.

One of his AP competitors, Cami Veasman of Prairieville, took the dream of stepping on stage and turned it into a reality. She has watched her husband, Jay Veasman, take the stage many times, and she finally took the plunge and did it herself, and landed a 3rd place win in the True Novice Bikini Division and a 5th place win in the Open Bikini Division.

His other AP competitor was Justin Dykes of Prairieville, who took a 3rd place win in the LA Resident Classic Physique Division and 4th Place in the Open Classic Physique Division.

Another team of amazing coaches from the AP, are the tag-teaming husband/wife combo Chase & Aimee Gloekner, also owners of Chase N Gainz LLC and Go Fit Nutrition in Prairieville. These two coach many athletes and had five AP competitors enter this weekend's competition. Madison Douget of Prairieville placed 1st and Overall in True Novice Bikini Division and 2nd in the Novice Bikini Division. In their team picture, from left to right is Madison Douget, Linda Robinson who placed 3rd in the Novice Figure Division and 1st Place



Caleb Blanchard



LA Open Promoters Chuck Biggio, Bobby Lupo, Jason Neatherlin

in the Masters Figure Division, Coach Aimee Gloekner, Devon Lambert of Gonzales who competed in the Classic Physique Division, Billy Blough 2nd Place True Novice Classic Physique Division, 4th Place in Novice Classic Physique Division, 5th Place in Open Classic Physique Division, Coach Chase Gloekner, and (not pictured) Claire Burnell placed 6th Place in the Open Figure.

As an international competitor who has stepped on countless stages, I had to share with all of you the class that this event had to offer. Not only did the promoters go out of their way to make sure that each and every athlete felt important and wanted on that stage, they also took very well care of their sponsors and spectators. I can't even count how many times I heard each and every one of them asking the athletes if they were okay, if they needed anything, if they were happy... the list goes on. They made

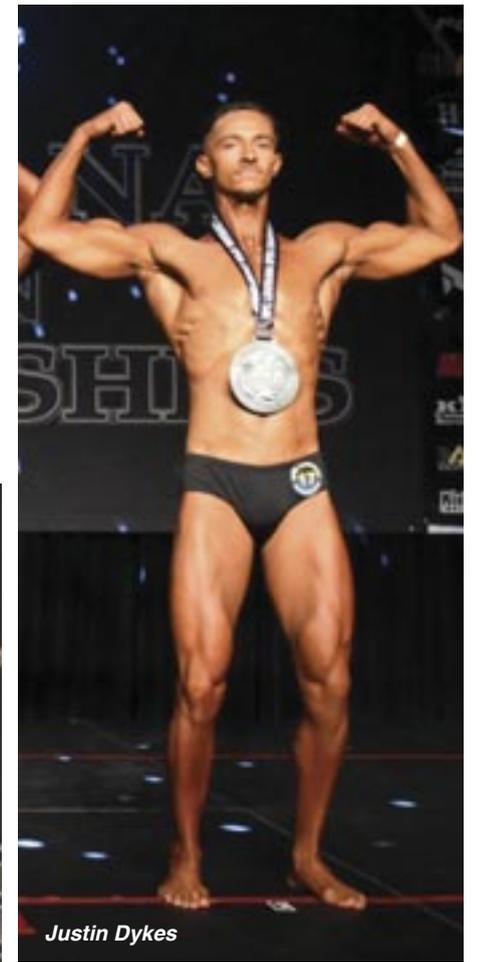
it a point to make contact with everyone, including the spectators, and to me that says a whole lot about a promoter and an organization. During the months of promotion leading up to this event, they kept everyone informed during the entire promotion of this event, made sure everyone was psyched up for it, and they came through and did everything they said they would do for their competitors, sponsors, and spectators. They made sure that every sponsor was announced and promoted all over social media and at the show just like they promised. They made sure that every spectator was having a great time and enjoying the show to the fullest extent. They bent over backwards for everyone who was there, and myself, as an athlete on their stage and as a sponsor of this event, can say that every single person who was there

absolutely enjoyed their time well spent there.

"A huge THANK YOU to everyone! The sponsors, athletes, judges, expeditors, staff, media, audience, special guests...the Instagram shout outs, the Facebook tags, all of it played a role in making this show so special. We absolutely could not have done this without you. You are the ones who made this event special. Y'all showed up and showed out. We



Cami Veasman



Justin Dykes



Madison Douget

pulled it off. Not me, not the three of us. ALL OF US." – Jason Neatherlin, Promoter and NPC/IFBB Official.

If you would like more information about how to sponsor at events such

as this, how to sponsor athletes (such as myself or any other), or how to get involved yourself, please feel free to reach out and contact me. I'll be happy to get you involved with world class events fitness events such as this and get your business name out there. (PSA: I am currently and actively seeking sponsors for my next competition too by the way... I'm headed to California to compete in the NPC/IFBB Masters USAs in Anaheim, CA in November 2022.)

Brandi LeBlanc,
CPT/Professional Bodybuilder
brandi@barbellebeautyfitness.com
225-210-7813

For more info, please contact me at brandi@barbellebeautyfitness.com or call me at 225.210.7813. You can also see the services and training classes we offer on our website, www.barbellebeautyfitness.com.



Chase and Aimee Gloeckner



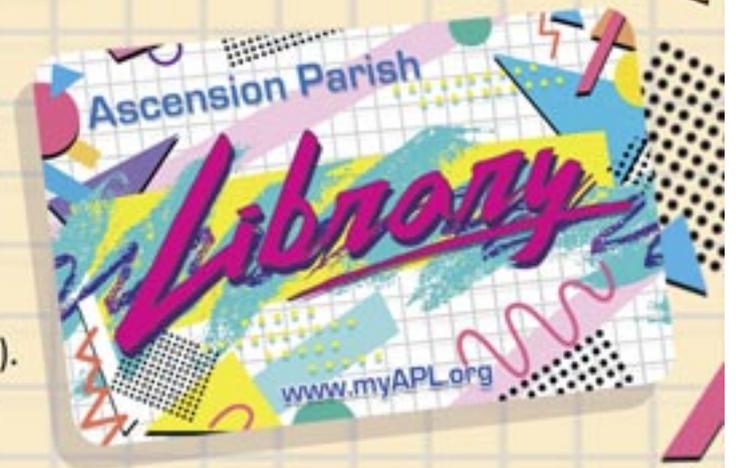
Chase and Aimee Gloeckner Team

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What's the most valuable card in your wallet?

Your library card!

By utilizing library services, APL cardholders have saved more than 6.3 million dollars this year (January-July 2022). With access to homework help, museum passes, STEM activities, streaming services, music, and books, an Ascension Parish Library (APL) card is the most cost-effective card in your wallet!



September is National Library Card Sign-Up Month. During the month, libraries unite in a national effort to ensure all children (and parents/guardians) have a library card. Students and teachers in the parish also have access to databases, ebooks, audiobooks, and more through a partnership with Ascension Public Schools. By using their school-issued ID numbers, students have access to digital resources 24/7.

Please note: A full-access library card is needed to check out books and other materials.

With a library card, you can:

- Get passes to local and regional museums and nature centers
- Access databases, online learning courses, and preloaded tablets
- Stream movies, TV shows, and music
- Borrow books, magazines, audiobooks, and more
- Learn a new language
- Prepare for college exams
- Learn how to grow your business
- Try a new hobby by checking out a telescope, ukulele, or board games for family night
- Attend a puppet show, learn about animals, and get inspired through library events



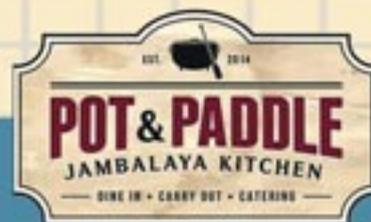
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What's Happening @ APL

myAPL.org



165,729

visitors in 2021

431,844

materials checked out in 2021



four

locations & a bookmobile

13,184

hours open in 2021



\$6,366,883.52

visitors have saved by using the library from January –July 2022
not including electronic resources

81,143

cardholders

49,839

adult & juvenile

31,304

education eCards

34,779

total outreach attendance



141

bookmobile stops



1,183

followers



6,249

followers

keep up with us

@myAPLlibrary

219

daycare visits

37

school visits

30

senior facilities

19

wag center visits



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Find back to school online resources by visiting our Kids & Teens pages at myAPL.org

Ascension Parish Library and Ascension Public Schools have partnered to provide all students and teachers with eCards based on their school-issued ID numbers. These Student and Teacher eCards will automatically provide 24/7, year-round access to all of the digital resources the library has to offer.

How it works:

- Your Student/Teacher eCard number combines myapl and your school ID # (Example: myapl12345)
- Your PIN is your school ID # (Example: 12345)

Benefits:

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- Research databases, homework help, and more on our kids (grades K–8) and teens (grades 6–12) pages
- Services and resources for teachers on our teachers page

Our kids, teens, and teachers pages can be found in the Kids & Teens drop down menu at myAPL.org. Education eCards are for use with digital resources only. A full-access library card is needed to check out books or other materials from your local library location. Ask any staff member for details.

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Our eAudiobooks are moving from Overdrive and Libby to cloudLibrary! On September 28, cardholders will need to download the cloudLibrary app to listen to titles formerly found on OverDrive and the Libby app. CloudLibrary is a digital library platform that also provides access to eBooks and streaming movies. APL is combining our collection with 27 other Louisiana libraries, making more than 153,000 additional digital titles available to our users. More titles mean more choices for you!

Note: Kindle Fire (3rd generation & up), other tablets, smartphones, eReaders, and computers are compatible with cloudLibrary. Kindle Fire users cannot send cloudLibrary titles to the Kindle app but can download and use the cloudLibrary app. Kindle Paperwhite does not work with cloudLibrary.





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East Ascension Classes 1970 to 1980 Party at Reunion .

Students of East Ascension gathered after all these years to meet class mates and tell stories from years gone by. There were some missing that were affected by Covid and others that have debilitating health issues. As we looked around most of us are not spring chickens anymore but it was great to see each other. Good Luck to all my class mates and see you next time.

Class of 1970



Class of 1971



Class of 1972



Class of 1973



Class of 1974



Class of 1975



Class of 1976



Class of 1977



Class of 1978



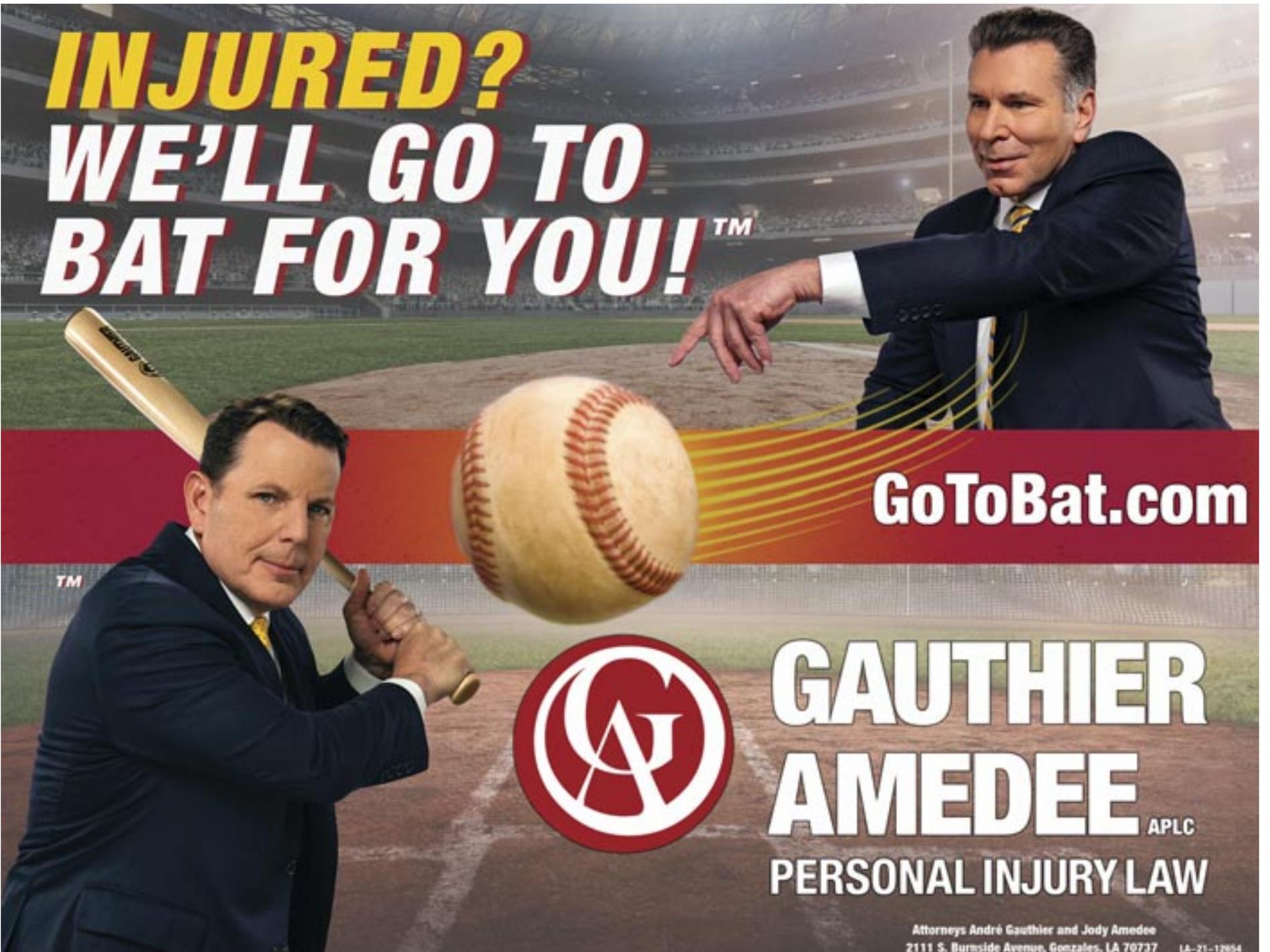
Class of 1979



Class of 1980



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Of Lines and Codes and River Roads

by Bill Delaune

Editor's note- When my casino buds (and budettes) compare our monthly mail outs to see who got the most comps-translation: who lost the most money- there is always a special for that month. For instance, L'Auberge in Baton Rouge is celebrating its 10-year anniversary this month and has all kinds of deals to lure us patrons-translation: suckers-to create "legendary" memories.

Of course, my young friends just smile incriminatingly at me and say, "Well, Coach, I'll bet you were there the day the place opened."

Well, boys and girls, as a matter of fact I was. And I wrote this column 10 years ago about that adventurous day spent with my longtime friend and college roommate Jody Petty.

Jody got his tickets to see the Angels play last July, but we often spoke about that column and that evening-so much that his son Gant asked for a copy at his funeral.

So with a few updates and revisions, I dedicate this rerun to my old sidekick who was with me on so many escapades including this wild ride.

This one's for you, Jody. Miss you, pard. Come by and see us when you get a chance. The music's still country and the beer's still cold...

During the British Invasion of the 60's, two of my favorite songs were "Ticket to Ride" by the Beatles and "Who'll Be the Next in Line" by the Kinks.

Little did I know that on the first of September-a day I'll always remember- the lines of those number one hits would come back to haunt me.

See, the Beatles' number began with the words, "I think I'm gonna be sad-I think it's today..." while the Kinks' opus started with, "Who'll be the next in line for heartaches..."

Considering the ticket and line problems we encountered on that day, those words



proved ominous indeed.

The day began with plenty of promise as the opening day of LSU football season coincided nicely with the opening of the new L'Auberge Casino-pushed back because of that aggravating Hurricane Isaac. Given the possibility of football and gambling on the same day, my former college roommate Jody and I decided to kill two North Texas Eagles with one pair of bones and catch the shuttle bus at the casino to go to the game.

That seemed like a good idea at the time with some of the LSU parking lots closed from the storm and the new casino primed to give away plenty of free comps for its incoming suckers-uh, customers.

We arrived about one o'clock

for the scheduled two o'clock opening only to discover that some degenerates had been there since 10 in the morning. There were lovely young lady hostesses on every level encouraging us to go to a place called the Event Center to obtain a player's card.

When we arrived at the Center, we found a line backed up to the White Castle city limits, but the casino didn't open for another hour and the bus didn't leave until 3 p.m. so we reluctantly took our place about an average Will Lutz field goal away from the card table.

Now ordinarily I don't stand in lines that long for any reason. My patience checked out years ago and my adult ADD craves movement and action after short periods of

time. But we were sort of like an atheist's funeral-all dressed up and nowhere to go-so there we stood.

Jody and I amused ourselves but observing the other fools-uh, patrons-one in particular who had appointed herself as enforcer of the "no cut" clause. If anyone not in line even took a step toward our snaking elongation, this red-bandana-clad woman went into gyrations that Little Egypt would have been proud of. Needless to say, no one attempted to cut in line.

After about 45 minutes, we were still nowhere near the table so I remembered something my golfing buddy Ray had told me during our last round.

"If you go to that new casino," he said, "look for a

woman in a wheelchair. She's an old friend of mine and she's a big wheel in L'Auberge." I put Jody on the lookout in one direction and began scanning the other, desperate to find anyone who could move us up in line when I heard those magical words, "Hey, Bill-how are you?"

Why it was ex-LSU pitcher and current Tiger baseball TV announcer Ronnie Rantz wearing an impressive suit complete with casino credentials. And who is accompanying Ronnie looking just as impressive-a lovely lady named Nikki and she's in a wheelchair. I introduced myself throwing Ray's name out there all the time hoping that between the two of these contacts we could move to the head of the line.

"Ray and I grew up together," said Nikki and then added when Ronnie told her I was a guitar player, "Oh, I love musicians."

All this time Jody is elbowing me like, "We are fixing to get VIP treatment," and I was getting pretty confident myself when a ruckus broke out in front of us.

The bandana lady, spotting someone she was sure was trying to break in line was throwing a fit-somewhere between a snake dance and a Holy Roller testimonial-and the words she was using were not in tongues.

"Excuse us," said Ronnie and Nikki as they hurried to defuse the situation and our VIP dreams vanished as quickly as they had come.

We did eventually get our cards, lost 30 bucks in a slot machine and headed down to the valet area to catch our bus. There we ran into what looked like a deal too good to be true. For four dollars apiece-round trip-a CATS bus would take us to the game and bring us back to the casino. And if we left the game early, the busses would be running continuously, we were assured.

Just as promised, the bus dropped us off at the old Alex Box Stadium and we patted ourselves on the back for finally making a right move. That is, until we tried to get into the game.

LSU season tickets that year came in a spiral notebook with schedules and coupons on every page and the ducats with several perforated edges. If

a technology-challenged 60-something year old person were not careful, he could tear out the tickets and leave the all-important bar code behind. What is precisely what yours truly did for the season opener. "I can't scan your tickets without the bar code," said the ticket taker at our gate. "You have to go to the ticket office and get a replacement." Bar codes? Years ago the only bar codes I knew were 1) Buy a round when it's your turn. 2) Don't scratch on the eight ball. And 3) Tell my wife that I just left when she calls. Remember, my talented young friends, this was in the B.C. period-before cell phones.

I don't know if I was madder at myself or for the genius at LSU that designed the tickets but muttering and cursing we headed for the office that could correct the situation. Turning the corner we noticed a line longer than the one at the casino with at least 500 irate fans yelling slanders and libels and words you never heard in the Bible in the direction of the ticket office.

"Let me guess," I assumed, "this is the line for no bar codes." Unfortunately, I was correct.

We took our spot at the end of the line and watched as one old gentleman snapped and went after the poor deputy on the other side of the barricade. "I've been a season ticket holder for 40 years and I'm going to miss the first game because some idiot put a perforated edge in the wrong place," he shouted.

The crowd roared its approval and I envisioned an Alamo scene with guns drawn when a happy young couple emerged from the "Will Call" window with four tickets. Now I don't know if I looked that depressed or Jody looked that threatening but they strolled right up and picked us out of the multitude.

"Our friends didn't show up," the young man said. "Would y'all like two free tickets?" Jody and I weighed our options-stay in this line until at least halftime or take a shot on the freebies. It was no contest and even with my partner's bad knees now on fire, we made our way up four or five ramps to our North End seats just in time for kickoff.

With LSU comfortably ahead in the third quarter, we decided

to leave and make sure we caught the right bus back to L'Auberge. The busses were staged across from the Vet Building so it was quite a hike but we finally got our weary bodies into a seat. That's when more bad news came.

"We don't leave until after the game," the driver informed us. Before I could launch into my English teacher's definition of the adverb "continuously", the same guy who had led the revolt at the ticket office charged to the front of the bus. "I want to talk to that white man in that white van," he demanded pointing to an obvious supervisor in a company vehicle.

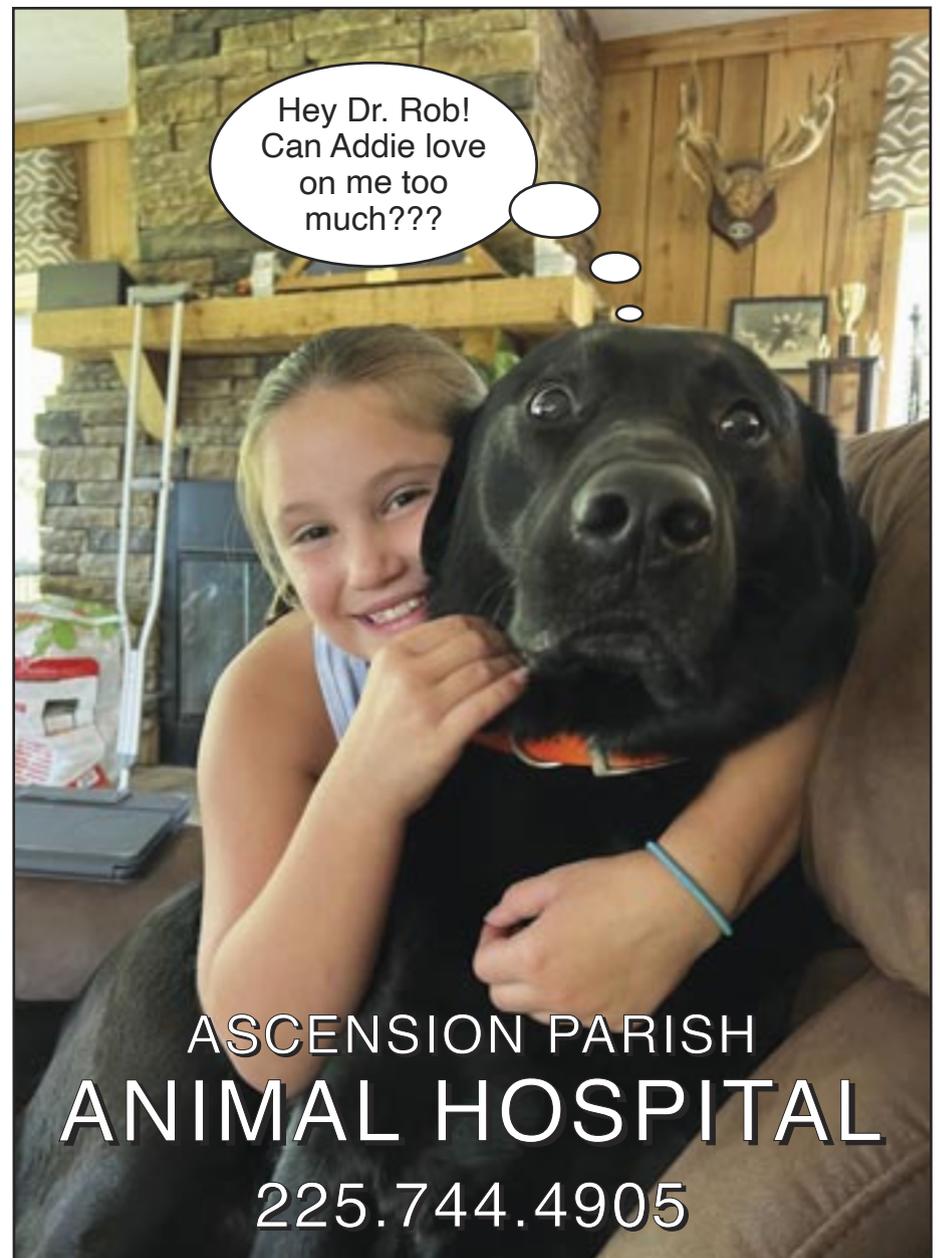
Now I don't know if this old dude was in line with us at the casino, but I know he made the bar code line. And now the bus delay was more than he could take on opening day. I won't pretend to know what he told the "white man in that white van" but within 10 minutes, our bus was pulling out and headed back to the casino. And I don't know if we were punished for complaining, but the driver had obviously never been down the River Road at night.

I remember getting caught on the wrong side of the levee shooting illegal robins with Canton and Don in a jeep one time and it started snowing. Canton would take an angle up the frozen hill and we would slide all the way back down. After many futile and hair-raising attempts, we finally drove all the way to the old ferry landing and crossed back over.

Several times during that September 1 ride, I swore we were going up on the levee or in the canal on the other side. "Is this a rough road or a smooth ditch?" Jody asked. We finally arrived back at the casino vowing never to make that trip again-until next week anyway.

"You want to go in the casino?" Jody asked. "The way our luck's been today?" I answered. We got in the car and drove back to Sammy's.

Miraculously, there was no line, I knew all the bar's codes and there was not a long and winding road back home.



Thoughts from Bully

DANGER ON DOO DOO HILL



This past Labor Day weekend my son and I headed to the hunting camp for our traditional camp clean up. At this time of year there are bugs and critters we have to clean out and then sleep with. Bug bombs take care of most of the insects but since we don't have electricity and running water we have to live through some other needs when nature calls.

We have a place that is a bit crude but functional for when



that feeling hits. It's called Doo Doo Hill. I know it's not ideal but we do have a toilet chair and rules about the hill that everyone follows. First once done move the chair at least 5ft. after your visit. Push a few leaves over the waste with a little white paper showing to prevent others from stepping in the wrong place.

I saw Josh disappear around the camp with only on thing on his mine. Get to the hill asap. He was there less than a minute when he went to screaming somebody get a gun. As we dashed toward the hill he was standing petrified with his drawers around his knees and a 5ft. rattle snake coiled up right next to him. Michael reached over and gave him his pistol. Aiming at a snake with butt cheeks



shining is not a scene you see everyday. He shot the gun and missed. The snake started moving and then Josh realized there were no more bullets. A pissed off rattle snake and a bunch of piles of leaves with white tissue showing all around leaves him few good options. Before he tried to dash off with dropped drawers of which I couldn't wait to see, Andrew

stepped in with a shovel and finished off the rattler.

Josh was saved and he sat back down to finish his business. He said that was not going to be a problem because that snake scared the sh%t out off him.

When he came back he looked at Michael and said, "Hey Barney ask your dad for some more bullets!"

Happy Birthday James 'Stump' Marchand

One of my favorite things is to hang out with Stump and pick on him. I want to know one thing?

How can someone so short, stand so tall, in a community. Happy 58th brother!!!





Useless Random Facts with Kellie

•
Michael Jordan makes more money from NIKE annually than all of the Nike factory workers in Malaysia combined.

•
Spiral staircases in medieval castles are running clockwise. This is because all knights used to be right-handed. When the intruding army would climb the stairs they would not be able to use their right hand which was holding the sword because of the difficulties of climbing the stairs.

Left-handed knights would have had no troubles, except left-handed people could never become knights because it was assumed that they were descendants of the devil.

•
In most advertisements, the time displayed on a watch is 10:10.

•
The original name for butterfly was flutterby.

•
-Roses may be red, but violets are indeed violet.

•
3.6 cans of Spam are consumed each second.

•
Massachusetts is home to Busta Rhymes Island.

•
In ancient Egypt, priests plucked EVERY hair from their bodies, including their eyebrows and eyelashes.

•
You spend 92 days of your life on the toilet.

•
Twelve or more cows are known as a flink.

•
Grapes explode when you put them in the microwave.

•
Eskimos have over 15 words for the English word of 'Snow'



Entertainment Schedule

Sept 23

Silver Dose, Them Guys
and Electric Age

Sept 30

Group Therapy

October 8

Bad Habit

October 15

Raidfest



RAIDFEST

October 15th

www.parkplaceofgonzales.com

Jammin' with Goosie



Three White Trout

The text stated that we will meet in the Hampton Inn lobby @ 4:15 A.M. and we'll carpool to Fourchon from that point. The fishing trip organized by Louisiana Cajun Bayou & Lafourche Parish in conjunction with the Louisiana Outdoor Writers 75th conference held in Thibodaux consisted of four individuals. Chris Holmes - Executive Director of LOWA -

writer and photographer for Louisiana Sportsman Magazine, John Felsher - Professional freelance writer and photographer, Nick Gremmilion - Employed by CPRA - Outdoor journalist and broadcaster, and myself. Getting acquainted with each other, along with discussions of the problems that we face nowadays in this world and the future of our writers association, made the trip from the motel seem like a shorter ride than normal.

As I approached our craft, captain "Kip" Plaisance, owner of the vessel quickly

recognized me and with that typical, down the bayou voice that I love to hear stated, "Hey, I watch your T.V. show Ascension Outdoors on a regular basis". I told him how much I appreciated him doing so and after quickly loading up we were headed towards Timbalier Bay for

some late summer speck fishing.

With a fairly stiff wind blowing from the south, we were awarded shelter behind a small cluster of islands where several other boats were already located. Each boat kept a good distance from each other. Felsher caught the first keeper of the day on a live shrimp shortly after we stopped. That fish would turn out to be the largest trout of the day. The bite wasn't bad at all. I had decided to film the event for an upcoming broadcast and do my fishing later on in the day. As I filmed one fish after the other, some keepers, some throwbacks being caught by Holmes, Gremmilion, and Felsher, there was one thing about this captain that really caught my attention. That thing was the fact that this guy did more guiding than fishing. There was never a time when any of those anglers had to wait for anything. He baited hooks, removed fish, repaired tackle, kept the boat clean, brought you drinks and took pictures. You name it. He was there for you. I told him at one point that we weren't rookies and that we could do some of those things for ourselves. He wouldn't buy it. In that distinct cajun voice he replied. "That's what you pay me to do". In my experience I've been with some guides who do more fishing and shooting



than their clients do.

The bite kinda slowed down and shortly after Holmes caught and released a nice bull red, we were off towards West Timbalier to a location of trout occupied by the captain's business partner who just so happened to be his son. As we slowly approached Max Plaisance's location on the reef, we witnessed several nice trout being boated by Max's crew.

Felsher fished plastics at that location and they produced a slightly larger fish in general than the live shrimp and minnows were producing. We bounced around for a few more stops at different platforms and the captain finally broke down and fished for a moment while a couple of the gang took a short break. He battled a big bull red away from a set of pillings to only have it eaten at the boat by a large bull shark. At some

point, we told Kip that we kinda needed to head in and get back to the conference location for some upcoming events later in the evening. All said and done, not a bad catch at all for a group of writers that were constantly using up fishing time to photograph, film, etc. Thirty one specs, two released bull reds and three white trout.

While unloading fish at the marina, I got to formally meet Kip's son, Max. He sure was a super young man that any parent would be proud of. Shortly after my conversation with Max, I asked our captain if I could help him clean the fish. He quickly insisted that I did not need to help. A moment or two later, without being asked to do so, he did something that really put the icing on the cake for me in regards to this man's character. After filleting all the specs, he then took time to carefully scale those three

twelve inch or so white trout, removing the head and intestines so that they could be whole fried. That was a kinda special gesture with a lotta class in my opinion. Believe me, I've eaten my share of them like that and they are delicious.

As a young supervisor, I was constantly challenged by the leaders of the company that I worked for at that time to just do something different now and then. Every day is a new day so why not try something new and get out of that same old rut that you're stuck in? Step out of the box, so to say. By putting a little more effort into things and by doing something just a little special for someone could surely touch one's soul in a good way.

Our state offers some great fish and hunt guides. Each has their own way of doing things. I've been fortunate to have had the opportunity to spend time

with several of these men and women and have for the most of it enjoyed them all. But if I were you and you wanna make a trip down south then I would surely recommend choosing Plaisance Tidewaters Charters for your next trip. You'll be glad you did.

And oh, by the way, guess what fish were the first to be eaten out of the bunch that I brought home?

Till next time

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James "Goosie" Guice



Eric Lambert
Owner

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Doug & Sally



Fishing Rodeo Part 2 *Photos by Robin Stevens*



East Ascension Sportsmans League
 Letter from president -
Mike Lambert

Hello again! This month I'm going to tell y'all about a little family mini vacation I took with my son Robbie, daughter Susan, and their families to Cypremort Point LA. They wanted to take their kids somewhere that they could swim and fish before they started back to school. Somewhere close and not too expensive. Robbie found the place online and invited Bettye and I to go along.

Cypremort Point is a point of land sticking out between Vermillion Bay and West Cote Blanche Bay and right north of Marsh Island. We stayed in a real nice camp that we rented for a good price. It had everything there. Parking



under the camp had enough room for our three cars and my boat. Also, they had a little area below to cook. Above, was a big deck with a picnic table and a view of the bay. The first day we got there in the evening right before dark and unloaded all our stuff up into the spacious 3 bedroom camp.

The next morning, after a big breakfast, my grandson Timmy, Robbie, and myself loaded the boat to go fishing. The weather was going to be rainy but we were going to try anyway. There is a nice boat landing real close. It is right by the Cypremort Point state park.



We launched the boat and headed across Vermillion Bay toward the pass on the west end of Marsh Island. It was a rough ride. We should've had a bigger boat. The first cast I had a fish on. It was just a big old sail cat. We caught a few of those, then, we had to run east from a rain storm. We ended up in Michael Bayou. Sounds like a good spot, right? We caught two trout and got rained on some more. The trip back across the bay was a little rougher, but we made it. Good thing we brought some fish from home. That evening we fried fish, shrimp, and frog legs and had a feast.



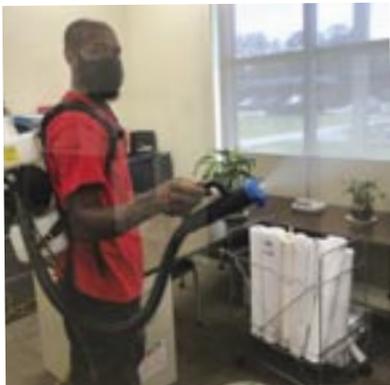
The next day we had a huge breakfast. Eggs, bacon, pancakes, the works. Then we headed for the state park. They had some nice picnic areas next to the little beach where we ate sandwiches for lunch and swam next to a four foot alligator all day. They have a boardwalk through the marsh but we didn't see much wildlife in the middle of the



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day. We rented a kayak from a trailer that sold snowballs and T-shirts and other beach stuff. There are also cabins to rent but you have to rent them a year in advance because they are booked up all the time. It was a real nice place and we plan on going back fishing this fall when the fishing is better.



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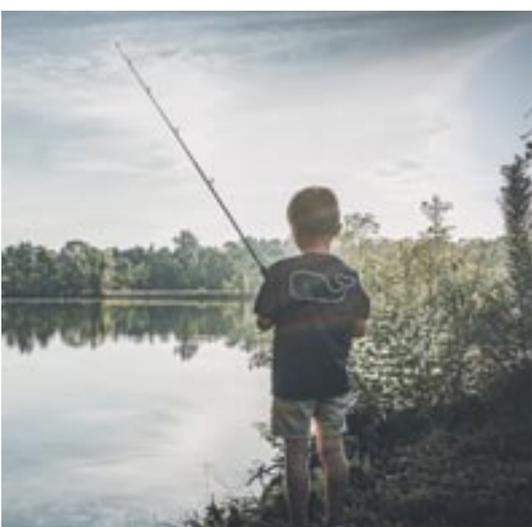
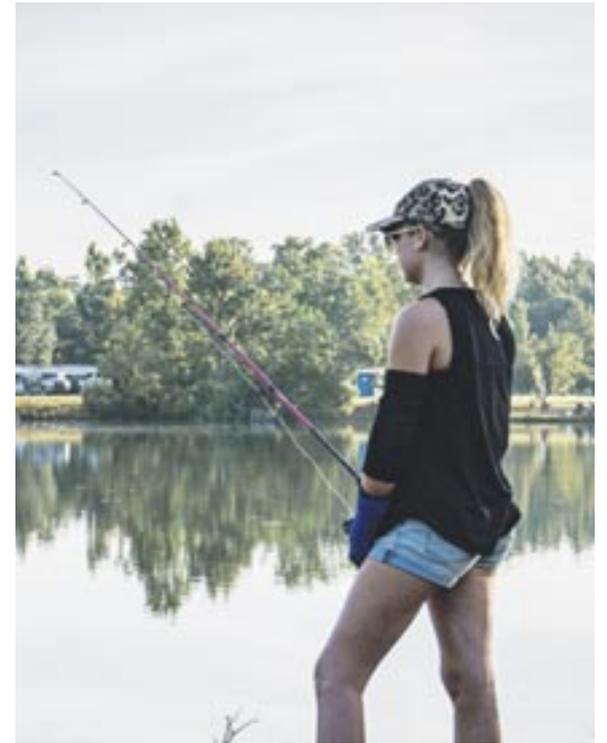
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East Ascension Sportsman's League Bass Club News

EASL Bass Club held its' July Tournament

The EASL Bass Club held its' July Tournament on the 23rd. The Tournament was held at Atchafalaya Spillway Public Landing with a 2:00 Pm weigh in.

There were 11 Boats participating in the Tournament.

First Place went to Donald Braud & Terry Molea with 5 fish weighing 11.79 lbs.

Second Place went to Tony Arceneaux & Jason Beck with 5 fish that weighed 10.93 lbs.

Third place went to Anthony

Bonadonna & Lester Rome with 5 fish that weighed 10.22 lbs.

Fourth place went to Chad Cannon & Dale Babin with 5 fish weighing 9.11 lbs.

Big Bass winner was Tony Arceneaux with a lunker that

weighed in at 3.42 lbs.

Congratulations to the winners of the July Tournament. Our next event is scheduled for August 20th. The pre-tournament meeting will be on August 11th at Dirk Anderson's home.

East Ascension Sportsman's League Bass Club News

EASL Bass Club held its' August Tournament

The EASL Bass Club held its' August Tournament on the 20th. The Tournament was held out of the Amelia Landing with a 2:00 Pm weigh in. There were 14 Boats participating in the Tournament.



First Place went to Anthony Bonadonna & Lester Rome with 5 fish weighing 13.01 lbs.

Second Place went to Jim & Warren Hebert with 5 fish that weighed 11.59 lbs.

Third place went to Glenn Kinler & Joel Murphy with 5 fish that weighed 10.42 lbs.



Fourth place went to Carlos Grey & Ryan Crooks with 5 fish weighing 8.98 lbs.

Fifth place went to Tony Arceneaux & Jason Beck with 5 fish that weighed 8.59 lbs.

Big Bass winner was Anthony Bonadonna with a lunker that weighed in at 4.52 lbs.

Congratulations to the winners of the August Tournament. Our next event is scheduled for September 10th. The pre-tournament meeting will be on September 1st at Dirk Anderson's home.



Join Us For Our Next Meeting

The September monthly meeting will be on Monday Sept - 19 at Cabelas 7pm in the upstairs Conference room.



A R T I S T P R O F I L E

South Louisiana's Own Blake Luquette

Born in the culture-rich area of South Louisiana, Blake Luquette grew up surrounded by music of all kinds—from Cajun to church hymns, country to rock, and zydeco to blues— he had diverse influences which has shaped his love for entertaining and making music.

While in high school in Abbeville, Louisiana, Blake signed on to Ralph Records out of New Orleans and recorded his first project at the young age of 16. He recorded his second project at 18 years old, and began opening for some of the hottest country artists in the late 90s and early 2000s.

Although his music career was taking flight, he had an emptiness in his heart. Both of Blake's grandfathers served in



the military, and he felt a calling to serve his country by joining the United States Marine Corps.

Initially intending to continue his music career while serving, the events of September 11,

2001, changed everything for the young singer/songwriter, who served in combat in the war on terror as an infantryman. During his time in Fallujah, Iraq, in 2004, Blake decided that if he made it out of the war-torn city,



he would once again pursue his music career.

After returning home, Blake began working on songwriting, recording projects, playing locally in South Louisiana and



a brief stint in Nashville. While preparing a life with his new bride, Heidi, Blake made the difficult decision to accept a traveling position in the oilfield, where it would provide an abundant life for the young couple but would also be impossible to plan and schedule performances.

While building a career, traveling the country, and moving up the ranks in the oilfield, Blake continued songwriting and playing music any chance possible—and his hunger and love for playing music remained strong. After 15 years in the oil and gas industry, Blake resigned from his position to pursue his music career full-time. In 2021, he began performing at venues and private functions across South Louisiana and Southeast Texas.

Blake has no regrets on where life has taken him, and the decisions he had made during the last 22 years to serve his country and provide for his family. After overcoming combat-related issues, and rising the ranks in corporate America, he feels this is the perfect time to put all of that behind him and pick up where he left off.

In June 2022, Blake began recording a new single, "Pour the Hurt On" and is well on his way to resurrecting a promising career. He has come full circle and can be found on stage entertaining a weekend crowd once again.

Email: blake@blakeluquette.com Website: www.blakeluquette.com



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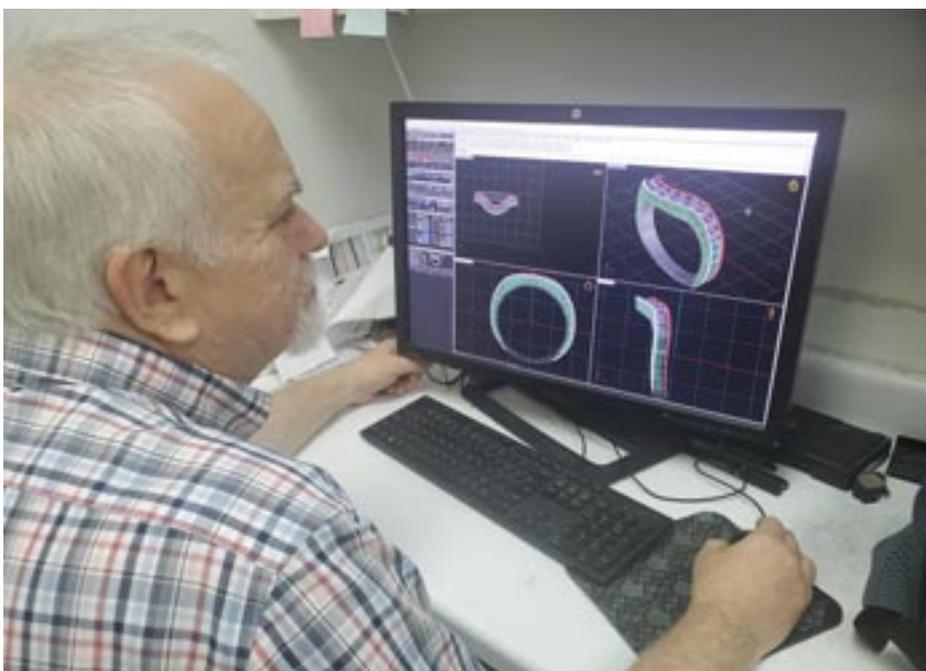
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SHRIMP AND SAUSAGE JAMBALAYA



Executive Chef, John Donaldson

Prep: 20 minutes

Cook Time:
1 hr. 10mins

Servings:
4 plates

Ingredients:

- 2 tbsp butter
- 8 ounces andouille sausage, cut into ¼ inch slices
- 2 tbsp ground paprika
- 1 tbsp ground cumin
- ½ tsp cayenne pepper
- ½ cup diced tomatoes
- 1 large green bell pepper, diced
- 2 stalks celery, sliced ¼ inch thick
- 4 green onions, thinly sliced
- 1 tsp salt
- 1 bay leaf
- 1 cup uncooked brown rice
- 3 cups chicken stock
- 1 pound large shrimp, peeled & deveined
- Salt & ground black pepper to taste

Instructions:

1. Place butter and sausage in a large stockpot over medium heat; cook and stir for 5 minutes until sausage begins to brown.
2. Stir in paprika, cumin, and cayenne; cook for 1 minute
3. Stir tomatoes, onions, celery, green pepper, green onions, salt and bay leaf into sausage mixture.
4. Add brown rice and stir to combine. Stir in chicken stock and turn heat to low. Cover and cook for until rice is just tender, about 45 minutes.
5. Stir in shrimp, replace lid and cook for 5 minutes.
6. Season with salt and black pepper.

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