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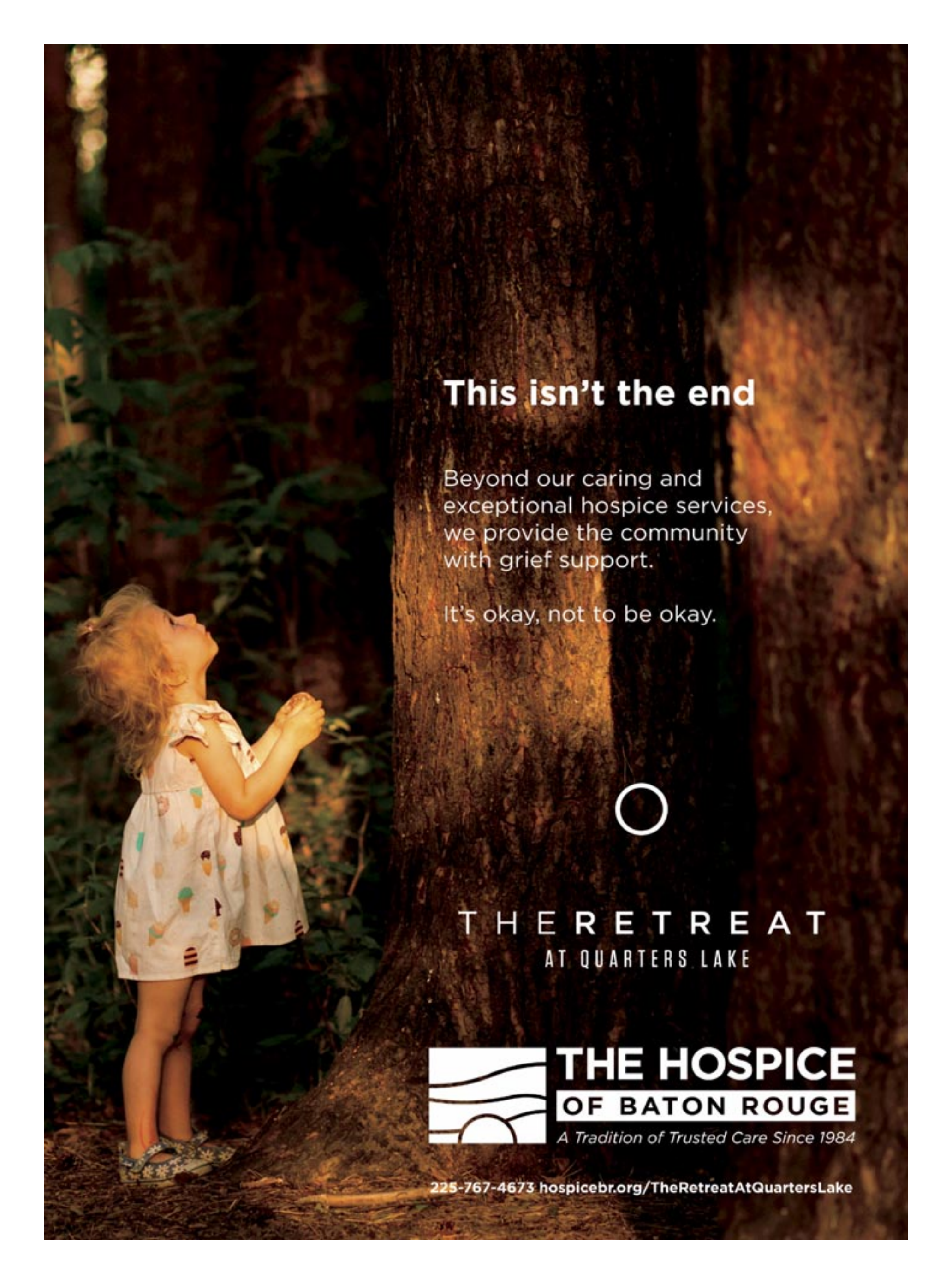
M A G A Z I N E

SEPTEMBER 2023, VOL. 21 ISSUE 9

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State Representative, District 59

Tony Bacala



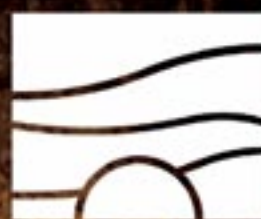
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ASCENSION CHAMBER OF COMMERCE BUSINESS EXPO & SUMMIT

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Ascension Chamber of Commerce Brings Together Nearly 600 Business Professionals in Ascension Parish at Business Expo



The Ascension Chamber of Commerce recently hosted their largest Business Expo to date showcasing 96 local businesses/organizations and hosting nearly 600 in attendance. This event sponsored by Cardiovascular Institute of the South kicked off with a keynote luncheon highlighting Ascension Public Schools Partners in Education program and featured LSU Head Coach Jay Johnson as the keynote speaker. Jay

Johnson shared insight into LSU's championship mindset and journey, inspiring attendees to build a winning team and environment in their business.

Ascension Public School Superintendent Dr. Edith Walker highlighted service as one of the district's four core values and also shared about the Partners in Education program which aims to match at least one business/industry partner with every school to



create meaningful academic support programs that are mutually beneficial for the school and community partner. Dr. Walker proudly presented awards to two outstanding Partners in Education who have provided exceptional support to their partner schools over the last year. Adam McCarty State Farm was honored as the 2022-23 Small Business Partner of the Year, and CF Industries was honored as the 2022-23 Large Business Partner of the Year.

Following the luncheon, attendees enjoyed building connections and learning about

local businesses/organizations featured in nearly 100 expo booths. With the Passport to Prizes sponsored by Williamson Eye Center, attendees strolled from booth to booth making new connections and earning stamps towards the prize wall powered by Black Tie Auctions.

Chamber President/CEO Robert Burgess welcomed small business owners to hear about resources available for their business as well as an opportunity to provide feedback on laying a foundation for a new Small Business Council in Ascension Parish.



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The event wrapped up with a Taste of Ascension Happy Hour presented by Express Employment Professionals that featured bites from 10 local restaurants, networking, and lagniappe. Grand prizes donated by Layne's Jewelry, Williamson Eye Center, Aerowash Solutions, and Tsunami Car Wash were awarded as well.

The Ascension Chamber would like to thank the following sponsors in addition to those listed above: Adam McCarty State Farm, Ascension Public Schools Partners in Education, Baton

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For more information about the Ascension Chamber, please visit AscensionChamber.com or contact the Ascension Chamber Office at (225)647-7487.



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A New Year Ahead for GGC

The Gonzales Garden Club is excited about the upcoming year. Twenty-one members and three guests met in the reception hall of the First Baptist Church on Burnside Ave. on the first Wednesday of September. At roll call, each member mentioned at least one garden club responsibility they fulfill. President Jamie Trisler presented an overview of the club's current projects and activities. She introduced each committee chair who then explained her committee's function.

There will be new topics, new events and new members this garden season. The club has



(L to R) Dana Teepell, Janis Poche, Rita Bourque, Katherine Stagg, Elizabeth Saffell and Patti Mouton hosted the luncheon.

plans for four hour-long educational sessions, two shorter member presentations and two group tours between now and May. The guest speakers' topics are dish gardens, holiday arrangements, beekeeping and landscape drainage. The two public mini-sessions in conjunction with the flower show are a demonstration in floral design and a discussion of best garden practices. The guided tours will be at Bracy's Wholesale Nursery in Amite and the Governor's Mansion and Gardens in Baton Rouge. Staples such as the Yard of the Month Awards, the Arbor Day Ceremony, the plant/bake sale and National Garden Week are on the calendar, too.

The club's newest project is the Blue Star Marker Program of the National Garden Clubs, Inc. The



Jambalaya, sweet peas and fruit salad were served for lunch.

program's current focus is to purchase and place two Blue Star Markers at the Louisiana Veterans Cemeteries in Keithville and Leesville. Each marker costs \$1800.00. At monthly meetings, members will have an opportunity to make a monetary donations.



Marilyn Rice collected donations for the Blue Star Memorial Marker Program.



Barbara McCormick brought a pink zinnia volunteered in a sidewalk crack plus a French antique climbing rose.



Chantilly cake was as pretty as it was delicious.



Eclair cake/pie was a chocolatey, vanilla treat.

Yards of the Month



Janis Poche provided vases of pink roses (the club flower), bluebeard and lantana for each dinner table.



Janis Poche created this centerpiece of gladiolus, cleome, lantana and bluebeard for the buffet table.

Marilyn Rice is chairing this effort.

Several members brought seeds, bare root cuttings and potted transplants for a free plant exchange. Barbara McCormick, Katherine Stagg, Gwen Heck and Mary Jo Pohlig displayed specimens for Garden Inspiration



Gwen Heck recommended these drought tolerant globe amaranths.

stimulus. Marilyn Rice, Dana Teepe, Conchita Richey and Jade Thibodeaux shared horticulture hints from personal experience. Handouts of the summer edition of LSU AgCenter's Horticulture Hints were available. This season's publication from www.LSUAgCenter.com/HortHints addressed native trees, Louisiana native plants and garden pests. The GGC's horticulture hint is to start considering which cool-season



Members offered extra cuttings for a free plant exchange.

plants you will add to your garden and which warm-season plants are strong enough to remain.

Lunch was provided by Patti Mouton, Katherine Stagg, Janis Poche, Rita Bourque, Dana Teepe and Elizabeth Saffell. The entrée of pork and sausage jambalaya with green peas and fruit salad was followed by éclair pie and Chantilly cake. A guest remarked that this meal would be "hard to beat at the next meetings" to which a veteran member replied, "Oh, no, not with these ladies cooking!"

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



Katherine Stagg described this pilea plant as a trailing, low-growing ornamental succulent.



Mary Jo Pohlig popularized her gesneriad, a relative of African violets, in advance of her African Violet Society's show at the Baton Rouge Garden Center on October 28.



Homeowner Natasha Henderson (left) and Gonzales Garden Club Member Jamie Trisler (right) prepare to sink a Residential Yard of the Month sign in recognition of the club's August Yard of the Month Award.

Anthony and Natasha Henderson were the recipients of the Gonzales Garden Club Residential Yard of the Month Award for August 2023. President Jamie Trisler lives near this home and has admired this couple's efforts in keeping their property looking exceptional. Member Gwen Heck helped Jamie choose this award. Jamie told Gwen, "I know the perfect yard. The owners managed to keep their home's curb appeal despite the drought." Recently the Hendersons painted their home and relandscaped their front flower beds which includes a beautiful fountain. This garden shows off attractive beds bordered by dwarf golden spirea bushes accented with yellow and orange marigolds, dianella and Mexican heather. Evergreen hedges line the background. Natasha and husband Anthony Henderson made good choices of plants that can hold up with this heat. When Jamie went to their home to see if they would accept the award, Natasha was ecstatic. She said, "I've always wanted to receive such an award!" All Anthony wanted was not to have the garden photo taken until after he cut the grass the next day.



REV Telecommunications Provider at 913 S. Burnside Ave. in Gonzales won Commercial Landscape of the Month from the Gonzales Garden Club in August.

The Commercial Landscape of the Month for August was REV Telecommunications Provider at 913 S. Burnside Ave. This business has multiple flower beds with great curb appeal. Plants include borders of dianella, clusters of knockout roses, azalea bushes, agapanthus, variegated ginger and crape myrtles.

The September Residential Yard of the Month winner was Lynn Bordeaux on Orice Roth Rd. She has a beautiful yard with several flowerbeds full of blue daze, Angelonia, red tree hibiscus, apricot drift roses, yellow daylilies, zinnia, agapanthus, gazania and society garlic. She also has a large Peggy Martin



Lynn Bordeaux on Orice Roth Rd. won the September Yard of the Month Award.

rose on a gate arbor and three beautiful crape myrtle bushes.

The September Commercial Landscape of the Month was given to Elegant Affairs at 14190 Airline Hwy. Their front bed has bright pink vinca, asparagus ferns and variegated dianella. Behind these plants is a row of boxwoods then a row of privets flanked by two well-trimmed holly bushes. Behind this display is a large fountain with a semicircle of six large date palms.



Elegant Affairs on Airline Hwy owned by LaNita and Darren Braud was chosen as September's Commercial Landscape of the Month.



How Do You Cope with Disappointment?

Life often presents us with unexpected challenges and disappointments. Sometimes it's a loved one that let you down or abandoned you, sometimes its expecting something good in your career or finances that ultimately didn't happen or perhaps it's an unmet expectation in life. In these moments of disappointment, turning to our faith can provide us with the strength, guidance, and hope needed to navigate disappointment. Here are a few tips I (try my best) to lean on when I'm dealing with disappointment.

- *Trusting in God's Plan*

One of the fundamental principles of Christian faith is trusting in God's plan. Proverbs 3:5-6 reminds us to "Trust in the Lord with all your heart and lean not on your understanding; in all your ways submit to him, and he will make your paths straight." When we face disappointment, it's essential

to remember that God has a plan for our lives, and even in moments of disappointment, He is at work.

As women of faith, we can find solace in knowing that God's plan is always greater than our own; He knows the desires of your heart. Disappointment may be a stepping stone towards something better that we cannot yet see. By entrusting our disappointments to God, we can find comfort in the knowledge that He is in control.

- *Finding Strength in Scripture*

The Bible is filled with stories of individuals who faced immense disappointment but found strength in their faith. Consider the story of Job, who lost everything but never lost his faith in God. Job 42:12 states, "The Lord blessed the latter part of Job's life more than the former part." This reminds us that our disappointments do not define our future.

In times of disappointment, women can turn to scripture for guidance and inspiration. Verses like Romans 8:28 assure us that "in all things, God works for the good of those who love

him." This reminds us that even in our disappointments, God is working behind the scenes for our benefit.

- *Seeking Support in Christian Community*

Our faith is not meant to be walked out alone. It is essential to seek support and encouragement from our Christian community when facing disappointment. Hebrews 10:24-25 emphasizes the importance of coming together and encouraging one another; a two-fold cannot be broken.

Women's groups, Bible studies, and church communities offer a safe space to share our disappointments, pray together, and find comfort in the presence of fellow believers. These connections can be instrumental in helping us overcome disappointment and find hope.

- *Practicing Forgiveness and Letting Go*

Disappointment can often be accompanied by feelings of resentment, anger, or bitterness.

However, we are called to practice forgiveness and let go of negative emotions. Ephesians 4:31-32 instructs us to "Get rid of all bitterness, rage and anger, brawling and slander, along with every form of malice. Be kind and compassionate to one another, forgiving each other, just as in Christ God forgave you."

By forgiving those who may have caused our disappointments and releasing our anger and bitterness, we free ourselves from the burdens of negativity and open our hearts to healing and restoration. It's not easy, but it does work. Sometimes that takes a period of time and may have to be met daily.

- *Embracing Hope and Perseverance*

Finally, the Word teaches us to embrace hope and persevere through life's disappointments. Romans 12:12 encourages us to "be joyful in hope, patient in affliction, faithful in prayer." Even when disappointment seems overwhelming, we can find hope in the promises of God and the knowledge that He is with us through it all.

Disappointment is an inevitable part of life, but as women of faith, we have a powerful source of strength and hope in our Lord. By trusting in God's plan, finding strength in scripture, seeking support in our Christian community, practicing forgiveness, and embracing hope, we can overcome disappointment and emerge stronger in our faith journey. Remember that in the midst of disappointment, your faith can be a beacon of light, guiding you and inspiring others, for a hope and a future.

Wishing you a joyful and blessed October AP

XOXO,

Sweet Eyes



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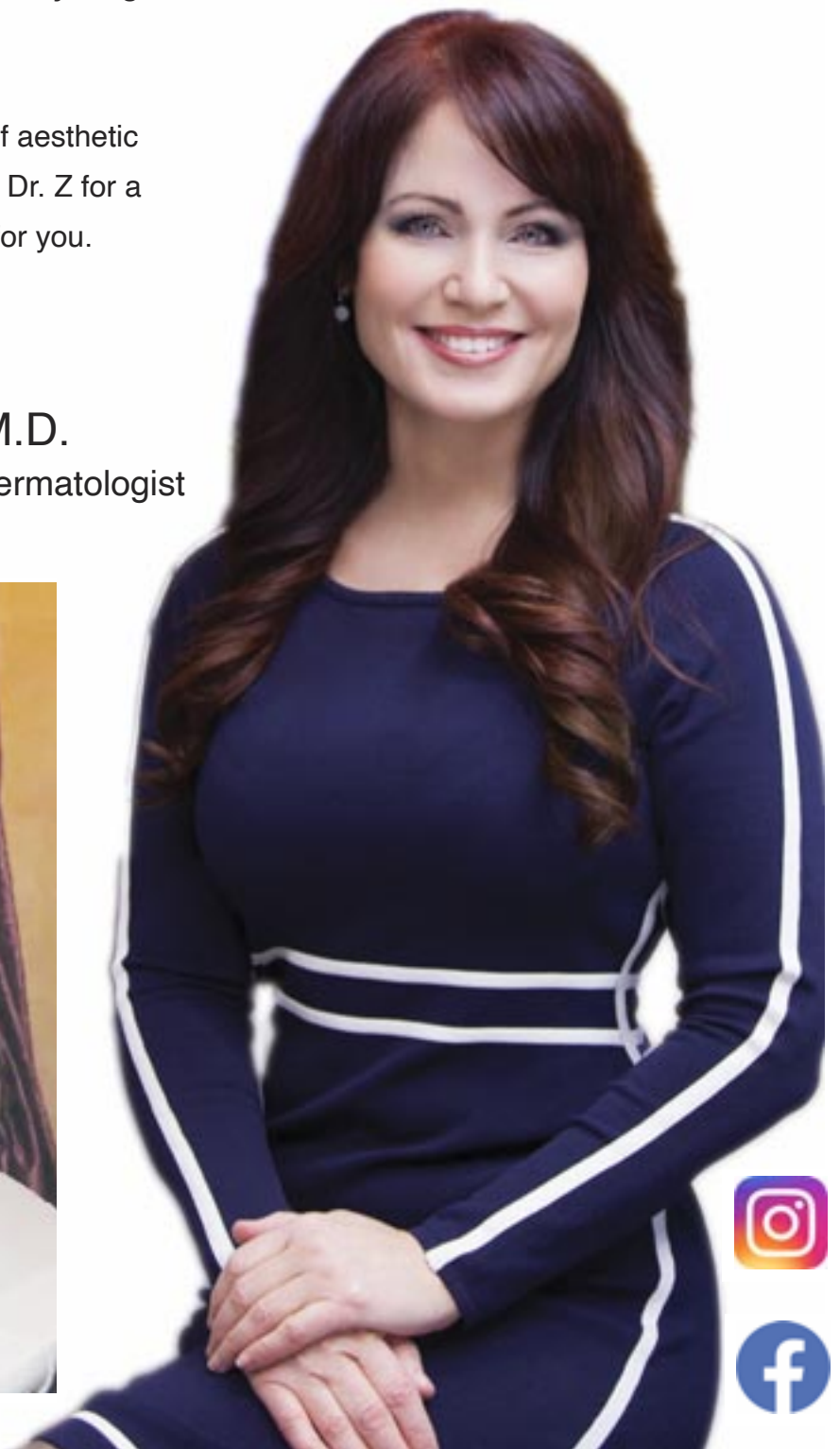
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Get Growing, Ascension!

Increase garden production with fertilizer

Supplying your plants with the correct nutrients is an important part of maximizing production in the garden. For annual crops fertilizer is typically applied prior to planting and throughout the growing season. Side dressing is the process of applying fertilizer on or in the soil near the roots of growing plants.

Gardeners can choose from an array of fertilizer types. Slow-release fertilizers are an excellent choice for low maintenance gardeners as they provide nutrients to plants



Mariah Simoneaux

over an extended period of time. Slow-release fertilizers are easy to apply, are less likely to leach, and only need to be applied a few times per year. An example of a slow-release fertilizer is Osmocote Plant Food. Dry or granular fertilizers are a popular choice and react quickly with the soil. They can be applied by broadcasting or side dressing. Examples of dry fertilizers include 13-13-13 and 8-8-8. Water-soluble fertilizers provide a quick boost of nutrients to plants and can be applied frequently. An example

of a water-soluble fertilizer is Miracle Gro All Purpose Plant Food.

Organic fertilizers are made from materials that are derived from plants and animals; one of the most common forms is manure. Other examples of organic fertilizers are fish emulsion, compost, and vermicompost.

should be applied. It can be found online at LSUAgCenter.com. Gardeners can print or download a copy for free.

For those wanting more detailed information on their soil and specific nutrient recommendations, soil testing is available through the LSU AgCenter. The Soil Testing



Inorganic fertilizers are made from materials that are mined or synthesized from non-living materials. No matter what type of fertilizer you choose it is important to read and follow the label directions. Do not be tempted to apply more fertilizer than recommended as it can result in damage to your plants.

Vegetable gardeners can benefit from knowing whether their crops are heavy, medium, or light feeders. Heavy feeders require higher amounts of nutrients compared to medium and light feeders. Commonly grown vegetables that fall into the heavy feeder category are peppers, potatoes, tomatoes, cabbage, onions, and artichokes. Cucumbers, beans, squash, peppers, okra, corn, and radishes are considered medium feeders while peas, carrots, and garlic are considered light feeders. The Louisiana Vegetable Planting Guide is one of the best resources to determine how much and when fertilizer

and Plant Analysis Lab is located on the LSU Campus and turnaround time is approximately 10-14 days. The cost for a routine soil test is \$11.00, plus shipping. Results include the soil pH, soil texture, values for P, K, Ca, Mg, Na, S, Cu, and Zn and recommendations for correcting your soil if needed. In Ascension Parish soil test kits can be picked up from the LSU AgCenter Office located at Lamar Dixon, Sac's Western Store, and Louisiana Nursery.

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



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YOUR ESTATE MATTERS



By Linda Melancon

Estate Planning for Surviving Spouses

After losing a spouse or longtime partner, it's difficult to look past your grief. However, it's crucial to understand the important and timely decisions you must make regarding your finances and personal estate plan during this time.

Estate planning is an ongoing process, as it accounts for changes in marriages, deaths, divorces, and births of children and grandchildren. Unless you completed your planning together, don't assume your spouse left an updated estate plan that accounted for all their life changes before they passed.

Review Both Estate Plans

To avoid problems, first schedule a meeting with your estate planning attorney. With them, you can take some time to review your estate plan as well as your spouse's.

It is not uncommon to discover assets you are unaware of, allowing for planning opportunities to transfer tax-free wealth. With the loss of a spouse's income, uncovering assets may also help secure a widow or widower's finances. You may also discover incomplete beneficiary designations, incorrect titling of assets, or an overlooked grandchild who is new to the family.

Rules and Deadlines Regarding Asset Transfers

Your estate planning attorney can also advise you of the decision-making deadlines inherent to your situation. There are some powerful wealth transfer tools available to you as a surviving spouse. For instance, you may opt to transfer interest in some of your late spouse's assets to other beneficiaries. Note, however, that this must occur within nine months of your spouse's date of death.

Tax Laws That Affect Your Inheritance

Inheritance tax laws can be confusing. As a surviving spouse, you have the option to file a federal tax return for that year as a single individual or as a married couple to receive higher deductions as long as you don't remarry that year.

Regarding the decedent's estate tax return, a surviving spouse may need to make a portability election maximizing the amount transferred estate-tax-free to the next generation. If the decedent didn't use a revocable trust to shelter assets from the probate process, probate will also likely be required. Many more scenarios exist, and unfortunately, a surviving spouse must prioritize assessing the estate plan and finances while grieving.

After a spouse passes, much of the attention of legal services focuses on managing their estate, rather than the legal needs of the surviving spouse. There are circumstances when wills and trust configurations permit a surviving spouse a "second look" to see if the decedent's estate plan is still a proper fit. Existing estate plan documents in the surviving spouse's name require review to change beneficiaries or representatives as necessary.

Review Other Related Legal Documents

• **Durable Powers of Attorney (DPOA):** A durable power of attorney lets you name an individual to act on your behalf for financial matters. During your lifetime, this person is typically your spouse. As the surviving spouse,

you must identify another trusted person to replace your spouse as power of attorney.

• **Medical Power of Attorney (Health Care Proxies):** You'll also have to select an individual as your new health care agent if your spouse had been your representative. If you become ill and cannot communicate your health care decisions, your medical POA can make medical decisions on your behalf. If you have an alternate designation on the health care proxy, review the choice to ensure that person is still appropriate. Or, you may remove them and name a new health care agent. These documents are often on file with your primary care physician. Be sure to provide an updated copy to anyone who has the old document and make them aware of any changes.

• **HIPAA Release Forms:** Even if you have a medical power of attorney, you may still want to ensure that other family members can discuss your health situation with medical professionals. If so, you must sign a HIPAA release form to access your medical

records. Be sure your primary care provider has a legal copy of this form.

Consult With an Estate Planning Professional

An estate planning attorney may understand your financial and legal situation more fully and can be an impartial party at a time when emotions are running high. Reviewing and making appropriate changes to your estate plan with their guidance will protect you as a widow or widower. It's a challenge to review this during such a stressful time, but you need to prepare yourself for the future.

Ms. Melancon is an attorney with Legacy Estate & Elder Law of Louisiana, LLC with offices in Baton Rouge, New Orleans and Lake Charles, LA. The primary focus of her practice is estate planning, probate, special needs planning, and elder law. For more information or to attend an upcoming estate planning seminar, call her office at (225) 744-0027.

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FINANCIAL FOCUS

What should you ask a financial advisor?

Managing your finances and investing for your future are important tasks — and they can be challenging. But you don't have to go it alone. Many people benefit from working with a financial advisor, someone who knows their needs and goals and makes appropriate recommendations. If you're considering getting some help, you'll want to ensure a particular financial advisor is right for you, so it's a good idea to ask questions.

Here are some to consider:

• *Have you worked with people like me?* All of us are unique individuals. Yet, you do share certain characteristics with others — age, income, family situation and so on. And you might feel comfortable knowing that a financial advisor has worked with people like you and can readily understand and appreciate your needs and specific goals: college for your children, a certain type of retirement lifestyle, the kind of legacy you'd like to leave and others. The more information you can provide about yourself upfront, the better your chances of finding a good match.

• *Do you have a particular investment philosophy?* Some financial advisors follow a particular investment style, while others might focus on specific investments or categories. There's nothing inherently wrong with these types of approaches, but you might be better served by working with someone who takes a broader view — one that emphasizes helping clients meet their goals over any particular philosophy or strategy.

• *How will you communicate with me?* Open and frequent communication are key to a successful relationship with a financial advisor. So, you'll want to know what you can expect. Will you have annual or semi-annual reviews of your accounts? In between these reviews, can you contact your advisor at any time with questions you may have? How will an advisor notify you to recommend investment moves? Is the financial advisor the individual you'll communicate with, or are other people involved?

• *How do you define success for your clients?* Some investors track their portfolios' performance against that of a specific market index, such as the S&P 500. But these types of benchmarks can be misleading. For one thing, investors should strive for a diversified portfolio of stocks, bonds and other investments, whereas the S&P 500 only tracks the largest U.S. stocks. So, when you talk to potential financial advisors about how they define success for their clients, you may want to look for responses that go beyond numbers and encompass statements such as these: "I'm successful if my clients trust me to do the right things for them. And, most important, I'm successful when I know I've helped my clients reach all their goals."

• *How are you compensated?* Financial advisors are compensated in different ways — some work on commissions, some charge fees, and some combine fees and commissions. There isn't necessarily any best method, from a client's point of view, but you should clearly understand how a potential advisor is compensated before you begin a professional relationship.

These aren't the only questions you might ask a potential financial advisor, but they should give you a good start. When you're trusting someone to help you with your important financial goals, you want to be completely comfortable with that individual — so ask whatever is on your mind.

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

Edward Jones
MAKING SENSE OF INVESTING

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Doug & Sally



On August 26, 2023, the East Ascension High School graduating class of 2013 celebrated its 10 year reunion with food, fun, and photos. Classmates danced and reminisced to the music and memories of their high school times. They enjoyed delicious food, a custom EA cake, a photo booth, souvenirs, karaoke, and a DJ! Class Vice President, Lindsey Fryoux stated, "We are so proud of the turn out with nearly 100 people in attendance! It speaks to the camaraderie and spirit our class has always had and will never lose".





Class officers and event organizers Kyleigh Robertson (left), Lindsey Fryoux, Class Vice President (middle), and Bailey Domangue, Class President (right)



EAST ASCENSION HIGH SCHOOL
CLASS OF
2013
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PEDIATRIC THERAPY SOLUTIONS
Helping little people do BIG things

Managing After-School Meltdowns

We've all been there. After a long day, it's time to pick up the kids from school. Your child is all smiles with reports of good behavior from the teacher. You walk through the door of your home, and like clockwork, the meltdowns begin! Anger, yelling,



Kaci Belanger, MOT, LOTR



defiance, aggression. In older kids, disrespect and rude remarks.

This becomes all too familiar for many families, leaving parents to wonder why their children behave in the classroom but quickly lose their cool when they get home. Transitioning from a structured school day to the safety of home can lead to big emotions and meltdowns. Understanding why meltdowns happen, how to handle them, and ways to set your family up for success are tips

that pediatric occupational therapists can provide to families.

Like adults, children have a long list of expected behaviors in school. It takes a lot of energy for a child to hold it together all day. It is not uncommon for children to release their true emotions once finally home in a safe space, simply because they no longer have the energy to keep it together. Some do this by crying, screaming, refusing to follow directions, or even throwing things. Children who are more sensitive may be more susceptible to this breakdown. These behaviors can last all year but are most common in the first few months of school, as children adjust to changes in the environment and schedules.

Handling a meltdown in the moment is important. Stay calm. Validate your child's feelings. Never shame them for expressing emotions. Allow them to release the energy in a safe way through movement, calming activities, or physical contact like hugs, whichever your child prefers. This can be accomplished through unstructured play, a quiet space in the house, or undivided attention from parents. Using statements like, "Today was a long day! I am here for you," can

help children feel seen and understood. Save questions about their day and discussions of homework for later, once your child is calm. Have a snack and drink available when your child gets home. Helping children to understand that home is a safe



This child is participating in a simple five-finger breathing activity to promote calmness and well-being.

zone where they can communicate their feelings without judgment goes a long way towards after-school success.

If meltdowns continue to disrupt family routines, prevent a child from engaging in activities, affect their ability to make/keep friends, or occur as a result of everyday tasks, an occupational therapy referral may be warranted.



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We are having another great month at CHC Closet and Pantry. We are serving more people than ever. While it’s sad that Ascension Parish has so many needy and homeless people we are honored to be able to serve them.

We have been blessed with another Wal-Mart grant. At the grand re-opening of the Gonzales Wal-Mart we were presented with a check in the amount of \$1000. This will go a long way in keeping our freezer stocked.

We have also had a couple of individual cash donations and people who have donated food for the pantry as well as clothing.

We will be having a fundraiser at Off the Hook restaurant in Gonzales on Oct. 3rd. from 5:00 –9:00 PM. Come out and have some great food and help a worthy cause.

We have a phone now thanks to the good people at New Song church. They have been very generous with donations and have now given us a phone with a year of service. Our number is 225/348-2215. We are only able to answer on the days we are working but leave a message and we will get back with you. A quicker way to reach us is by FB messenger at CHC Closet and Pantry.

I would like to thank all of our volunteers. Without them, none of this would be



possible. If you would like to become a volunteer we would love to have you. Just stop in when we are open, call and leave a message or contact us on FB. Our address is 209 E. Railroad St. Suite B Gonzales, LA 70737.

We are open Tuesday, Wednesday and Thursday from 9-12 for shopping. Donations can be made Monday-Friday from 9-12 and 1-3. Just ring the bell if we are not open and someone will take your donation. Please do not leave donations if no one is there to receive them. The neighborhood animals will ruin them and we have to throw them away.

Thank you, Ascension Parish for your help and support. Please let us know how we can help you. God bless!!!



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commitment to serving its customers and driving industry growth. The Inc. 5000 list, published annually by Inc. Magazine, showcases the nation's most successful and dynamic private businesses. CORE's inclusion in this elite group underscores its exceptional growth trajectory, remarkable business practices, and leadership within the industrial industry space.

In a highly competitive market, CORE Boiler & Mechanical Services has distinguished itself through its commitment to delivering top-notch industrial solutions that meet and exceed customer expectations. The

company's rapid growth can be attributed to its unwavering focus on customer satisfaction, strategic partnerships, and its ability to adapt to evolving market demands. Specifically, CORE ranked 182 out of 5,000 companies on the list nationally. Moreover, locally CORE ranked #1 in Louisiana for company growth. As an Inc. 5000 honoree, CORE joins the ranks of some of the most influential and impactful companies across various sectors. This achievement not only validates the company's growth strategy but also highlights its potential for future expansion and continued success.



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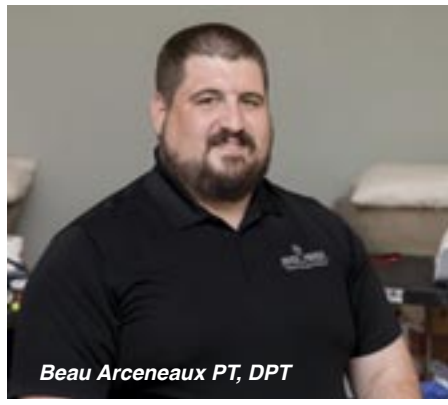
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Jason A Pitre PT, DPT, ATC



Beau Arceneaux PT, DPT



Jamie Canova PT, DPT, MTC,



Our Ascension Community,

My name is Jason Pitre, and I am the proud owner of River Parish Physical Therapy and Wellness, LLC. We have been in Gonzales for nearly 8 years and have thoroughly enjoyed serving the community. My two therapists and I are dedicated to consistently providing life-changing results for those who need help managing pain or recovering from an injury. In doing so, we aim to help you reach your health and rehabilitation goals – allowing you to get back to the life you enjoy. We are constantly learning new skills and techniques which help us to stay current and provide the best overall patient care. When you are here, you will have direct one-on-one time with a therapist; you will not be treated by an assistant or technician.

We also have some of the best leading technology the field offers, my favorite being our Neubie® by NeuFit®. The Neubie® uses a direct current (DC) of electrical stimulation as opposed to an alternating current (AC) often seen in TENS units. The DC is often credited as the more effective type of current because it tends to mirror the body's natural processes more accurately, allowing for faster healing.

As fall sports are ramping up, we'd like to invite you to check out our clinic and therapy team. We have almost 20 years of experience treating athletes from all capacities – including those who participate in recreational, high school, and collegiate sports. Athletes are one of the more susceptible populations when it comes to injuries. Their bodies are under tremendous amounts of stress and demand. When treating athletes, we focus on three things: (1) restoring range of motion and strength to the injured area, (2) improving muscle activation to achieve greater coordination and speed, and (3) preventing future injury by building better technique.

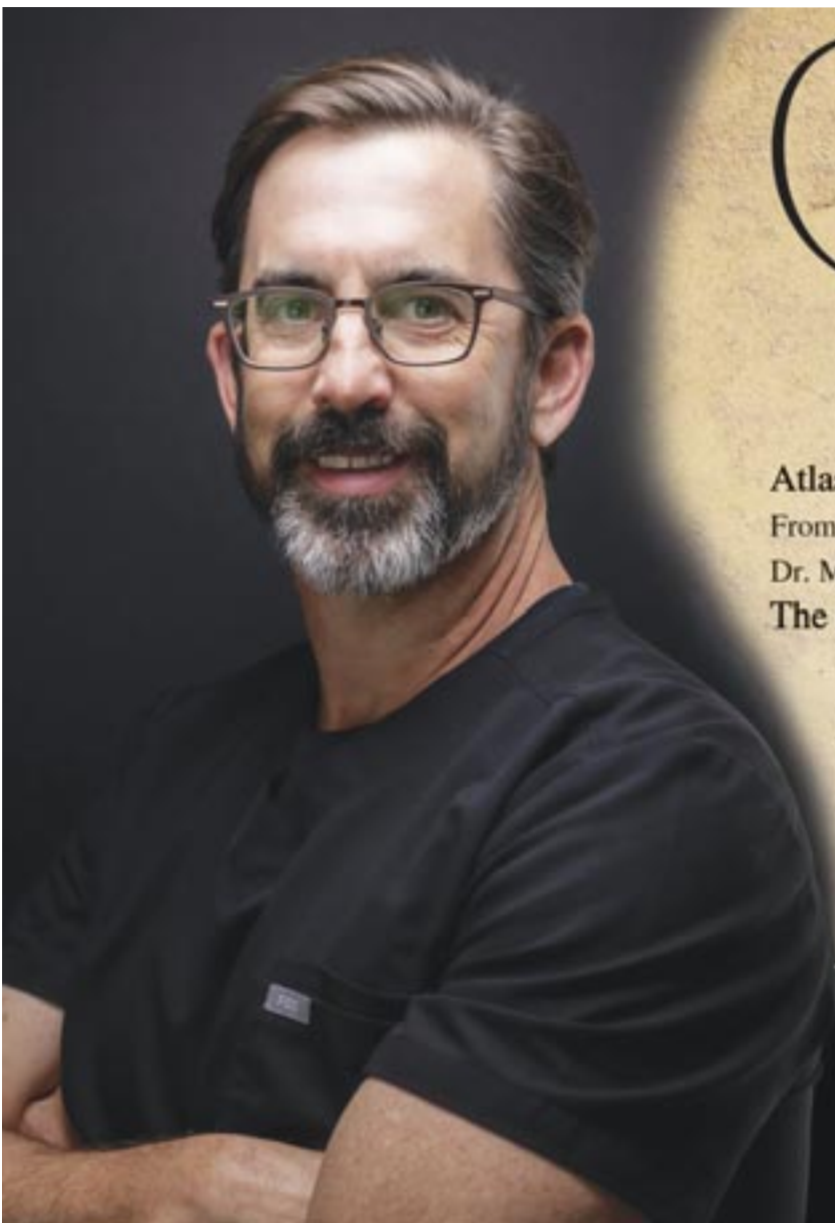
Please call my office at (225) 647-3709 if you'd like to visit with our team or have any questions. We accept Medicare and most commercial insurances!

Sincerely,

Jason Pitre PT, DPT, ATC



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Sometimes you just have to think out loud ...

Never discuss politics or religion, or you will likely offend someone. Sorry folks, but I feel compelled to present my viewpoints on both in this article. Hopefully most of you will agree with many of my comments, but I well know that many may disagree, even to the point of anxiety and anger. That is perfectly okay; differences of opinion are why we have elections and a democratic process.

For the past eight years, I have represented the Prairieville/Dutchtown/Geismar area in the Louisiana House of Representatives, and without opposition, I was re-elected to serve a third and final term in the House. What an honor it has been for me and my family, as we all greatly value public service.

When I first ran for office in

2015, I think that my team members and I knocked on almost every door in District 59 and the most asked question was, "Are you a Republican or a Democrat?" Clearly, the people who live in District 59 wanted a conservative to represent them in the House of Representatives. That was my mandate, then and now.

There have been some tough votes over the last eight years, and my votes, at times, have



not come without criticism. Among the controversial legislations that I supported, I voted for making abortions illegal, for banning transgender females from competing against biological females in sports, and for stopping children from becoming victims of the transgender ideology.





politician who hates or always opposes anyone who does not agree. Nothing could be farther from the truth, and I am quick to vote with my Democrat colleagues when I am in agreement with their legislation.

My election to office was the result of support for conservative principals, and my conservative principals are the result of my upbringing in a home that believed in Christian values. Christian values have served humanity well for the past 2000 years, but there are those who would have us abandon those values in favor of alternative agendas.

Make no mistake, the greatest threat to our state and our country is from any crowd who has used, and

continues to use, criticism and threats to silence opposing voices and indoctrinate us and our children into their ideologies. This sort of tactic is nothing new, for even the Bible, in Proverbs 24:10, said, "If thou faint in the day of adversity, thy strength is small." It is time for all of us who believe in proven traditional values to



14th, and again in November, for leaders whose values mirror yours. Voting is the proper way to make your voices heard. Failing to vote is surrendering your voice, and that is simply not an option anymore; too much is at stake!

My friends, the future of our country, our state, and our parish is in your hands. Will you be silent or will your voice be heard through the election of leaders who will guide us through these perilous times?

In closing, I want each of you to know that I am honored and humbled to serve you as your voice in Baton Rouge, and I pledge upon my honor to continue to serve all of you to the best of my ability.

While I know that the majority in District 59 support my positions, it is the very vocal minority whose voices are the loudest. Ironically, many of those who disagree target not only me with their comments, but they also target my wife and children. Too many on the side of opposition have no boundaries that they will not cross.

The point is that I was elected by a great majority of voters in my district to represent District 59 on the promise to be a conservative and a Republican, with further requests not to be an appeaser and a wimp. Now, some may interpret this comment as meaning that I am a hard-nosed partisan



raise our voices in respectful disagreement and let the world know that we will not surrender through our silence.

My rant has been for a purpose, and that purpose is to incite each of you to action, and the action that is immediately required is for you to vote in early voting from September 30th - October 7th, on October



*State Representative,
District 59*

Tony Bacala



East Ascension Sportsmans League
Letter from president -
Mike Lambert

Hey we made it through this hot summer. It's finally cooling off a little bit. Looks like the leaves will be falling sooner than usual, mostly because they are dried up. I'm hoping

that more leaves will fall and the temperature will too in time for squirrel season. I'm not going to talk about hunting just yet. We have time for that later.

I want to talk about fishing. I finally got to get out and take a little trip right here around home in Black Bayou and the area around St. Amant. The fish are coming back from the fish kill we had during hurricane Ida a couple of years ago. For the bass fishermen, they are still small, but there is a lot of little fish about 8" long. We went to catch a meal and we like pan fish. We caught some nice ones and ate good. We caught a variety of fish. There are a lot of little ones, but they were fun to catch. We kept a dozen nice ones to eat. The catfish however are

everywhere. We caught a few, but people who have been fishing regularly say they are plentiful right now from anywhere around here to Blind River. It should be getting better to fish in the larger waterways now that the summer boat traffic is slowing down. It is definitely better during the week though. The weekends still have a lot of boats riding around. I was a little put off by the people who don't slow down for fishermen or just slow down enough to make a bigger wake. I'm sure y'all know what I mean. We all have to watch out for each other in our boats. Sometimes it can get crowded. Everyone should enjoy the water.

Because of all the dry weather, there is a lot of

vegetation floating in the water that was pretty thick and blocking the way in some places. But when it starts raining again, it should flush them out. I had a little trouble getting through to the pump station, but I made it. Make sure if you do have to go through that stuff, you make sure your motor is still pumping water, because it will plug up the water intake on the lower unit. Overheating your motor can ruin your day for sure. Let me stop writing now so you can quit reading and go fishing or something outside. Enjoy the fall and get ready for a cold winter perhaps!

Thanks for your time.
Till next time.

Mike Lambert

EASL Bass Club News

The EASL Bass Club fished their September Tournament on the 9th. It was held out of the Public Landing in the Atchafalaya Basin with a 2:00 PM weigh in. There were 14 Teams participating. The fishing was on the tough side for many of the Teams entered but as usual there are fish being caught by others.

First place winners were Tim Braud and Steven Babin with 5 fish weighing in at 10.26 lbs.

Second place was won by Dirk Anderson & Corey Gautreau with 5 fish weighing 10.02 lbs.

Third place went to Donald Braud and Terry Molea with 5 fish weighing 9.26 lbs.

Fourth place was won by Tony Arceneaux & Jason Beck with 5 fish weighing 9.26 lbs.

When 2 teams are tied, the tie breaker is "Biggest Fish". Donald Braud won "Big Bass" with his lunker that weighed 2.82 lbs.

Congratulations to the winners of the September Tournament. Our

next Tournament will be a one day event at an away location. The members voted to go to Venice for the away tournament scheduled on 21st. The meeting

ASL Meeting September 18th at 7:00PM upstairs at Cabela's.

will be held on October 12th at Dirk Anderson's home. The members will also vote on the

location for the Annual Classic Tournament at this meeting.



Right to Left, Steven Babin & Tim Braud, Corey Guitreau & Dirk Anderson, Donald Braud & Terry Molea, Jason Beck & Tony Arceneaux



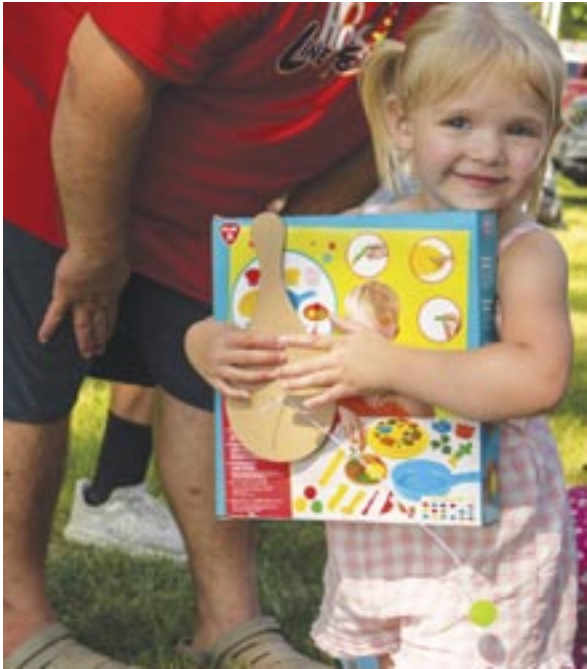
PHOTOS BY ROBIN STEVENS, OFF THE GRID PHOTOGRAPHY

KIDS FISHING RODEO

PHOTOS PART TWO









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Jammin' with Goosie

Out West

No, I'm not talking about Texas, Utah, and for damn sure not San Francisco. I'm talking about Lake Charles, La. As a resident of Ascension Parish for my entire life I've noticed that most of our fishing trips away from our home area particularly take place south and east of our location. Yeah I know that some of our people will venture out west, so to speak, to Toledo Bend or Caney Lake from time to time for some great angling on those waters. Some of us will travel to the north of Ascension to oxbows such as Lake Concordia or Lake Bruin for a day or two of fishing. But with the exception of a waterfowl hunt now and then, we seldom cross over to the other side of the Atchafalaya Basin for a day on the water.

The Louisiana Outdoor Writers Associations annual conference was held in Lake Charles, La. this past August. The first day of this three day event usually begins with a fishing trip for members that wish to partake in the outing. I always take advantage of this opportunity and this year I was accompanied by two other writers, photographers, etc. of our group for some southwest La. fishing. John Flores, Nick Gremillion and myself occupied one boat and two others of our group filled the slot for the second boat. We were to fish with guides from Louisiana Backwater Charters and our boat captain for the day was a very nice young man named Devin Shaheen. On this outing we were basically targeting specks and reds. Our bite started out slow on a dying tide with a fish being caught here and there. Our guide, being the true fisherman that he is, had told us that the fishing would probably get better later on in the day. The full moon the night before followed by no water

movement that morning had led to a sluggish fish bite. I've been there before and sure enough when the water started flowing again the action picked up and it was on with constant action. We left the fish biting to get back for some conference activities and ended up with 44 specks and 1 red. Along with the catch we had filmed a T.V. show, shot some excellent photos, and created another story to publicize about some of the great fishing to be found in the Lake Charles area. The other boat occupied by our members had gone in a little earlier with similar results.

The Calcasieu Basin is loaded with fresh and saltwater fish and excellent crabbing is also available. Some of these activities can be done from the bank as well as by boat. From what I had experienced on the trip is that the area in general doesn't seem very hard to figure out where, when and how to fish it to have a successful day. We basically fished in the Ship Channel from Hackberry north to Lake Charles itself and had action nearly everywhere we had stopped.

What you see as you are driving through Lake Charles from I-10 is not nearly all there is to be seen in this magnificent part of our state. This is a prosperous industrial corridor and that surely contributes to a strong residential economy. The Lake Charles tourism commission (CVB) had set the stage of events for our group to enjoy. I must say that they did a very good job of doing so. Our spouses were very well taken care of while us outdoor writers were doing the things that we do. Lake Charles and its neighboring landscape is blanketed with numerous attractions for a family to enjoy beyond the hunting and fishing adventures. The area is kept very clean with active law enforcement on and off the water to keep everyone safe. Several well kept parks surround this beautiful area with excitement for the young and the old. There's nature trails, casinos, golfing, kayaking, beaches, boat tours,



birding, distilleries, breweries, great food, etc. You name it and you'll probably find it nearby.

After hearing several briefings from the tourism commission of activities that were available in the area I vouched to stop by the newly reopened Sam Houston Jones State Park on my way back home and check it out. The park is located approximately four or five miles north of Lake Charles on the Calcasieu River. On my arrival there, being the person that I am, I walked down to the water's edge near the boat launch area where I saw a couple of nice crabs and some keeper bluegills lounging around. After a short walk down a stretch of that shoreline I was convinced that with a cane pole, a carton of earthworms, a few string lines and some grease that I could have had a wonderful supper of Louisiana seafood by that evening if I had been staying there at that time. I am here to tell you that if you enjoy a beautiful clean natural outdoor environment to spend some time with family or friends then by all means this place needs to be put on your bucket list for sure. Hurricane Laura destroyed the older camp houses and scars from that storm can still be seen in the surrounding forest but other than that everything at the park has been rebuilt and is at the moment brand new. The site hosts beautiful cabins, rest-rooms, a boat launch, camper spots, tent camping, golf course, walking trails, available youth activities, biking, along with fishing and crabbing. This is a first class facility of peace and quiet within a short distance from the city of Lake Charles where other opportunities of entertainment are available.

The competition for revenue available from outdoorsmen and women in our state is a very competitive business. This state is blessed with great outdoor opportunities from every corner of it and all points in between. I personally try to distribute my outdoor cash to different sectors of our state from time to time. Hurricane Laura punched Lake Charles and its surrounding area

directly in the mouth. That act was followed by Hurricane Delta to this same territory just six weeks later. The same landscape was then engulfed by a major ice storm the following February and if that wasn't enough that region received a major flood in May of that year. The resiliency of the people of that locality along with other communities of our state that have been through similar events are truly incredible. If for any reason you're looking for a place to spend some quality time in the Louisiana outdoors and you just haven't picked a place yet then please let me recommend a trip out west to our great neighbors of Lake Charles and its surrounding area. Chances are you'll be happy to have made that decision and they will surely appreciate your business.

In a closing sentence from our final conference event, a prominent speaker of the Lake Charles tourism group quoted. "We are coming back bigger and stronger than ever before". From what I saw from the times I'd spent there before until now I would have to say that I truly believe in those words.

Till next time
Head west my friend
James "Goosie" Guice

"Gram Parsons-Cosmic American Hero"

by Bill Delaune

... "20,000 roads I went down,
down, down-And they all led
me straight back home to
you..." from "Return of the
Grievous Angel"

by Gram Parsons.

Prologue-

Fifty years ago this month, a very talented young musician who had enjoyed success with several 60's bands and had embarked on a promising solo career decided to cash in his chips and opt for whatever else there is out there beyond the clouds. Gram Parsons, like many other artists who were ahead of their time, found a world that was crueler and sadder than the one he'd hope to find. But it wasn't near as lonesome as the one he left behind...

I saw where Baton Rouge played host to Don McLean a few years ago-the singer-songwriter forever associated with the 1972 Song of the Year "American Pie".

The song is a recounting of "The Day the Music Died"-that February 3rd day in 1959 when a plane crash killed teen idols Buddy Holly, Ritchie Valens and J.P. Richardson ("The Big Bopper").

I'm surprised that no creative soul ever bothered to write a copycat version about the events of the early 70's when rock lost three members of the "27 Club"-Jimi Hendrix, Janis Joplin and Jim Morrison.

Every guitar player who ever picked up a Fender Stratocaster tried valiantly to emulate Hendrix's wild psychedelic solos-even though he was playing them left-handed on an axe strung upside down.



Likewise, every blues singer wanted to wail like our Port Arthur neighbor Joplin when she lost her "Bobby McGee".

And every William Blake mystic-"The roads of excess lead to the palace of wisdom..."-wanted to "Break on Through to the Other Side" with Morrison and The Doors.

But the drugs of those times took their toll and all three died at the age of 27 within 10 months of each other in 1970-71 leaving us children of the 60's wondering where the next legends would come from.

The Beatles had broken up so they weren't coming back to save our musical souls like they had in 1964. But there was a glimmer of hope from Southern rock bands like Lynyrd Skynyrd who claimed fans throughout Dixie when they answered Neil Young's scathing "Southern Man" with "Sweet Home Alabama".

And from out West, groups

like the Eagles were starting to incorporate elements of country music into rock-a strategy that had worked for several artists in the 60's including Ray Charles.

For us sons of the South who had grown up on Hank Williams but could also pick out "Black Dog" by Led Zeppelin, it was a welcome change.

And leading the charge was a charismatic, long-haired country boy from Waycross, Georgia, named Gram Parsons.

Parsons was the classic "walking contradiction" when he signed on with the Byrds to play keyboard. He was now a member of one of the most popular rock bands in the country, yet he often wore a Nashville-style Nudie suit and cowboy boots. The Nudie suits popularized by country singers often had individual designs-Porter Wagoner's had

a wagon wheel, for example.

Gram's suit had some 5-leaf marijuana plants and numerous colored pills stitched into the outfit and red flames roared up from the bell-bottomed pants. After September 19, 1973, some remembered it as an eerie omen of things to come.

Parsons was a huge fan of George Jones and Merle Haggard and he persuaded Byrd's front man Roger McGuinn to move the band to a more country style. After the band scored a big hit with a distinctively country version of Bob Dylan's "You Ain't Going Nowhere", the Byrds were even invited to appear on the sacred stage of the Grand Ole Opry.

The long-haired youngsters endured the catcalls raining down in Ryman Auditorium and won some moderate approval with "...Nowhere" when the rednecks realized these "hippies" could really play and sing.

A Merle Haggard cover was supposed to follow but that's when Parsons shocked the Opry establishment by stepping up to the mike and announcing, "My grandmother's been listening to the Opry all her life and this is a song I wrote for her."

He then launched into his haunting classic "Hickory Wind" to the dismay of the Nashville establishment that banned the band for life. However, several performers waiting in the wings including Opry regular Skeeter Davis were seen applauding the Byrds as they left the stage.

Years later after leaving the Byrds, Parsons and bandmate Chris Hillman would write a

song about Nashville's iconic radio and TV host Ralph Emery called "Drugstore Truck Driving Man" to commemorate the event. A modified version of that song directed at then-governor of California Ronald Reagan was performed at Woodstock by Joan Baez.

Parsons and Hillman formed a new band—"The Flying Burrito Brothers"—which was met with critical acclaim but little financial success. That just seemed to fire Gram up as he pushed even harder to get the world to accept his self-proclaimed Cosmic American Music (He hated the term "Progressive Country").

After the demise of the "Burritos", he hooked up with a female singer who looked like a goddess and sang like an angel—one Emmylou Harris. The duo hit a harmony with George Jones weepers and Parsons's originals like "Las Vegas" and "Grievous Angel" that struck a chord with all the "truckers and the kickers and the cowboy angels..." who had one foot in the rock world of the 60's and one foot in the Southern country world.

Parsons even influenced one of the greatest rock and roll bands of all time—the Rolling Stones. On a visit to England, he met Keith Richards and stayed with him after refusing to go to South Africa on a tour because of the apartheid policies.

There, the two played guitars together—among other things—and one of the Stones' biggest hits—"Honky Tonk Woman" was originally recorded as a country song (Check out "Country Honk" one day when boredom overtakes you.) apparently thanks to Parsons's influence.

The strange trip that was Gram Parsons's life does not even compare to the strange set of events surrounding his death. Gram was obsessed with UFO's and would often go

out to a place in southeastern California known as Joshua Tree with McGuinn, Hillman and Richards to look for flying saucers and get high. In fact, a song called "Mr. Spaceman" was a hit for the Byrds—and clearly a country-inspired record.

On September 19, 1973, Parsons returned to Joshua Tree with some friends to celebrate the completion of a new album. After day-long drug and alcohol use, he was found unresponsive in a modest inn and taken to a local hospital. He died in the Hi-Desert Memorial Hospital at the age of 26—two months short of the "27 Club". Now the story—be it myth, legend, exaggeration or any combination of the three—really gets weird.

Gram and his manager Phil Kaufman had made a pact at the funeral of a mutual friend that whoever died first, the survivor would take the other guy's body out to Joshua Tree in the desert, have a few drinks and burn it.

Enter Gram's stepfather Bob Parsons who had pulled some shady deals in—where else—New Orleans—and believed if he got the remains back to Louisiana, he could lay claim to Gram's money using the Napoleonic Code.

When Kaufman learned of Bob Parsons's plans, he did what any ex-con who had served time with Charlie Manson would do—he took to drinking and devised a plan. After downing a fifth of courage, Kaufman recruited Michael Martin—an old hippie with a hearse he used for "camping" and headed for the airport.

The drunken duo arrived at the loading dock just as a flatbed truck with Gram's casket rolled up. Kaufman somehow convinced an airline employee that the family had changed its plans and wanted

to ship the body on a privately chartered flight.

While Kaufman signed a phony name to the paperwork, a policeman pulled up outside threatening the entire operation. But incredulously, the officer helped the body snatchers load the casket into the unlicensed, liquor-filled hearse. Despite hitting a wall on the way out, Martin and Kaufman left the airport with the body of Gram Parsons.

They stopped at a service station and filled a gas can with premium fuel ("I didn't want him to ping," Kaufman later said.) and headed out for Joshua Tree.

When they reached a place called Cap Rock, a formation near the Joshua Monument, they unloaded the coffin, doused it with gasoline and lit it.

A giant fireball erupted into the desert night sucking Gram Parsons's ashes into the starry sky. Soon, the highway patrol was in hot pursuit, but according to one officer, "encumbered sobriety" prevented the law from catching up with the cremators.

Kaufman and Martin laid low for a couple weeks and then turned themselves in on November 5, 1973—Gram's 27th birthday. They were fined \$708 in damages for the coffin and \$300 each for body snatching and released.

Kaufman then threw himself a party to raise money to pay the fine—"Kaufman's Koffin Kaper Konzert", it was called—with music by Bobby "Boris" Pickett and the Crypt Kickers of "Monster Mash" fame.

Bob Parsons never made a dime off Gram Parsons and died a year later.

Gram Parsons—like Hank Williams, Elvis Presley, Jimi Hendrix and so many others—was so far ahead of his time that he could shake, rattle and roll the status quo and get away with it on sheer talent.

Unfortunately, these geniuses got caught in the same sticky web of drugs that took away so many of their peers.

Gram's buddy Keith Richards (How is he still alive?) gave a fitting eulogy—"He loved country music, but he really didn't like the country music business and didn't think it should be angled just at Nashville. The music's bigger than that. It should touch everybody."

If you happen to be reading this on or around September 19, pull up an old Gram Parsons's song on YouTube and see what you think. Then find some of those bands like Synyrd and see what you get when you combine Southern rock and country. Maybe Cosmic American Music.

Epilogue-

A few closing notes... There was a movie called "Gram Theft Parsons" made in 2003 starring Johnny Knoxville as Phil Kaufman. Some of the accounts of Gram's death in this article were stolen—I mean—borrowed from excerpts from Kaufman's book.

If you wish to comment—good or bad—my e-mail is byllykyd7@yahoo.com. The first two letters are for Gram and the Byrds, the "lyky" in the middle are for Lynyrd Skynyrd and the seven is for my baseball idol Mickey Mantle.

A small tribute—but a tribute nonetheless.



Entertainment Schedule

10/7 ... *Twenty Something*
 10/13 ... *Regeneration*
 10/20 ... *TBoy and Just Us*

Monday special
 -\$4 bomb shots
 \$2.50 Blue Moon Draft
Tuesday special -
 2 for 1 Bomb Shots
Wednesday special -
 \$5 PBR and
 bomb shot combo
Thursday special -
 \$5 double well



Regeneration
 Oct. 13th



Our happy hour specials
 are \$2.50 domestic beer
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 \$4 single well
 \$5 double well
 \$4 and \$5 bomb shots.

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Useless Random Facts with Kellie

- The world's most expensive dessert from New York City's Serendipity 3 cafe came in at a whopping \$25,000.
- It's possible to turn peanut butter into diamonds.
- A blob of toothpaste is called a nurdle.
- An ostrich's eye is bigger than its brain.
- Riding roller coasters can help you pass kidney stones.
- Marie Curie's 100-year-old belongings are still radioactive.
- No number from one to 999 includes the letter "a" in its word form.
- Cookie Monster's real name is Sid.
- Woody from Toy Story has a full name too — it's Woody Pride.
- A cubic inch of human bone can bear the weight of five standard pickup trucks.
- According to research, fans of classical music and those who love heavy metal have shown to have similar personalities.
- Montpelier, Vermont, is the only U.S. capital without a McDonald's.

Thoughts from Bully

I am 100% Parrot Head!!

I've been a parrot head since my first year in college in 1975. It was cool enjoying the progressive country movement with Jerry Jeff, Willie and Waylon.

I've worn parrot heads and had fins on my back more times than you can guess.

I have had many events happen in my life directly related to Jimmy Buffet.

I am a graphic designer and got my first art job with Benjamin Advertising. Benjamin in those days was one of the largest agencies in the state. I had been working for several months and had 2 Jimmy Buffet tickets that I couldn't use so I put a sign on the company announcements board to sell them.



While at my desk I received a call from the President, Lee Hersburg. The scariest 4' 9" man in the world with the beadiest eyes and glasses hanging on his nose. I went into his office and was standing in front of his desk. He was on the phone and kept glancing over his glasses as if I am dead meat. I must have done something wrong.

When he got off the phone he looked up and ask, "What is a Jimmy Buffet, how many food item and is it kosher?"

Needless to say he didn't buy the tickets and kicked me out of his office when I said I'd throw in a parrot head hat in with the tickets.

I have a favorite story and I've told it to my readers before but can't resist telling it again.

My favorite time of the year and favorite thing to do is take my son to the hunting camp. He's 36 now but back in the day he received a doctorate in Southern Rock and loved Jimmy Buffet. We sang to Grand Funk getting 'Closer to Home' and I had to explain our home wasn't in Alabama. Black Sabbath was cool but hard to sing-a-long. Jimmy was right in our wheel house. We had 'fins to the left and fins to the right'. We had 'cheese burgers in paradise'. He learned what pirates were and there came a time we almost had a sex ed class in the truck at his age of 7.

To my parrot head friends you know the lyric, 'Why don't

we get drunk and screw'. Michael loved singing along with this song I had to use quick thinking to sing loud and change the words from, 'and screw, to 'in school'. So we are singing 'why don't we get drunk in school'. He sung right along and all is good and I didn't have to explain teaching sex to my X.

Great memories with Jimmy Buffet and all his songs and 30 years of hunting trips. About 5 years ago he came up to me with a glare and said, "They do say drunk in school." He was listening in his truck and finally caught on. We had a good laugh and I just mark that up as good parenting. Lord knows he's learned worse stuff at the camp.

Rest in Peace my Parrot Head Brother and sail off in to the ocean like you've done thousands of times before.

I've got fins to left and fins to the right



Rest in Peace Jimmy ... from a Parrot Head



Three-School Reunion Brings Back Fond Memories



Three-School Reunion Brings Back Fond Memories

Graduates of the 1950-1966 classes of Dutchtown, Gonzales and St. Amant High Schools gathered at Elegant Affairs on Saturday, August 19, for an evening of food, fun and fond memories.

Old friends reminisced and reunited as they danced to the music of that era. Performing bands included members of Kenny Fife and Friends, The Blue Notes, The Noo Blues and Night Train as well as some talented sit-ins.

The three schools were consolidated in 1966 to form East Ascension High School but the good times at the "old schools" in the 50's and 60's will never be forgotten.





EA vs STA RYDER CUP **Sept 25th at Pelican Point.**

Contact Bret Hughes 571-0807 (bret@hughesinsurance.org) or Jeff Delaune 205-6969 (jeff@hughesinsurance.org) for EA team or Camile Trabeau 573-2530 (camjoy@eatel.net) or Cody Trabeau 270-0424 for STA team with any questions



The Garney Gautreau Summer Senior Soc Hop 50's Dance

PHOTOS BY ROBIN STEVENS, OFF THE GRID PHOTOGRAPHY





SWAMP POP

Sundays



August
13th- Route 61
27th- The Mojos

September
10th- Floyd Brown
24th- The Mojos

October
8th- Dis N Dat Band
22nd- The Mojos
29th- Eddie Smith Band

November
12th- Backstreet
19th- The Mojos

December
3rd- Floyd Brown
17th- The Mojos

Bands play from 2:00-5:00pm
Doors Open at 1:00pm
\$10 Cover Charge
Cash Bar

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FRIDAY, OCTOBER 20

5:00 PM - 7:00 PM
7:30 PM - 11:00 PM

JUSTIN CORNETT BAND
JR LACROSSE & SUMTIN' SNEAKY

SATURDAY, OCTOBER 21

12:00 PM - 2:00 PM
2:30 PM - 4:30 PM
5:00 PM - 7:00 PM
8:00 PM - 11:00 PM

DUSTIN RAY & ZYDEPOP
THE KING OF SWAMP POP, DON RICH
DUSTIN SONNIER & THE WANTED
RYAN FORET & FORET TRADITION

SUNDAY, OCTOBER 22

12:00 PM - 2:30 PM
3:30 PM - 6:00 PM

AARON FORET BAND
THE MOJOES

Cooking Gourmet at Home

with SNO'S SEAFOOD & STEAKS



Ingredients:

- 2 tbsp butter
- 8 ounces andouille sausage, cut into 1/4 inch slices
- 2 tbsp ground paprika
- 1 tbsp ground cumin
- 1/2 tsp cayenne pepper
- 1/2 cup diced tomatoes
- 1 large green bell pepper, diced
- 2 stalks celery, sliced 1/4 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.

SHRIMP AND SAUSAGE JAMBALAYA



Prep: 20 minutes


Cook Time:
1 hr. 10mins

Servings:
4 plates

Executive Chef, John Donaldson

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