

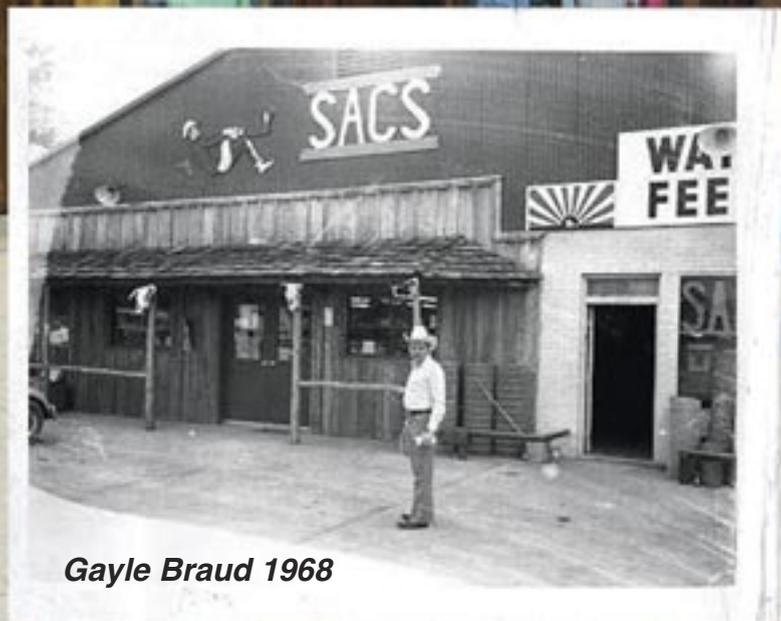
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Ascension

MAGAZINE

SEPTEMBER 2024, VOL. 22 ISSUE 9

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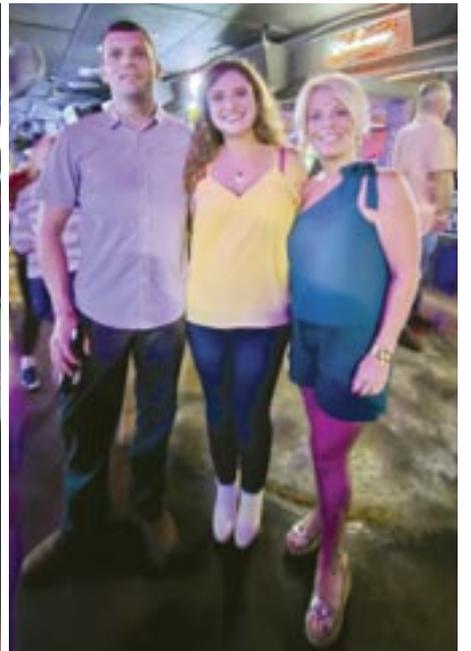
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LOUISIANA MUSIC HALL OF FAME
Mike Fredericks Inducted into the LMHOF
aka: Zydeco Mike



On September 14th at Fred's on the River in Port Vincent celebrated the induction ceremony for Zydeco Mike Fredericks into the Louisiana Music Hall of Fame.

Crowded to the hilt fans gathered to listen to Zydeco Mike performing with Chris

Leblanc. After a few songs Mike Shepard of the LMHOF handed Mike a 'Dream Come True'!

Zydeco Mike's name will be along with a long history of musicians such as Trace Adkins, George Jones, Ray Charles, Johnny Cash, Fats Domino and Elvis Presley.



A message from Mike

I would like to thank all my friends and family for supporting me throughout the years. Special thanks to Chris LeBlanc for allowing me to share your stage and for all the love and advice. To David Roshto for being my biggest fan and sponsor. Your support has been a huge inspiration to me and my music career. Thanks for always providing a stage for me to perform on at Fred's On The River. To Curtis Coubello for all

the great times and for giving me my first shot on the big stage by allowing me to join you in opening for the Charlie Daniels band. To Mike Shepard for bestowing me with the privilege of being inducted into the Louisiana Music Hall of Fame. I will forever be grateful for the honor of sharing that title with some of the greatest artists in our beloved State."

Respectfully,
Mike Fredericks





role in preventing and rehabilitating injuries. Our team of skilled therapists at Action Therapy & Wellness employs a holistic approach, combining hands-on techniques with state-of-the-art equipment to address a range of conditions. Whether recovering from surgery, managing chronic pain, or rehabilitating after an injury, our therapists provide comprehensive care to restore mobility, alleviate pain, and improve quality

of life.

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Unlocking Health and Vitality: The Role of Exercise and Physical Therapy at Action Therapy & Wellness



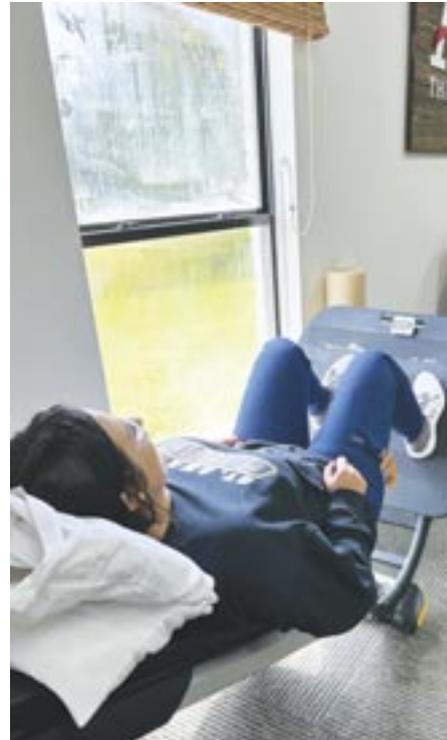
Taylor Terrio, PTA · Hailey Leindecker, DPT

In today's fast-paced world, where hectic schedules and sedentary lifestyles often dominate, maintaining physical health can become a challenge. However, at Action Therapy & Wellness, we believe in the transformative power of exercise and physical therapy in enhancing overall well-being.

bones, and improves flexibility and balance. Exercise is also crucial for mental health, reducing stress levels and enhancing mood through the release of endorphins. At Action Therapy & Wellness, we emphasize personalized exercise programs tailored to individual needs, ensuring that each patient achieves their health goals safely and effectively.

Exercise forms the cornerstone of a healthy lifestyle. Beyond its role in weight management, regular physical activity offers a myriad of benefits. It boosts cardiovascular health, strengthens muscles and

In conjunction with exercise, physical therapy plays a vital



At Action Therapy & Wellness, we are committed to promoting health and vitality through exercise and physical therapy. Our goal is not only to treat symptoms but to empower our clients to lead healthier, more fulfilling lives. Whether you are recovering from an injury, managing a chronic condition, or simply seeking to enhance your fitness level, we are here to support you every step of the way.

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From the Gonzales Garden Club

Looking Forward to a New Garden Club Year

The Gonzales Garden Club meets formally September through May each year. Opening the 2024-25 club year, the September 11 meeting will serve as an overview of its yearly plans. President Jamie Trisler will address 25 active and associate members in a familiar church reception hall about what is in store.

The October program will be a workshop on floral design headed by Member Janis Poche guiding members in turning grocery store flower bundles into balanced arrangements that last. An extra undertaking during that month is the hosting of the Louisiana Garden Club Foundation District VI meeting



Janis Poche is an experienced floral designer who shares her talents and knowledge with the club.

for 100 participants.

In November, the club meets at Beaver's Abundance Native Nursery on Old Jefferson Highway. Owner Ian

Richardson will describe the beauty and benefits of native plants as well as the sustainable lifestyle products stocked in his Eco-Boutique.

Member Cynthia Stafford graciously invited the club to her house for a repeat Christmas party in December. A social hour, pot luck meal and gift exchange will fill up the day.

The club will be treated to a demonstration by succulent enthusiast Yvette Cutrer in January. She will assemble a living wreath of succulents in a wire frame with a liner, soil, hydrated polymers and moss. Yvette is a Louisiana Master Gardener (1999) and owns Succulent Fanatic Farm in Tylertown, MS.

Mariah Simoneaux is our Ascension Parish Horticulture Agent and Coordinator of the Ascension Master Gardener Program. She will meet with the club at Dale Bowman's home to outline the basics of growing fruit trees in south Louisiana in February. Mariah is a loyal supporter of the garden club.

Dr. Allen Owings, Senior Horticulturist for Clegg's Nursery, will speak at the March meeting held at the First United Methodist Church. In the past, he has spoken to the club about roses, hydrangeas and horticulture misinformation. In this scheduled presentation, Dr. Owings will highlight perennials for shade and sun in warm and cool seasons.

The club's annual April Flower Show and Garden Inspiration Exhibit will again take place at



Dr. Allen Owings is a favorite guest speaker for the garden club.



Horticulture Agent Mariah Simoneaux (right) is seen here judging the parish's Home Vegetable Garden Contest with Master Gardener Sheila Billingsley.

Yards of the Month



Yvette Cutrer displayed these "Creative Living Wreaths" at Burden Conference Center when she spoke there in 2023.

the main branch of the library. The club's May banquet is booked at the Clarion Inn with Mike Anderson's menu as usual.

exchange. Yards of the Month will be chosen regularly with the exception of wintertime. Plans for two road trips are in the works.

There will be two plant exchanges and a seed

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



The September **Residential Yard of the Month** proudly goes to Calvin and Denise Thornton on Shumard Oaks. This yard is immaculate! It is well maintained with meticulously edged, power-washed sidewalks. The owners have made wise choices regarding plantings that have enabled this flower bed to thrive in the heat of the summer. Plants include loropetalum shrubs, vinca, sunshine ligustrum, multi-branching sunflowers, and small grasses.



Beaver's Abundance – Native Nursery and Permaculture Services in Prairieville specializes in Louisiana ecotype native plants.



This month's **Commercial Landscape of the Month** is Coastal Urgent Care at 1124 S. Burnside Ave. The front facing beds have nice curb appeal. Plantings include loropetalum shrubs, variegated flax lily dianella, holly bushes, sunshine ligustrum, and large crepe myrtles on each end.

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deLIVERing for Bryce



On behalf of deLIVERing for Bryce, LifeIVLouis would like to thank everyone who came out to support Bryce and his family during these difficult times. It was amazing to see the support from the greatest community! Ascension parish continues to show up for its own during there darkest times. LifeIVLouis would like to thank everyone for their continued support over the years. We are here to help those in need.





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that will emerge in time.

I speak to this process personally as I was convicted when someone told me this very sentiment. There are some “leaves” that are no longer serving me. They aren’t protecting me but are dead coverings, protection, I’m holding on to. The shield of dead leaves isn’t helping me; they aren’t helping me become more attractive, allowing all the new beautiful growth to emerge.

So, as autumn arrives, take a moment to appreciate the beauty of change. Let the falling leaves remind you that letting go is not an act of loss, but of trust—trusting that when we release hurts that no longer serve us, it increases our capacity for more. This is a promise of renewal and the beauty of what’s to come.

I’m praying for a beautiful fall for y’all. Praying for an autumn full of releasing the painful things that have held you back the past few seasons. It’s time to embrace the winter, then thrive in spring.

XOXO,
Sweet Eyes

The Beauty in Letting Go

As the days grow shorter and the temperatures enter the 80’s , we begin to see the subtle signs of fall all around us. Green leaves begin to shift to hues of red and yellow, and soon enough, the trees start to shed their leaves. It's a reminder that, just like the changing seasons, life is full of transitions.

Fall holds a quiet wisdom. Trees lose their leaves not because they are dying, but because they are making

space for renewal and growth in the time to come. This process is necessary for their survival. As they release their leaves, trees conserve energy and prepare for the coming cold. In the same way, fall invites us to reflect on what we might need to let go of in our own lives.

Letting go can be difficult. Boy don’t I know it! Whether it's releasing past hurts or thought processes that no longer serve us, the process can feel like a loss...like we are losing a part of who we are. The changing season may even stir a sense of disconnect as we witness the scorched and falling leaves

around us. But fall also carries with it a gentle reminder that this shedding is not the end— it's a step toward renewal. Just as spring follows the winter, so too will new things emerge in our lives when the time is right.

As we watch the trees shed their leaves, we can take heart in knowing that this is a necessary part of their growth cycle. The bareness of winter is temporary, just like the struggles we face or the things we choose to leave behind. In the same way that trees sprout fresh green leaves in spring, we too can look forward to new opportunities, relationships, and experiences





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Get Growing, Ascension!

Plant your Cool Season Crops Now



Mariah Simoneaux

While temperatures may not be cool just yet, the time has arrived to begin planting your cool season vegetable garden. Planting a garden this time of year has many benefits such as a break from sweltering

greens. Herbs like basil, cilantro, and parsley also make good additions to a fall garden.

Former LSU AgCenter Horticulture Extension Specialist Dr. Heather

Vegetable Crop	South LA Planting Dates (fall)	Space Between Plants	Days Until Harvest
Broccoli plants	8/1-10/31	18-24 inches	50-90*
Brussels sprouts plants	8/15-10/31	12-18 inches	90*
Cabbage plants	8/15-10/31	12-18 inches	50-75*
Cauliflower plants	7/1-10/15	18-24 inches	55-65*
Carrots direct seed	8/15-11/15	1-2 inches	70-75
Radishes direct seed	8/1-11/1	1 inch	22-28
Greens (mustard, turnip) direct seed	7/15-11/10	1-2 inches	35-50
Lettuce direct seed or plants	9/15-11/15	4-12 inches	45-80

*days from transplanting

can still dry out during the fall. October is traditionally the driest month in Louisiana. The good news is that plants use less water in the cooler temperatures.

Keep an eye out for pests and diseases, as some can be active during the fall. Regularly inspect your plants and take appropriate measures to control any issues that may arise. Mealy bugs, scales, aphids, mites and white flies in particular are active.

late soil temperature. This is especially important as the weather begins to cool down. Mulches can keep soil temperatures warmer when temperatures really begin to drop, protecting roots during the winter months.

Mariah Simoneaux is the Horticulture Extension Agent serving Ascension Parish. For more information visit www.LSUAgCenter.com or contact Mariah at (225) 621-5799 or MSimoneaux@agcenter.LSU.edu.



Broccoli - Photo by Dr. Kiki Fontenot | LSU AgCenter

temperatures, decreased disease pressure, and fewer insect pests. Traditional cool season crops include broccoli, cauliflower, cabbage, Brussels sprouts, radishes, carrots, lettuce, and many leafy

Kirk-Ballard advises that even though the weather is cooler, it's important to keep your garden adequately watered. Pay attention to the moisture needs of your plants, as they

Check mulch layers in the garden and reapply if needed. Mulch helps reduce weeds, retain soil moisture and regu-



Cabbage - Photo by Dr. Kiki Fontenot | LSU AgCenter

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YOUR ESTATE MATTERS



By Linda Melancon

How Beneficiary Designations Can Make or Break Your Estate Plan

As many people already know, a Will is a document that allows someone to specify who they would like their assets to go to after they

die. However, a lot of people do not realize that your Will only applies to your probate assets. Probate assets are things which pass according to your will, whereas non-probate assets pass according to your beneficiary designation. Some common types of non-probate assets include life insurance and retirement accounts. These days, many people hold the majority of their wealth in their retirement accounts (e.g., 401(k)s, 403(b)s or IRAs). As a result, it is vital that you make sure your beneficiary designations are up to date and accurately reflect your wishes.

Consider the following example. Mr. Smith is recently divorced from his second wife. Mr. Smith changed his Will after the divorce to leave his entire

estate to his daughter from his first marriage. Mr. Smith, recently retired, has \$3 million in assets – \$2.5 million of which are in his IRAs, while his home and a small checking account make up the other \$500,000.00. Mr. Smith dies unexpectedly, and his daughter moves forward to probate his Will. His daughter is shocked to find out that her father's Will does not apply to his IRAs. She is even more shocked to find that her father never updated his beneficiary designations after his divorce; as a result, Mr. Smith's daughter will only receive her father's probate assets – the home and the small bank account. Meanwhile, the former Mrs. Smith, who was still named as Mr. Smith's beneficiary on all of his IRAs, will walk away with \$2.5 million from her ex-husband's estate.

As this example illustrates, it is extremely important to update your beneficiary designations when changes happen in your life, such as marriage, divorce, the birth of a child, or a death in the family. It is also important to name contingent beneficiaries. A contingent beneficiary is someone who would receive the asset if something were to happen to your primary beneficiary. This will help to protect your wishes even if unforeseen circumstances arise.

Additional planning might be necessary depending on who you would like to name as your beneficiary. Naming a minor child as your beneficiary will lead to complications, because minors are not legally able to manage their own assets. It would be wise to set up a trust to hold the assets until the child reaches adulthood. Further, a special needs individual who is receiving SSI or Medicaid will lose their

benefits if they receive a lump sum of money. It is essential to create a Special Needs Trust, which will specifically protect a special needs beneficiary from losing their benefits.

To ensure your estate plan will work as intended, we recommend that you regularly check your beneficiary designations. If you change your beneficiary designation online, we highly recommend that you double check to make sure your change has been accepted by the company. For some companies, making a change online only begins the process, and you can expect paperwork to come in the mail in the following weeks requiring your signature to officially change your beneficiary. This can be easy to miss in our world of online transactions and daily junk letters in our mailbox, especially when you are not expecting it.

The best way to make sure your beneficiary designations are in line with your estate plan is to meet with an attorney who understands the importance of planning for both your probate and non-probate assets. A review of your beneficiary designations can help identify any legal or tax implications and allow you to address them before it is too late.

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

Vote for solid investment strategies

With the presidential election just a few weeks away, the public is naturally interested in not just the outcome but what the results will mean for issues of national importance. As a citizen, you likely share these concerns — but how about as an investor? After the votes are counted — or even before — should you make some moves in anticipation of possible changes in policy?

Let's look at the big picture first, through the lens of history. The financial markets have performed well — and at times, not so well — under Democratic and Republican presidents alike. And the same is true about which party controlled Congress.

While it might be an overstatement to say that decisions made in Washington have no effect on the markets, it's not always so easy to draw a direct line between what happens there and how the markets perform. For one thing, political candidates often make promises that are not fulfilled, or, if they are, have different results than intended. Also, other institutions can have a significant impact on the markets. For example, the Federal Reserve, which controls short-term interest rates, can certainly affect many market sectors. And there will always be external events, such as foreign conflicts and even natural disasters, that can make short-term impacts on the investment world.

So, rather than making changes to your portfolio in anticipation of what might happen if certain candidates get elected, or even in response to

actual policy changes, look to other factors to drive your investment decisions.

These factors should include the following:

- *Your goals* — You probably have short- and long-term goals you'd like to achieve. For your short-term goals, such as a wedding, a down payment on a house or a long vacation, you may want to invest in instruments that provide stability of principal. For your long-term goals, most important of which may be a comfortable retirement, you'll need to own a reasonable number of growth-oriented investments.

- *Your risk tolerance* — When you build and maintain your investment portfolio, you'll need to accommodate your individual risk tolerance. All investments carry some type of risk, but you need to be comfortable investments.

- *Your time horizon* — Where you are in life is an important consideration when investing. When you are young and just starting out in your career, you may be able to focus more on growth, as you have time to overcome the inevitable short-term market downturns. But as you near retirement, you may want to consolidate any gains you may have achieved, and lower your risk level, by moving your portfolio toward a somewhat more conservative approach. Even in retirement, though, you will need some growth potential to stay ahead of inflation.

- *Your needs for liquidity* — As you invest, you'll need to maintain an adequate amount of cash and cash equivalents in your holdings. Without this liquidity, you might be forced to sell long-term investments in case you have unexpected expenses.

In any case, when it comes to investing, you may want to pay less attention to what names are on the ballot — and instead “vote” for the longer-term strategies that reflect your needs and goals.

This article was written by Edward Jones for use by your local Edward Jones

Edward Jones
MAKING SENSE OF INVESTING
Jamie Lavigne,
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Torticollis in Infants

By: Dr. Stephanie Andry,
PT, DPT

Have you noticed that your baby may be having trouble turning their head to follow toys, or seems to always be tilted in their car seat? This could be a sign of a common condition called torticollis. Torticollis is a condition that is characterized by a turned or tilted neck. Research shows that 16% of newborns experience torticollis with development. In most cases, the cause is muscular and can be treated with early intervention.

Here are some things to look out for with your infant:

- *Decreased neck mobility*
- *Neck stiffness/pain*
- *One shoulder higher than other*
- *Inflamed or swollen neck muscles*
- *One sided preference with rolling*
- *Difficulty following you or a toy in multiple positions*
- *Difficulty with breastfeeding on one side*

Torticollis can be easily diagnosed by your pediatrician with a physical examination and medical history.

Without treatment, infants may be subject to other adverse effects, including:



Dr. Stephanie Andry, PT, DPT

- *Muscle imbalances*
- *Delays with sitting and walking*
- *Impaired balance*
- *Uneven crawling*
- *Muscle tightness throughout the body*
- *Rolling only to one side*
- *Decreased head control in many positions*
- *Difficulties with feeding*
- *Motor skill delays*
- *Facial deformities*
- *Deformities with head development*

Research has shown that infants that are referred for



physical therapy intervention within the first 3 months will likely not require the full 6 months of treatment that is recommended for older children. About 95% of babies that receive early treatment improve their symptoms within the first year. There are many skilled stretches and positional treatments that physical therapists use to help treat torticollis in infants.

Here are a few of my recommendations to assist with treating torticollis at home:

- *Limit time in container devices to 15 minutes at a time*
- *Encourage tummy time and side lying play*
- *Position the infant with a small towel while in their car seat to encourage their head to stay in the middle*
- *Alternate sides during feeding*

If you have noticed any of these symptoms with your baby, let your pediatrician know and contact us for further evaluation.



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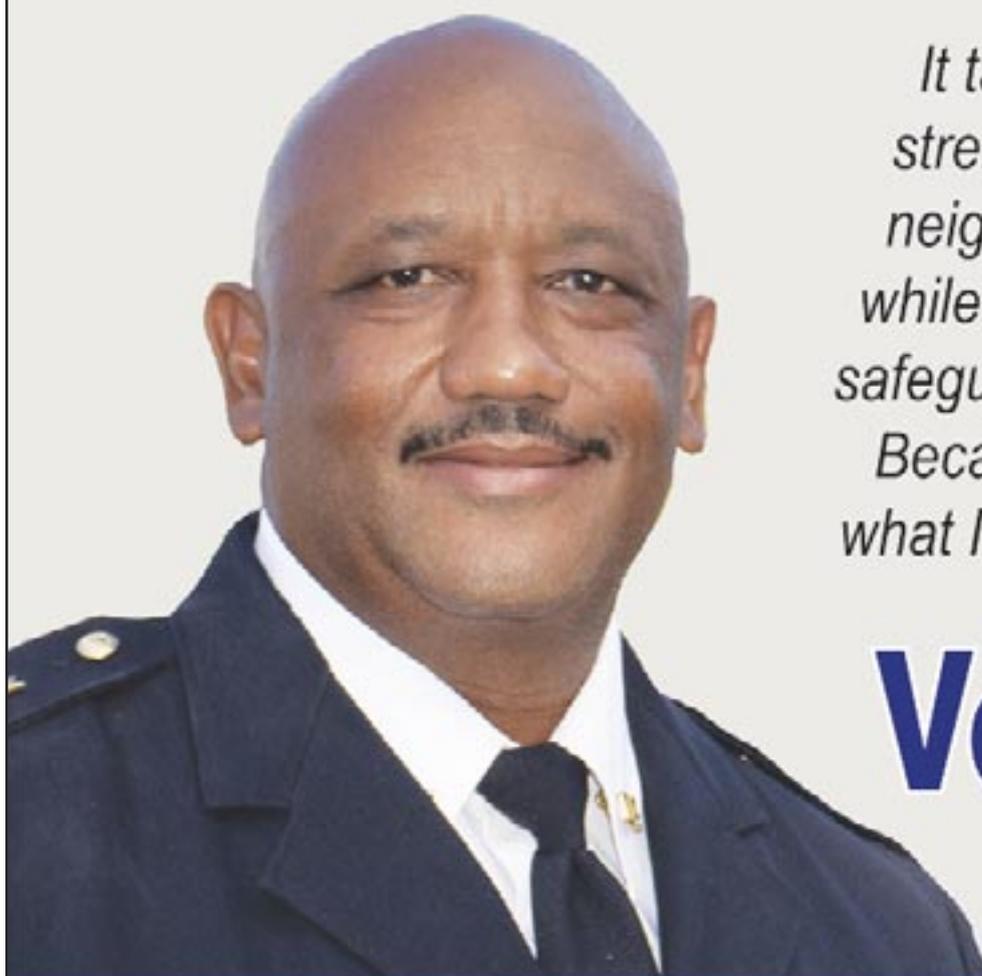
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As Chief, I led the first Safe Schools initiative in the Parish, establishing a comprehensive safety and response program for our city schools. This included coordinating city and parish agencies for better readiness and expanding School Resource Officers to four schools.

Budget Management Expertise

As Chief I have successfully managed an \$8.1 million budget, ensuring optimal use of limited resources to maintain public safety, with 49 officers serving 4,452 homes, 991 businesses, and 500,000 visitors weekly.

Cutting-Edge Crime Fighting

As Chief, I know our officers can better protect you when they have good training and advanced technology. I prioritized the use of intelligence software, camera technology and drones to enhance safety and reduce crime across the City.

Paid for by the Sherman Jackson Campaign

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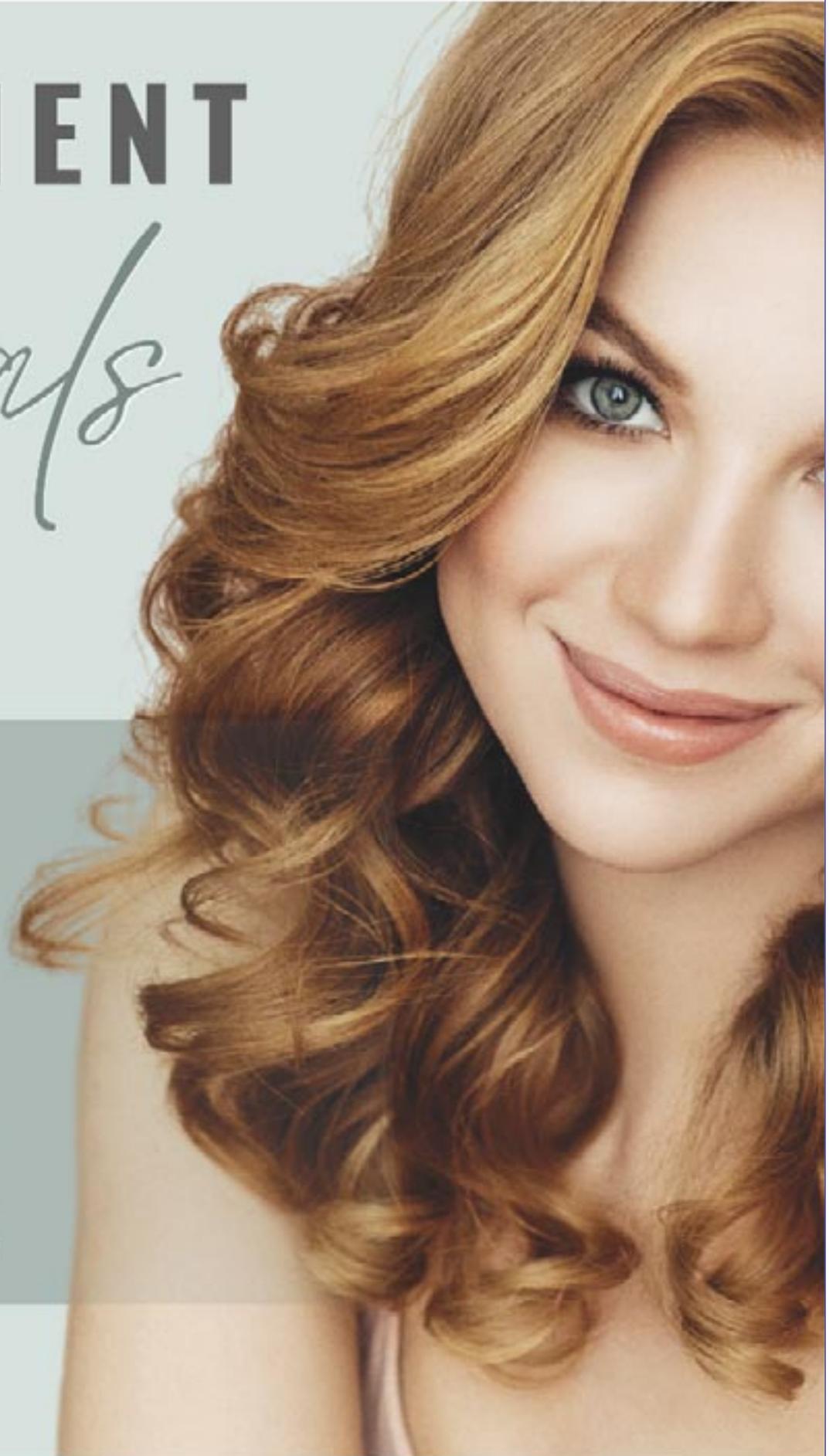
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History of SACS: A Legacy of Excellence

SACS Supply & Outfitters was founded in 1968, deeply rooted in the rich agricultural traditions of Gonzales, Louisiana. Over the years, the business evolved, growing alongside the community while maintaining its commitment to quality and service. The founder, Gayle Braud, nurtured SACS into one of the largest feed and western stores in South Louisiana. Today, this proud legacy continues under the leadership of Gayle Braud's daughter, Gay Robert, and her husband Danny Robert, ensuring that the values of family, community, and hard work remain at the heart of SACS.

As the business has grown, the third generation—Cori Hymel and her husband Scott Hymel—have stepped in, adding their innovative vision to expand and modernize SACS. Cori spearheaded the expansion of SACS' apparel department, bringing in fashionable selections for the whole family. She also plays a

key role on the Industrial side of the business, alongside Scott, who launched SACS Industrial Outfitters in 2018. Since then, this division has grown significantly, providing uniforms and services to many large industrial companies across Louisiana. "We pride ourselves in being locally rooted in Ascension, and we proudly outfit companies of all sizes in Louisiana." - Scott Hymel, Head of Business Development

Long-time store manager Joey Templet, who has been with SACS for over 50 years, continues to be an integral part of the team. Joey's expertise across multiple departments, from hat shaping and boot fittings to home and garden supplies, makes him a trusted source for customers seeking personalized advice.

Home, Garden, & Agriculture SACS proudly continues its agricultural legacy by offering a wide range of home, garden,



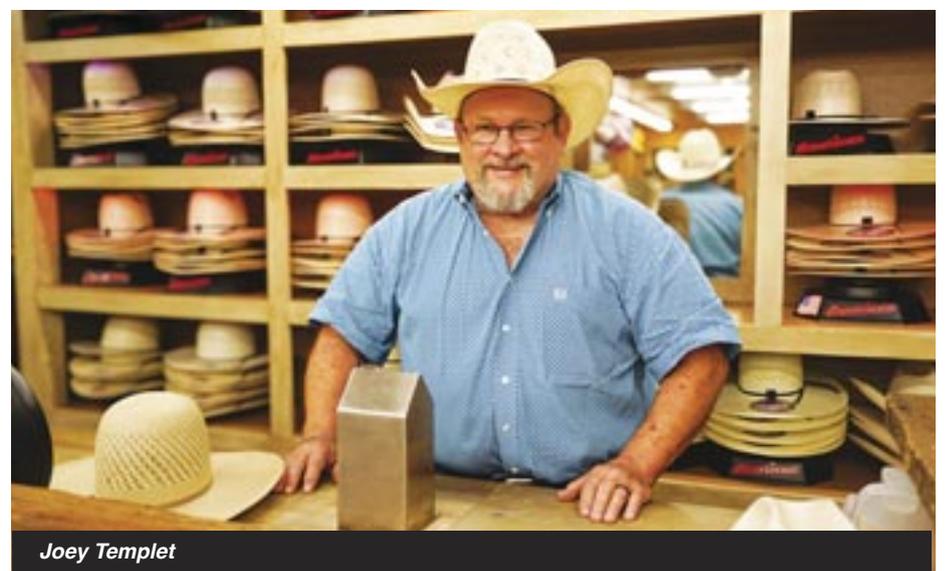
and farm supplies. From premium seeds and fertilizers to livestock feed and plants, SACS is a trusted source for all your agricultural needs. Whether you're managing livestock or growing a backyard garden, we provide the tools, knowledge, and high-quality products to help you succeed. And let's not forget our extensive selection of pet supplies to keep your

furry friends happy and healthy.

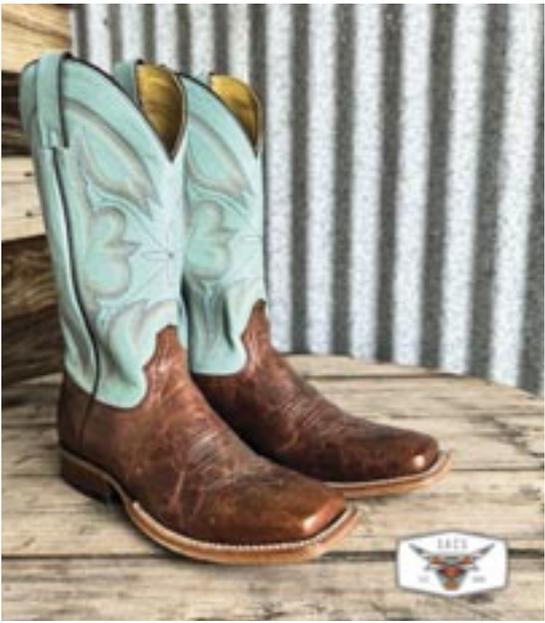
By shopping at SACS, you're not just getting top-notch products, you're supporting a locally-owned business that values personalized service and community relationships. We're grateful for the continued support from our loyal customers who have been with us since 1968.



Scott & Cori Hymel, Gay & Danny Robert



Joey Templet



SACS Fashion: Western and Casual for the Whole Family

When you visit SACS, you'll find more than our traditional Western apparel. Over the years, we've expanded our fashion offerings to include a large selection of denim, button-down shirts, golf polos, and T-shirts for men. For women, we carry trendy boutique-style clothing, a variety of denim, and an assortment of accessories. We haven't forgotten the kids either! Our children's section

offers Western toys, casual wear, and boots to keep them looking stylish.

While we continue to offer iconic cowboy hats and boots, our fashion department now caters to the whole family with casual and comfortable clothing at competitive prices.

School Uniforms:

Ready for Every School Year In 2003, SACS entered the school uniform market, proudly outfitting Ascension Parish students. We carry a wide selection of uniforms year-round, in sizes from 2T to adult, making sure every student has what they need to succeed. Our friendly and knowledgeable staff is here to make uniform shopping simple and stress-free.



Aubrey & Ember

This year, we were honored to partner with the Ascension Parish Sheriff's Office to sponsor the Ascension 4 Youth Fest, where we provided 1,500 uniform vouchers valued at \$45,000 to local students. Our commitment to supporting the community extends beyond business; we believe in giving back.

Upstairs at SACS, our uniform department is fully stocked, ensuring your child will always have access to what they need for the school year. We take pride in providing quality uniforms and exceptional customer service at competitive prices.



Spencer & Will





SACS Industrial Outfitters: Serving Industrial, Corporate, & Business Clients

SACS Industrial Outfitters is dedicated to providing businesses across the industrial and commercial sectors with premium uniform programs and customized

promotional items. Whether your company requires flame-resistant (FR) clothing, branded apparel, or promotional items, our team is equipped to meet your needs

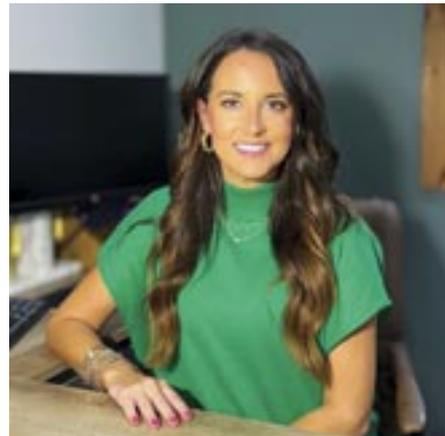
with precision and care. We offer a wide range of services, including in-house embroidery and heat press, ensuring your branding is prominently and professionally displayed.

Our partnerships extend to companies of all sizes, from local businesses to large-scale industrial plants, providing uniforms and custom products tailored to specific needs.

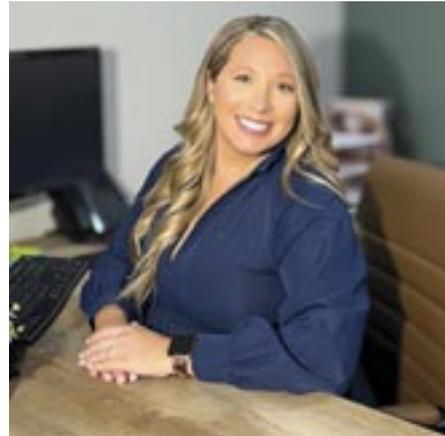
Meet Our Team:



Scott Hymel, Business Development – Leading the way in business relationships, and SACS Industrial expansion. scott@sacsinc.org



Cori Hymel, Business Management – Ensuring client orders meet specifications, with a focus on custom hats. cori@sacsinc.org



Tori Wells, Business Development Coordinator – Providing excellent service to corporate clients, and handling special requests. tori@sacsinc.org



Samantha Morin, Business Development Specialist – Coordinating and assisting clients within SACS Industrial. samantha@sacsinc.org



Mia Duplessis, Promotional Specialist – Managing all custom and promotional orders. mia@sacsinc.org

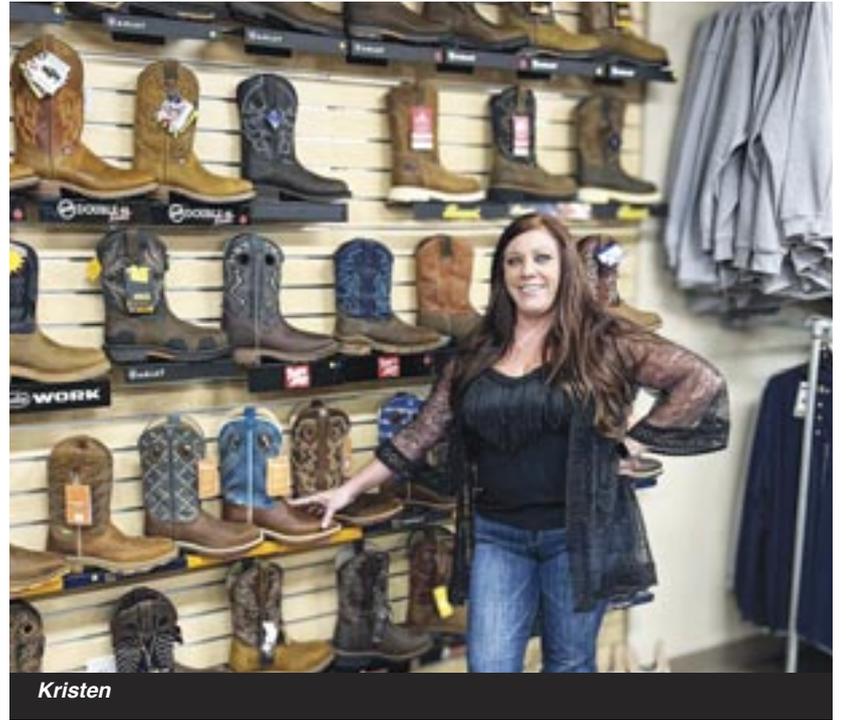
Our team works tirelessly to ensure every order is handled with the utmost attention to detail, delivering products that reflect the highest standards of quality.



SUPPLY & OUTFITTERS



Janet



Kristen

FR Workwear & Steel Toe Boots

At SACS, safety is our priority. We offer a full line of flame-resistant (FR) workwear and

steel-toe boots designed to protect workers in hazardous environments. From coveralls to jackets, our FR gear is designed to meet industry safety standards and provide the comfort and durability

workers need on the job.

Our knowledgeable team members, Janet and Kristen, specialize in FR workwear and are always ready to assist in finding the right products for

your safety needs. Their expertise ensures you are outfitted with the best safety gear available.



SACS Outdoors: Your Destination for Hunting Supplies

SACS Outdoors is your one-stop shop for all your hunting needs! We offer unbeatable prices on

corn: 50lb bags for \$9.50, 10 bags for \$90 at \$9.00 per bag, or a pallet for \$300 at \$7.50 per bag. Along with great deals on feed, we carry a wide range of hunting gear, ammunition, and blinds to ensure you're fully prepared for the season. Whether you're a seasoned hunter or just starting out, SACS has everything you need to make your hunting trip a success!



SUPPLY & OUTFITTERS

Well, Excuse Me- But I Think You've Got My Chair

by Bill Delaune

"And how do we keep our balance. That I can tell you in one word-tradition!"
Tevye in "Fiddler on the Roof".

Stop me if you've heard this one. A magazine publisher and his star writer walk into a bar. The publisher unknowingly plops down in a seat at the end of the bar that is usually reserved for one of the regulars.

The writer-who frequents the place-turns to his boss and says, "If you take that seat, it might be your a--!"

Okay-not that funny, but when Mike (aka Bully) and I (aka Wild Bill) met up in Just Winging It-just across Bayou Manchac on Old Jefferson-one day recently, that's exactly what happened.

Mike was completely innocent-not knowing that the stool belonged to a daily visitor Davis-and was actually grateful that I had alerted him to that local knowledge.

That simple incident triggered some memories in both our brain cell-depleted minds and we began to throw out some traditions-silly or otherwise-that we remembered from other establishments that people knew not to violate.

For example, one of the cardinal rules of parking at the popular Gonzales drive-in Colonial was to make sure you parked on the left side-facing the place from the Airline-even if the other side was completely empty.

I'm not sure where that tradi-



tion started-it certainly wasn't a political statement about left or right-we were far too naïve for that in the 60's (although things would change drastically a few years later). But I-for one, especially if I had female company-wasn't taking the risk of being "uncool" in those formative teenage years. sides, even if you had to park almost in the woods, it was a better make-out place.

But back to the seating chart for a moment. At the legendary Gonzales Country Club, Lionel Glaze arrived early in the morning and took his regular seat at the very end of the bar. Nobody dared take that

seat-even while Lion was out playing a brisk 18-hole round of golf. Even after Lionel moved on to a higher place in the sky, it was a long time before anyone sat on that stool.

Likewise for my New Roads buddy Rick Barrios-a most excellent cook during the tailgating for LSU baseball during the glory years of the 90's. "Big Rick" was even featured on ESPN the years that the Tigers went to Omaha-probably because he was feeding most of the commentators.

Once after a rain-plagued regional at the old Alec Box

lasted into the wee hours of the morning, many of us (for reasons not disclosed) decided just to sleep in our vehicles for the early morning final. We awakened to see Rick-already up or perhaps never having gone to bed-cooking a crawfish omelet on his well-used grill.

After we drifted apart, I'd still stop by Morel's on False River on my way to Marksville for "11:30 mass" where he was holding court with some of the locals. After Rick got his tickets to see the Angels play, the establishment reserved his stool-almost like a memorial.

Phil's Oyster Bar has a similar tribute for long-time patron the late Stanley Triche with a reserved parking spot with a sign in front that reads- "For Take-Out Orders or Stanley Triche-Whoever gets here first".

Some of my river rat buddies used to host a card game in an old sharecropper's shack behind the Marchand residence in Burnside. Any place at the table was fine as long as you didn't sit in Luther's chair. Apparently, the former inhabitant Luther had put a curse of some kind on an old worn-out easy chair before he died and anyone who sat there-according to the legend- would have terrible luck.

One of my hard-headed cousins decided to test the superstition one night and promptly lost everything he had. He then proceeded to

borrow as much as the other players could afford to lend him and lost that too. Finally, he got up from Luther's chair and turned to the heavens and proclaimed, "Oh, Luther, forgive me for my great offense. I am now a believer and will never again disgrace your chair with my unworthy bottom."

He then plopped down in another chair put up his remaining change and won back all his losings.

Unfortunately, some places had traditions that were more of a physical nature. You could be sure if you were at the Bantam Club in Prairieville or Moonlight Inn in French Settlement on a Saturday night, there would probably be a pretty good fight when the band took an intermission. Now, boys and girls, these

were the days of no weapons and- more often then not-the combatants would end up having a drink together after the tussle.

In fact, one of the worst injuries I saw at one of these rumbles was when a spectator tried to climb up a truck's side railing to get a better view of the action. Apparently he'd had a few too many Kalani and 7-Ups because he lost his balance and fell to the asphalt below-breaking an arm and suffering unending humiliation. Even the fighters stopped punching and went to check on-or make sport of-him.

Also-especially at Moonlight-you had to be careful just who-or how many-were involved in the fracas. I overheard a conversation on night in that establishment that went something like this-"Who

are you fighting tonight, Lane?"

"Right now, I think it's Springfield."

Of course, there were many other places-all with their own tradition-some good, some not so good. The mandatory speeding ticket when you went to Kramer's in Sorrento on Sunday afternoon, the loop through the First and Last Chance parking lot where you sometimes could get drive-through beer and the tree outside Club Forest in Maurepas where you could get a better look at the fight or maybe escape someone who was looking for you.

And who can forget the Gonzales "Light" down Light Lane-but that's a story best reserved for the Halloween issue.

And as a final disclaimer, I didn't really visit all the places mentioned in this story. They were told to me by an old man with a fading memory who often embellishes his tales. You might run into him some time-tall, gray hair, talks a little too loud and goes by a rhyming nickname.

Tell him I said hello- and find him a chair.

A Personal Note from Wild Bill!
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A Community with a Heart the size of a Jambalaya Pot comes to the Rescue.

Earlier this month a Jambalaya Benefit in honor of Allison King, wife of Austin King was held with a giant turnout. They have 2 daughters Andi age 5 and Addi age 3.

Allison was diagnosed with Breast Cancer and is 30 years old. She will have an aggressive treatment plan that will last up to a year. All proceeds will help offset medical expenses.

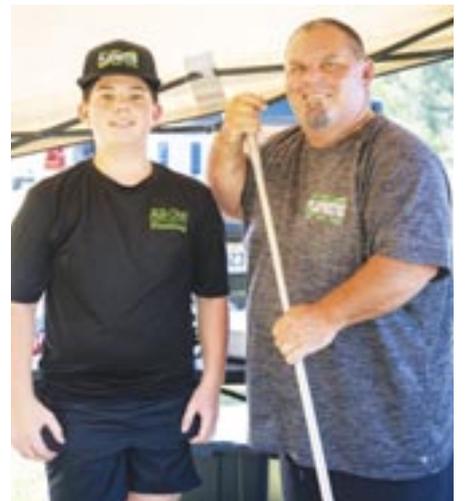
These types of cancers are a continuous plague on our community but time-and-time

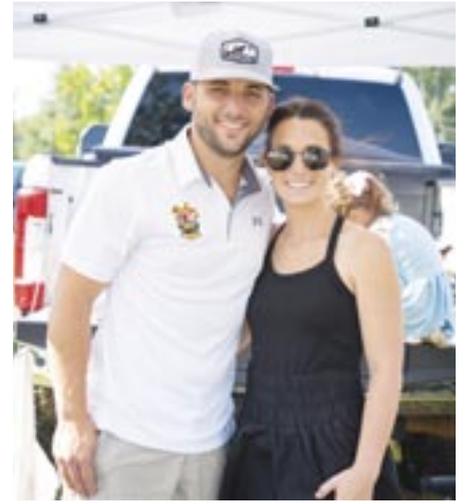
again our community comes to the rescue.

From the King Family:
We would like to thank our family and friends that have helped with the benefit. We would especially like to thank the Life IV Louis foundation. We couldn't have made this happen without their help. Ascension has to be the best the greatest parish in the state with all the help and support from the community.

Ascension Magazine would like ask if you can help this family please contact the Life IV Louis Foundation. You can also contact Rhonda King with any questions. Donations can be sent to their Venmo account.







Kemlyn Bailey Lomas is Home Grown With a History of Serving Our Community.

Kemlyn Bailey Lomas Believes We Need Transparency-Accessible Governing for Our Growing Community.

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 **#38**
TUESDAY, NOV. 5th



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Paid for by the KBL Campaign

Jammin' with Goosie

Back Then And Now

As I was walking out to get my mail one day I noticed a nutria swimming in the sewage ditch that separates my front yard from the highway. From time to time I've seen different creatures such as turtles, snakes, lampreys, birds, crawfish, frogs, and fish using the drainage for their daily needs. The sighting of the first rat did not bother me too much but it wasn't very long after that event when I noticed four of the creatures feeding out there at the same time. Knowing how destructive these animals can be to ditch banks, levees, and the landscape in general I began to examine my property of which they were now calling home. What I saw during my inspection was what I was afraid of seeing. Their burrows had created ditch bank erosion and hollow spots in my yard as well as my neighbors yard next door and across the highway also. These ditches are major drainage for sewage and heavy rainfall. During heavy rain events the burrows are capable of causing serious erosion problems.

At first I decided not to fool with them hoping that they would become road kills or just simply eat themselves out of house and home and then move on. After all, I was trying to wrap up the turkey season, catch a few fish, play a few music gigs, plant a garden, along with doing other stuff and just did not feel like fooling with that problem at the time. My wish of them moving on did not happen and on one occasion



after noticing that they had undermined my culvert with their lifestyles I decided to take some action to get rid of them. One evening while I was waiting for my wife to get ready to give me a ride to the Jambalaya Festival I grabbed my pellet gun and headed out to the ditch. They were out there feeding at the

time. My plan was to sneak to the location, take a shot in between the passing of vehicles and leave. As soon as I walked up I saw one but he saw me as well and went into his burrow. At that point I then decided to just sit there with the gun propped on my knee until another one would appear. Another one soon popped up and just before I pulled the trigger he dove under water. I stayed there near the roadside for about fifteen minutes and finally gave up that attempt so I could now head on down to the festival to enjoy some great food, music, and conversation.

As I was putting the spring piston powered air gun back in the house I received a phone call from my neighbor across the road. He frantically told me “



Don't go outside with that gun right now. There's cops up and down the highway and they are looking for you.” I told him that I was trying to kill those nutrias and he said "please kill them all but whatever you do do not go out there right now.” After stowing away the little crack barrel I walked outside and noticed three Ascension Parish police units in the driveway of the abandoned yard next door. One deputy actually had his hand on his sidearm as he approached the residence. I yelled at them from my yard and after they acknowledged me I asked “I guess y'all are looking for the (in words that I can't print here) with the gun?” He replied that they were and I then confessed to being that person. About that time a State Trooper joined the group. They took down my info after questioning me of the doings and admitted that I had done nothing wrong with the use of the air rifle. I knew that I was pretty much within the guidelines of the law. I told them that I really went out there to take a shot and leave but after sitting there for a while I kinda figured that someone would call them. After all, the small rifle does look like a so-called sniper gun. Somewhere near the end of a lengthy conversation about the damage



the creatures had done the Trooper kinda smiled and quoted. “You are living in a different world than you once were around here.” I replied. “You better believe that. My dad and I used to creep down this very same road on cold rainy winter nights bulls eyeing rabbits and during the day the kids of the neighborhood would walk down the road shooting birds off the power lines for a gumbo or jambalaya that evening. And back then if anyone would have seen me sitting there looking down that ditch with a gun in my hand they probably would have stopped and asked if I needed some help.” Right or wrong, like it or not, that's just the way it was back then. We've learned through education and time to do better in these types of



events. But to be honest with you many of those actions back then were much better than some of the stuff that is going on around here at this day and time.

Before we dispersed one of the deputies, being the trained professional that he is, began to give me other solutions that may help with my nutria infestation problem. He stated that I might try calling Wildlife & Fisheries, The Nuisance Animal Control, or try trapping them to get rid of the problem. I replied that Wildlife & Fisheries has bigger fish to fry than to fool with that issue and that I could try trapping but I did not really feel like wading around in a sewage ditch to set the traps. I also felt that by getting the government involved would probably end up costing unnecessary taxpayer money. I then added that the one thing

I would say for certain is that if something isn't done before long the state, parish, or myself is going to have to spend some major bucks to repair the roadside. But on the other hand for the cost of about 10 cents of 177 caliber pellets I can take care of the problem free of charge. The conversation soon came to an end and I apologized to the officers for the disturbance. As they were beginning to walk away one of the officials told me that since use of the pellet rifle was legal he would suggest that I use that method very early in the morning when the traffic flow is at its lowest. Preferably on weekends.

Interesting situation for sure and as luck would have it I spent that evening at the Festival and not in jail. But for me the biggest takeaway from this story is what I had witnessed taking place in that ditch during my fifteen minute wait. Although I commonly view that drainage from time to time while going to the mailbox, cutting grass, staging the trash can, etc., the time that I spent looking down the ditch taught me more about what really goes on out there in everyday life. It was kinda like what you see just sitting in a deer stand for a while after everything settles down from your disturbing walk in. As I sat there after seeing the rats a time or two a snapping turtle soon appeared. Shortly after that a Red-Eared Slider turtle, more commonly called a Streaker Head, came to the scene from a culvert that crosses under the road. A bird or two stopped by and there was all kinds of movement constantly in the water from insects, smallfish, and crawfish. This drainage has an environment of its own and so does the highway that borders it. It may be strange to some but the highway environment is the one that I am not too sure of anymore.

PS. Now the hunt begins. Stay tuned.

Till next time
I might need bail yet

James “Goosie” Guice



East Ascension Sportsmans League

Letter from president -
Greg Cedotal

I have been sitting on the front porch enjoying the lower temperatures and looking at the weather app on my cell phone, mid to low 80s then down into the 70s for a couple of days. This weather makes me think about pulling out the hunting equipment to make sure it is ready for the approaching hunting season. Then I remember, these

PHOTOS BY ROBIN REYNOLDS

temperatures will ignite the fall spawn of some fish. So many things to do in south Louisiana. Time to get off the porch and enjoy the outdoors. So, let's get started.

Dove season has started, followed by the other migratory game birds, along with quail, rabbit, deer and squirrel seasons. With the opening of squirrel season EASL will be hosting the Annual Squirrel Rodeo on opening day, Oct. 5th. With the Squirrel Gravy on Sunday, Oct. 6th. The rules are as follows.

To compete, a hunter must be licensed with the LDWF and a member of EASL prior to weighing in. The rodeo will be held on Saturday October 5th, starting at one half hour before sunrise. The weigh-in will be from 10:00 a.m. until 3:00 p.m. on Saturday. The location is Merle Gautreaux's shed, located at 12400 Fernand Road off Hwy. 74, the second to last house on the left. Prizes for the Heaviest Bag will be 1st place, \$25.00;

2nd place, \$15.00; 3rd place, \$10.00. The prize for Heaviest Individual Squirrel will be \$10.00. There will be a youth category for hunters under sixteen years of age. Prizes will be awarded for this category. These young hunters must be accompanied by an adult member in good standing to compete.

There is still time to renew your membership to be eligible for the Big Buck Contest. See the website for the rules.

We are approaching the time of year when we elect officers and board members for EASL. If you are interested in serving and making a difference in our community and state, please consider serving. If you have questions about serving, contact me.

Reminder, The September meeting will be at Merle Gautreaux's house at 12400 Fernand Rd., September 16th, at 7:00 p.m.

Now for a little bit about EASL events. You must be a member

to participate in these events. EASL Bass Club will fish a tournament on September 28th. If you are interested in fishing with the bass club, contact Jim Hebert at 225-717-6037. There will not be a September .22 Rifle Silhouette Match. Matches will resume in February of 2025. Members don't forget to weigh your bass for the Monthly Big Bass contest and weigh your specs for the Monthly Big Speckled Trout contest.

If you get to enjoy some time with family and or friends catching fish and making memories, consider sharing photos with the members of EASL. We can post them on the website and Facebook page.

Time to go outdoors with family and or friends and enjoy nature. Remember to be safe and conserve our resources for future use. Questions or comments you can email me at gdcad1@gmail.com.

EASL Bass Club News

The EASL Bass Club held its August Tournament on the 23rd. It was held out of the Belle River Public Landing in the Atchafalaya Spillway with a 1:00 PM weigh in time. There

were 13 Boats that participated in this event. Fishing was tough as only 5 teams brought a limit to the scales. Four boats had 4 fish to weigh in. Others had 0-2 fish to weigh.



L to R, Tim Fatheree, Donald Braud, Jessie Argrave & Dirk Anderson

The winner was Donald Braud fishing alone with 5 Bass weighing 11.58 lbs.

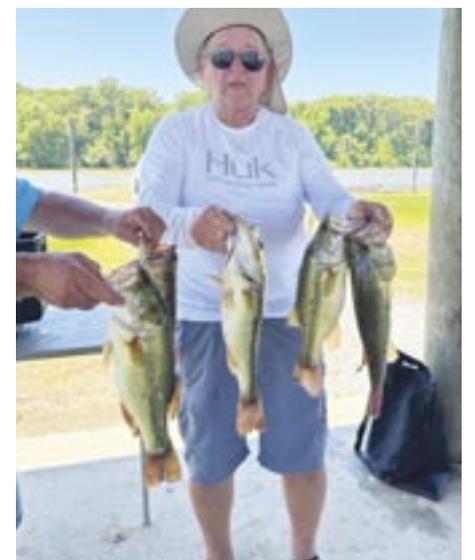
Second place went to Dirk Anderson and Jessie Argrave with a limit weighing in at 9.2 lbs.

Tim Fatheree was the Big Bass winner with his lunker that weighed 2.98 lbs.

Congratulations to the winners of the August Tournament.



Tim Fatheree with his 2.98 lb. Bass



Donald Braud with winning stringer

The next Tournament is scheduled for September 28th. The meeting to sign up for that event is on September 19th at Dirk Anderson's home on Babin Road.

EASL's next regular meeting will be in December

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DON RICH

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2:30 PM - 4:30 PM

DUSTIN SONNIER & THE WANTED

5:00 PM - 7:00 PM

RYAN FORET & FORET TRADITION

8:00 PM - 10:30 PM

WAYNE TOUPS

SUNDAY, OCTOBER 20

12:00 PM - 2:30 PM

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Useless Random Facts with Kellie

When CBS broadcast the first television show in color, no one other than CBS owned a color television set.

Toronto was the first city in the world with a computerized traffic signal system.

At any given time, there are eighteen hundred t hunderstorms in progress over the earth's atmosphere.

Reindeer's milk has more fat than cow's milk

At age nighty, Pete Mustafic of Botovo, Yugoslavia, suddenly began speaking after a silence of forty years. The Yugoslavia news quoted him as saying "I just didn't want to do military service , so I stopped speaking in 1920; then I got used to it."

An Iceberg contains more heat than a match.

The tip of a bullwhip moves so fast that it breaks the sound barrier; the crack of the whip is actually a tiny sonic boom.

One hundred and seven incorrect medical procedures will be performed by the end of day today.

Albert Einstein couldn't speak fluently when he was nine. His parents thought he might be mentally retarded.

John Quincy Adams owned a pet alligator, which he kept it in the East Room of the White House.

Benjamin Franklin wanted the turkey, not the bald eagle, to be the U.S. national bird.



Thoughts from Bully

Stupid is as Stupid Does!!!

Do you recognize the headline. It says so much about simple thought and common sense. It also reflects what Rush Limbaugh once described as making a point by demonstrating absurdity with absurdity.

Can you imagine being stupid enough to think that setting a value on theft before it is a crime. How can someone think crime will drop by allowing crime up to a dollar value to exist.

There is a law in California that allows stealing up to \$950 before it is a crime. I'm sure there are folks that think I made this up so do your on research and find out I'm telling the truth. Google It!!

Country Boy Logic

If I were a person that wanted to go get some things that I need without paying for it, under this law, I would first steal a calculator that was less than \$950. I could then keep a running tally of items I have in my possession before I am a criminal.

This article is a Dollar Store demonstration where I'm demonstrating absurdity with absurdity.

Who in their right mind would think you could walk out with \$950 worth of merchandise and



actually carry it or roll it from a Dollar Store. Everything is so cheap you would have to take a lot of stuff to meet the \$950 thresh hold. But it may be that the wife is washing cloths this week and cleaning house. Maybe by getting all the supplies including mops, brooms, rugs, dish washing soap, floor wax, window cleaner, etc...

Country Boy Solution

This is the stupidest law I've ever heard of so as a country boy with command sense I would mark all items in the store with a price of \$951.00. That's right \$951.00. Display a sign on the front of the building with the new name of the store and post large signs reading, Every Item cost \$951.00. However if you purchase the item with a debit card or cash it has a discounted



price.

For example: If you steal a pack of Doublemint it's \$951. If you use cash it is \$1.75.

Country Boy Legal

To be clear I'm not calling the people stealing stupid. They are entrepreneurs. Taking advantage of the system like many politicians do.

Free stock entrepreneurs is a new term because of the law. I bet some politician will soon be counting them as jobs created. Just pick up what the under ground sales market needs and get some free cash and home items you may need.

Here's the bottom line. A thief may think they are gaming the system but they better check their back side.

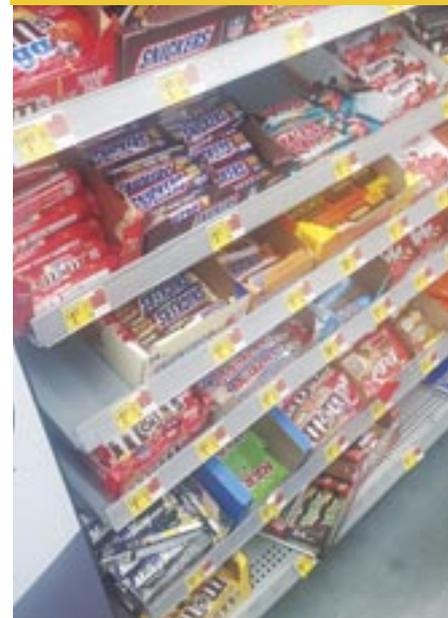
Californias sales tax is 7.25%. Let's do the math. 1000 thieves steal \$950 dollars of taxable items. The state sales tax on \$950,000.00 is \$68,880.00. That is for 1 day of stealing. Times 365 days equals, \$25,141,200 million.

If you think the California Department of Treasury doesn't want to collect this revenue you're nuts!!! If you took it, you own it and there is a tax owed at a 7.25% to the state.

Sleep well knowing the knock at the door is coming your way and revenueurs have long memories.

Knock Knock, Knock Knock??

All candy items are \$951 Unless you pay cash or card. If you pay for the items. Price then is \$1.75. If you steal it's \$951. Go straight to jail. Don't pass Go. Don't collect \$200.





The Garney Gautreaux **Dancing at the Tailgate Party Soc Hop**

PHOTOS BY ROBIN STEVENS, OFF THE GRID PHOTOGRAPHY








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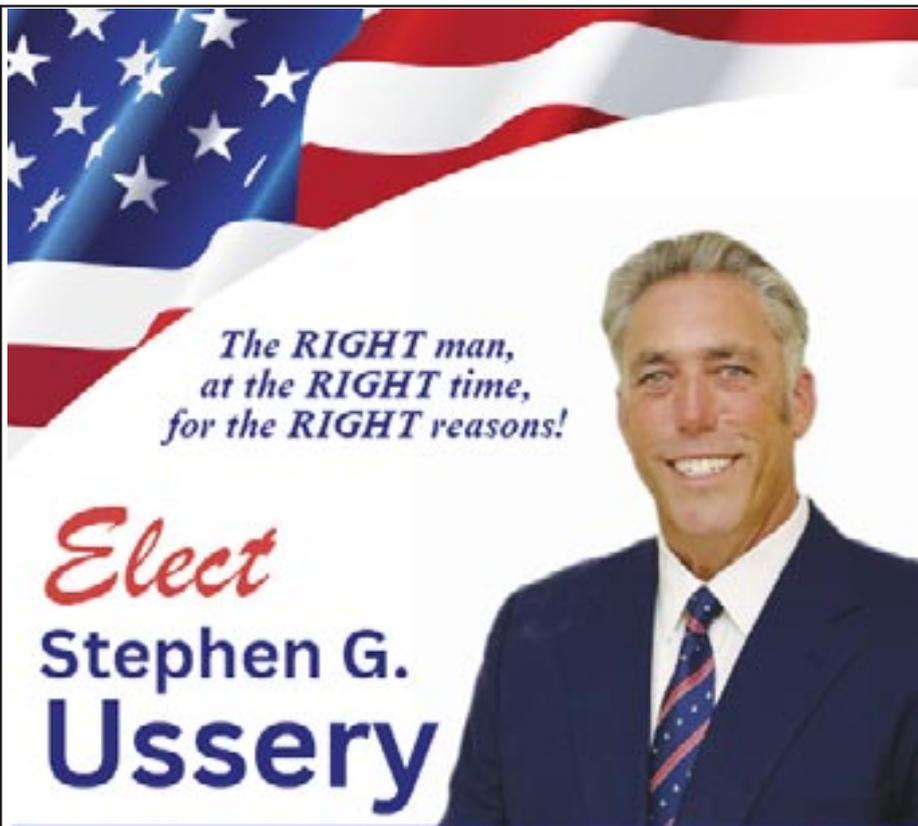

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- 21 year veteran of Gonzales Police Dept.
- Top of class 1999 LSU Police Academy
- Officer of the Year 2014
- 17 years as a motorcycle officer
- Retired October 2019

6 Main Issues Important to Me:

1. Committed to being present, active and fully engaged in my duties as Chief of Police.
2. Restoring inclusiveness within the department and among the residents of the city of Gonzales.
3. Boosting our patrol division to ensure we are properly staffed and equipped to effectively serve our ever increasing population.
4. Moving from mostly reactionary policing to pro-active policing.
5. Emphasizing the importance of community policing.
6. Diligently addressing the ongoing drug epidemic plaguing our nation as well as our own community.

VOTE #42

Tuesday, November 5, 2024

Paid for by Stephen G. Ussery



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Cooking Gourmet at Home with SNO'S SEAFOOD & STEAKS



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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