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JANUARY 2022, VOL. 20 ISSUE 1

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See Page 24

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On the Cover: Our Lady of the Lake Ascension!

2022 is Here! Ready or Not!

The new year is upon us. Our minds and bodies are still thinking it's Fall 2021 with this weather but rest assured it's January. The time for a new start, new goals and more changes in this COVID19 fight. We now are encountering another "variant" of the virus and another set of recommendations from the CDC and our Governor.

We all continue to struggle daily with what's best for us and our families, while still maintaining our normal lives, jobs and activities in the safest way possible. My staff and I feel the same as we continue to take the necessary precautions to ensure everyone's safety while still providing you the fastest service possible in our office.

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Jamie Frederic-Braud



Bama's Feed the Needy has donated over \$300,000.00 to Our Community!



Bama's

Feed the Needy

By Mike Strong

In this year of shutdowns and quarantines the needs of others are needed more than ever.

Even though some Covid restrictions have been relaxed it was important the delivery of plates of Jambalaya was safe for customers. The drive through servise was super popular and kept from overloading the KC Hall with people.

Bama's Feed the Needy started when Tommy 'Bama' Aldridge, heard there were three needy families in the area that needed the basics, especially food for Christmas.

Bama grabbed his black iron pot and cooked a hen and andouille sauce piquante.

He and a few friends raised \$800 and they helped those families.

I've written those words before but they are just as significant today as they were then and probably more.

16 years later and Bama's Feed the Needy has raised in excess of \$300,000.00. What started out as a small group of guys getting together each year to cook and raise money has turned into an army of 40 good hearted souls that make Feed the Needy the success that it is today.

In life we all take different paths and in this case all our paths merged on the good side of humanity. I couldn't be prouder of Bama and the many friends from every walk of life joining together for such a tremendous and worthy cause.

There are business owners, police officers, musicians and plant workers. Publisher's, chef's and bartenders. We have Veteran's, family members, politicians with old friends and new friends all gathering and

donating their time and money to cook, sell or deliver Jambalaya plates across the parish to help feed the needy at Christmas and that is what we do every year.

This year the total, as of press time of this magazine, raised \$26,195.00 for the 2020 benefit.

Here are some of the disbursements for 2021:

- 9 Area Schools (Needy Children) \$7,200.00
- 5 Area Church's (Food Banks / Community Outreach) \$10,500.00
- Ode To Our Warriors (Veterans) \$1,000.00
- Perry Aldridge Charities \$1,000.00
- Each Day a New Beginning (Sober Living House) \$1,000.00
- 17 Area Needy Families \$8,500.00

All of this could never be possible without the

continued support of our sponsors, loyal donors and our great team of volunteers.

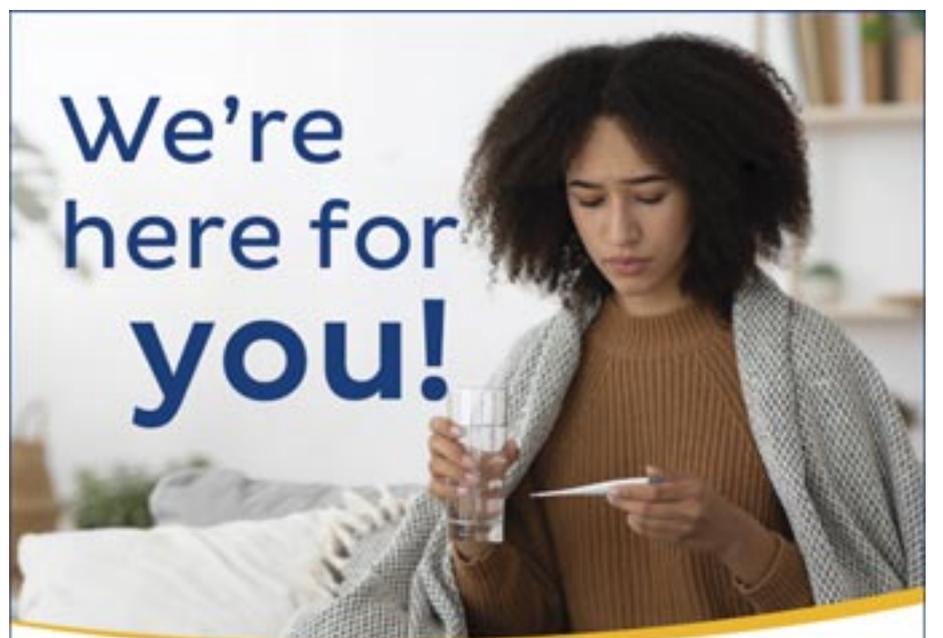
I want to extend a personal 'Thank You' to Bama for getting me involved. This event keeps me centered and on the right path and to all of the volunteers that participate. You are angels and

doing God's work. Also a special thanks goes out to the KC Council #2657.

Bless you all.

God Bless Willa Mae!





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A woman with blonde hair, wearing a light-colored floral dress and high-heeled sandals, stands in the center of a dark wooden arched doorway. She is smiling and looking towards the camera. Above her, three lanterns are hanging in a vertical line. The background shows a bright outdoor area with some greenery.

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Speakers, Live Raptors, Photography Workshop and Boat Tours to Highlight 17th Annual Eagle Expo and More

The 17th Annual Eagle Expo and More, scheduled February 18-19, 2022, in Morgan City, Louisiana, will feature seminars from wildlife and nature experts, a live raptor presentation, boat tours to view eagles and opportunities to meet fellow birders.

Heading into its 17th year, the Eagle Expo is a tribute to the return of the American Bald Eagle to Louisiana, which was removed from the endangered species list in June 2007. Laws banning the use of harmful pesticides such as DDT and greater public awareness and education have increased the bald eagle population throughout Louisiana and the United States. Currently, there are nearly 300 active nests in Louisiana with a large concentration in the St. Mary

and Terrebonne Parish areas.

This year's Expo will include a presentation by Wings to Soar sponsored by the Atchafalaya National Heritage Area on Thursday, February 17, 2022, from 6:30 p.m. to 8 p.m. at the Patterson Civic Center. This lively and informational presentation showcases an array of Eagles, Falcons, Hawks and Owls soaring overhead. Private schools, parochial schools and home-schooled students will have the opportunity to attend a Wings to Soar presentation on Wednesday, February 16, 2022 at the Patterson Civic Center at 10 a.m. There is no charge to attend, but reservations are required. Please contact info@cajun-coast.com or 985-380-8224 to place your reservation. Wings

to Soar will also visit the following schools: Franklin Junior High, Morgan City Junior High, Berwick Junior High, and Patterson Junior High.

A photography workshop taught by renowned wildlife photographer C.C. Lockwood will be held Friday, February 18, 2022. C.C. Lockwood is known for his numerous publications and books, especially his eleventh book, *Marsh Mission*, which brought attention to the crisis of the vanishing Gulf Coast wetlands. His photography has been featured in prominent publications such as the *Smithsonian Magazine* and *National Geographic Magazine*. The workshop includes a seminar at 9 a.m. at the Cajun Coast Welcome

Center with a field trip to Bayou Black beginning at noon. The boat tour in Bayou Black will focus on birding and marsh landscapes. The workshop requires a separate registration. Contact C.C. Lockwood at <http://cclockwood.com> or 225-245-5008 or 225-763-1259 to register. Space is limited.

Tours to view eagles will take place Friday, February 18, 2022 and Saturday, February 19, 2022. Featured waterways include the Atchafalaya Basin, Bayou Black and Bayou Long. Tours will be on Friday, 9 am and 1 p.m. and 8 am and 2 pm on Saturday. Each featured boat tour offers something different to attendees.

The Atchafalaya Basin Tour takes attendees into the

largest overflow swamp in the U.S. with 10 distinct aquatic and terrestrial habitats. Home to over 170 bird species, 50 mammalian species, 40 reptilian, 20 amphibian species and 100 species of fin fish and shellfish, the basin offers more than just eagles.

The Bayou Black Tour meanders through old oil and gas canals. Birds of prey including Bald Eagles, Ospreys and various species of hawks call this place home. Other birds likely to be encountered include various species of ducks, wading birds and song bird species.

The Bayou Long Tour includes various waterways including Lake Verret, Bayou Magazille, Fourmile Bayou, Grassy Lake, Bayou Cherami, Bayou Milhomme and Lake Palourde. On this tour, you will be able to view Bald Eagles and their nests, Blue Heron, Great Egret, Belted Kingfisher, White Ibis and various species of birds.

Field trips to the Bayou Teche National Wildlife Refuge and Green Foundation property in Patterson are also being offered. The Bayou Teche National Wildlife Refuge in Franklin was established to provide critical habitat for the Louisiana black bear. The refuge provides a home for an abundance of wildlife including neotropical songbirds, wading birds, waterfowl, reptiles and amphibians. The Franklin Walking Trail and the Boardwalk will be optional tours. There is no cost. The Green Foundation property off Cotten Road, is a bottomland hardwood forest that includes wet sites that attract Great Blue Heron, White Ibis, Pied-billed Grebe, Double-crested and Neotropic cormorants, Lesser Scaup, and Ring-necked Duck, along with raptors such as Red-tailed and Sharp-shinned hawks, Merlin,

American Kestrel and American bald eagle.

The Friday evening will feature a social at Lake End Park and Campground at one of the cabins on the Lake.

Saturday, February 19, 2022 will feature a continental breakfast and a variety of speakers in the morning. Speakers for the morning seminars will include Krista Adams on Purple Martins, Erik Johnson with the Audubon Society and a presentation on the LA NERR project.

Full registration includes the Friday social, Saturday continental breakfast, Thursday Wings to Soar program, a t-shirt and speakers.

Registration fees are \$45.00 per person. Boat tours are separate and range from \$35.00 to \$70.00. The field trips are free.

The Cajun Coast Visitors and Convention Bureau has partnered with the Barataria-Terrebonne National Estuary Program (BTNEP), LUMCON, the Louisiana Office of Tourism, the Atchafalaya National Heritage Area, Lake End Park, and Morgan City Rotary Club.

For a complete event schedule, costs, registration forms and listings of hotel rates, contact the Cajun Coast Visitors and Convention Bureau at 985-380-8224 or email info@cajuncoast.com. For tickets visit <https://bon-tempstix.com/organizations/eagle-expo>.

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look all that hard!



From the Gonzales Garden Club

Colorscape

“Hybrids in the Garden – Not Your Grandmother’s Flowers” was the title of the presentation at the January 5th Gonzales Garden Club meeting. The speaker was Cindy Moran who currently serves as the District VI Director of the Louisiana Garden Club Federation (LGCF). She belongs to the Baton Rouge Garden Club and various plant societies. She is an active grower and retired owner of a commercial nursery.

Cindy discussed why hybrid plants are favorable and recommended several worthy selections. She specified that F1 hybrids are commercially grown for their “hybrid vigor”. Growers crossbreed two species in the same genus to produce a superior plant. She explained that these “first children” plants are deliberately created for desirable characteristics such as mass bloom, uniformity, flower size, plant structure, and disease resistance. Her Power-Point slides showed vibrant flowers that color the landscape and attract pollinators.

Cindy’s recommended cool season F1 hybrids are nicotiana (flowering tobacco), dianthus (Jolt, Amazon), begonia (whopper, baby wing, angelwing), petunias (wave) and columbine. Colorful warm season flowers are pentas (butterfly red or pink), vinca (Valiant) and Angelonia (Serena). As a bonus to the beautiful aesthetics, none of these hybrids will attract harmful insects to your garden. As an aside, Cindy declared that she does not have a hibiscus



Hosting the meeting (from L to R) are Gwen Heck, Janis D’Benedetto, Loretta Ramirez, Kaye Couvillion and Ellen Posey.

in her garden because “they are a magnet for bugs.” She ended her talk by reiterating that hybrids are grown from seeds and offered to return to present a program on vegetative propagation.

The attendees enjoyed a lunch prepared by Hostesses Loretta Ramirez, Kaye Couvillion, Janis D’Benedetto, Gwen Heck and Ellen Posey. They served chili with beans and chili with corn plus sides of cornbread muffins, tortilla chips, shredded cheese and sour cream. Dessert choices were heavenly hash squares and key lime layer cake with cream cheese icing.

Member Mary Jo Pohlig brought a horizontal floral design for educational critique. She commented that she assembled the arrangement in stages: conditioning the ferns in water the day before, inserting the fronds into the soaked oasis the night before, and collecting and inserting the fresh flower stems that

morning. This type of design is suitable for long dining room tables or fireplace mantels.

The January horticulture hint is to put down lots of mulch to protect plants during this cold month. The presentation topic for the February meeting is “Success in Raised Beds”. Well wishes with high hopes for good health go out to all in this new year.

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



GGC President Jamie Trisler poses with LGCF District Director Cindy Moran outside of the meeting venue, the First Baptist Church of Gonzales.



Member Mary Jo Pohlig created this horizontal floral design solely using plants from her home garden. White viburnum blooms, magenta dianthus and donkey ear kolanchoe are nestled in a row of ligularia, carrot fern, holly fern, tree fern and leatherleaf fern.



Speaker Cindy Moran gave a presentation on F1 hybrids and clones that add color to home gardens.



Members brought garden related gifts to share.

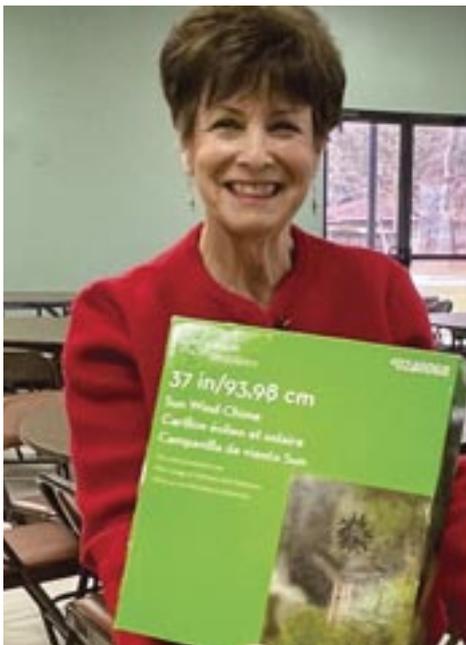
Publisher's Note: Last month Ascension Magazine missed photos that were to be in the GGC article. My apologies ladies and enjoy the new year!



Janis Poche luckily picked the present that turned out to be a popular doormat.



Loretta Ramirez received a beneficial Insect House as her gift.



Cynthia Cagnolatti was gifted with wind chimes and a big box of Miracle-Gro.



Rita Bourque was happy with her rain gauge embedded in a metal pitcher accented by a perched goldfinch.



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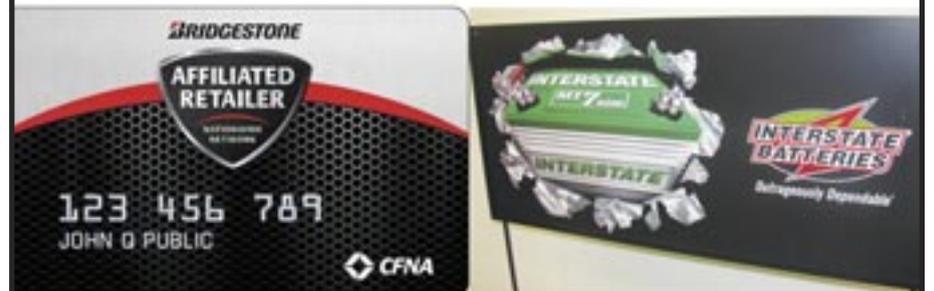
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And the Greatest of These is Love

As we approach the month of February, there's so much focus on love and relationships, but what does it take for have successful relationship/marriage? What are the keys to having a relationship that stands the test of time?

Here are a few keys for a healthy relationship that I've learned throughout the years.

Proper Prioritization

Put God first! God honors those that honor Him. If both people in a relationship move towards the Lord, they inherently move closer together.

Secondly, you must prioritize your spouse. Prioritizing your spouse is essential to a successful marriage.

Prioritization means that you are fully present with your spouse when you are together. Just 15 minutes of connect time can break down walls of unforgiveness and build a bond that not easily broken. So, prioritize that morning cup of coffee together, a glass of wine together after work, or chat in bed after the kids go to sleep.

Extend Grace

In relationships, mistakes happen, and you've got to be able to forgive. If not, your relationship can crumble. Real forgiveness stems from the understanding that for every imperfection in your mate, spouse, or significant other, there's an equal imperfection in yourself. Often, forgiveness is a slow process, and sometimes it's instant. Either way, forgiveness is not given to release your someone from what they did wrong, but to release you as a prisoner from the pain.

Believe the Best

1 Cor. 4-6 says, "Love is patient, love is kind. It does not envy, it does not boast, it is not proud. It does not dishonor others, it is not self-seeking, it is not easily angered, it keeps no record of wrongs. Love does not delight in evil but rejoices with the truth. It always protects, always trusts, always hopes, always perseveres."

Believing the best in your significant other is always in your relationships best interest. If you find yourself struggling to see the good in your spouse, often its helpful to revisit the days when you first met. What attracted you to him or her in the first place. When we think of the time when we first met, it can bring back a flood of memories and feelings that can fill your heart with joy.

Laugh Often

"A merry heart doeth good like a medicine," says Proverbs 17:22. Laughter is essential to

a good relationship, and if you and your partner laugh together it makes the tough times that much easier. Laughing releases feel good endorphins and is good for the soul, so if you laugh with your partner, you bond on a deeper level.

Move Past Small Annoyances
Perhaps the older you get (and the older your relationship gets) you realize some things are just not worth arguing over. Choose your battles and build a better, more peaceful, relationship.

Weekly Date Nights

Everyone can all get caught up in the day-to-day list of things to do, so it's important that we carve out designated times for weekly date nights. It doesn't have to be elaborate, but just taking time out to step away from work, chores, children or whatever your distractions are, is helpful.

Also, every couple of months, try to schedule time for an overnight or weekend trip away. It doesn't have to be expensive or far away, but just go away somewhere together. This helps you keep the romance alive and creates time for reconnection.

Love Yourself

Out of an overflow of love within can you give to those around you. Last but certainly not least, don't forget that loving yourself in a healthy way is imperative to a happy relationship. When you're not your best self, you can't interact with those, including your significant other, in the best way possible. Take care of you body, mind, and spirit, and your relationship will flourish.

Of course, these aren't the only qualities you'll need for a healthy, happy relationship, but it's a good start. Of course, these suggestions are helpful for any relationship, not just for a marriage. So, if you're single, fret not! God has a plan for you!

Wishing you love, health, and peace this February Ascension Parish.

Xoxo,
Sweet Eyes



Get Growing, Ascension!

Small garden chores can make a big impact

Start 2022 of right. Pick a day to take care of these minor garden chores - you and your plants will be happy you did!

1. Fertilize your citrus trees.

The months of January and February are prime time when it comes to citrus tree care. Fertilize your trees now to encourage fruit production and healthy growth. Trees can be fertilized using a complete fertilizer such as 8-8-8 or 13-13-13. A good rule of thumb is to apply 1 pound of 13-13-13 (or 1.5 pounds of 8-8-8) per year of tree age up to 12 years. Trees older than 12 should receive the same amount of fertilizer as a 12-year-old tree. Broadcast granular fertilizers under the tree's dripline. Be sure to remove any remaining fruit from the tree by the beginning of February.

2. Prune knock out and drift roses.

Both Knock Out and Drift roses fall into the repeat-flowering rose category. These rose types do well with little maintenance but benefit greatly from two major prunings each year. The first of the major prunings should be completed in late January to



mid-February. This can be the most drastic of the prunings, up to two-thirds of the bush may be removed if needed.

The second of the major prunings should be completed late August into early September. This fall pruning should be less severe, and generally bushes are only cut back about one-third of their original height.

3. Add woody shrubs and trees to your landscape.

January and February are an ideal time to add woody shrubs and trees to your landscape.

Planting now gives the root system time to establish before the stressful heat of summer arrives. Select the right plant for the right place and always double check the mature height and spread. A few trees to consider include fringe (small), silver bell (small), crape myrtle (small), holly (small to medium), sweetbay magnolia (medium), red maple (medium), red oak (large) and live oak (large).

4. Begin thinking about spring lawn care.

Patience is key when it comes to your lawn. Fertilizing too soon can do more harm than good. You'll want to wait until you've mowed your grass (not just the weeds) at least twice before applying any kind of fertilizer to your lawn. In South Louisiana this is typically about mid-April. This includes weed and feed applications that contain a fertilizer and a pre-emerge

herbicide. If you have never taken a soil sample now is a good time to get that done. Soil sample kits can be picked up from several locations throughout Ascension Parish – Louisiana Nursery, Sac's Western Store, and our LSU AgCenter Office at Lamar Dixon.

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





Magnolia Assisted Living, a hidden gem in senior living

By Magnolia Assisted Living Marketing

A crayon drawing in a gilded frame stands in the corner of an alcove at Magnolia Assisted Living. The colorful scribbled trees, clouds, and rainbows fill the page, and down in the corner, the artist signs his name—Kevin. In the same alcove, you'll find three family portraits, a decorative cross, two birthday cards, and a vase with flowers. This is just a tiny part of what

makes this place feel like home.

"The staff at Magnolia have acted like sisters to me," says Trudy Sheets, the daughter of Magnolia residents. "They have laughed, cried, counseled, held my hand, and shared many hugs with me! And all the while, they have been like God's angels caring for and loving my parents."

Residents are grateful for the security of an expertly trained staff and 24-hour care. That



family-like feeling of love and care is what they enjoy while also appreciating the independence of apartment living. The residential units are impressive with their 10-foot ceilings, laminate wood floors, and ADA, wheelchair-accessible private bathrooms, but what makes Magnolia a special place is the community that the residents and staff create.

They have designed a homey atmosphere with wide, open spaces to share meals with friends, family, and neighbors. Residents can watch a movie in the media area or choose a book from the ever-growing library. There are daily activities to keep residents engaged and entertained. Some of the favorite amenities among residents at Magnolia are the chapel, beauty salon, and the on-premises physical therapy room.

Staying active is essential to some, and Magnolia provides many options to get moving. When the weather is nice, walking around the grounds can be perfect. This hidden gem is steps away from a beautiful city park and walking trail.

Group outings help with a change of scenery and provide an opportunity to experience new and exciting things. The Magnolia Activity Committee plans regularly scheduled field trips to theaters, local events and attractions, museums, and other venues for residents who wish to participate. The facility provides residents with transportation to and from medical appointments and local church services as well.

Magnolia prides itself on being the state's first green assisted living facility. They provide garden plots for residents who want to grow flowers, plants, or produce. Residents may also volunteer to

work in flower beds or other areas of interest on the property.

After touring the facility, it's easy to see how Magnolia Assisted Living is improving the lives of its beloved residents. The friendly staff encourages family and community involvement to ensure that the residents are living their best lives.

"The staff cared for [my wife] in the best way possible. I have the fondest thoughts of the staff and the Magnolia facility," says Bob Turner, husband of a former resident. "They are truly a big part of my family, and I will never forget the special care they gave her."

For more information on Magnolia Assisted Living please give them a call at 225.647.8400 or visit them online: www.magnoliaseniorliving.com.



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Team of Dream Field Receives \$10,000 Grant from Greater Baton Rouge Fair Foundation

The City of Gonzales received a \$10,000 check from the Baton Rouge State Fair Foundation's Worthy Cause Grant, on behalf of Leadership Ascension's Team of Dreams. Greg Edwards, Chairman of the Baton Rouge State Fair Foundation said the Board believes the "extraordinary work done by Leadership Ascension to build the field and all that it represents is exactly the kind of initiative that we want to support and foster, and when we learned that the project needed \$10,000 to finish the current phase of the ball park, we jumped in without hesitation and are humbled to be a part of it!"

City Officials, members of the Team of Dreams and League Volunteers, along with Greater Baton Rouge Fair, and Baton Rouge State Fair Foundation board representatives were in attendance for the presentation of the grant. Mayor Arceneaux thanked the Fair and Foundation



Front Row: Buddy Webre, Elizabeth Guillot, Greg Edwards, Mayor Barney Arceneaux, RL Leger, Cliff Barton, Mindy Arceneaux, and Emily Mooney **Middle Row:** Jody Amedee, Doty Gautreau, Warren Wilson, Harvey Landry, Lance Kohan, Rochelle Waggenpack, Melissa Miley **Back Row:** Liz Mac, Scot Byrd

for selecting to "support this incredible opportunity for the children of not just Gonzales, Ascension and surrounding areas."

The Field of Dreams is located on Irma Boulevard in Gonzales, Louisiana. This award will help with the construction of restroom facilities and allow the Team of Dreams Ascension League to begin play this spring! Registration for Team of Dreams Ascension is now open. The

all-abilities baseball league will serve the youth and young adults of Ascension parish and surrounding areas. This league is for persons who use wheelchairs, persons with physical disabilities, or persons with intellectual disabilities. This league is meant for young and adult athletes!

City of Gonzales Recreation Director, Lance Kohan encourages not only players but "members of the community that want to get involved to volunteer!"

If you have an interest in participating, volunteering, or would like more information, please contact Lance Kohan at 225.354.6243 or email Lance@gonzalesla.com or register on our website www.GonzalesLA.com.

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SCAN FOR MORE INFO!



Boost Your Immune System with EXERCISE!

By: Brandi LeBlanc, CPT

There's no shortage of products marketed to boost your immune system - from over-the-counter supplements to guzzling orange juice. Some may help while others can only offer a placebo effect. One thing is for certain: exercise has been proven to support a healthy immune system.

Exercise 101

Let's first go back to the basics of what happens when you exercise. Exercise increases your heart rate, pumping more blood and delivering oxygen to the lungs and other working tissues. This response affects lymph which contains white blood cells and other fluid. Muscle contraction from physical activity and internal movement of blood and lymph occurs when we exercise.

Typically, there are small amounts of immune cells that circulate on a consistent basis throughout the body; by increasing the movement of blood and lymph (which contains white blood cells) through exercise, you are increasing the movement of more immune cells from lymph nodes and the spleen into the bloodstream.

Think of it this way:

A store that has one security camera will be limited to catching shoplifters from that one location. A store with security guards walking around will be able to catch shoplifting at many different locations within the store and prevent further shoplifting from

happening due to an increased presence. Your immune system works in a similar way.

Physical activity promotes the movement of the immune system via white blood cells to more locations where viruses and bacteria can be identified. Those white blood cells are the "security guards" walking around.

Not only does exercise get the immune cells moving throughout the body during activity, but it also promotes a lasting presence of these immune cells for up to three hours after exercise is completed. This provides extra time for the immune cells to identify unwanted intruders and keep you from getting sick.

With consistent exercise comes more time for immune cells to patrol the body for bacteria and viruses. Therefore, it's beneficial to get into a routine of moving your body rather than exercising just occasionally. Regular exercise plays a starring role in keeping you healthy and preventing



illnesses. It strengthens your immune system and helps fight viral and bacterial infections.

Other ways exercise benefits your immune system:

- Improves your quality of sleep, which aides in recovery
- Increases bone density and decreases odds of getting osteoporosis
- Elevated body temperature during exercise can help fight infection

How To Get Started?

Exercise doesn't have to mean running or going on a lengthy hike. Take it slow – start by breaking up your exercise sessions, and then adjust as needed. Do short bursts of activity throughout your day if

you can't do it all at once; some movement is better than none!

Start with two 15 minute sessions a day and work up to meeting a goal of 30 minutes. Consider keeping an exercise log to track your progress and highlight the times you meet your goals. Use motivating music to keep your pace. Most of all, keep it fun!

6 simple beginner exercises you can do at home:

Chair Squat

Squat to strengthen your legs and core, which will make everyday movements easier. Starting with a chair underneath you will help you master proper form.

1. Stand in front of the chair with your feet shoulder-width apart, toes pointed slightly out.
2. Hinging at your hips and bending your knees, lower back and down until your bottom touches the chair, allowing

Stationary Lunge

Hit your quads, hamstrings, and glutes with a stationary lunge.

1. Split your stance with your right leg in front. Your right foot should be flat on the ground, and your left foot should be up on its toes.

2. Bend your knees and lunge, stopping when your right thigh is parallel to the ground.

3. Push up through your right foot to return to the starting position. Repeat for desired number of reps, then switch legs.

Straight Leg Donkey Kick

Build those glutes with donkey kicks.

1. Get on all fours, with your hands aligned with your shoulders and your knees aligned with your hips.
2. Keeping your back straight, push your right foot out to the imaginary wall behind you while keeping your leg straight.

3. Your foot should remain flexed (toes pointing down to the floor) throughout. Take care to keep your hips square to the ground. Squeeze your buttocks at the top.

4. Return to the starting position. Repeat for the desired number of reps. Repeat on the other leg.

Forearm Plank

1. Assume a plank position on your forearms. Your body should form a straight line from head to feet.
2. Ensure your lower back and hips don't sag. Hold the position for 30 seconds to 1 minute.

Bicycle Crunch

1. Put your hands behind your head.
2. Crunch up and bring your right elbow to your left knee, straightening your right leg.
3. Release the crunch slightly. Bend your right leg and straighten your left leg, then bring your left elbow to your right knee.
4. Repeat for the desired number of reps.

For more info on how I can help you

Contact me:
Brandi LeBlanc, CPT
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contact@brandileblanc.com

your arms to extend out in front of you.

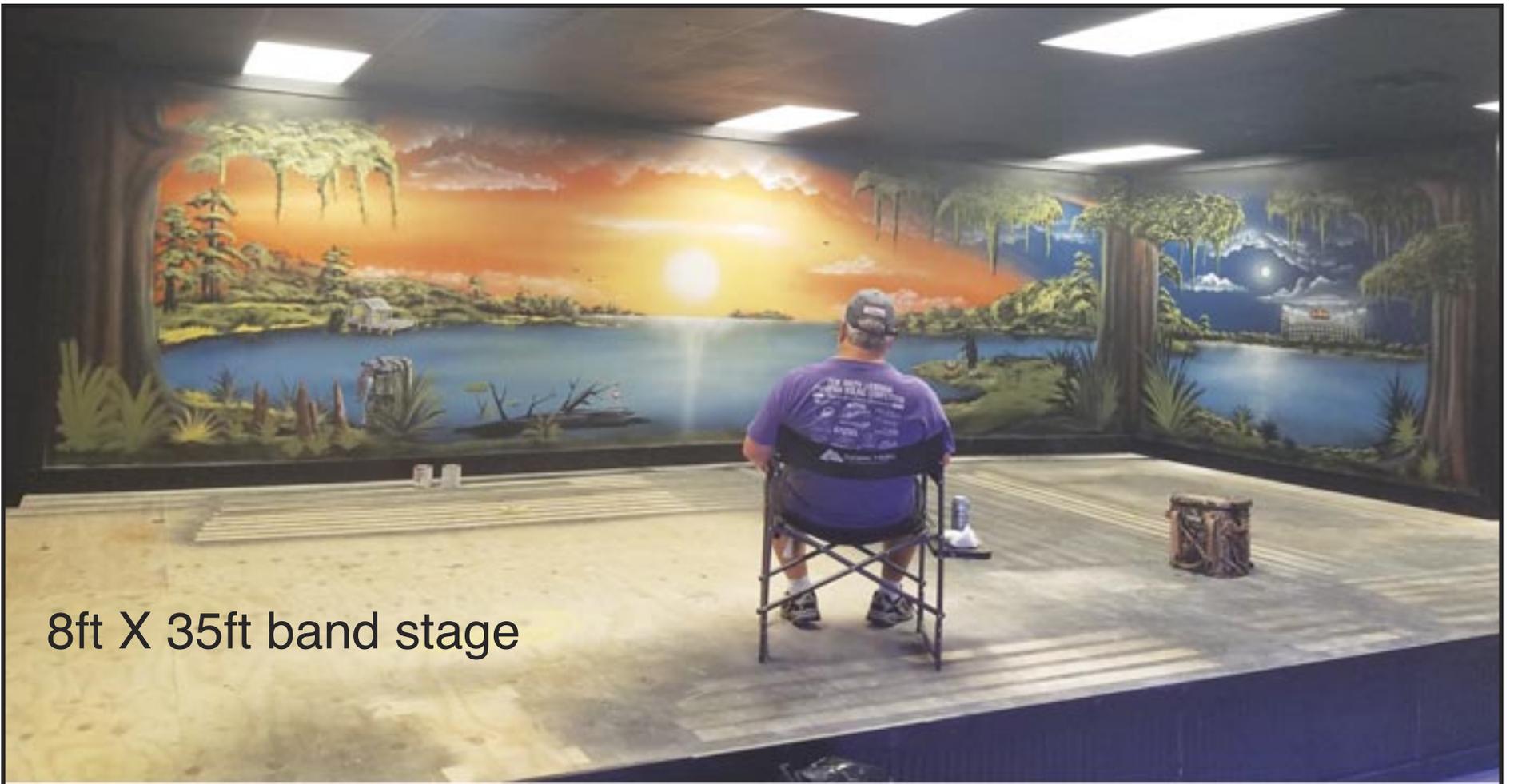
3. Push up through your heels and return to the starting position.

Knee Push-Up

A beginner-style pushup that will help you build strength before attempting a standard pushup.

1. Get into a high plank position from your knees.
2. Maintaining a straight line from your head to your knees, bend your elbows to lower yourself down to the ground. Keep your elbows at a 45-degree angle.

3. Push back up to start.



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YOUR ESTATE MATTERS



By Linda Melancon

What Former Governor Edwin Edwards Can Teach Us About Louisiana's Forced Heirship Laws

During his lifetime, former Governor Edwin Edwards was a legend. In death, he is also likely to become a legend in Louisiana law circles for at least one reason. That reason is Louisiana's forced heirship laws.

Almost everyone living in Louisiana has heard that our laws are much different than the laws of the other 49 states and forced heirship is one of those big differences. Beginning with Louisiana's adoption of Napoleon's Code of Laws in the 1800s, forced heirship has been a part of Louisiana's inheritance or succession law. But what is forced heirship?

Forced heirship is a requirement that parents must leave a certain portion of their estates to their children even if they don't want to. When forced heirship began in Louisiana, every child was a forced heir and entitled to a portion of their parents' estate. The percentage they were entitled to depended on the number of children the parent had.

In the 1990s, there was a push to change this law and in 1996, a constitutional amendment was adopted that limited forced heirs to those who are under the age of 24 or who are of any age but because of a mental incapacity or physical impairment are permanently incapable of caring for their persons or administering their estates at the time of their parent's death.

When former Governor Edwin Edwards passed away in July of 2021, he had a son, Eli, who was 7 years old. By law, his son was a forced heir, and entitled by law to a portion of his father's estate. The forced heirship law provides if there is one forced heir,

that heir must receive at least one-fourth of his parent's estate. If there are two or more forced heirs, the forced heirs are entitled to one-half of the parent's estate, split equally between them. Clearly, Eli Edwards is entitled to at least one-fourth of his father's estate because of his age.

Purportedly, Edwin Edwards had a handwritten will that left his entire estate to Eli. This would have fulfilled the forced heirship requirement that if there is one forced heir, the heir must receive at least one-fourth of the parent's estate. I use the word "purportedly" because on December 20, 2021, Victoria Edwards, a child from former Governor Edwards' first marriage, filed a lawsuit alleging that she is also a forced heir and entitled to a portion of her father's estate. The allegations in the lawsuit claim she suffers from mental health issues (including bipolar disorder) and that she is unable to care for her person and her estate. She also alleges in her lawsuit that her father had an olographic or handwritten will leaving his entire estate to Eli, although at the time of the writing of this article, the purported will has not been presented to the court for probate.

To determine if Victoria Edwards is a forced heir, there will have to be a trial where she presents evidence to support her allegations that she suffers from mental health issues and is unable to care for her person and her estate. Should she be successful in that trial, she will also be a forced heir and she and Eli will each be entitled to one-fourth of their father's estate.

Of course, it's very early in the litigation and anything could happen. There may be another will be presented for probate, the handwritten will may or may not prove to be valid or the parties may settle their claims before trial. Regardless of the ultimate outcome, it will be interesting to watch.

Of course, with proper estate planning, former Governor Edwards could likely have avoided most of these problems for his family. Stay tuned to learn more about this case and more about forced heirship in Louisiana.

The information provided is not intended to be legal 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, Lake Charles, and New Orleans. The primary focus of her practice is estate planning, probate, special needs planning, and elder law. For more information or to attend an upcoming estate planning seminar, call her office at (225) 744-0027.

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Being Real with Real Estate

with Ashley



TAP IN

UNPRECEDENTED! What a year 2021 was for Real Estate! As homeowners and investors alike were able to productively participate in the market by scooping up homes at extremely low interest rates or tapping into the equity of their personal homes...2021 brought skyrocketing home values to an all time high throughout the nation. To put this into perspective...Black Knight, a mortgage technology and research firm...stated that "Just in the third quarter of last year...homeowners held \$9.4 trillion in equity for homeowners to tap into...which by the way is the largest amount ever recorded." HOLY SMOKES THAT'S A LOT OF MONEY! GEESH!

Taking advantage of all that readily available cash in a home becomes a bit more difficult as mortgage interest rates are on the rise...thanks, in part, to inflation and the Federal Reserve. Recent reports dictate that inflation has reached its highest level in decades...due, in part, to the CPI (Consumer Price Index), which measures the price of goods and services, surging almost 7% year over year and the fastest rate since June 1982. Sooooo...how are the Feds responding to this rapid increase? For starters, they are stating that we may see as many as three rate hikes this year, two more next year and another one in 2024!

What does this mean for you, my beloved followers? There is still time for you to plan to tap into your home equity by either a Home Equity Line of Credit

(HELOC) or refinancing your current mortgage at a low rate BEFORE we start to see the rates increase significantly! However, the window of opportunity is closing...and closing rather rapidly! Depending on your credit score and LTV (Loan to Value) of equity in your current home... rates at 3% or lower are still available.

So, what is my advice to my readers? If you have good credit, have equity in your home...you can still take advantage of the amazing low rates that still exist...BUT... I highly advise you do this before this summer!

If you have any questions or need any advice on whether or not you should refinance, get a HELOC to pay off those high interest credit cards that you have racked up and maxed out during the holidays...give me a call or send me a text...I would love to talk to you about any Real Estate or Mortgage questions that you may have! Most people don't know this... but not only am I an EXCELLENT REALTOR...but I have been a mortgage loan officer as well for over 20 years..Ya girl knows what she is talking about! I am well versed in both the Mortgage Industry as well as Real Estate... and always ready to assist!

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Hearts

Valentine's
Day



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City of Gonzales Launched Price LeBlanc Performing Arts, Conferences & Event (PACE) Center

Yesterday City of Gonzales officials gathered to launch the Price LeBlanc PACE Center! This beautiful building, designed by Domain Architecture, is located in the Heritage Crossing Development at the intersection of Highway 44 and Highway 30. Mayor Arceneaux noted that, "PACE will drive economic development and enhance the quality of life for our community! This modern facility is specifically designed for expos and event hosting."

The Price LeBlanc PACE Center will accommodate cultural and performing arts events, indoor concerts, exhibits, conferences, banquets and balls, and many other events.

Pictured (L-R) Front Row:

Ingrid Williams, Domain Architecture; Councilman Harrold Stewart; Jackie Bauman, City of Gonzales; Ronnie J. Daigle, Mayor Barney Arceneaux; Councilman Tim Riley; Mark Maher, McKim & Creed Engineering; Michael Buturla, Domain Architecture

Back Row (L-R):

Councilman Johnny Berthelot; Sit Wong, Domain Architecture; Scot Byrd, City of Gonzalez; Clay Stafford, DD of LA



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FINANCIAL FOCUS

What should you do with a tax refund?

Are you expecting a tax refund this year? If so, what will you do with it?

Of course, the answer largely depends on the size of your refund. For the 2020 tax year, the average refund was about \$2,800, according to the Internal Revenue Service. But whether your refund this year will be about that size, smaller or larger, you can find ways to benefit from the money.

Here are some possibilities:

- **Contribute to your IRA.**

You've got until April 18 to fully fund your IRA for the 2021 tax year. But if you've already reached the maximum for 2021, you could use some, or all, of your refund for your 2022 contribution. Assuming you did get around \$2,800, you'd be almost halfway to the \$6,000 annual contribution limit. (If you're 50 or older, you can contribute up to \$7,000.)

- **Invest in a 529 plan.** If you have children or grandchildren, you might want to invest your refund in a 529 education savings plan. A 529 plan's earnings can grow federal income-tax free, and withdrawals are federal income-tax free provided the money is used for qualified education expenses. If you invest in your own state's plan, you might get a tax deduction or credit. A 529 plan can be used to pay for college, vocational training and even some K-12 expenses in some states. Plus, if you name one child as

a beneficiary, and that child's educational journey does not require the funds from a 529 plan, you may change the beneficiary to another eligible family member of the original beneficiary.

- **Add to the "cash" part of your portfolio.** It's generally a smart move to keep at least a portion of your overall investment portfolio in cash or cash equivalents, because the presence of cash can help you in two ways. First, since its value won't change, it can help cushion, at least to a degree, the effects of market volatility on your portfolio. And second, by having cash available, you'll be ready to take advantage of attractive investment opportunities when they arise.

- **Boost your emergency fund.** You could use your tax refund to start or supplement an emergency fund. Ideally, this fund should contain three to six months' worth of living expenses, with the money kept in a liquid, low-risk account. (If you're already retired, you might need this fund to cover a full year's worth of expenses.) Without such a fund, you might be forced to dip into long-term investments to pay for costly housing or auto repairs or large medical bills.

- **Reduce your debt load.** It's not always easy to minimize your debt load, even if you're careful about your spending habits. But the lower your debt payments, the more money you'll have available to invest for your future. So, you may want to consider using some of your tax refund to pay off some debts, or at least reduce them, starting with those that carry the highest interest rates.

- **Donate to charity.** You could use part of your refund to donate to a charitable organization whose work you support. And if you itemize on your tax return, part of your gift may be deductible.

A tax refund is always nice to receive – and it's even better when you put the money to good use.

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



Jamie Lavigne, Financial Advisor

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Ascension PROUD

A CONTINUING MISSION IN SERVICE TO ASCENSION

Ascension Parish is far different today than it was when St. Elizabeth Hospital opened in Gonzales.

That modest community hospital, built in 1984 to serve a rural parish of farms, industrial plants and small businesses, has grown into the thriving healthcare network called Our Lady of the Lake Ascension.

"The one thing that has not changed is our genuine commitment to serving the people of Ascension and providing all of their healthcare needs," said Chris Trevino, MD, administrator of Our Lady of the Lake Ascension. "We employ 800+ team members who aren't merely care providers, our children go to school with yours, we're fellow churchgoers, soccer coaches and community volunteers."

Since 1990, Our Lady of the Lake Ascension has contributed more than \$90 million in community sponsorships, uncompensated care and community volunteer work hours.

"We've been part of the fabric of this parish for 38 years, which is how we know and understand Ascension families' needs like no one else," Dr. Trevino said. "We've vastly expanded our services to keep up with Ascension's growing healthcare needs."

The objective, he said, is to provide Ascension's residents with the best, most compassionate care close to home.



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TEAM MEMBERS
LIVING AND WORKING
IN ASCENSION



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MOST COMPREHENSIVE
HEALTH SERVICES**



**MORE SURGERY
CHOICES CLOSE
TO HOME**

“ We understand that it is more convenient to receive services close to home without having to travel. That’s why we offer more locations, more primary care physicians, more specialists, and more specialties in the parish than any other provider. ”

**— Chris Trevino, MD, MBA, PhD
Administrator**



“We didn’t become Ascension’s most comprehensive healthcare provider overnight,” Dr. Trevino said. “It’s taken decades of work and an unwavering commitment to build lifetime relationships with the people we serve.”

In addition to emergency medicine and other general hospital services, Our Lady of the Lake Ascension also offers dedicated imaging services for women, cardiopulmonary care, full-service laboratory services, advanced imaging including MRI and CT, intensive care, as well as heart and vascular catheterization services.

“Residents of Ascension can have most surgeries and procedures right here, including general surgery, orthopedic, ENT, and colonoscopy procedures,” Dr. Trevino said. “And very soon we will be offering minimally invasive robotic surgeries as well.”

Today, Our Lady of the Lake Physician Group has 11 offices and clinics with 39 primary care providers and 31 specialists practicing in 11 medical specialties. “We have more locations and more physicians than any other provider in Ascension,” Dr. Trevino said. “We do this to help make sure the people in our community have easy, convenient access to the care they need.”

For specialized care, Ascension parish residents receive care from Our Lady of the Lake affiliated partners, including Mary Bird Perkins Cancer Center in Gonzales. There also are four Lake Urgent Care centers and two Baton Rouge Physical Therapy Lake offices in Ascension Parish.

Quality and safety are top priorities as well. Our Lady of the Lake Ascension has been recognized for its quality care and safety.

“For nearly 40 years we’ve been serving Ascension families’ healthcare needs,” Dr. Trevino said. “Our physicians, nurses and team members take great pride in being part of this parish and helping its residents live happy, healthy lives.”



**OUR LADY
OF THE LAKE
ASCENSION**

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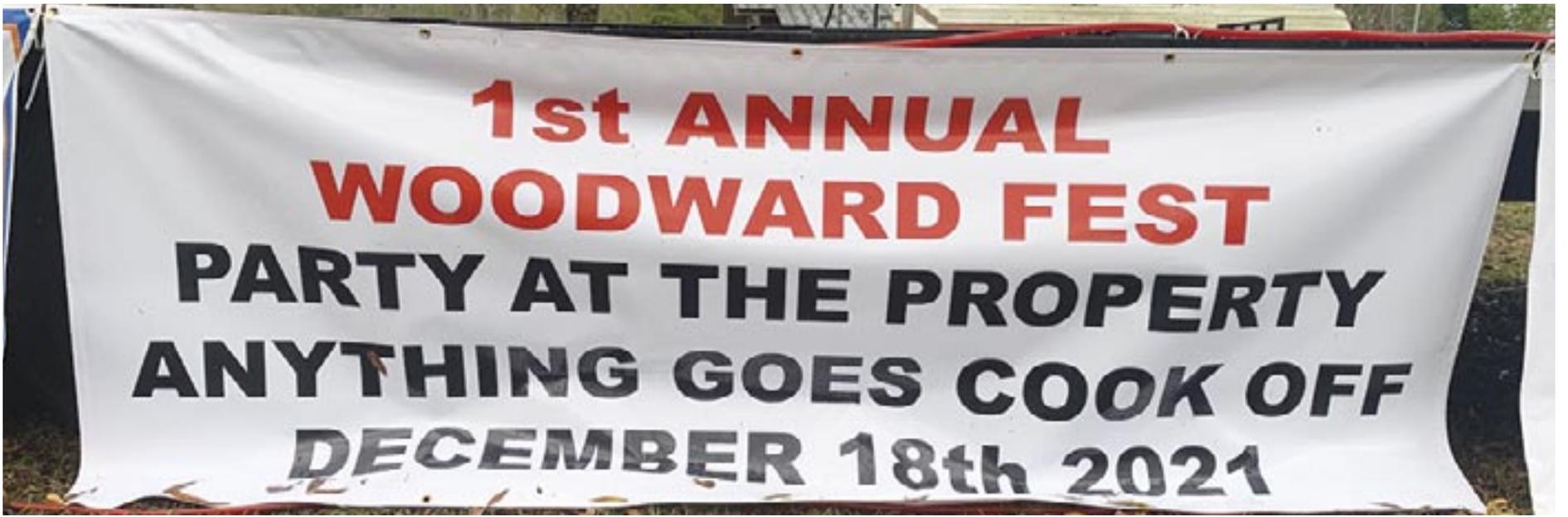
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Party at the Property Anything Goes Cook Off

A Test of Cooking Skill and Flavor Profiles!

Let the cooking begin. Across the property cooking teams gathered to make that special dish that is going take them to the winning circle. As I looked around there were pits,

pots, burners, griddles and a lot of hope. Smoke traveled across the landscape with curious smells of flavor and anticipation. What is going to win. The chicken

being stirred down or cracklins popping. The sizzle of onions & bell peppers mixing with shrimp and crawfish. Whos knows what recipe takes the crown.

The day was filled with fun and laughter and lots of bragging rights. All of the teams turned in their entrees and the waiting began.





After the judges took in all the considerations of what tasted good or excited the palette or was just damn good. They picked some winners.

Here are the winners:

- 1st Place **Dolla Bill Wooward**
Cajun Pasta
- 2nd Place **Koby Thacker**
Crawfish after the
boil Soup
- 3rd Place **Terry Braud**
Cracklins

The trophies were handed out and and great crowds of guest were not

disappointed with the wide variety of selections to enjoy.

The First Woodward Fest was a huge success. Next year the crowd will be bigger, the varieties will expand and a party will always happen. Join us next year and bring a cooking pot.



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Special Places

I've truly enjoyed every acre of real estate that I've had the opportunity to hunt or fish on during my lifetime. Although all of the locations had their own personalities and fostered good and bad experiences at one time or another, there have been several places I've encountered that were very special to me above all others. I'll start with the first location that I encountered as my life in the outdoors begins to unfold.

"The Prairies" on the south shore of Lake Maurepas was truly part of a waterfowl heaven in its own rights. On this latitude of land is where Louisiana begins to converse from cypress-tupelo swamp to freshwater marsh. We would walk without any protection from the cold water from the lakeshore towards a wood line called "the green timber". You would not believe the amount of ducks in the sky back in those days. Most of the fowl consisted of mallards, along with widgeon, gadwall, teal, wood ducks, pintails and ringnecks. In late winter, there would never be a moment of silence as flock after flock of ducks flew overhead whistling, quacking, and squealing back and forth to each other. This experience prompted me to write a song about that area. The title of the song is "Ole Lake Maurepas". One line of the song quotes, "You won't believe the things I saw on ole Lake Maurepas. Mother nature, you're gonna drive me insane". If you are a young duck hunter at this day and time, it would be hard to imagine what we witnessed back in those days on that lakeshore.

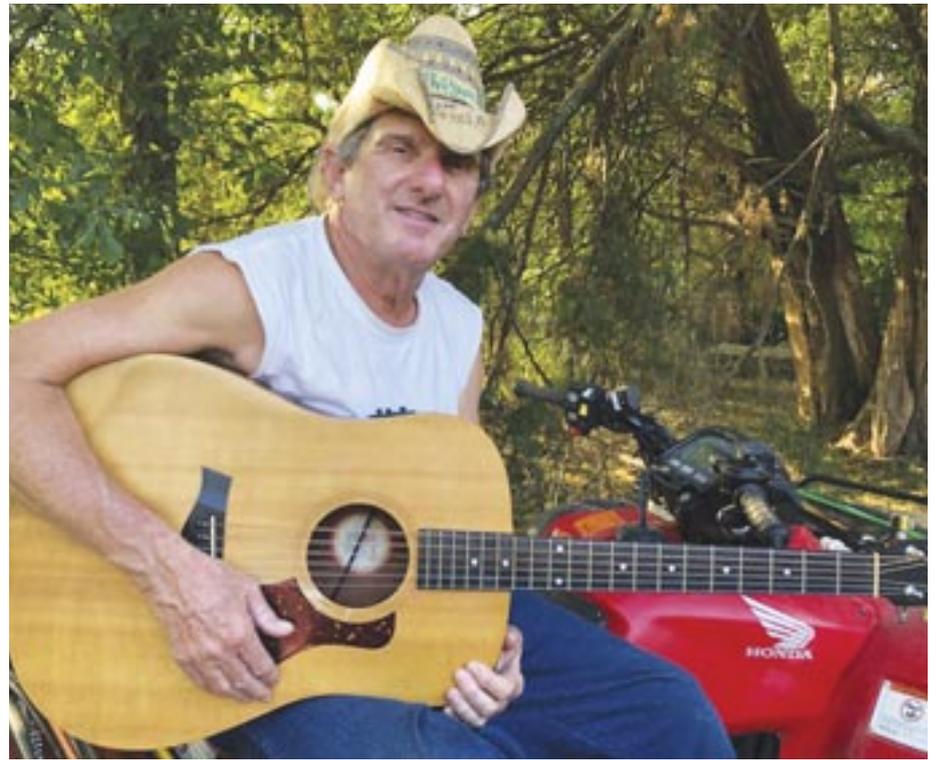
The location of the Freedom Duck Hunting Club in Venice, Louisiana hands down, is the best fishing spot, day in and day out, that I've ever seen. Our camp was located on the spoil bank of a pipeline canal. A small cut through the levee connected the canal to the marsh that we

had leased for duck hunting. We built three camps there in probably a fifteen year stretch and to this day, I can't ever recall fishing there and not catching any fish. Many boxes of fish were taken from that sixteen foot deep cut. The menu was fairly broad featuring redfish, specs, flounder, sheepshead, black drum, freshwater catfish, croaker and



many more. On one cloudy November day, we caught sixteen different species of fresh and saltwater fish from that magnificent body of water. That cut has now vanished from this earth and the spoil bank that the camp sat on is probably ten feet or so underwater at this day and time.

Thirty seven years ago, I joined Mullins Swamp Hunting Club in St. Helena parish with the hope of advancing my, at the time, very young turkey hunting career. One spring evening found me, after a long walk of about a half mile or so down a pipeline, in an area where I noticed a cleared out section of woods about an acre in size. There were turkey signs everywhere in that space. I later found out that the area had been cleared for a gas well to be drilled. The search for gas was a failure and the small clearing would take on the name of "The Dry Well". When I walked out of that clearing that



at Lucky Buck Hunting Club in Fordouche, La. It was named so because it was a stretch of cypress, probably forty acres or so in size nestled in between cutover areas on two sides and a section of hardwoods on the other side. For whatever reason, if you wanted to see bucks chasing does, then the break was the place to be during the rut. It would get downright nasty in there at times. Sometimes, two or three bucks would be chasing at a time with several does involved. Antler restrictions were very strict towards the end of my tenure

there, so I did more watching than shooting, but it sure was interesting to watch. In my last year there, they logged "The Break" probably changing it from what it had been. I sure miss that place and when late December rolls around, I often sit and wonder what's going on back there.

I'm sure most of you have some very special places that will be etched in your memory forever. These places are sacred grounds to many outdoorsmen and women. Enjoy them with utmost respect while you can. It's sad to say, but they won't be there forever.

Till next time

They're all special in one way or another

James "Goosie" Guice

evening, I proudly carried two young gobblers that I had accidentally killed in one shot. I can't tell you how many gobblers that I've actually taken from that area in general, but it's probably thirty or so. Now remember, I've been in that club long enough to see the timber in that area be cut, replanted, and clearcut again. With the invention of ATV's, more and more people found out about the spot and it then took on another name and was then called "The Meadow", but I still prefer to call it "The Dry Well". Timber management in that area has had a horrible effect on the little clearing and the surrounding woods as far as turkey habitat goes, but guess where my granddaughter and I both harvested two very nice gobblers last season? You got it.

If there was ever a place to witness whitetail deer sex at its finest from my past experiences, it would have to be an area that we called "The Break"



Residents Celebrate Holidays at Carols in the Garden

On one crisp evening in December, residents of all ages gathered at Ascension Parish Library in Gonzales for the library's annual caroling event to celebrate the holidays. Erin Perdue, choir director at East Ascension High School, led the lively sing-along with the help of members from her senior

choir class. During the performance, carolers were surprised by a special guest appearance from Santa Claus who stuck around to assist Perdue in leading the carols. After caroling, participants warmed up with hot chocolate provided by Louisiana Lemonade and were treated to assorted baked treats from Sweet Melissa's Confectionery. Visitors took their treats and ventured around to

view the library's beautiful displays, taking time to marvel at the holiday-decorated rain garden located on the south side of the building on South Nickens Ave.

Ascension Parish Library hosts events for all ages, all year long. To find out what's happening at the library, visit us online at myAPL.org.



Sign Language Carols with Cheryl Russell

Along with the holiday season comes old familiar Christmas carols, but what if you could not hear the words or the music? What would those songs look like? Participants of all ages met at Ascension Parish Library in Galvez to learn and enjoy the beauty of signing instead

of singing at Sign Language Carols led by Cheryl Russell. Russell, a retired Ascension Parish Schools' Deaf Education teacher, guided the group as they learned the signs of "Silent Night," "We Wish You A Merry Christmas," and "I'm Dreaming of a White Christmas," using recorded music tracks. The crowd was enthusiastic about learning sign language and quickly caught on to signing along

with the songs. This program was initiated by the Friends of Ascension Public Library.

Ascension Parish Library hosts events for all ages, all year long. To find out what's happening at the library, visit us online at myAPL.org.



Preserving Our History

Ascension Parish Library has launched a new project dedicated to the collection and digital preservation of images, documents, and interviews to record the unique history of Ascension parish. The library is accepting personal historical images and documents to include in their Digital Library collection. In addition to photographs, they are also accepting yearbooks, church directories, advertisements, and any other materials related to Ascension parish's culture and history. Ascension Parish Library is the newest member of the Louisiana Digital Consortium, a collection of libraries, universities, and archives that make their digital collections freely available to the public through the Louisiana Digital Library. To view the library's collection, visit <https://louisianadigitallibrary.org/apl>.

If you are interested in sharing your materials with the library, please contact Assistant Library Director Christopher Achee at (225) 647-3955 or cachee@myapl.org to schedule an appointment. The library will scan your items and return them to you!

Do you have an incredible story to tell? The library is also conducting oral history interviews. Contact Dutchtown Assistant Librarian Chandler Taylor at (225) 673-8699 or ctaylor@myapl.org for more information.

Funding for Rebirth PL grants has been provided by the National Endowment for the Humanities (NEH) and administered by the Louisiana Endowment for the Humanities (LEH) as part of the Coronavirus Aid, Relief and Economic Security (CARES) Act economic stabilization plan. Additional funding is provided by the Union Pacific Foundation.

- new challenge each month
- monthly prize drawing



READ 2022

sign up
@

myAPL.Beanstack.org

Ascension Parish Library's year-long reading challenge is back. Move beyond the authors, genres, and formats you typically read, get outside of your comfort zone, and have fun with your reading list.

We have selected 12 book challenges for this year and will reveal one challenge each month.

One winner in each age group will be chosen monthly in a randomized drawing.

Will you accept our challenge?

How to participate:

- Check our readers' advisory blog at shelfanalysis.myapl.org, social media pages, or @theLibrary newsletter for our current monthly reading challenge.
- Read a book from our suggested titles on our blog or choose your own book that fits the month's challenge.
- Participate in any month that interests or inspires you—this event is flexible.
- When you complete a month's challenge, log your book on Beanstack at myAPL.beanstack.org or stop by any Ascension Parish Library location to fill out a printed reading log.

Monthly Drawings:

- For each challenge completed, you will earn one chance in our monthly drawing.
- One entry per person per challenge.
- One winner in each age group will be chosen monthly in a randomized drawing.

Prizes:

- Adult (ages 18+)—Foldable lawn chair
- Teen (ages 13–17 years)—Quick charge power bank
- Kids (ages 5–12 years)—Lion plushie



Ascension Parish
Library
myAPL.org

The “Smart” Things To Do in 2022 by Ike and C. Clearfy

by Bill Delaune

“...But most of all, may your life be free of dragons, and if by chance it isn't, then may St. George rise up and slay them all. No one should have dragons in their life...”

An Old English toast.

Now that St. George's namesake Georgia has risen up and slain the evil Alabama dragon, the spoils belong to the latest heroic knight in red and black armor-one with the incredibly marketable name of Kirby Smart for all you Name, Image and Likeness (NIL) agents.

Just be careful with that last name, Kirby. When LSU basketball coach Will Wade was caught on tape a few years ago mentioning the “smart” thing (allegedly in reference to the recruiting of star guard Javonte Smart), it brought down more investigators-NCAA and feds alike- than when El Chapo came out of that tunnel.

But Smart's Junkyard Dogs did get 2022 off to a rousing start giving hopes of a better year to everyone battling personal dragons of their own.

And who knows-maybe this is the year medical science-with a little help from the general public- can conquer the dastardly Co-Vid beast with a bit more assurance than the mixed messages of last year like...“The worst is over.”

“No-wait-there's a new variant!”

“Don't worry if you've had your shots.”

“No-wait-you need another booster!”

“It's now safe to take your off your masks.”

“No-wear masks for another decade!”

And so on-until the only information that made any sense was when the World Health Organization (WHO) declared that dogs could be released from hostage because they could not carry the disease and the medical report headline read, “WHO Lets the Dogs Out”.



So following the advice of that great American philosopher Lou Holtz who once said after a monumental setback, “That's why the Good Lord put our eyes in front of our heads instead of the back so we can see where we're going-not where we've been,” let's look forward with rose colored glasses-and maybe a couple of glasses of Rose'-and see what 2022 has in store for us...

January- After losing the CFP game to Georgia, disgruntled Bama coach Nick Saban blames-of all people-the new gambling commercials urging people to install Caesar's, MGM, Draft Kings or any number of sports betting apps and place a wager on sporting events.

“When the line moved us to a

3-point dog, you could tell the ‘smart money’ was on the other Dogs,” laments the likeable Tide mentor.

The NCAA immediately launches an investigation into Kirby Smart, actress Amy Smart, Will Wade (again) and all of the Mannings who appeared in the latest ads.

February- Tampa Bay wins the annual Tom Brady Bowl-formerly known as the Super Bowl-over his former coach and team Bill Belichick's New England Patriots.

“Gosh, Tom, how many is this-20, 30?” laughs Commissioner Roger Goodell as he presents the Tom Brady MVP trophy to Tom Brady as he hugs his glamorous wife Gisele.

In the other locker room the usual stoic Belichick is

adamant about a contract he has discovered signed by Tom Brady that begins, “I, Tom Brady, do hereby agree that in exchange for my soul, I will gain eternal youth and a supermodel bride that makes more money than I do.”

The pact is also signed by a mysterious B.L. Zebub.

March- With Will Wade sitting out another suspension due to Saban's “smart money” comments and new baseball coach Jay Johnson battling a strange new virus, LSU's women's coach Kim Mulkey takes over all three teams with unprecedented success. First, she guides the baseball team to an undefeated SEC start. Next, she leads both basketball teams through March Madness into their respective Final Fours defeating old rival Geno Auriemma of Connecticut in the process prompting a plane with a large banner to fly over the state with the sentiments of many written on it-“Bite me, Saban, Geno, the LA Rams and you too, Tom Brady!”

April- President Joe Biden welcomes the Georgia football team to the White House and proudly proclaims, “Let the people of Georgia be assured that a Russian attack on our Black Sea friends will be met by U.S. resistance.”

San Diego native Xander Schauffele wins the Masters and Biden welcomes him to the White House also. “We are proud to have one of our German allies win such a prestigious tournament,” says Biden of the California golfer.

May- In a stunning upset, a Georgia plow mule named Free At Last owned by Kirby Smart wins the Kentucky Derby over the country's best thoroughbreds.

“Once he realized he didn't have that plow to pull behind him, he just hauled...uh, just took off,” says Smart.

The defeated favorite Bama Breeze ran with the winner for the first mile.

“But in that last quarter he just kicked our...uh, butts,” admits trainer Florie Bamah.

Some of the other losers were not as gracious. Former President Donald Trump’s entry Storm the Castle ran erratically and finished 10th. Trump refuses to acknowledge the winner and has only one curt comment-“Nobody likes a Smart ass.”

June- LSU’s baseball team roars into Omaha for the College World Series with a record-breaking offense inspired by new coach Jay Johnson.

When pressed for details, Johnson replies, “Hitting requires rhythm so I dug up some old tapes of a vaudeville act by one of my relatives named Raymond J. Johnson Jr. which began, ‘You can call me Ray (Swing!), or you can call me Jay (Swing!), or you can call me J.J. (Swing!)...’ and the guys got into the swing of things with that routine.”

July- Sweltering heat causes power outages nationwide including a massive computer outage and loss of cell phone

service. The positive effects are that people actually start talking to one another face-to-face once more and nobody gets any telemarketing calls about health care supplements or extended car warranties.

August- Following the chaos of the previous month, AT&T announces a new fool-proof product-the Kirby Smart Phone. Sony follows suit with a Kirby Smart TV and vacuum cleaner giant Kirby introduces a Kirby Smart vacuum. When questioned about the timing of the release of these innovations so late in the year, all three corporate statesmen reply in unison, “These ‘Smart’ items will really kick in the final quarter.”

September- Things look bleak for the depleted LSU football team and new coach Brian Kelly until an unexpected turn of events suddenly boosts Tiger spirits.

Five-star transfers from all over the country begin showing up on top of a big rig with local deep-pockets attorney Gordon McKernan and enrolling at LSU.

“In soccer ‘nil’ means

nothing,” points out the savvy lawyer, “but in college football NIL means big bucks,” referring to the name, image and likeness payouts.

The new-look Tigers make short work of early season opponents and McKernan takes care of the players who wreck their new Mercedes.

October- Racial tensions run high at the Baton Rouge Zoo as protestors clash over whether the zebras are white animals with black stripes or black animals with white stripes.

A jungle expert is brought in and quells the uprising by painting white stripes on the black zebras and black stripes on the white ones. He is quickly hired by zoos all over the world for similar jobs-work that will probably last a lifetime. “It okay,” says the jungle man. “Tarzan stripes forever.”

November- Thanksgiving Day at the United Nations is a disaster when several waiters run into each other at a busy intersection in the cafeteria.

A badly shaken ambassador describes the scene as “the

overthrow of Turkey, the destruction of China and the fall of Greece.”

December- After appearances in the Final Four and College World Series, LSU caps a banner season with an appearance by the football team in the College Football Playoffs. Athletic Director Scott Woodward spreads the credit around his coaches and staff-especially an Oriental assistant named Win Won Soon.

“Mr. Soon has great foresight and even made some startling predictions about our program that all came true,” says Woodward.

When pressed about the future, Soon gives reporters a shocking revelation.

“In about 2028 years, things will get very good or very bad,” he states. “It’s 5050.”

Happy New Year, everyone.



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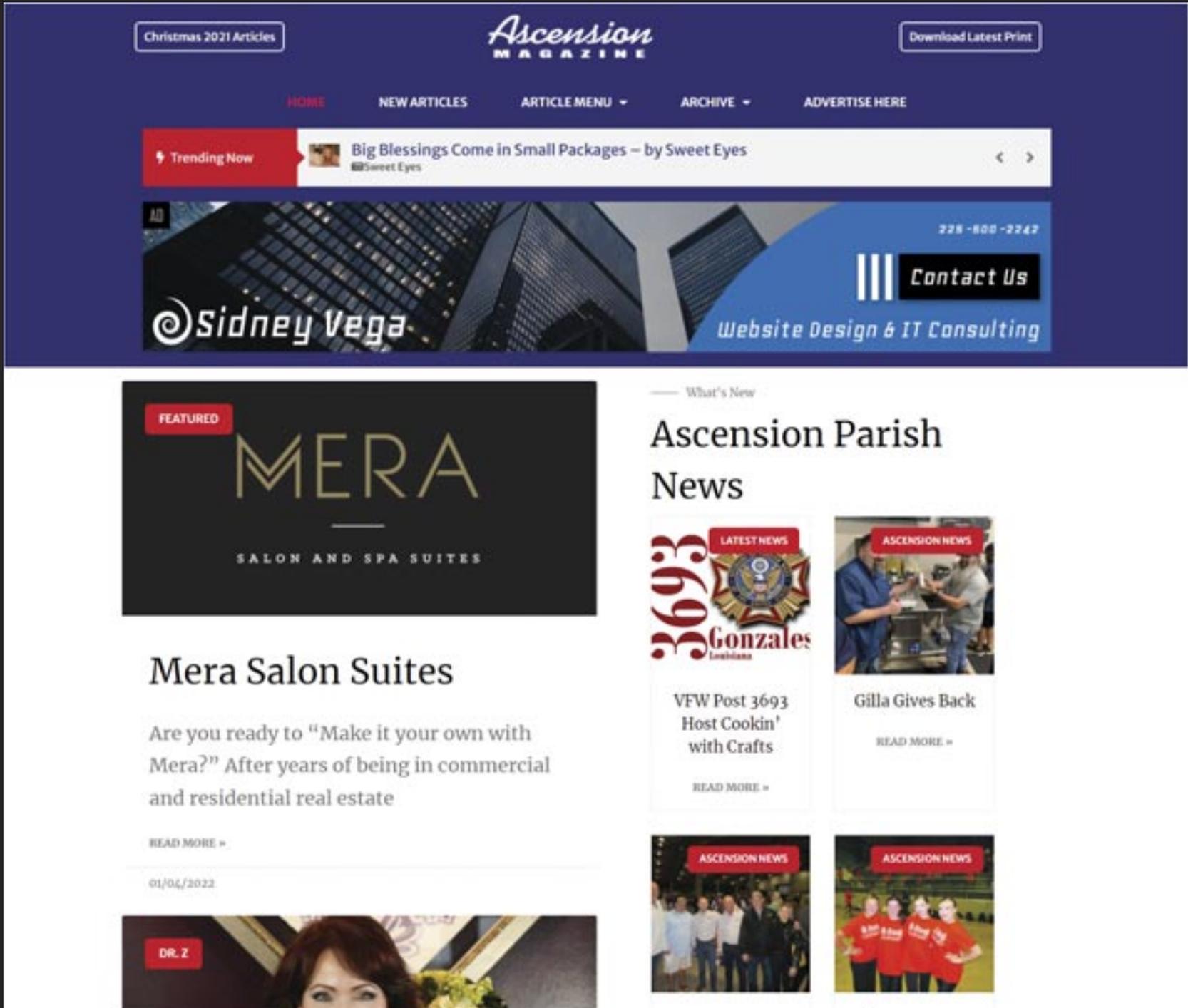


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Useless Random Facts with Kellie

•
Daniel Boone hated coonskin caps.

•
J.Edgar Hoover like to fire FBI agents
whose palms were sweaty
when shaking hands.

•
Bill Gates house was designed
using a Macintosh computer.

•
In New York City, approximately
1,600 people are bitten by other
humans every year.

•
There are 365 steps on the front of
the U.S Capitol Building-one for
every day of the year.

•
The onion is named after the
Latin word 'unio' meaning large pearl.

•
There is more real lemon juice in
Lemon Pledge furniture polish than
in Country Time Lemonade.

•
Kite flying is a professional sport in Thailand.

•
Nokia was once famous as a
manufacturer of toilet paper.

•
Our right lung takes more air
than our left lung.

•
There are 10 towns named
Hollywood in the United States.



Entertainment Schedule

January 21 - After Party

January 22 - WOORMS / Big Frank
January 28 - Jovin Webb Experience

February 5 - Sofa Kings

February 11 - Black Boxx

February 19 - 4 Mag Nitrus / Choke



January 28th

Jovin Webb Experience

www.parkplaceofgonzales.com

Thoughts from Bully

While Pondering the Future I Think about the Past. Runnin' with Uncle Joe!



I run into people all the time that say, "Are you Bully?"

I get the question constantly, "Why the name Bully?" Bully was my father's nickname back in the 50's.

I write stories each month that are 95% true and are always full of life with unique settings. I must tell you I get it naturally and learned it from my Uncle Joe.

Uncle Joe told us life stories every time we saw him. We'd gather around to listen to each story with young minds wide open. It was, as if, Andy Griffith was talking to us when he spoke. He had all of Andy's

Mannerism. He'd say things like, Aawwwwwww and knawwwwwwww.

As a young boy I loved to listen to the war stories.

He told me about when he had to parachute behind enemy lines with heroics beyond belief.

He told me about Audie Murphy and how he'd have never been the most decorated war hero of World II without following him up a hill and ambushing a fox hole.

In reality I learned later in life that his term of duty consisted of pulling KP and peeling potatoes. He was also in charge of distributing sporting



supplies. I'm sure he has a few governmental issue volley ball nets and tennis rackets stowed away in his attic still. I hope the statute of limitations has expired since WWII.

All-in-all he never saw any real war action but his stories stuck with me.

I remember once when he was 15 years old he decided to hitch hike from Fordoche, Louisiana to Memphis, Tennessee. While on the road he was thumbing on a highway in Mississippi. A vehicle came rolling over the hill at a fast rate but stopped abruptly to pick him up. The guys hurried my uncle in the car and took off down the road.

About 1/2 mile down the road from where Uncle Joe was picked up, the car came upon a police road block with flashing lights, guns drawn, and megaphones shouting, "You are under arrest!"

Well, they all got arrested because the guys that picked him up had just robbed a store. They had figured that any police would be looking for 2 guys in the car and not 3.

While he was being lead to the cop car a local citizen that had been driving down the same road told the cops that he had seen Uncle Joe hitch

hiking and with this revelation the police let him go.

My father worked for CocaCola in the early fifties. As a young man he would help him on his delivery route. They were driving a big truck of soft drinks and were behind on the deliveries. My Dad knew a short cut to his next delivery. This route would catch up a lot of time but it required the truck drive over a bridge that did not rate the weight limits and the bridge could collapse. When they got to the bridge my Dad had Uncle Joe cross the bridge and wait for the truck. The plan was to tie the stirring wheel in a straight position, place a weight on the gas pedal and let the truck drive itself across the bridge. Uncle Joe's assignment was to jump in and stop the truck. The truck eased across the bridge driverless. Fortunately the plan worked and the truck survived the bridge and apparently 2 dumb asses.

Years later, after my father passed away, my uncle would keep me for 2 weeks every summer at his home in Shreveport. Once when I was about 4 years old we were in a store. He was pushing the buggy and I placed a toy dump truck in it. With an approving



glance I then picked up a football and threw it in along with several more toys. I guess he felt sorry for me and was going to let me have all the toys I wanted. I was enjoying the day when I picked up a box of Kotex and threw it in the buggy. He said, "Boy you're just picking stuff up!" He put all the toys back but let me keep the dump truck.

When we checked into our rooms in Flagstaff, she pulled out her hot plate to heat up some cream style corn. Soon as she plugged it in the electrical power blew out in the entire motel. Hotel staff came to each room asking questions but like Schultz's of Hogan's Heros, "We knew nothing."

The next day we were traveling through the desert. It



For years I visited him for those 2 weeks. It was always the most exciting time of my summers. We started traveling around the country on vacations. The Griswalls had nothing on us. I have traveled from coast to coast on summer vacation. It would be Uncle Joe, Aunt Carol, my Grandmother Mamaw, my younger cousins Peggy and Keith, and me. We piled in his Oldsmobile Delta 88 and were heading for California.

On this particular trip he had boasted about a surprise he had for us. As we got on the road he pulled the surprise out. It was two 8 track tapes. 'Roy Clark Sings' and 'Tom Jones Sings Vegas' tunes. We listened to these tapes for 3000 miles. I listened to Tom Jones sing Proud Mary so many times that every once in a while my Grandmother would bust out singing like she had was at a revival. She'd blurt out, "Rolling, Rolling, Rolling on the River."

By the time we reached Flagstaff, Arizona Mamaw was sick and tired of fast food.

was 102 degrees. The gas gauge was getting low as we passed gas station after station. Ya see, Uncle Joe is an accountant and counts pennies for a living and just knew the next gas station would have a better price and save him at least 3 cents per gallon. He saw a billboard with the right gas price indicating 2 miles ahead. That's when the gas ran out. No problem, he had me hike to the station in sweltering 102 degree weather. He even mentioned, "You're young, maybe you can run so we don't lose too much time."

Those events, in one way, are the best young memories of my life but most of all I learned to laugh at myself and enjoy the life we are dealt.

I am just glad I didn't fall in the Grand Canyon



when he had me get on the other side of the safety retaining wall. He positioned his 8mm camera to view the top of the retaining wall and through the lens the camera viewed down in the canyon. After shouting, "Quiet on the set" my fingers eased over the edge of the stone retaining wall. I proceeded to act as if I was climbing up the wall of the Grand Canyon. I made it to the top of the wall, took a deep breath and lost my balance and fell back behind the retaining wall appearing to fall back down in the canyon.

He then yelled, "Cut! That's a take!"

What a great time we had. We weren't the Griswalls, we were the Waddell's heading for the worlds largest ball of string.

Uncle Joe is still with us today. I loose track but I know he is 90 for sure.

He still plays 9 holes of golf and gets up at 4:30am to start his working day and then goes into his accounting firm and works full days.

He is a great mentor but he sets a pretty high bar. It's tough to keep up!

Love you Uncle Joe.





You're Goin' Down!!

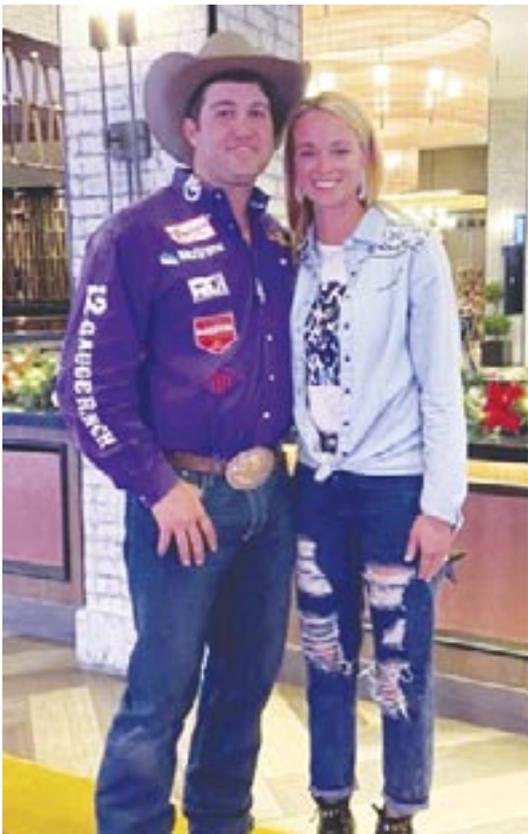
***Local Rodeo Icon Steer Wrestler
Tyler Waguespack Takes Down his
3rd World Championship
in Las Vegas!***

Tyler is no stranger to the victory circle. He won the World Championship in 2016 and 2018. This past month he set his sites on Las Vegas

and came home with the Gold Buckle of the World Champion.

Tyler is the son of Mike and Vickie Waguespack and is





married to NFR Barrel Racer Sarah Rose McDonald.

In Ascension Parish the closet thing we get to a World Champion are Jambalaya Cooks. In Tyler's position he is truly taking on the world and coming out as a winner. We couldn't be prouder.

Congratulations!!



Take a look at his Professional 2021 Highlights:

- Won the Oxford (Miss) Lafayette Sportsplex Pro Rodeo
- Won the Greeley (Colo.) Stampede
- Won the Canby (Oregon) Rodeo

- Won the Gooding (Idaho) Pro Rodeo

- Won the White County Fair Rodeo (Searcy, Ark.)
- Won the Othello (Wash.) PRCA Rodeo
- Won the Springhill (La.) PRCA Rodeo

- Co-champion at the Heart O Texas (Waco) Rodeo

- Co-champion at the Matagorda County Fair & Livestock Exposition (Bay City, Texas)

- Co-champion at the Durant (Okla.) Pro Rodeo

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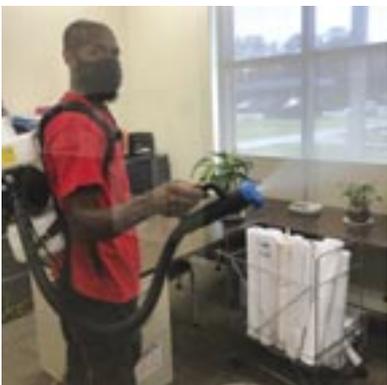
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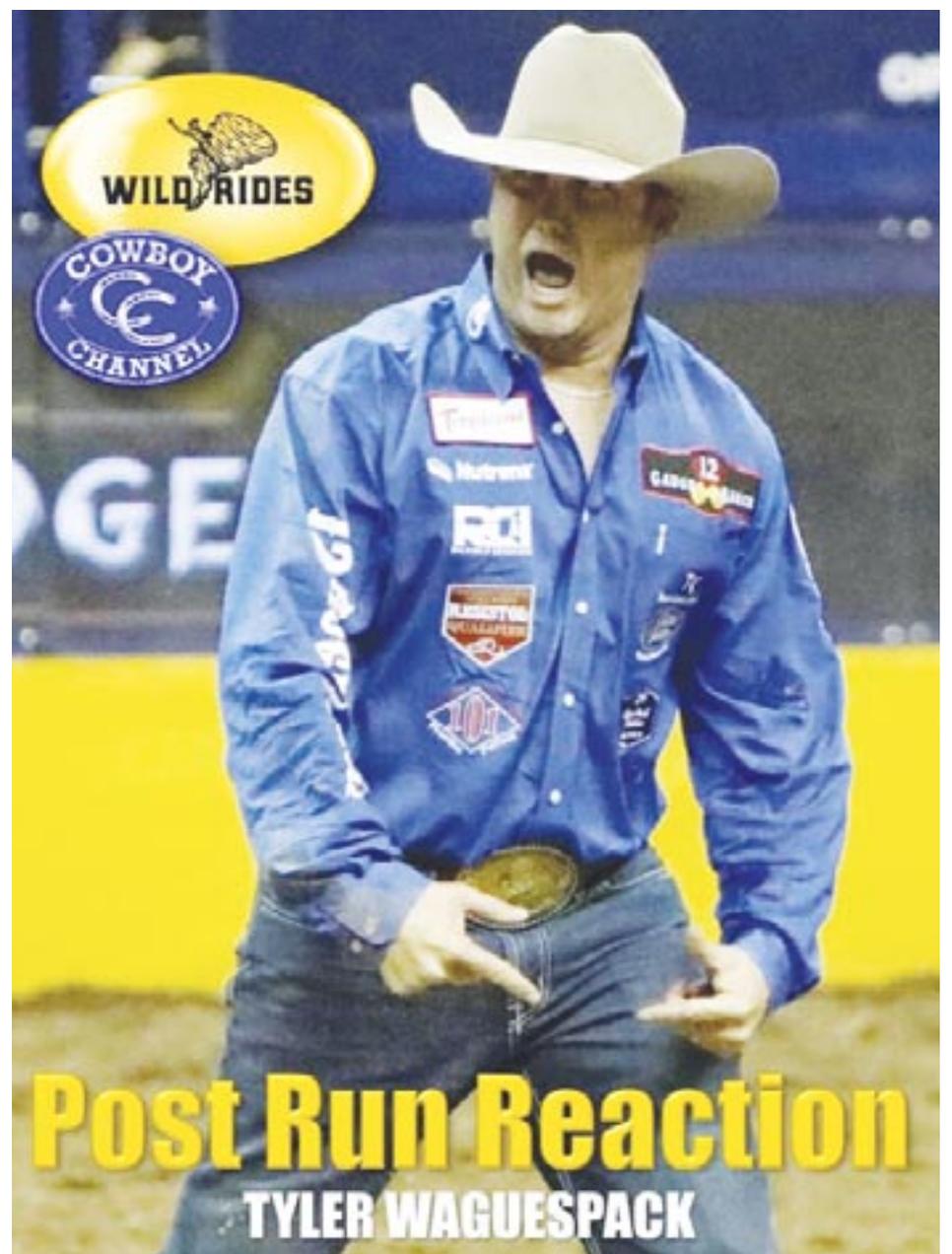
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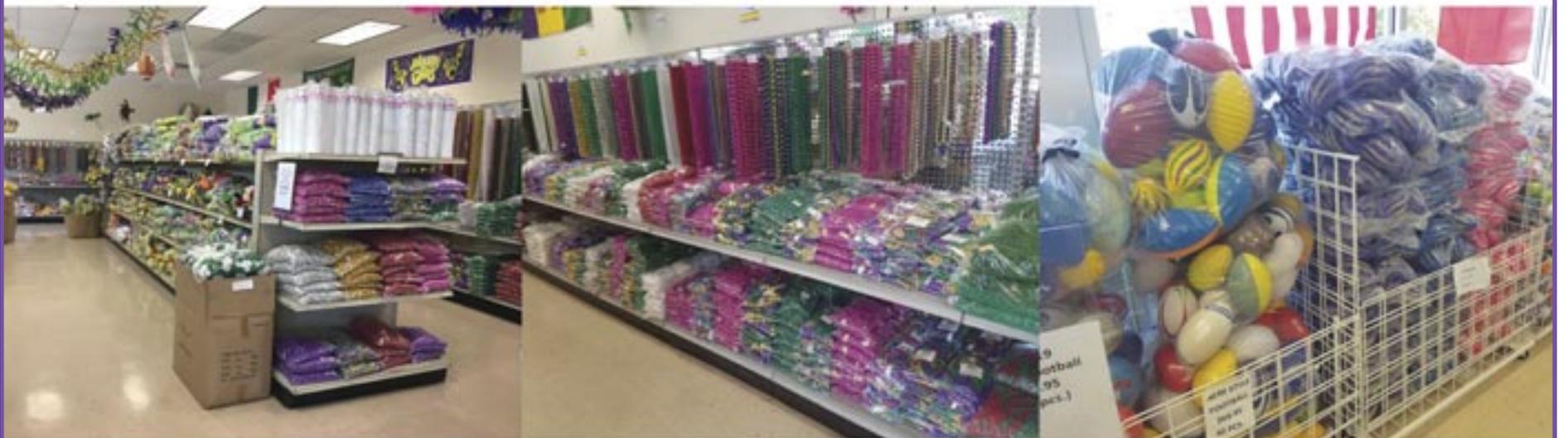
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- *T-shirts
- *50/50 raffle

Cameron passed away suddenly, at the age of 25, on Oct,16th 2021 due to an unknown heart condition. He was a loving husband and father and loved by all that knew him. This benefit is to help provide for the wife and daughter he left behind.

Donations can be made payable to Carrying on for Cameron at Wymar FCU or mailed to 11169 Johnnie Mae Rd Gonzales La,70737

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Crab & Apple Bruschetta



Executive Chef, John Donaldson

Yield:
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Prep:
15 minutes
Cook:
10 minutes
Serving: 4

Ingredients:

8 ounces fresh Jumbo Lump crabmeat
1 small loaf French bread
1 Granny Smith apple
4 ounces Smoked Gouda (whatever cheese you like)
8 cherry tomatoes
1 ounce fresh basil
2 ounces extra virgin olive oil
2 lemons
Kosher salt & fresh ground black pepper to taste

Method:

First thing you want to do is get those toast points cooked. Set your oven on 375 and allow it to preheat. Take your French bread and cut it into ½ inch slices then lay them out on a sheet pan/cookie sheet. Drizzle them with olive oil and bake for 5 minutes or until lightly browned. Remove them from the oven and allow them to cool and get nice and crispy.

Next, grab your crabmeat and put it into a small mixing bowl. Drizzle the crabmeat with a little olive oil, the juice of the lemon (no seeds), and salt & pepper to taste.

Now get your cheese. Here we are using Smoked Gouda, but you can use any of your favorite cheeses. Shred the cheese and set aside until it's time to use. Take out your cherry tomatoes and cut them in ½ and add them to the bowl of crabmeat

Thinly slice the basil leaves

The last ingredient to prepare is the apple. Remove the core of the apple either with an apple corer or simply by cutting off each side of the apple. Cut the apple into small cubes and put them into the small mixing bowl with the crabmeat and tomatoes, then drizzle with the juice of the last lemon (no seeds). This will keep the apple from turning brown.

LET'S PUT IT ALL TOGETHER!!!

Lay out your crispy French bread toast points and top them with the crabmeat, tomato, and apple mixture. Sprinkle the shredded Smoked Gouda over the top then finish them off with the fresh basil. Serve immediately and enjoy this fresh and simple to make dish as an appetizer or accompaniment.

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