

COMPLIMENTARY

# Ascension

M A G A Z I N E

FEBRUARY 2025, VOL. 23 ISSUE 2



# Snow Day



GRILL & BAR

# Boiled Crawfish Friday & Saturday Night

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

## *Boiled Seafood Bucket*

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

4 lbs boiled crawfish  
1 lb jumbo shrimp  
1 cluster Dungeness crab  
4 potatoes  
2 corn cobs

## *Boiled Crawfish Special*

**3# 4# & 5# Specials 2 potatoes and 1 corn**

## *Boiled Seafood Pot*



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**Publisher / Editor**

Mike Strong

**Associate Editor**

Thumper

**Sales Manager**

Dottie Godbery

**Staff Photographers**

Robin Stevens

George Stevens

Jimmy Dunkley

**Distribution Manager**

Michael Strong

**Contributing Writers**

Bill Delaune

Linda Melancon

Bully

Goosie Guice

Kellie Seymour

Tanya Stilley

Jimmy Dunkley

Patti Mouton

Jamie Lavigne

Mariah Simoneaux

Robin Stevens

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**225-622-1324**

E-Mail Comments

to Stronggraphics1@cox.net

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**ON THE COVER ..... Snow Day Photo by Off the Grid Photography**

*Laissez les bons temps rouler*

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*Jamie Frederic-Bourgeois*



The Ascension Chamber would like thank the following Awards Banquet Sponsors:



# Ascension Chamber Recognizes Top Local Businesses and Leaders at Annual Awards Banquet

The Ascension Chamber of Commerce celebrated the successes of 2024 and honored award finalists and recipients at their Annual Awards Banquet presented by Our Lady of the Lake

Ascension on Thursday, February 13 at the Price LeBlanc PACE Center. With nearly 400 guests, the evening started with a lively Social Hour presented by Percy Law and concluded with an awards

program.

The Ascension Chamber proudly acknowledged some of its most active and committed members for their invaluable contributions and ongoing

involvement in strengthening both the Chamber and the community. Finalists for Individual of the Year were Amy Cheek, TruBlue Water; Jaycee Gill, City of Gonzales; Nick Schexnayder, McKim &





Creed. Finalists for New Members of the Year were Ascension Parks Foundation, Automatic Access Gates, and Downbeat Louisiana. Small Business of the Year Finalists were Bonfanti Investments, Percy Law, and TruBlue Water. Medium Business of the Year Finalists were Domain Architecture, Forte & Tablada, and Premier Lanes. Large Business of the Year Finalists were Ascension Credit Union, CF Industries, and Ochsner Health.

Top honors in each category were as followed:

2024 Ambassador of the Year: Kewanda Joshua of The Arc of East Ascension, 2024 Young Ascension Professionals Emerging Leader: Olivia Mahan of Automatic Access Gates, 2024 Individual of the Year: Jaycee Gill of the City of Gonzales, 2024 New Member of the Year: Automatic Access Gates, 2024 Excellence in Public Service Award: The Arc of East Ascension, 2024 Small Business of the Year: Percy Law, 2024 Medium Business of the Year: Domain Architecture, and 2024 Large Business of the Year: Ascension Credit Union.

The Chamber would like to thank our top event sponsors: Our Lady of the Lake Ascension, Presenting Sponsor; Westlake Corporation, Awards Sponsor; Percy Law, Social Hour Sponsor; Neighbors Federal Credit Union, Bar Sponsor; and Premier Sponsors: Ascension Clean Energy; Ascension Credit Union, BASF, CF Industries, Church Funeral Services & Crematory, Community Steel, Forte & Tablada, REV, Rubicon, and Shell. The Chamber would also like to thank our event

vendors: Ascension Party Rentals, 360 Catering, Flower General by Carlstedt's, Minutia Organizing & Consulting, and the Price LeBlanc PACE Center.

If you would like information on how to get your business involved with the Ascension Chamber of Commerce in 2025, please visit [www.ascensionchamber.com](http://www.ascensionchamber.com).

**Photos by Bayou Rose Photography & Crawford Photography.**





# GGC Celebrates Arbor Day 2025



Gonzales Garden Club members stand with Mayor Riley (center) and Reverend Stagg (left) in orchestrating the tribute to trees on Arbor Day.

by GGC Member Kathy Guidry, guest columnist

Arbor Day is a national holiday celebrating the importance of trees. The significance is to plant trees, appreciate their beauty, and recognize their role in the ecosystem. Although this year's National Arbor Day is April 2, some states celebrate Arbor Day on different days or months, depending on the best time to plant trees in their area. For the past 57 years, the Gonzales Garden Club has planted a tree somewhere in the City of Gonzales. On January 17, the Club celebrated Arbor Day by planting a live oak on the City Hall grounds. The ceremony began with a prayer led by Rev. Thurman Stagg of the United Methodist Church in Gonzales. Vice President and Arbor Day Chairman Janis Poche welcomed everyone and presented the live oak tree to Gonzales' newly elected mayor, Tim Riley. Ms. Poche explained the live oak tree has virtues, including their strength, longevity, and role in the ecosystem. This live oak tree becomes a legacy for future generations.

The live oak tree known for its wide branches, lush canopy, and thick leathery leaves can be found throughout the state and is a symbol of Louisiana's history and culture as explained by Gwen Heck, the Club's Live Oak Society Chairman. The Louisiana Live Oak Society began in 1934 by Dr. Edwin Lewis Stephens, the first President of ULL (fka USL) in Lafayette. The purpose of the Society is to promote the culture, distribution and appreciation of the live oak. The Gonzales Garden Club has proudly registered 120 live oak trees in Ascension Parish as of December 2024. If you wish to register a live oak tree or need additional information, visit the Louisiana Garden Club Federation, Inc. at <https://www.lgcfinc.org/live-oak-society.html>.

Garden Club Member Flo Hernandez thanked everyone for their support and dedication in making the Arbor Day celebration successful: to Reverend Thurman Staff of United Methodist Church for graciously leading the group in prayer; a special thanks to Mayor Tim Riley and City Hall for allowing the club to plant another tree on City Hall's grounds; to

Mayor Riley's administrative assistant, Terry Delatore, for her assistance in coordinating the planting along with Brandon Boylan, Finance Director and Jaycee Gill, Media Coordinator; and to the City Maintenance crew, David Russell, Matthew Keller and Dekaum Milton for their help in planting the tree with Harlan and Janis Poche.

Club members in attendance were Dale Bowman, Zanna

Brewer, Cynthia Cagnolatti, Kathy Guidry, Gwen Heck, Flo Hernandez, Raakhee Malani, Barbara McCormick, Conchita Richey, Marilyn Rice, and Janis Poche along with Harlan Poche. The ceremony concluded with Dale Bowman, Arbor Day Co-Chair, reciting "An Old Oak Tree Reminisces" written by former Gonzales Garden Club member Willie Mae Montgomery.



Reverend Thurman Stagg of United Methodist Church and Mayor Tim Riley helped officiate the Arbor Day Ceremony.



Harlan Poche advised City Maintenance crew members David Russell, Matthew Keller and Dekaum Milton as they planted the live oak tree.

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# From the Gonzales Garden Club



Horticulture Agent Mariah Simoneaux presented a program on fruit trees at the garden club's February meeting at Dale Bowman's home.



Guests Joan Cox (left) and Angelle Croman (right) got acquainted on Dale's patio after lunch.

## Backyard Fruit Trees

Gonzales Garden Club Member Dale Bowman hosted the club's February meeting at her home in St. Amant. Ascension's horticulture agent gave an unpretentious presentation. Hostesses served lunch and the club's past president managed the business meeting.

Sixteen GGC members and two guests, Joan Cox and Angelle Croman, attended. The meeting opened with roll call responses about experiences with growing fruit trees. The fruit tree most commonly grown with success was the fig tree. Flo Hernandez told of her prolific LSU Golden fig tree that she bought at Delaune's Do It Yourself Center more than 10 years ago as a sorry little stick in soil for 75 cents. Many members have grown citrus trees such as lemons, limes, satsumas,

oranges and grapefruits over the years. A few members have experience with pecan trees and blueberry bushes. Paola DiNatale and guest Angelle Croman are growing young grapevines with modest yields thus far. Other fruits grown by members include loquat, cumquat, persimmon, pomegranate, jackfruit, mango, papaya, plum, pear, apple and lychee.

LSU AgCenter Extension Horticulture Agent Mariah Simoneaux spoke to the group for maybe an hour employing her PowerPoint presentation, "Fruit Trees in Your Landscape". She reviewed the basics of growing fruit trees in south Louisiana with attention to strategies for planting, fertilizing and pruning. She recommended certain varieties

for their higher survival rates, easier maintenance and higher yields.

Mariah cited positive benefits of growing fruit for food, shade, beauty and wildlife survival. An unusual spatial arrangement for growing fruit trees and bushes is planting them as a hedge in place

of a fence. The row of trees could either be of the same species or a pattern of two or three specimen types.

Before purchasing a fruiting plant, Mariah advocated researching the amount of effort needed to maintain it, how it is pollinated, proper soil type, light

← Most Cold Hardiness Least →					
Kumquat	Satsuma	Orange	Grapefruit	Other Citrus	Lemon, Lime
Meiwa Nagami Sour	Armstrong Early Brown's Select Early St. Ann Kimbrough Louisiana Early Owari	Hamiln Sweet Louisiana Sweet Moro Blood Pineapple Sweet Valencia Washington Navel	Marsh Rio Red Ruby Red Star Ruby	Ponkan Mandarin Clementine Tangerine Dancy Tangerine Robinson Tangerine Sunburst Tangerine Minneola Tangelo Orlando Tangelo	Meyer Lemon Mexican Lime Persian Lime

LSU AgCenter posted this Cold Hardiness Graph for citrus trees on its Facebook page originally from <https://seedstosuccess.com/seeds/citrus/>.



Members Gwen Heck, Dana Teepell, Barbara McCormick, Dale Bowman and Marilyn Rice were hostesses for the day.





Marilyn Rice told of the growth habits of her rattlesnake plant.

requirements and access to irrigation. Other considerations are space, pruning, chilling hours and wildlife attractions.

When selecting the plant, buy one grown locally. Mariah said, "Small and medium sizes survive best.

Transplant shock is more severe for large plants." Plant in January and February to get them established before March. Plant on a mound, rough up the roots a bit and backfill with native soil.

Fertilize at year two in January or



Razzie Cagnolatti intrigued the group with what she believes is a petrified coconut shell that has been in her family for 70+ years.

February with recommended amounts in accordance with heavy versus light feeders. The fruit of overfertilized trees will not ripen.

Prune branches that are dead, damaged or diseased. Take off branches that are crossing each other or rubbing together. Remove branches that are low to the ground or growing in the wrong direction. The goal is to allow proper airflow and branch movement to reduce the chance of disease. Mariah cautioned the group, "Don't take off more than one half of the plant. I take my loppers, make a cut, then step back. It's clip – look, clip - look."

Mariah detailed specific varieties of figs, satsumas, cumquats, pear, persimmons, pomegranate, mayhaws, peaches and plums. General tips were to always check the cold hardiness graph and find out how many plants are needed for successful pollination. She also warned the gardeners, "Be careful with that weedeater around fruit trees." String trimmers will nick the trunk.

Mariah is also the Assistant Louisiana Master Gardener Coordinator. She is originally from southeast Missouri and learned about Louisiana fruit trees from LSU. She has a husband and 9

three young children. She has been working for the LSU AgCenter for 15 years and is always happy to work with community and parish agricultural associations.

GGC Past President Conchita Richey presided over the meeting calling on each committee chair for reports. Marilyn Rice, Conchita and Razzie Cagnolatti presented garden inspirations. The horticulture hint is to prune roses this month. The horticulture design tip is to carry a pail of cool water with you as you gather plant material for arrangements so you can immediately place the cut stems into the water.

Hostesses Dale Bowman, Gwen Heck, Barbara McCormick, Marilyn Rice and Dana Teepell served salad, Italian bread, beef and vegetarian lasagnas, bread pudding and ice cream sandwich pie for lunch. The club closed the gathering with a tour of Dale's garden with anecdotes from members about their timely efforts to recover from the January freeze and snowfall. Next month's topic is perennials.



Conchita Richey explained how her "hen and chicks" succulent survived the freeze as Zanna Brewer (left) and Angelle Croman (right) anticipated seeing the plant.

# Get Growing, Ascension!

## Try Gardening in a Raised Bed

There are several great reasons to grow plants in a raised bed or container in a home landscape. Raised beds and containers are perfect for smaller yards, as they are good for people who don't own large garden equipment and those not wanting to constantly fight encroaching grass. Additionally, they offer better control over soil quality and drainage, leading to healthier plants.

Raised beds come in a variety of sizes and shapes and can be constructed from numerous building materials. Lumber, bricks, cinder blocks, pavers, and sandbags are all excellent options for holding soil in place. The versatility in design and materials allows you to customize your raised beds to fit your space and aesthetic preferences. Before building a raised bed, it is



essential to remove grass and weeds. This step will simplify future garden maintenance by minimizing unwanted growth. Additionally, clearing the area ensures the plants have a healthy, competition-free space to thrive.

The standard bed is 4 feet wide, 8 feet long and 12 inches tall. A taller raised bed can be created by doubling the height. The dimensions of this finished bed are 4 feet wide by 8 feet long and 24 inches tall. Keep in mind, the taller the bed, the more soil that will be needed to fill it. Furthermore, if using alternative materials, raised beds should be a minimum of 8 inches deep to allow for adequate root-ball growth and optimum yields. Regardless of materials used, they should be built with ease of access in



mind. Narrower beds reduce the need to step into the bed to reach the middle, which helps prevent soil compaction. Constantly stepping in raised beds compacts the soil, making it necessary to till and thus defeating the purpose of building the raised bed. For step-by-step instructions on how to build a raised bed see the LSU AgCenter publication, Home Garden Series: Raised Beds (LSU AgCenter Publication 3360).

Most garden centers sell a

garden blend of soilless media that works well for ornamentals and vegetables. This can be purchased in bulk. Soil should be dark and comprised of decomposed materials. Try to choose a soil that isn't primarily large bark pieces. Too much bark ties up nutrients and drains too quickly. When buying soil or planting media, ask the seller for a copy of the soil analysis. Make sure the soil has a pH of 5.5 to 7.0. This is the perfect range for most vegetable and ornamental crops. Also, keep in mind that plants should be compatible in terms of light and water needs with the site. Do not mix sun and shade-loving plants in the same raised bed.



*Mariah Simoneaux is the Horticulture Extension Agent serving Ascension Parish. For more information visit [www.LSUAgCenter.com](http://www.LSUAgCenter.com) or contact Mariah at (225) 621-5799 or [MJSimoneaux@agcenter.LSU.edu](mailto:MJSimoneaux@agcenter.LSU.edu).*



# YOUR ESTATE MATTERS



By Linda Melancon

## Who Inherits Your Bitcoin? Why Estate Planning for Crypto Is Crucial

When I started my practice in 2002, we didn't even have a way for someone to pay with a credit card – which was fine since most of my clients preferred to use checks. Twenty years later, not only are checks increasingly uncommon, but a whole new type of currency has been invented. I'm speaking, of course, about cryptocurrency. Cryptocurrency has rapidly become a popular investment option, with millions of people holding digital assets like Bitcoin, Ethereum, and other tokens. While cryptocurrency offers a modern, decentralized approach to financial management, its unique characteristics make it especially critical to consider in estate planning. Failing to consider your cryptocurrency as a part of your estate plan could lead to lost assets and additional stress for your loved ones. And while we don't yet accept crypto as payment, here's why addressing your crypto holdings in estate planning is essential:

### 1. Cryptocurrency Is a Unique Asset Class

Unlike traditional financial assets, cryptocurrency is decentralized and stored in digital wallets that are protected by private keys. Without these private keys, access to the funds is impossible. Unlike a bank account or stock portfolio, there's no central institution to turn to for help if access is lost. This means that if you don't properly document and plan for the transfer of your crypto

assets, they could be irretrievably lost after your death.

### 2. Lack of Awareness Among Heirs

Many people do not openly discuss their cryptocurrency holdings with family members or even their financial advisors. This secrecy can be problematic when preparing your estate plan. Without proper documentation or instructions, your heirs may not even know that you own cryptocurrency, let alone how to access it. Including instructions regarding cryptocurrency in your estate plan ensures your digital wealth is accounted for and distributed according to your wishes.

### 3. Legal and Tax Implications

Cryptocurrency is treated as property for tax purposes in many countries, including the United States. This means that upon your death, your digital assets may be subject to estate taxes, capital gains taxes, or other levies. A well-structured estate plan can help minimize the tax burden on your heirs and ensure compliance with applicable laws. Consulting with a financial advisor or estate planning attorney familiar with cryptocurrency is crucial for navigating these complexities.

### 4. The Importance of Access and Security

The very security features that make cryptocurrency appealing – anonymity and self-custody – also make it difficult to pass on to heirs. To ensure your loved ones can access your crypto assets, you need a plan that balances security with accessibility. This might involve:

- *Creating a list of your cryptocurrency holdings.*
- *Documenting wallet addresses, private keys, and seed phrases.*
- *Storing this information securely, such as in a password-protected digital vault or with a trusted third party.*

Without these steps, your heirs may face significant challenges in accessing your digital assets.

### 5. Evolving Technology and Laws

The world of cryptocurrency is constantly evolving, and laws surrounding digital assets are still developing in many jurisdictions. An estate plan that considers cryptocurrency ensures your assets are protected and managed in line with current laws and best practices. Regularly updating your plan as technology and regulations change is also essential.

### Practical Steps to Include Cryptocurrency in Your Estate Plan

If you own cryptocurrency, here's how you can ensure it is properly addressed in your estate plan:

1. **Take Inventory:** List all your cryptocurrency holdings, including wallet addresses, private keys, and seed phrases.
2. **Consult Professionals:** Work with an estate planning attorney and a financial advisor who are familiar with digital assets.
3. **Secure Your Documentation:** Store critical information in a safe but accessible location, such as a secure digital vault or a trusted estate planning tool.

4. **Designate Beneficiaries:** Clearly state who should inherit your cryptocurrency and provide instructions on accessing and managing the assets.

5. **Update Regularly:** Revisit your estate plan regularly to account for changes in your portfolio, technology, or laws.

Cryptocurrency represents a significant and growing portion of wealth for many individuals. However, its unique nature demands special attention during estate planning. By proactively including cryptocurrency in your estate plan, you can ensure your digital assets are not lost or overlooked, provide for your loved ones, and minimize potential legal and tax complications. Taking these steps today will give you peace of mind and protect your legacy in the digital age.

*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.*

**30<sup>th</sup> Annual**  
**"KREWE OF DIVERSION"**  
**MARDI GRAS BOAT PARADE**  
February 22, 2025  
(Saturday at Noon)

**GRAND MARSHAL: ABIGAIL WHITAM-WBRZ**

**REGISTRATION at MANNY'S**  
Friday February 21, 2025 at 6:00pm  
\$50 per boat - Checks payable to LFACC

**ALL PROCEEDS BENEFIT ST. JUDE**

Food and St. Jude items will be sold at Manny's starting at noon the day of the parade.

LIVE AUCTION STARTS AT 5:30pm or after all participating parade boats are back at Manny's. All donations are appreciated.

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first, but those affirmations will reprogram your mind to recognize how amazing you are.

**4. Learn to Say No**

You don't have to do it all. Really. Sometimes the most empowering thing you can do is say no. Take a pause before committing to something. Give yourself permission to think it over—and don't feel guilty if the answer is no. Overcommitting leads to burnout and resentment. Protect your energy, and focus on what truly matters.

**5. Prioritize Self-Care**

You can't pour from an empty cup. Taking care of yourself means you'll have more to give to others. Rest. Move your body. Eat nourishing food. And yes, it's totally okay to hire a sitter and get a pedicure solo. You'll return feeling refreshed and ready to tackle whatever life throws your way

**International Women's Day starts with YOU.**

It's about loving yourself, staying curious, taking time for rest, and embracing the power of no when you need it. This is how we become our best selves—not for anyone else, but for us.

So, this month, let's celebrate the incredible, multi-faceted women we are. Cheers to the bold, brave and strong women of Ascension Parish!

XOXO,

*Sweet Eyes*

Here's Looking at You  
*Sweet Eyes*

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

by Tanya

**Celebrate Your Best Self This International Women's Day**

March 8th is International Women's Day—a time to honor the social, economic, cultural, and political achievements of women around the world. It's also a call to action to accelerate gender equality. But instead of diving into stats on unequal pay or workplace inequality, let's focus on what we can control: becoming the best, most authentic version of ourselves.

The reality is, women are constantly balancing it all—thriving in careers, running households, and somehow trying to maintain the perfect body, flawless skin, and a million other expectations. Exhausting, right?

But here's the thing: the real magic happens when we stop striving for perfection and start embracing who we truly are. Loving yourself as you are is the ultimate key to peace and real beauty.

So, rather than dwell on the pressures, here are some ways to thrive and love the life you're building:

**1. Own Your Unique Strengths**

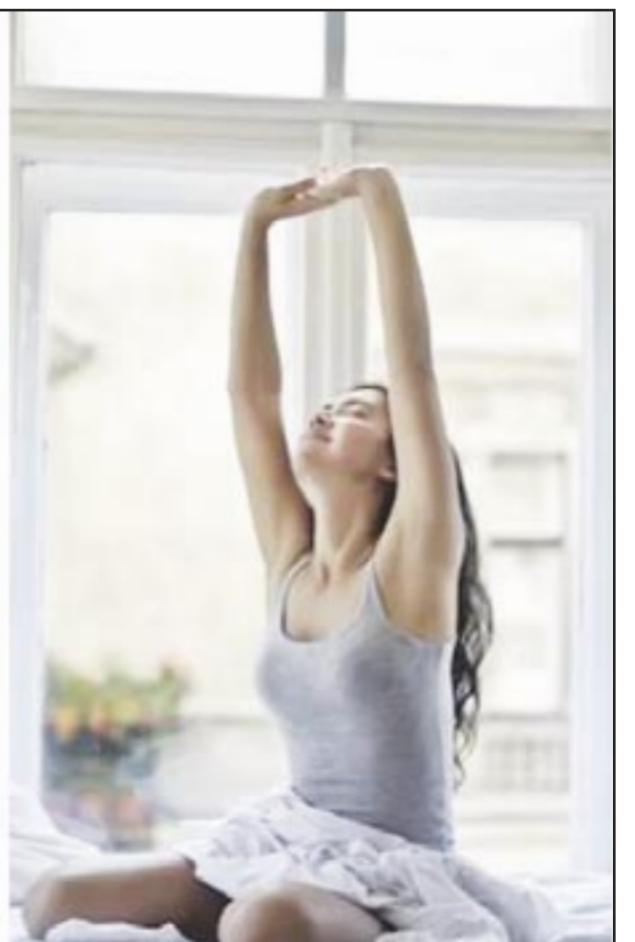
Celebrate your skills, talents, and quirks. You don't have to fit into anyone else's mold. If you're dreaming of a career outside the traditional path—go for it! Women are breaking boundaries every day. Did you hear about the woman on track to become the first female Green Beret? Boundaries are there to be pushed.

**2. Stay Curious**

A curious mind is a youthful mind. Explore the world around you. Take that dance class, start a new hobby, or pick up a book on something you've always wanted to learn. Even small steps spark inspiration. Also, being fully present with the people in your life—really listening and asking questions—creates deeper connections and keeps your mind engaged.

**3. Speak Kindly to Yourself**

Women can be so hard on themselves. Society sets impossible standards, and many of us feel like we're constantly falling short. It's time to break that cycle. Embrace your natural beauty and say something positive to yourself every day. Out loud. Yes, it might feel strange at



**CELEBRATE YOUR BEST SELF**



AESTHETIC  
DERMATOLOGY

# Ultherapy: Everything You Need To Know About The Non-Invasive Lift That Works

## Dr. Z's secret to tighter skin!

### What is Ultherapy?

Ultherapy is the only FDA-cleared, non-invasive procedure that lifts the neck, chin, and brow and improves lines and wrinkles on the upper chest. This non-invasive treatment goes deeper to stimulate the production of your body's own collagen and elastin for natural-looking results without surgery or downtime.

### ULTRASOUND, NOT SURGERY

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

### What is the function of collagen?

It is a naturally occurring protein which keeps skin firm, toned, and youthful. Over time, collagen begins to lose its strength,



inhibiting its ability to fight the force of gravity. Ultherapy is a way to jumpstart the natural remodeling process that repairs existing collagen and produces new collagen.

**It's All About The Collagen!**

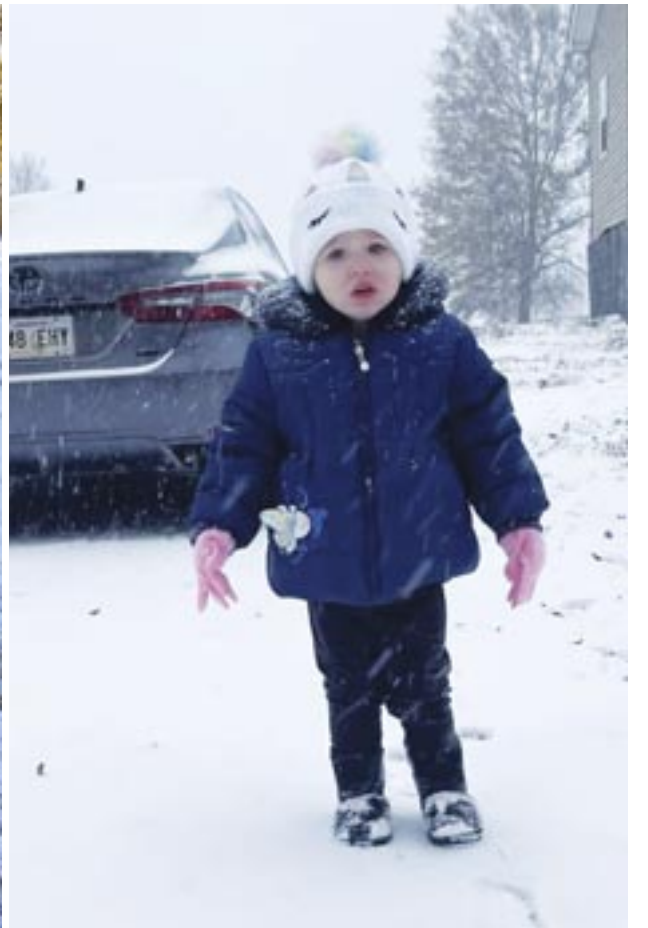


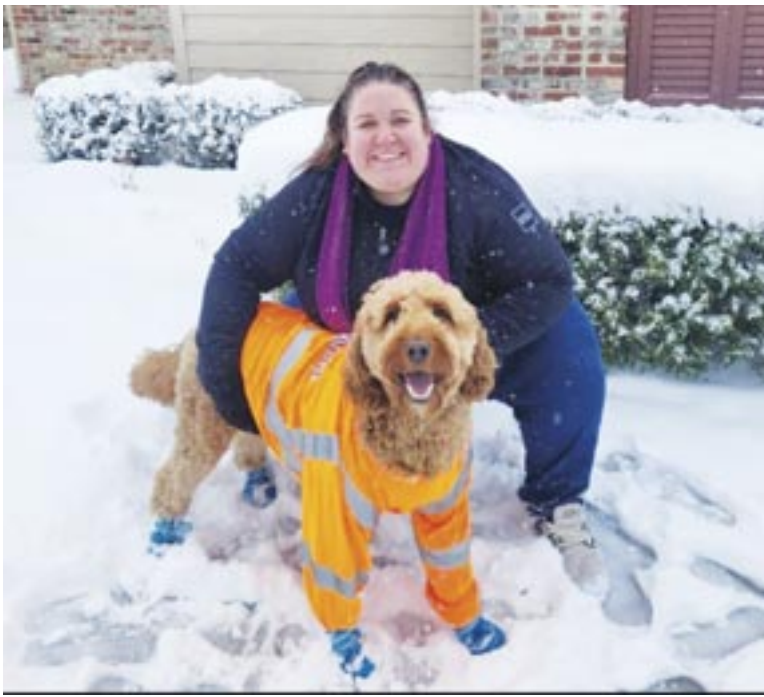
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**Your Skin Deserves The Best**



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









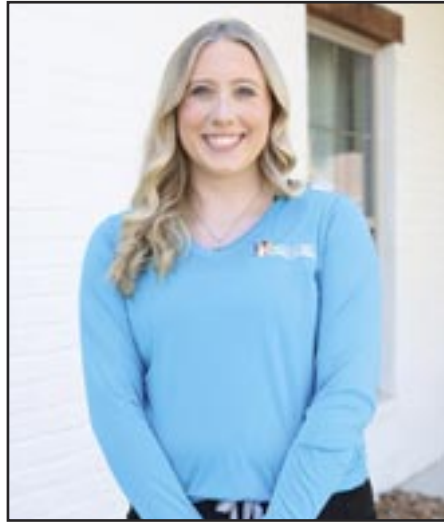


Josh & Bree took their extended family to Disney to have some fun and break the local hum drum. While they were gone the biggest snow ever in Louisiana happen and covered our grounds with A winter playground. I'm sure they had a good time but snow days and hot chocolate could be cheeper than Disney.

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*Samantha Matherne, Office Manager*

is different, and every child deserves individualized care that best fits their needs, which is why for these evaluations, our therapists dedicate an hour and half of their time to ensure a thorough evaluation and that all bases are covered. For the



first hour, the evaluating therapist is typically one on one with your child while she is completing the evaluation, making observations, and reviewing any information needed. For the remaining thirty minutes, you will get to speak one-on-one with the therapist while your child plays in our sensory gym supervised by one of our therapy technicians. During this time, the therapist will review her findings, reviews goals that she believes your child can meet, and make recommendations for therapy services. After the evaluation, you will receive a tour of our facility and then our front office staff will schedule your child's therapy sessions. An evaluation report and individualized treatment plan will be typed by your child's evaluating therapist and reviewed with you upon completion. At every one of your child's therapy sessions following, their treating

therapist will touch base with you before and after every session and provide parent education to streamline the treatment process. They will also be available to answer any questions or concerns throughout their time with us. We strive for top-notch communication with our patients and their families and are always here to answer any questions. If you have any questions about our services, simply give us a call or send us an email! Even if we can't help, we definitely know someone who can! From treatment questions to insurance, our front office staff is here to help! Our office number is 225-744-1717 or you can email [frontoffice@ptsprairieville.com](mailto:frontoffice@ptsprairieville.com) and one of our top notch staff members will be in contact with you!

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Pediatric Therapy Solutions is an outpatient therapy clinic that treats children of all ages. At PTS, we value the importance of education, and with over 15 therapists and assistants, we have a vast amount of specialties to offer. We've listed some of our more commonly treated diagnoses and services below.

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- Summer Camps- ages 5 and up
- Girl Talk- teen girls
- Focus (FIT) Class- ages 5 and up
- Social Skills- ages 5 and up

**SPEECH THERAPY**

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- Autism therapy
- Social Skills
- Speech and Sound Disorders
- Early Intervention
- Augmentative and Alternative Communication Devices
- Language challenges
- Feeding

**PHYSICAL THERAPY**

- Cerebral Palsy
- MNRI- Masgutova Method
- High or Low tone
- Neurological Conditions
- Spinal Cord Injury
- Musculoskeletal Injuries
- Toe walking
- Delays in developmental milestones
- Gross Motor coordination
- Scoliosis

**OCCUPATIONAL THERAPY**

- MNRI- Masgutova Method
- Reflex Integration
- Autism therapy
- Sensory Processing Disorder
- Therapy for attention and focus
- Feeding therapy (DOS trained)
- School performance
- Handwriting
- Mental Health in children, teens and adults
- PTSD, stress, anxiety, sensory processing, depression
- Coping skills
- Fine Motor skills
- Visual Motor skills
- Toilet training
- Behavior challenges
- Activities of Daily Living
- Social Skills
- Self Regulation
- Parent Wellness services

**INFANT SERVICES**

- Reflex assessments
- Feeding difficulties including breastfeeding
- Developmental concerns
- Movement and Postural Asymmetries
- Parent-Infant bonding
- Tethered oral tissue (tongue tie)
- Brachial Plexus
- Cerebral Palsy
- High or low tone
- Torticollis

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# Spartan Spectacular

**Venue:** Gonzales Civic Center  
**Music:** Downbeat Louisiana  
**Food:** Carlico Café and  
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For the first time in recent years, all 300 tickets for the Spartan Spectacular were

SOLD raising a total of \$30,000! The raffle board has 300 squares, some of which are designated as cash prize winners. These cash prizes range from \$100 to \$5000, and the top three winners take home the largest winnings of

the evening – \$1000, \$2500, and \$5000!

The food, the venue, the band, and especially all the Spartan faithful that came together and made this event a complete success. Contributions raised

will help every aspect of East Ascension Athletics.

This would not have been possible without the dedication, EAmwork, and commitment of the entire Spartan community. It was a





# Joie de Vie SALON

*Angie Decoteau*

The owner of Joie De Vie Salon who has been a stylist for 39 years and started on her adventure as a business owner 19 years ago. Angie is from a small town near Lake Charles and eventually moved to Ascension Parish where her career flourished.

Angie is very passionate about her work, clients and employee's. She specializes in coloring and unique cuts.

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great evening during which old friends reacquainted and new acquaintances were made.

Billi Romero, Steven Baye, Brad Bell, Torey Bennett, Gary Gomez, Tony Tureau, and Scott Verbois.

decorate, cook, set up/pick up, run errands, and whatever else needed attention – THANK YOU!

to work hard for East Ascension Athletics.

This success must be shared with the entire executive board who all worked hard in its planning – Chad Kling,

Additionally, everyone who helped plan, sell tickets, solicit and/or donate auction items,

It is certainly an honor to serve as your Booster Club President, and we will continue

***Once a Spartan,  
Always a Spartan***

*Erin Landry LeBlanc*  
Booster Club President

# Once a Spartan, Always a Spartan



# FINANCIAL FOCUS

## Time for some financial spring cleaning

Spring is here — which means it's once again time to wash the windows, organize your cabinets and steam your carpets. This year, in addition to tidying up around your house, why not also consider some financial spring cleaning?

Here are some suggestions to consider:

- *"De-clutter"* your investment portfolio. When you embark on your home cleaning mission, you might notice that you have redundancies — three blenders, two vacuum cleaners, and so on. Similarly, you might find duplications in your investment portfolio, perhaps in the form of multiple, near-identical stocks or mutual funds. If so, then it might be worthwhile to consider selling some of these investments and using the proceeds to boost your portfolio in other areas in which you may be lacking.

- *Cut back on "overgrown" investments.* Now that winter is over and you're venturing outside more, you may notice some overgrown shrubbery or some tree branches that need pruning. And while it may sound counterintuitive, you might also have some investments that have grown too big for your needs. For example, you might own some growth-oriented investments whose value has increased so much that they now take up a larger percentage of your portfolio — and carry a higher degree of risk — than you originally intended. If that's the case, you might be better off by selling some of these investments and purchasing others to help bring your investment mix back to its desired alignment.

- *Dust off your investment strategy.* With more sunlight now pouring in your house, you might notice that the corners of your walls and ceiling may need a good dusting. And as you continually work to strengthen your financial foundation, you may need to dust off your investment strategy, especially if you've recently experienced changes in your life, such as a marriage, addition of children,

new job, and so on. And as you move closer to retirement, you may also need to adjust your strategy in some ways. For one thing, you might want to adopt a more conservative investment approach in the years immediately preceding your retirement, though you'll still need to have some growth potential in your portfolio to help keep you ahead of inflation.

- *Protect yourself from financial dangers.* As you go about your household spring cleaning, you may find actual physical dangers that need to be removed or stored more safely, such as sharp objects or broken tools. And as you navigate daily life, you may also find threats to your

financial safety — the need for an expensive home improvement, or a major car repair or an unexpectedly large medical bill. If you don't have the money available to pay these expenses, you might be forced to dip into your retirement accounts or run up your credit card or take out a high-rate loan. To protect yourself from having to make these moves, you may want to maintain an emergency fund containing several months' worth of living expenses, with the money kept in a liquid account, separate from those you use for your daily living expenses.

Of course, some of these moves can take some time — but by getting started on them soon, you can help put your financial house in better shape by the time the next spring cleaning rolls around.

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



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

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# Time Machine

Printing from the archives of our favorite articles

## Amazing Grace..

**A Tribute to our beloved Grace Broussard!**

Greatness is an overused phrase. It is an elusive, magical, and demanding term reserved to describe those with exceptional talent, honed skills, unabridged desire, and unending perseverance. There are however, a few awe inspiring examples of 'greatness' in Ascension Parish.

Taking a sauntering ride down a nondescript lane called Little Prairie Road in back Prairieville, one comes upon a quaint, comfortable looking trailer whose appearance belies the 'greatness' that resides within.

The shining example of excellence we refer to is our own immortal star and living example of kindness and morality, Mrs. Grace Broussard LeBlanc. She is forever etched in our collective consciousness as the fairer half of what the Louisiana Hall of Fame recently honored as

the "Most Outstanding Louisiana Pop Duet of All Time"...

**Dale and Grace.**

In 1963 their hit single, 'I'm Leaving It Up To You' rode a meteoric wave up the charts to number one, and forever pegged the duo into the most elite company of the music industry. 'I'm Leaving It Up To You' was a heartfelt, soulful ballad that everyone could and still does relate to. It truly appealed to the masses of all ages and was sung as if straight from the heart.

Grace came from a very large, very talented family of twelve children. She was born in Prairieville, went to Dutchtown High and calls Prairieville home today. Though she reached the pinnacle of fame and notoriety Grace remained unaffected and unchanged by the fast paced



*To this day Grace remains the only female artist from Louisiana to produce a gold record.*

**Grace with husband T. J. LeBlanc**

**Dale & Grace & Dick Clark**





***Bobby Vee, Johnny Tilletson, Grace Broussard and Brian Holland***

music world that accompanies fame. "I lived in Baton Rouge for a while," Grace said, "but I felt squeezed and crowded. I thought I was going to go crazy. I needed the open spaces I had grown up in. So after about a year and a half I packed up and moved back to Prairieville. That's my home."

She handled the many pitfalls

and trappings of stardom with similar frankness and 'grace'. "As a single girl on the road, things could get precarious. I rarely went to the after-show parties. I mean to say, it was the 60's. You know... sex, drugs, and rock and roll. That life wasn't for me. I didn't sleep around. I wasn't raised that way."

So Grace remained well grounded even when she found herself in the 'Land of the Giants'. It's been said that 'it takes quite a while and a lot of hard of work to become an overnight success', but that's kind of what happened to Dale and Grace. In fact the number one hit 'I'm Leaving It Up To You' could just as easily have

never been.

In 1955 while still in school at Dutchtown High School, Grace, who had always loved to sing to the radio, made her performing debut in a school talent show. At sixteen, she began her professional career singing and recording with her now famous brother, Van Broussard. Eight years later in 1963, brother and sister traveled to Lafayette for a recording session at La Louisian Studios. Another young man, trying to jump start his own career, was coincidentally at the same studio cutting a record. His name was Dale Houston and he could not have known what a life changing day this would prove to be. Between takes, Dale and Grace began an impromptu jam session. As Grace tells it, 'There was a record promoter in the studio that day named S. J. Montel, who owned Montel Records. S.J. was excited by our sound. Hell, we were just fooling around, but when he asked if we would record a few songs we said 'why not'? We did two or three songs including 'I'm Leaving It Up To You' which we chose because it was simple and we both knew it. I went back to work with Van and a few weeks later I find myself on the way to Vegas. Yahoo! Dale had been performing with Jay Chevalier and the Louisiana Long Shots. When Jay decided to search for a female



***1959 at the Moonlight..Bobby Loveless, Jr. Bergeron, Joe Guidry, Harvey Munson, Grace Broussard, Van Broussard, Gerald Loupe***



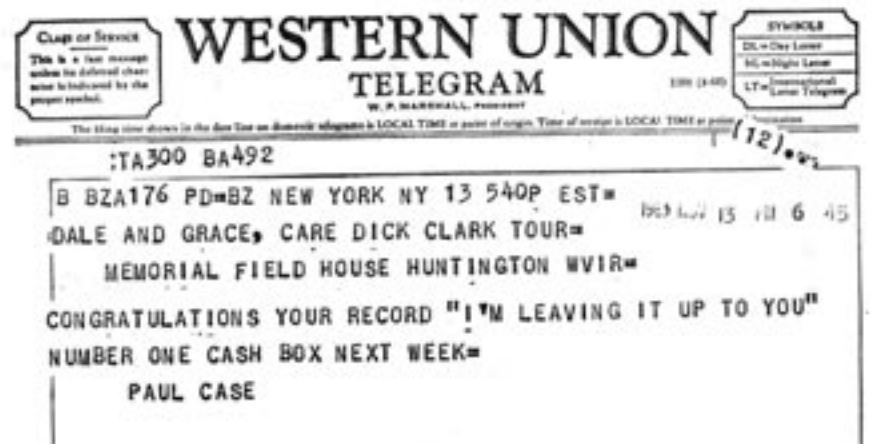
Grace & brother Van Broussard

singer to add to the group, Dale thought of me. We worked at the Golden Nugget and I thought I had died and gone to heaven. That was one of the best gigs I ever had. I loved Vegas. I was really happy."

One day while in Las Vegas, Grace received a phone call. To Grace, the call seemed almost surreal. "He said 'Grace this is S. J. I'm calling to tell you that your song is climbing the charts. You and Dale need to return to Baton Rouge, then off to Philadelphia to be on America Band Stand. After that you'll be on the road with the 'Dick Clark

Caravan of Stars.' Of course, at the time the only question on my mind was, what song S.J.? He laughed and said 'Oh yeah', 'I'm Leaving It Up To You'. It's already up to #45 on the charts.' I just couldn't believe it. I was in shock. I had never stopped to think of my life if I had a hit. I loved singing and I was having fun. I take life as it comes and try to enjoy every day. I look for the good in everyone I meet and in everything I'm doing.

It was August of 1963 and the Dick Clark Caravan of Stars was a huge success. Little Eva, Bobby Vee, The Ronnetts, and Jimmy



Clanton were some of the music heavyweights now in the company of Dale and Grace. One evening in September of 1963, following their performance at the jam packed Memorial Field House in Huntington, West Virginia, Dick Clark asked them to open a telegram that had just arrived for them. Still on stage, Grace read the stunning news. Their song had climbed the charts to its summit. Half a year after a chance meeting in Lafayette, Louisiana, Dale and Grace sat atop the Pop Music World. Grace would later relate the wisdom Dick Clark showed in holding on to the news until after the performance. "I was shaking from head to toe," Grace says "I could barely walk or talk. I couldn't believe it. I had never imagined this."

So did she go out and have a big night on the town to celebrate her gargantuan accomplishment? "No, I went to my dressing room and wrote a letter to my mother. There was no

phone at my parent's home in Prairieville and I wanted her to hear it from me. Don't get me wrong though, there were a lot of parties and invites. But as I said, that's not how I thought a young lady should act. I'm no saint though. Twice I was left tickets to attend performances by Elvis Presley. Both times I received an invitation to meet Elvis in his private dressing room. Even with my great upbringing and the high moral code my parents and family had instilled in me, I just wasn't sure I would have been able to resist that man. So I never got to meet him in person. Music has given me some wonderful and memorable experiences, just not that one.

Two months later Grace found herself in Dallas, Texas for a performance celebrating President John F. Kennedy's visit. She would be fortunate enough to see the young president as she puts it 'not farther than from me to you'.

"I waved and screamed with



everyone as he went by. I was right on the curb in front of my hotel. After he passed I walked right into the salon in the lobby of the hotel to get my hair done for the gig that night. There was a T.V. in front of me and we watched as he was assassinated three or four blocks away. Everything stopped... there was no party that night... it was very sad.

Life went on though, and for Dale and Grace everything now seemed possible. They toured with Dick Clark for six months then followed their number one hit with a song called "Stop and Think It Over" which rose to #5. "I really liked that song," said Grace. "I think it could have made it to number one, but we got squeezed out."

Everyone got squeezed out by the remarkable British group that hit America at just that time... the Beatles. "Bah-humbug the Beatles," bristles Grace, only half joking. "They took over the World."

That bit of disappointment did not affect Grace anymore than her meteoric ride to the top had. She remains to this day the same down home girl who left Ascension Parish to live a dream. Today she performs regularly with her brothers Van and Henry. She has been happily married for eighteen years to Mr. T.J.



*Her voice is not the only art in her life.*

Leblanc. Grace spends her time now, when not performing, pursuing her other artistic abilities like pencil sketching, painting, sewing, and quilting. "One day I sat down and calculated the time it takes me to hand sew a quilt. I researched how much I might sell them for and found that I'd make about 32 cents an hour."

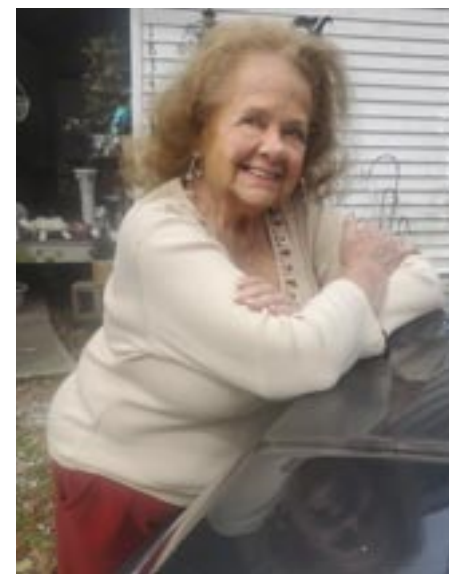
With the recent resurgence of nostalgic music, Dale and Grace continue to be recognized and requested. They are booked for concerts in April of '08 in Virginia and in Green Bay in '09.

When asked, Grace will emphatically and unequivocally state, "I'm the same person right now as when fame was here and that I was before fame. My life with T.J. is wonderful and rewarding. I still love to sing and I'm having fun. Tell everyone I have no plans to stop."

Bravo Grace! Why stop when you have conquered greatness?

**Publisher's Note:**

*This article was printed some 15 years ago. Some of the facts may have changed in the written words and is intended as a tribute to our friend, Grace Broussard.*



***This is Grace  
February 2025***

Her husband T.J. passed about 14 years ago. She remarried Cedric. They were together 8 years. She is now living her simple life on Little Prairie Road. Working in her yard and performing occasionally. This February 5th she turned 86 years young and is planning on living to be 100.

In May you can see Grace perform at Senior Day on the River at Fred's.

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# Swamp Chicken

## HOST IT'S 11TH ANNUAL JAMBALAYA COOK-OFF & ANNIVERSARY THROW DOWN!

Photos by Robin Stevens



Thank you to the cooks, the bands, & our amazing staff for making this event so successtul, year atter year.

Congratulations to all the winners:  
**1st Place - Bill & Melissa Woodward**  
**2nd Place - Clint Broussard**  
**3rd Place - Toby Waguespack**

Special thank you to each and every person that came out to celebrate!



2nd Place - Clint Broussard

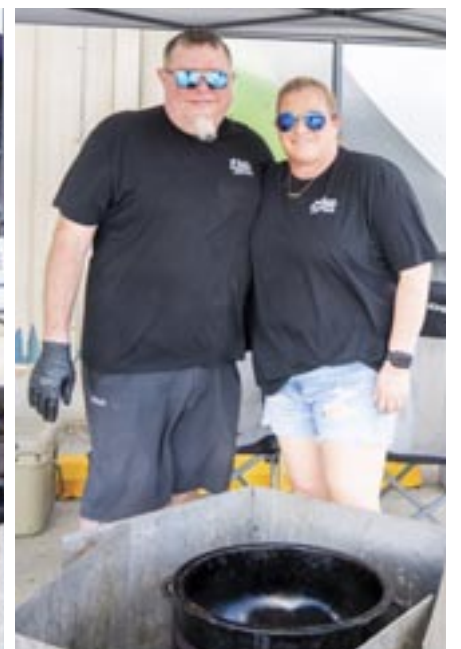


1st Place - Bill & Melissa Woodward



3rd Place - Toby Waguespack







Friday, April 4, 2025 at 5 PM - 8 PM  
**LA State Representative  
 Tony Bacala (District 59)  
 "Best Catch" Fundraiser**  
*Join Us at 'Elegant Affairs'*



Dear Friends,

It has been a great pleasure to represent the people of District 59 in the Louisiana House of Representatives for the past nine years, and I am excited to announce my intention to seek election to the Louisiana State Senate in 2027. Senator Eddie Lambert has served our community with honor, dignity, and integrity for the past 21 years, first as a State Representative, and now as a State Senator, but term limits prevent him from seeking reelection to the State Senate, leaving his District 18 Senate seat open.

As the State Representative for District 59, I have been a strong proponent of the conservative tenants that make up the core values of the vast majority of the people within the district. As such, I have been recognized and honored by Christian organizations, law enforcement associations, and education, community and business groups.

During my first term in office, budget shortfalls were a continual challenge. A few of my accomplishments related to the budget centered on my response to a challenge to identify and eliminate over \$700 million in "excess budget authority" from the budget. I also initiated actions that have led to the identification of tens of thousands of people who enrolled in Medicaid improperly, saving the State and Federal government hundreds of millions of dollars a year.

During my second term in office, I remained strongly conservative and opposed wasteful spending. In fact, I was one of only nineteen legislators who opposed exceeding the state's expenditure limit by over one billion dollars, only to see much of that money squandered.

While I am just one year into my third term, I can already point to several conservative accomplishments. One that stands out is my authoring of the bill that led to the passage of a constitutional amendment guaranteeing that legislators will have at least 48 hours to review spending bills before being forced to vote on them. Never again will the legislature be forced to pass spending bills in order to see what is in them! I think it important to also mention that if the voters approve Constitutional Amendment Number 2 on March 29th, a bill I passed with overwhelming support from all LA Legislators, will provide a much needed permanent \$2,000 pay raise for our teachers and a \$1,000 raise to school support staff.

I truly want to continue to be on the front line, fighting for Louisiana and for House District 59 now, and Senate District 18 beginning in 2028. To that end, I hope that you will join our family for our Annual "Best Catch" Fish Fry and Fundraiser on Friday, April 4th.

I'm looking forward to seeing you at this event, so please come dressed casual and ready for a good time. The event will be at Elegant Affairs, located at 14190 Airline HWY in Gonzales, and will be from 5:00 - 8:00 P.M. Once I receive your donation, I will send your tickets to you.

As always, if you have any questions, please call me on my cell phone. The number is (225) 921-3852.



Thanks, Tony Bacala Representative, District 59



# When Life Gives You Lemmings...

## Featuring Sam Stone, Private Eye

by *Bill Delaune*

The rain. The incessant rain. I was beginning to feel like I was either in a Hemingway novel or trapped in a flashback to monsoon season during my first tour in Nam.

Either way I was getting more depressed by the hour-so depressed in fact that was weeping shamelessly during Andy Griffith reruns.

Things were so bad that I tried to pass some time by rearranging the words on my door-"Sam Stone, P.I."-to see what else I could come up with. So far, the best I had done was "Piss on team" which could have been any sporting squad I had wagered on in the month of January. I'd had more losers than a 300-pound jockey in the first part of 2025 and not a single client to help foot the bill.

Maybe I needed a slogan like some of those big corporations to keep my company's name on the street. I pondered that possibility for a while but the best I could do was "Cheating Husbands Uncovered-Sam Stone-Building a Better Spouse Trap."

I had tried writing some new songs with my old Martin guitar but they kept coming out depressing too with titles like "You Can't Beat Her When She's Sober but You Have To When She's Drunk". Then I noticed it was February 3-"The Day the Music Died" when Buddy Holly's plane had gone down and I sunk deeper than Elon Musk's pockets.

The view outside of my Prairieville Central Business District office didn't help matters much. On a clear day I could watch the gas prices go up at the Chevron across the street or watch the demolition derby of accidents on Highway 73. But right now it was just grey-greier than a Liam Neeson arctic movie and I expected the wolves to be howling at the door any minute now.

I was counting the cars in a funeral procession and wishing for even some of the prank calls that came in after



the Super Bowl-"Hey, Stone, can you find Kansa City's missing offense?"-when the door opened and it certainly wasn't wolves.

Unannounced, a pair of identical beauties entered my disheveled office sending me into a mad scramble to clear out some of the cobwebs on my desk and in my brain. I didn't know if it was a blessing or a curse that I'd already had a shot of Kinky Friedman's "Men in Black" tequila-named for those three ebon-wearing heroes Zorro, Paladin and Johnny Cash that I'd scored at the Kinkster's concert a few years ago-because if I was seeing double, this view presented a damn good time for it.

"Are you Stone?" asked one of the angelic lovelies.

I felt like I was in a Doublemint chewing gum commercial and if doubling my pleasure or my fun was involved with this duo-then I was sticking with them.

"I was for most of the 60's and 70's," I admitted, "but I've opted for juice freak for the

past couple of decades. Now, what can I do for you-or y'all-whichever the case may be?"

"We've lost our lemmings," said the one with the ponytail-the only noticeable difference in the two. "Can you help us find them?"

Of course, I heard "lemons" and became more confused than normal. I resisted the urge to say, "Well, there's certainly nothing wrong with your pumpkins" at the risk of running them off and feigned interest in the seemingly sour case.

"So, were they round and yellow or did they have any distinguishing characteristics?" "Not lemons, you moron, lemmings!" shouted the clearly more aggressive one with the longer hair. "Little furry animals called lemmings. I knew it was a bad idea to come here." Her aqua eyes were filling up with pools large enough to hold dolphins the size of Flipper and Dan Marino and the tears alone stopped me from telling them to go see Ace Ventura, Pet Detective.

"Listen, Mr. Stone," interrupted the calmer one, "please excuse my sister-we're both really upset. The lemmings are like family pets to us." Now her wet green eyes glistened like dew drops on an Irish spring and I knew I had to take the case.

"My name is Britney and this is my sister Kristi. We're the dancing Bellastar twins. We worked the River Center in Baton Rouge last night and were headed for New Orleans to play the Saenger when we realized the lemmings were missing."

Dancers, huh. Well, the legs alone should have given them away. Had they paraded those four legs past the rail crowd at the Fairgrounds, that two-filly entry of 1 and 1A would have been pounded down to 1-5 at the betting windows. I'm talking about legs so long you had to take a pit stop at the knee.

"When's the last time you saw your lemmings alive?" I started with a stock missing person question but I wasn't ready for the reaction from the emotional twin.

"You mean, you suspect foul play!" Kristi cried.

I assured her I didn't think chickens killed lemmings but that I knew some despicable folks who enjoyed playing with little, fuzzy things and would stop at nothing to get their hands on it. But I decided it was time to switch on the optimistic button.

"Don't worry, ladies," I comforted. "I've found outcast curs and felon felines and sneaky snakes of all shapes and sizes. I'll find your lemmings for you."

I was referring to members of the human race, of course, but I thought the animal kingdom references might serve to allay their fears.

Suddenly, Kristi burst into tears and threw her arms around me holding me tighter than a Jeff Landry education budget.

"You've got to find them, Mr. Stone," she wailed. "The show can't go on without them."



They're an irreplaceable part of the act. Little Ada and Meringue-that's their names-they perform their show on Britney and my bodies while we're dancing. It's hilarious some of the places they get into. The audience loves it." "I'll bet they do," I thought to myself, my imagination running wilder than a Lady Ga Ga post-Grammy party. I reluctantly freed myself from her grasp and tried to recapture some semblance of professionalism.

"Is there anyone who might have wanted to hurt your lemmings?" I asked. Britney thought for a moment. "There was this one creepy stage hand named Lenny that was always petting them. He even touched my hair a couple of times. He usually travels ahead of the show to arrive early and help set up." "Okay, that's a start. I'll have little Lemming Ada and Lemming Meringue back on your bods in no time," I exuded confidence despite the fact I had no idea what I was going to do next. "Go on down to New Orleans and I'll catch your show down there-complete with furry animals."

I watched them walk away in perfect step with one another and decided that was the prettiest pair of queens I'd seen since the ones I had in the hole at the poker tournament last week.

Lenny's trail was not exactly as easy as tracking an elephant with diarrhea. The stage director with the show said he'd packed up more baggage than Hunter Biden and headed for the bus station mumbling something about not catering to women and rodents anymore. Then the lady at the bus station identified him as "this big, dumb-looking guy with a lot of luggage who bought a one-way ticket to Biloxi."

Oh well, I've been to worse places. At least there were casinos there and my luck was overdue for a change. So was the oil in my '65 GTO so I stopped to see Sorrento Slim for some maintenance before my misadventures in Mississippi.

"Hey, Slim," I ventured, "you know anything about lemmings?"

Always a man of few words, Slim looked up from under my hood and replied, "Suicide."

I started to say that the thought had crossed my mind lately but that suicide in Sorrento was redundant when he added more information. "They jump into the sea."

Why of course. Leave it to a shade tree-mechanic to provide the biggest lead in the case. Lemmings had been rumored for years to commit mass suicide by jumping off cliffs into the ocean. All Lenny had to do was get Ada and Meringue near the Gulf and they would kill themselves. Then, he was free of the lemmings and there was no evidence of any wrong doing by the stage hand.

I found Lenny at the Beau Rivage setting up equipment for the Rodney Carrington show that night. He denied taking the lemmings anywhere and offered to let me search his bags if I so desired. When I questioned him about his penchant for petting soft things, he admitted he had once had a problem in that area.

"But I'm into touching other things now," he announced pointing up to the big screen where Carrington was singing his classic "Show Them to Me" and willing members of the audience were bearing their breasts in response.

Frustrated by my failed instincts, I decided to take a walk along the beach. I stared longingly out to sea thinking about Britney and Kristi and furry little things when I attempted to sit down on a large, brown rock.

"Watch it, Lard Ass," came a voice from the stone.

"Sorry," I replied trying to hide my surprise that a rather large lemming that I had almost sat on could actually speak.

"You can talk?" I asked incredulously.

"Either that or the sand crab's a ventriloquist," he shot back.

"I don't suppose you know anything about Ada and Meringue Lemmings, do you?"

"Of course, I do. I broke them out of their cages after that Baton Rouge gig and took them for a well-earned vacation here in Biloxi. You have no idea how tired their little legs were. All that rambling on those models night after night-just short of abusive," he chastised.

"But where are they now?"

I asked.

"On a bus back to New Orleans to meet Britney and Kristi. The show must go on, you know-even with us poor animals in the supporting cast. "Hey, they make a decent living," I countered.

"You humans are amazing," the lemming scolded. "You use the skin of a pig for your Super Bowl and the hide of a horse for your National Pastime. Then you string cat intestines over a violin and play it with a bow made of horse hair to produce a sound that crickets can make by rubbing their legs together.

"What is wrong with you people?" he was clearly agitated.

"Hold on just a second, Mr. Liberal Lemming," I had long overlooked the fact that I was conversing with a talking rodent and was now itching for an argument.

"Did it ever occur to you that your species is one of the most mysterious of creatures that we humans study?" I said.

"Mysterious?" the lemming scowled. "You people kill and torture each other over religious differences. Your greed forces you to humiliate and disgrace people less fortunate than yourself so you can have more green pieces of paper with higher numbers

on them.

"You destroy the nurturing earth, her surrounding waters and the air above that we breathe with parking lots, oil spills and ozone-destroying chemicals. Then, you cut down oak trees to build institutions for people driven crazy by the cutting down of oak trees.

"Why in the world would you find us so mysterious?" he concluded.

"Well," I stammered, "we have often wondered why-at some point in your life-you lemmings all rush down to the sea and drown yourselves," I treaded cautiously.

"How ironic," sneered the lemming. "We have often wondered why you humans didn't."

I shook my head, still reeling from his final words, and started back to the casino. Suddenly, I wheeled around and shouted back at him.

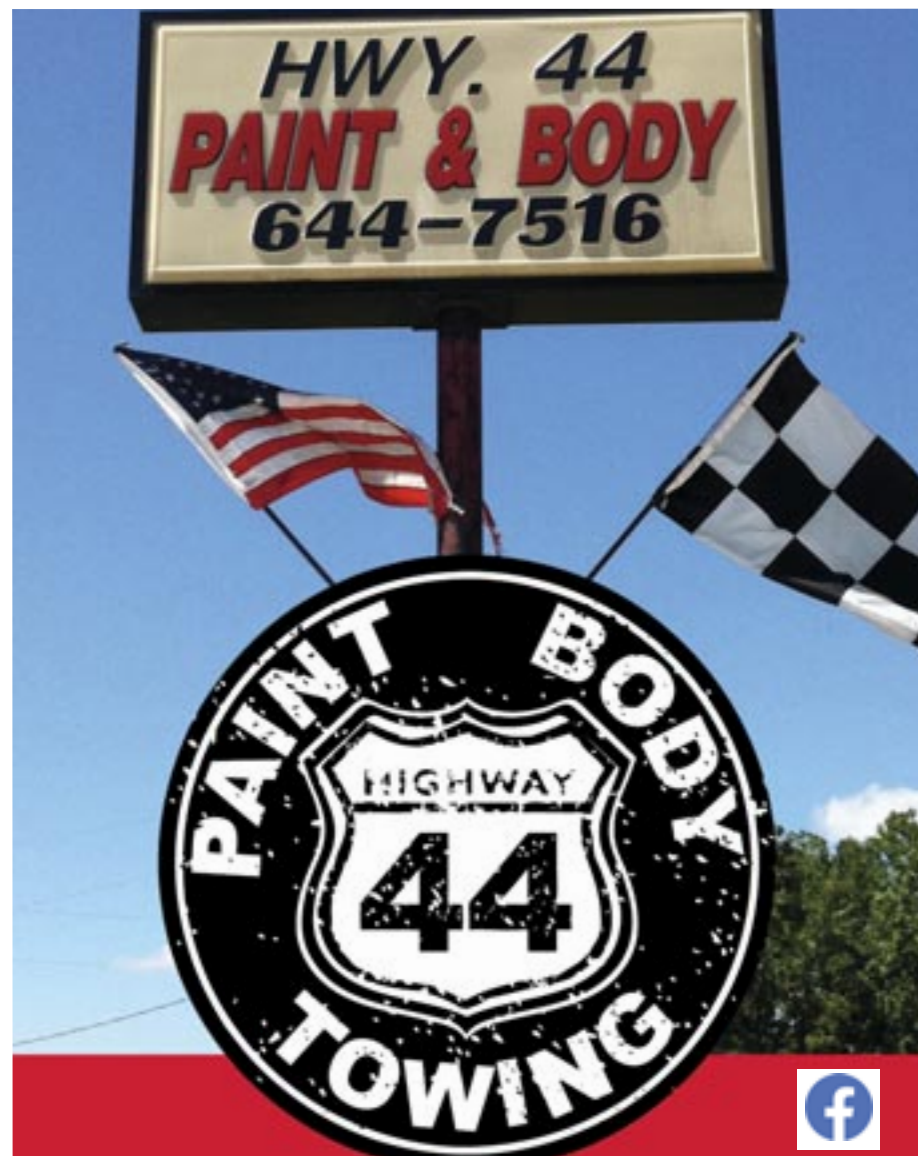
"You know, Lemming, you might just have a point there."

"You know what, Stone? You're not as dumb as you look."

"Nobody is," I replied. "Now if you'll excuse me, I have a date to keep in New Orleans."

"Going to the track?" asked the Lemming.

"No, but if I'm lucky, I might hit a daily double."





## East Ascension Sportsmans League

Letter from president -  
**Greg Cedotal**

It was so nice to see it snow a couple of weeks ago. For me, if the pattern holds true, the best part is it should not happen again for another 8 to 10 years. I have been seeing reports of fish kills from the freeze that we experienced.

In researching the affected areas and how bad it is I came across this report. 'Since January 24, LDWF biologists have responded to 71 reported fish kills, with the most significant die-offs occurring in coastal areas where fish were unable to escape to deeper, warmer waters. Species most affected include Spotted Seatrout and Black Drum in the Terrebonne/Timbalier Basin, and Red Drum and Sheepshead in the Barataria Basin. Striped Mullet mortality was highest east of the Mississippi River.' I have not seen anything that says large numbers of panfish, and bass were affected. Let me know if you have.

If you don't have the time to pull out the boat and take the kids or grandkids fishing. Take them to Lamar-Dixon or a BREC pond and let them enjoy being outdoors. If you like that kind of recreation, join me in requesting that the Ascension Parish Department of Parks and Recreation add ponds to

our parks so our children and ourselves can enjoy them.

EASL is considering having a Catfish Rodeo, if you are interested, please let me know. We would like input on a possible location and other ideas you may have.

EASL and the Ascension Waterway Commission are working to get a fishing pier built at the public boat launch by Fred's. Let us know if you support this idea and are interested in helping show your support.

Now for a little bit about EASL events. You must be a member to participate in these events. EASL Bass Club will hold a tournament on February 15th. If you are interested in fishing with the bass club, contact Jim Hebert at 225-717-6037. The February 22 Rifle Silhouette Match will be February 22nd at the Sheriff Shooting Range starting at 8:30 AM. Don't forget to weigh your bass for the Monthly Big Bass contest

and weigh your specs for the Monthly Big Speckled Trout contest. The Big Buck contest has officially ended. I cannot wait to see who won. See EASLONLINE.org, Annual & Monthly Contest. Get your membership renewed to be ready for The Big Turkey Contest.

If you decide you would like to serve on the board of directors and help move the organization forward, let us know. You do not have to wait until December to get on the board.

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 [gdc1@gmail.com](mailto:gdc1@gmail.com).

**EASL's next regular meeting is March 17th in the second-floor meeting room at Cabela's, starting at 7:00 PM.**

# EASL Bass Club News

The EASL Bass Club fished the first Tournament of the year on January 18th. The Tournament was a "trailer tournament" in the area between Amelia and Bayou Pigeon. The weigh in was held at the Belle River Public Landing in the Spillway at 3:00 PM. There were 14 boats signed up to fish this one. On this particular day the fishing was tough despite it being a warm pre-front weather day.

The winners of the Tournament were Tony Arceneaux and Tim Braud with a 5 fish stringer that weighed 9.71 lbs.

Second place went to Terry Molea and Ricky Dedon with a limit that weighed 9.44 lbs.

Coming in third was the team of Bubba Rossi and Tim Guillaume with a limit weighing 9.24 lbs.

Big Bass winner was Carlos Grey with a lunker that weighed 3.66 lbs. Congratulations to the winners of the January Tournament. The next

Tournament will be held on February 15th and the meeting will be held on February 6th at the home of Dirk Anderson on Babin Road.



L-R Bubba Rossi, Tim Guillaume -3rd, Terry Molea and Ricky Dedon in 2nd. 1st was Tim Braud with Tony Arceneaux.

# Jammin' with Goosie



## It Don't Really Take Much Time Or Does It

It all began with required work days at each club that I belong to. I belong to two hunting clubs and each of those usually demands that you make at least two of those events to get the property ready for the upcoming season. After I'd participated in those workouts I then spent an evening putting together a lean-to-stand that I had won as a door prize drawing from a big buck contest from the year before. The squirrel season soon came and after I had taken my personal yearly required amount of the bushytails I began using the remainder of those outings looking for deer activity such as feed trees, hookings, scrapes, etc. After the club work was done I then worked another couple of days skirting the structures, clearing shooting lanes, etc. to my personnel hunting locations on the landscape. The material used in these instances would have to be taken down and stored away for the next year after the season is over.

Traveling to and from my St. Helena club several times at the beginning of that season had proven to be unsuccessful for me. I must also mention that I had already spent time and money with my granddaughter and family on a weekend youth hunt event prior to that which led to no deer being harvested. Things didn't get any better as a buddy of mine and I struck out on our annual trip to the Texas National Wildlife Refuge in search of the wiley whitetail. The closest thing that I saw there to a deer was a black bear and after three days away from home we returned tired with no

venison and several hundred dollars shy of what we had left with. No problem. It's after this annual event that I really began to get serious about killing a deer.

Several weekends without any success passed by and then one morning at the lean-to that I had won I passed on a shot at a small six point buck. That same evening in the same spot I somehow missed a mature buck at thirty five yards. The animal had appeared out of nowhere kinda like he just sprouted out of the earth. I can still see him running off and remember me thinking that he would fall dead at any second but he didn't. At this point I am - you know what. After firing the rifle at a target the next day it appeared that the gun was shooting low and after adjustment to the scope was made the point of impact did not change. I angrily decided to return it to the gun closet and not touch it again until some serious research from someone above my firearm knowledge would explain why this had happened. My dad had brought that gun for me years before. After telling him about the incident he advised me to throw it in a dumpster with the scope, lens cover, strap, and the remaining bullets so that I would never touch it again. It was now at

the beginning of the rut and I was off work on vacation so I needed a rifle for the next day. I have several large caliber rifles and prior to the opening of the season I had sighted in a couple of the other guns. My daughter who was hunting with me then was using one of those at the time so I grabbed my granddaughter's 243 Savage that shoots well enough to squirrel hunt with.

A couple of weeks pass by with several more unsuccessful days afield and time is beginning to run out with the peak of the rut to occur at any moment. I dropped my daughter off at the location of my miss on one warm foggy morning a couple of days after Christmas that year and I chose a stand location that I had never taken before. Around seven o'clock that morning I heard some racket in the water out in front of me. I did not see anything and it only lasted for a couple of seconds. Around seven

thirty I heard the same commotion from the same spot. Nothing did I see through the fog and brush. At eight o'clock I heard it again. Now I am thinking that the noise was being created by wood ducks or otters that frequent these woods and waters. Then I saw something white. I first thought it was a bird. When I viewed it through the scope I saw that it was a doe tail and out of the blue there he was, right behind her. The entire scenario from the time of seeing the doe to firing the shot was only about three seconds. As a matter of fact if I added up the amount of time that it took me to kill the last four nice bucks that I have shot it would only total up to about ten seconds. That's an amazing figure providing that it took five years to do so. So do you count only those precious seconds for your accomplishment or do you add up all of those other countless unproductive hours that it takes to achieve your goal. You tell me.

By the way, I did not throw that gun away like dad told me to do. It's a fine firearm with maybe a little more caliber than I need to hang on to at this point of my life. Its problem has been solved and I have shot a few more deer and hogs with it after that missed shot but I don't use it anymore. My wife loves it and uses it on her days in the deer woods.



Till next time

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James "Goosie" Guice

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### ***Useless Random Facts with Kellie***

*Pepper is the top selling spice in the world.  
The second is mustard.*

*There are over thirty species of mushrooms  
that glow in the dark. The chemical reaction  
called bioluminescence produces a glowing light  
known as foxfire. People have been known  
to use these fungi to light their way  
through the woods.*

*Pluto is only as big as Russia.*

*The index finger of the Statue of Liberty  
is eight feet long.*

*The word "bride" is derived from an Old English  
word meaning "cook"*

*Recycling can make one person's trash  
another person's treasure! One metric ton  
of electronic scrap from personal computers  
contains more gold than that recovered  
from 17 tons of gold ore.*

*Tattoo coloring and Legos are composed from the same  
material (acrylonitrile butadiene styrene).*

*Each king in a deck of playing cards  
represents a great king from history:  
spades-king David, clubs-Alexander the Great,  
hearts-Charlemagne, and diamonds- Julius Caesar.*

*A normal raindrop falls at about seven miles per hour.*

*One ragweed plant can release as many as  
one billion grains of pollen.*

Thoughts from Bully

# Bringing Up the Rear!!!



Oh my gosh, I am getting ready to be 54 years of age and I need to do what all older folks need to do. I need to have a colonoscopy. The thought of the procedure has delayed my common sense but I made an appointment. Now that I have the appointment I was wanting to cancel because my butt ain't Star Trek and I ain't ready for anyone to boldly go where no man or woman has gone before.

On the morning of the appointment, my son, Michael, came with me. As we sat in the waiting room I noticed him humming in the distance. As I approached him, it became apparent he was humming the television commercial jingle, "Roto Rooter, that's the name and away go troubles, down the drain, Roto Rooter," Nice.

I am sure his intentions were to relax me but this butt procedure is nerve racking. The attendant

behind the counter asked me to come up and sign in for my appointment. While I was signing-in a nurse came up and looked at the list and then looked at me and said, "So, you're the caboose and you're bringing up the rear." Great! They got jokes and seem to enjoy their jobs a little too much. She told me to sit in the waiting room and they'd get with me shortly.

Like millions of Americans, I am one who doesn't have health insurance. I had made an appointment through the LSU Health System but since the Baton Rouge facilities were booked up, I was sent to Bogalusa. I have never been to Bogalusa before and now I am

going to have such a sensitive procedure in a town that doesn't even have a Waffle House.

While sitting in the waiting room I noticed a bulletin board that was geared to communicate to patients. There was a notice on the board that pointed out that for them to do their job to the optimum I needed to be a good patient by answering a few questions. The bulletin then pointed out that if I followed the question guidelines they could be the most 'Competent Hospital Possible'. I knew it was a typo and the word should be, Competent, but it did not ease my concerns about my first back door procedure.

I was then directed to a room and the staff I met were really nice, professional, and down to earth folk.

I soon relaxed and pointed out to the nurse that I understood this procedure was BYOB (bring your own butt).

I was then informed they'd be giving me the same drug that Michael Jackson died from but, unlike, Michael they were going to stay with me while I was under. It seemed to be a running joke that the drug was referred to by the staff as, Milk-of-Amnesia, since I wasn't going to remember a thing once the procedure was over.

I was then rolled to the surgery/procedure room by a Richard Dreyfuss look alike nurse and was waiting my turn. While waiting, he and I struck up a conversation. I mentioned that once I had to go to the emergency room for a gallbladder episode. During the examination, the anesthesiologist was a cute, sweet little thing and when she was giving the pass out drug she requested for me to count backwards from 100. I thought I'd be cute and tell her the 'Three Little Pigs' like it was done on Hee Haw in pig latin style. I started by saying, "Once upon a time there were pre thittle ligs, that hillded them blouses of law, haw and wicks." She immediately thought I had enough of sleeping drug and cut me off. Later in the procedure I got up off the table with the medical scope tube still in my throat and walked around the room. It could have been bad, but I survived and I knew I wasn't making the same mistake twice.

I was soon rolled into the procedure area and was joking

with the staff to cover my nervousness of what was about to happen.

I was facing a wall with a big screen and the folks I'd been joking with were behind me and then a male anesthesiologist came up to me to give me the Milk-of Amnesia drug. I noticed the solution was milky, white looking and that over the years Michael Jackson had transformed from a black man to a lighter shade of pale, so I had to ask if I was going to be darker once the procedure was through. I don't remember what happened during the procedure but I do remember not wanting to make the mistake I had with the cute anesthesiologist girl. So the last thing I remember saying was, "Send in that competent doctor and 99, 98, 97, ZZZZZZZZ."

**On a personal note:**

In this article I poked some fun at my new found friends in the LSU Health Unit and Hospital in Bogaloussa. It is with great gratitude I have for your help and services. You are truly some remarkable professionals and I do believe you are all competent.

**Results:**

*It turned out a large cancer mass was found in my colon. Because I delayed having the colonoscopy the mass had been growing for 3 years. I hurt my chances of survival because of ignorance. Please if you have any signs of colon issues such as irritation or bleeding make an appointment and get checked out. It could save your life.*

*Also don't be ignorant about have a colostomy bag after your surgery. I was and asked not to have a bag and that resulted in infection and an emergency surgery. Then I had to have the bag so my internal colon could heal. I leaned to live with it and had a normal life including playing golf and having relationships.*

*I am lucky. My discovery was 15 years ago and I thought my days were numbered. It's been an ordeal. Seven surgeries and continued maintenance I am healthy with no worries about colon problems.*

*Eventually the bag was removed after 6 years. If I had let the doctors put a bag on with my initial surgery I would have had it for 1 to 2 months and then had it removed. My stupidity and worries of the stigma of a bag cost me years.*

*I'm a proud 15 year survivor and look forward to a long happy life.*

*I have a great colon doctor at Oschner and will place my life or butt in his hands anytime.*

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# Bibby Lee's 101 Birthday Celebration

In the November 2022 Edition we did an article titled "A Tribute to the Duke and Duchess of Sorrento" about Bibby and Hazel Lee's 80

wedding anniversary when they were 99 years old. Unfortunately, Ms Hazel has now passed and Bibby is still living in his home on Lee

Street in Sorrento. On February 5th a group of Bibby's friend and relatives gathered to celebrate his 101st birthday. They found Bibby still

his alert and cheerful self while mobility has become his greatest issue.

**Happy Birthday Mr. Bibby**

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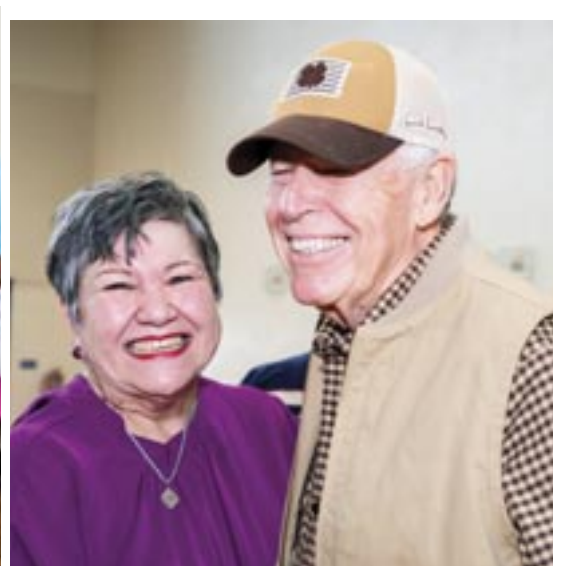
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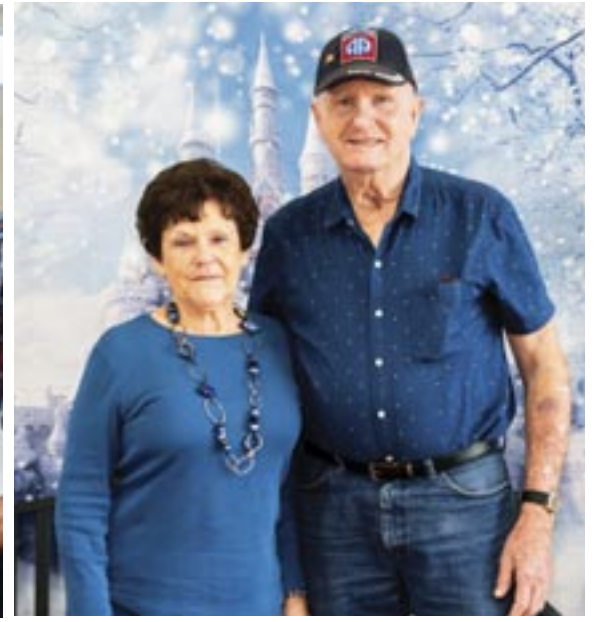


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### Crawfish Cakes with Remoulade sauce



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Yield: 8 cakes

Prep: 15 minutes

Cook: 10 minutes

Serving: 4

#### Ingredients:

1 lb Louisiana Crawfish tails (peeled)  
1 cup diced onion  
¼ cup diced celery  
¼ cup diced bell pepper  
2 teaspoons minced garlic  
1 tablespoon chopped green onions  
½ cup extra virgin olive oil  
1 lemon (juiced)  
½ cups fresh shredded smoked Gouda  
(any cheese you like)  
Kosher salt & fresh ground black pepper to taste

¼ cup Mayonnaise  
1 tablespoon Creole Mustard  
1 tablespoon Ketchup  
2 teaspoons Horseradish  
1 tablespoon Worcestersauce  
4 eggs  
2 cups panko bread crumbs  
1 cup bread crumbs

#### Method:

In a large skillet, heat 2 tablespoons of the extra virgin olive oil over medium high heat. When the oil is hot, add your onions, celery, bell pepper, and minced garlic and cook for 1 minute. Add the crawfish tails, Worcestershire. Cook for about 3 minutes, stirring occasionally, then remove from the heat and pour into a large mixing bowl.

Now, add your shredded cheese to the crawfish mixture and season to taste with salt & pepper. Add the green onions, 2 eggs, and the regular bread crumbs to the crawfish and mix well. At this point your mixture should be able to hold its shape. (add a little more bread crumbs if not)  
Form mixture into cakes

In a mixing bowl add the 2 remaining eggs, salt & pepper then whisk.  
In another small bowl add the panko bread crumbs

In a large skillet, heat the remaining olive oil over medium high heat. While the oil is heating, dip each cake into the egg mixture, then the panko bread crumbs. Once your oil is hot, add the cakes and fry them for about 2-3 minutes on each side. (You can also bake these cakes for a healthier option- 350 for 10 minutes) Remove the cakes from the hot oil and set them on a plate with paper towel to drain.

In a small bowl combine your mayo, Creole mustard, ketchup, horseradish, and lemon juice.

Mix well and drizzle over the top of your delicious crawfish cakes ENJOY!!!!!!

*Thank You Ascension!*

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