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On the Cover: Frank’s Restaurant, Prairieville. It’s All Good!

The Season to Give Thanks …

We at Tags & Titles continue to serve our family, friends and customers as this COVID continues. We thank you for your understanding in these trying times as we have had to change procedures for all our safety. We wish you many blessings as this holiday season comes upon us and blessings for our country. Your patronage is greatly appreciated.

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Honoring Our Veterans

Ascension Magazine attended the ceremony at Veterans Park to show respect for our Veterans. This year Covid 19 took a toll on the size of the crowd however an event like this can never be over shadowed but always appreciated and with honor for our Veterans. Here are a few photos of this years recognition.
Remember Freedom has a Price

... A Poppy, in tribute to all the brave veterans who risked their lives in past and present, so we might have a future.

Ascension Magazine was approached by Cathy Vittoria about a group of volunteers that were gathering to assist in at long time veteran tradition. They gathered to make Buddy Poppies to hand out in remembrance of fallen veterans protecting our freedoms.

This past month ladies gathered at the United Methodist Church that volunteered to assemble buddy poppies for the VFW Auxiliary. They have been working diligently in assembling 100,000 poppies.

Volunteers from local girl scouts troop 10340, local 4H members, local home schooled children, Pastor Ali Kendig Young and her child and United Methodist Women from the First United Methodist Church in Gonzales. They took on the challenge of completing 100,000 buddy poppies in 30 days. In less than 24 days they have completed over 45,000. They were right on track to complete this project to help our veterans and their families.

A special thank go out for the Awesome job these 4-H Junior Leader members and a few Cloverbuds for helping to assemble poppies for the VFW Post 3693. They spent their day off of school offering their #handstolargerservice assembling approximately 4,000 poppies! The Gonzales VFW is a distribution site that sends poppies all over the country to be given out on Memorial Day. Normally, Disabled American Veterans are able to assemble them, but due to COVID-19, they needed some extra help!

Way to go 4-H’ers!

POPPY’S GALORE ... A remembrance of history

POPPIES FOR REMEMBRANCE AND COMMEMORATION

Commemoration: The act of calling to memory by marking with a ceremony, observation, or memorial.

Less than two months after the war began, Laurence Binyon wrote one of the most well-known and often recited poems of re-

membrance, “For the Fallen,” that the lives sacrificed in war would be preserved in the memory of the living.

They shall grow not old, as we that are left grow old:
Age shall not weary them, nor the years condemn;
At the going down of the sun, and in the morning,
We will remember them.
Lieutenant Colonel John McCrae, a noted Canadian physician before the war, served with Canada’s First Brigade Artillery as a surgeon at a field hospital in Belgium. As he worked within sight of poppies blooming across old battlefields and fresh graves, he crafted a poignant testament against war and wasted lives that arguably became the Great War’s most famous poem, “In Flanders Fields.” McCrae himself died from disease in 1918, the war’s last year.

_In Flanders fields the poppies blow_
_Between the crosses, row on row,
That mark our place; and in the sky
The larks, still bravely singing, fly
Scarce heard amid the guns below._

_We are the Dead. Short days ago
We lived, felt dawn, saw sunset glow,
Loved and were loved, and now we lie
_In Flanders fields._
_Take up our quarrel with the foe:
To you from failing hands we throw
_The torch; be yours to hold it high._

_If ye break faith with us who die
_We shall not sleep, though poppies grow
_In Flanders fields._

**QUESTIONS FOR STUDENTS**

Why do you think McCrae’s poem became popular?

What does he ask of his readers?

Do you agree with his request?

American Moina Michael is credited for giving rise to the use of the poppy as a symbol of remembrance. Working as a YMCA Overseas War secretary in New York, she read that John McCrae had died and vowed to always wear a red poppy of Flanders Fields in remembrance.

She made the first sales of the Flanders Fields Memorial Poppy in November 1918. From that point forward, it was her mission to make the poppy the national memorial symbol and inspire the world to return to peace after the “war to end all wars.”
Help Support our Homeless Veterans Telethon!

Who: OTOW – a nonprofit organization helping homeless Veterans transition into civilian life
What: A Telethon aired on FOX and NBC television
When: Throughout December
Why: To raise money to purchase a home to house the homeless

How can you help?
Donations needed * Sponsors needed * Volunteers needed

How to donate:
• Text OTOW to 44321 to donate!
• https://www.otowarriors.com/
• Facebook: Ode to Our Warriors
• Mail donations payable to:
  OTOW
  9058 Foxgate Drive
  Baton Rouge, LA 70809

• Contact Charles Landreneau at 985 351-4749
The Mission of “Ode to Our Warriors” is to help the homeless, concentrating on veterans, by developing trustful relationships through safe housing, life skills training, educational programs, employment opportunities.
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The Gonzales Garden Club’s third virtual meeting was held on the first Wednesday of November. The highlight of the day was Member Conchita Richey’s program on “Container Gardening.” President Jamie Trisler introduced Conchita as “a seasoned gardener whose love for gardening is evident. Her enthusiasm spills over in her willingness to share her techniques and tips.”

Conchita presented before-and-after photos of her garden in transition from spring into fall and gave insight into her success with container gardening. She began by giving reasons for growing plants in containers: overcoming limited greenspace, elevating smaller plants to more prominent views, controlling the spread of invasive plants, and moving plants to protect them from hurricanes and harsh winters. Conchita noted that the most important feature of a container is its drainage. Neither coffee filters nor screens should be placed in the bottom of pots as they may plug. Rocks can be put in the bottom to provide stability for taller plants. “Potting” soil, not “garden” soil, should be used noting that “potting ‘mix’ has great drainage.” She cautioned, “Never fill a container to the very top. Plant about 2 inches from the rim.” Conchita enjoys planting different specimens together within the same container so that they mingle with each other rather than planting in separate pots where the plants remain distinctly individual, just beside each other. Plants for groupings must be selected according to their needs for the same growing conditions. When placing a container of plants directly on your garden soil, set...
it on a stepping stone to prevent bush or tree roots from growing through the drain hole.

Conchita has watering systems on timers to maintain daily moisture because “containers can dry out quickly.” Slow-release fertilizer with added nutrients or water-soluble fertilizers are needed with container gardens.

There was further discussion of container products. They are made of different materials. Terra cotta is porous which allows water to evaporate, which is good for succulents. Fiberglass is lightweight but may need to have a drain drilled in the bottom. Glazed pots and ceramics are attractive but might crack in a freeze. Potting mix in plastic pots retains water longer; metal containers will corrode eventually.

Ask Conchita. What is wrong with my hibiscus? When is the Herb Festival? Where can I find a wildflower seed mix? Who has the best selection of ferns? How can I propagate this hydrangea? Why do these weeds keep coming back? The answer to all these questions is “Ask Conchita.” She is a Past President of the Gonzales Garden Club and has long remained its Horticulture Chairman. Conchita has held membership in the Ascension Master Gardener Association since 2007 and belongs to the Burden Horticultural Society and Friends of Hilltop Arboretum of LSU. When questioned about her favorite aspect of working with the garden club, she answered, “Making it educational is my favorite part.” She has been primarily responsible for securing programs and speakers for members and guests for the past 28 years. In other endeavors, Conchita has developed a photography hobby in tandem with her love of horticulture. She captures stunning photographs to illustrate her educational posts on social media. The LSU AgCenter has recognized her horticultural contributions for eleven years now by publishing her photographs of plants. The new 2021 edition of the AgCenter wall calendar features three photographs by Master Gardener Conchita Richey.

Jamie Trisler provided additional gardening tips related to containers. Clean your planters at the start of the season to remove any leftover salts, mildew or fungi that can be harmful to new seedlings. Dump out old dirt and debris and remove loose deposits with a stiff brush. Mix one part chlorine bleach with 10 parts water in a basin or tub (or pour this solution into a spray bottle to saturate big pots). Immerse small pots; scrub all sides and soak 10 minutes. Rinse plastic, glazed and large pots with a garden hose. Soak small clay pots in clear water for 10 minutes, rinse and air-dry.

Janis D’Benedetto provided horticultural hints for this month. Continue planting cool season transplants and seeds like poppies, sweet peas and larkspur. Add fresh potting soil, peat moss, vermiculite or perlite to containers. Plant spring bulbs like daffodils, narcissus and tulips.

To learn more, ask Conchita.
Ready for a Boost?

Look no Further than Terrific Turmeric

I was at a local farmers market the other day, and stopped by a table. Oh, there’s some raw ginger I thought. Love that for smoothies...then the vendor said it was Turmeric. Isn’t that in Curry? What’s the deal with turmeric?

Turmeric was officially discovered and classified in the mid 1800’s but has been used as for health and natural medicinal purposes for thousands of years. The active ingredient in turmeric is what gives it its bright yellow color, the natural chemical called curcumin. High in natural antioxidants, turmeric can purify blood, boost your brain with good endorphins, offers antimicrobial, anti-inflammatory properties which can soothe acne, eczema, and even dry skin. Some even say it increases digestive juices in the stomach, which helps to increase metabolism and emulsify fat.

The root version is always best, but if you can only get your hands on the powder form of turmeric, that’s fine as well. Etsy offers root turmeric for purchase, and there are many online stores that offer organic powder form turmeric. Either way, here are a few ways you can use this root to look and feel better.

Turmeric Tea

Slice (the size of your pinky finger times 2) turmeric root

Add turmeric to 2 to 3 cups of water

Bring to boil (ensure steam is enclosed) and simmer for 30 to 45 minutes.

Cover and set turmeric tea aside an hour or two (overnight is even better)

Strain the liquid and enjoy tea with honey to taste, cinnamon dash, or slice of lemon

Imune Juice Booster

2 tomatoes, 1 celery stalk, 2 cloves garlic, 1/2-inch piece of turmeric root, 1/2 cucumber, juice of 1 lemon. Juice or use Vita blender, strain, then enjoy!

Soothing Turmeric Facial Mask

As with any mask application, make sure your face is clean and dry before applying mask.

Mix 1 teaspoons of ground turmeric, with 1 teaspoons of Greek yogurt, 1/2 teaspoon of apple cider vinegar, and 1/2 teaspoon of raw honey and apply with fingers or brush to face avoiding the eye area. Leave on for 15 to 20 minutes then wash with warm water.

Store raw turmeric in the frig for up to three weeks and in the freezer for up to six months.

Wishing you a wonderful (an inflammatory free) Thanksgiving Ascension Parish. Give Thanks for all He has done!

XOXO – Sweet Eyes
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5 Frequently Asked Questions at the LSU AgCenter

How do I submit a soil sample?

Soil sample kits can be picked up at the Ascension Parish LSU AgCenter Office, Sac’s Western Store in Gonzales and Louisiana Nursery in Prairieville. The kit comes in a ready-to-mail box and contains instructions on how to take the sample, the form needed to submit the sample and three small plastic sample bags. Samples are processed in the Soil Test & Plant Analysis Lab on the LSU Campus in Baton Rouge. Fall is an excellent time to take a soil sample if you are thinking about planting a spring garden or have noticed your plants aren’t reaching their potential.

What is the ideal soil pH for a vegetable garden?

Most vegetables grow well in soils with a pH of 6.0 to 7.0. However, there are exceptions to this, such as Irish potatoes and sweet potatoes. These grow better in more acidic soil with a pH of 5.0 to 6.0. Soil pH is included in the results of a routine soil test. Raise your soil pH using lime, lower it using sulfur. Having the correct soil pH is very important when it comes to growing vegetables, as the availability of most nutrients is greatest near 6.5.

Where can I find a list of licensed horticulture professionals?

The Louisiana Department of Agriculture and Forestry keeps an updated list of licensed horticulture professionals. You can visit their website at www.ldaf.state.la.us. On the left side of the page follow the link titled “Consumers” then click on “Find a Licensed Horticulture Professional”. You’ll find up-to-date lists of arborists, landscape horticulturists, retail florists, and more.

When is the best time to plant trees and woody shrubs?

November through February is the best time to plant trees and woody shrubs in South Louisiana. Planting during this time allows the roots to get established before the heat of summer. Trees and woody shrubs planted outside of this window may require extra care and attention. Our state tree, the bald cypress, was named a Louisiana Super Plant in 2020. This native tree does well in almost any Louisiana environment. In the fall its leaves turn to a beautiful shade of rust orange before dropping to the ground. Give careful consideration to where you plant bald cypress trees as their knees can become problematic for mowers.

Does the LSU AgCenter remove honeybees?

No, the LSU AgCenter does not conduct swarm or colony removal. However, a list of people who do can be found through the LSU AgCenter website. Visit www.LSUAgCenter.com and search, “swarm removal”. A list of people who conduct bee/wasp removal and swarm collection are listed by region.

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

Photo of bald cypress by Ashley Edwards/LSU AgCenter
Rubicon REAL Awards (Rubicon. Empowering. Adult. Learning.)

Two Awarded R.E.A.L. Scholarship Awards at RPCC

Awards Extended to non-traditional students attending River Parish Community College

Rubicon LLC has awarded two River Parishes Community College students with a Rubicon REAL scholarship award. The two winners were Wendy Gonday and Shane Mayeaux. These individuals have proven themselves dedicated to their college career despite having to work full time or nearly full time to support themselves and their families. The REAL Awards give back to those that show dedication to continuing their education.

Wendy Gonday graduated from Dutchtown High and is pursuing a career in PTEC. Gonday grew up in Cocodrie and was inspired to pursue a career in the Petro Chemical field after learning about career opportunities from one of the first female operators in the area.

Shane Mayeaux is an Air Force veteran serving as an F-15 mechanic. Mayeaux attended UNO but chose to change his career path to the technical side. He is majoring in both PTEC and Industrial Instrumentation.

“River Parishes Community College and the RPCC Foundation are incredibly proud to have Rubicon as a partner. The Rubicon REAL scholarships are an innovative way to make dreams available to the working adults in our community. Together we are changing lives through education and employment opportunities,” Lillie Murphy, RPCC Development.

Rubicon REAL (Rubicon Empowering Adult Learning) Awards are awarded to assist students with educational expenses while working. These scholarships are merit-based and primarily focused on adult learners, typically considered non-traditional, that desire to continue their education.

For more information or how to apply, visit the RPCC financial aid office for more information regarding this scholarship award.

Left to right – Meghann Morin, Rubicon Community Relations, Dr. Bruce Waguespack, RPCC Vice Chancellor of Workforce Development, Lillie Murphy, RPCC Development, Dr. Jim Carlson, RPCC Acting Chancellor

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Consider These Year-end Financial Moves

We’re nearing the end of 2020 – and for many of us, it will be a relief to turn the calendar page on this challenging year. However, we’ve still got a few weeks left, which means you have time to make some year-end financial moves that may work in your favor.

Here are a few suggestions:

• Add to your IRA. For the 2020 tax year, you can put in up to $6,000 to your traditional or Roth IRA, or $7,000 if you’re 50 or older. If you haven’t reached this limit, consider adding some money. You actually have until April 15, 2021, to contribute to your IRA for 2020, but the sooner you put the money in, the quicker it can go to work for you. Plus, if you have to pay taxes in April, you’ll be less likely to contribute to your IRA then.

• Make an extra 401(k) payment. If it’s allowed by your employer, put in a little extra to your 401(k) or similar retirement plan. And if your salary goes up next year, increase your regular contributions.

• See your tax advisor. It’s possible that you could improve your tax situation by making some investment-related moves. For example, if you sold some investments whose value has increased, you could incur capital gains taxes. To offset these gains, you could sell other investments that have lost value, assuming these investments are no longer essential to your financial strategy. Your tax advisor can evaluate this type of move, along with others, to determine those that may be appropriate for your situation.

• Review your investment mix. As you consider your portfolio, think about the events of these past 12 months and how you responded to them. When COVID-19 hit early in the year, and the financial markets plunged, did you find yourself worrying constantly about the losses you were taking, even though they were just on “paper” at that point? Did you even sell investments to “cut your losses” without waiting for a market recovery? If so, you might want to consult with a financial professional to determine if your investment mix is still appropriate for your goals and risk tolerance, or if you need to make some changes.

• Evaluate your need for retirement plan withdrawals. If you are 72 or older, you must start taking withdrawals — technically called required minimum distributions, or RMDs — from your traditional IRA and your 401(k) or similar retirement plan. Typically, you must take these RMDs by December 31 every year. However, the Coronavirus Aid, Relief, and Economic Stimulus (CARES) Act suspended, or waived, all RMDs due in 2020. If you’re in this age group, but you don’t need the money, you can let your retirement accounts continue growing on a tax-deferred basis.

• Think about the future. Are you saving enough for your children’s college education? Are you still on track toward the retirement lifestyle you’ve envisioned? Or have your retirement plans changed as a result of the pandemic? All of these issues can affect your investment strategies, so you’ll want to think carefully about what decisions you may need to make.

Looking back — and ahead — can help you make the moves to end 2020 on a positive note and start 2021 on the right foot.

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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Edward Jones. MAKING SENSE OF INVESTING

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When we're in pain, we want it to go away. immediately. And that’s understandable. The last thing we want to do is to give more attention to our pain. Mindfulness provides us with the opportunity and pathway to take our attention away from the pain and is a highly proven practice for reducing pain.

**Using Mindfulness to Approach Chronic Pain**

Consistent mindfulness practices can help you recognize pain and understand how it affects your body, mind, and spirit. Anxiety and stress are familiar bedfellows with pain. Mindfulness-based stress reduction teaches you ways to manage it. Developing a non-judgmental awareness of the present moment helps you respond — rather than react — to situations and experience a greater sense of calm and well-being, reducing stress and anxiety, and pain.

**Incorporating a regular mindfulness practice teaches you:**

- How to cultivate the awareness of physical sensations in the body
- How to incorporate meditation practices that improve focus and attention
- How to recognize signs of stress and intervene earlier
- How to change your relationship with stress, anxiety and pain
- How to build confidence and self-esteem

Mindfulness allows us the opportunity to bring attention to the pain and stress with a fresh perspective. This is why mindfulness is so helpful. Instead of focusing on how badly we want the pain to stop, we pay attention to our pain with curiosity and without judgment.

**Benefits:**

- Long-term relief from physical and psychological symptoms
- Less pain and improved pain management
- Improved energy levels
- Improved attitude and mood
- More effective responses to stress

Mindfulness also teaches individuals to let go of expectations. When you expect something will ease your pain, and it doesn’t or not as much as you’d like, we tend to dive into even more negative thoughts like “nothing will ever work.” your mind goes into alarm- or solution-mode, he said. You start thinking thoughts like “nothing ever works.”

If you’re struggling with pain, these mindfulness-based techniques can set you on a path to a more pain-free life.

**Body Scan**

A body scan involves bringing awareness to each body part. You bring awareness to what the brain wants to move away from, and instead of immediately reacting to your pain, the body scan teaches “your brain the experience that it can be with what’s there.”

**Breathing**

When pain arises, the brain reacts automatically with negative and anxious thoughts. Although you can’t stop these first few negative thoughts, you can calm your mind and ground your breath. By simply breathing in slowly and saying to yourself “In,” and breathing out slowly and saying “Out,” you instantly reduce the anxiety around the pain and therefore reduce the pain. Then you also might ask yourself, “What’s most important for me to pay attention to now?”

**Intentional Distractions**

An intentional distraction can be a helpful tool when your pain is high. The key is to pick a healthy distraction. It can be anything from playing a game on your iPad, focusing on a conversation with a friend or getting lost in a book. The key is to make it intentional and healthy. By incorporating mindfulness breathing and present moment awareness the benefits increase.

Mindfulness is a proven and effective practice for overcoming pain and the stress and anxiety that accompanies it. It teaches individuals to observe their pain and be curious about it. And, while counterintuitive, it’s this very act of paying attention that can help your pain.

For the full article, and a guided meditation, please visit ManfulnessLiving.com

Orhan Mc Millan is the founder of Manfulness Living. Manfulness Living is a community created for men. It offers a space to talk confidently about subjects specific to men while offering mindful solutions to transform one’s life personally and professionally.
Taking Control Through Estate Planning

2020 has been a year full of circumstances that have left us feeling uncertain about our futures. To keep yourself healthy during the pandemic, you’ve had to wash your hands and keep safe distances – but you also have to rely on others to take the same precautions. During the election, you cast a ballot for your candidate, but in order for your candidate to win, enough other people had to vote the same way. In a time when so much of our lives are influenced by those around us, what is something you alone can do to take control of both your present and your future?

Estate planning is an often-overlooked tool that allows you to develop a strategy that will maintain financial security during your lifetime and ensure the intended transfer of your property and assets at death, while taking into consideration the unique circumstances of your family and the potential costs of different methods. While each person’s planning goals are unique and the documents needed may vary, here are five things you can take control of when you choose to create an estate plan:

1. Your belongings. One benefit of a properly executed estate plan allows you to leave specific items to specific people after your death. Many times, people want to leave family heirlooms or other personally significant items, like jewelry or antiques, to someone of their choosing. This is what many people think of when they think of estate planning because this process is so often shown in TV and movies. But this is just one small thing you can control with estate planning.

2. Your taxes. Proper estate planning can also reduce estate and income taxes for both you and your family. Depending on the size of your estate, proper planning could cut your taxes by half or more.

3. Your children’s future. Clearly, the future of your children is extremely important. In your absence or incapacity, perhaps nothing is more important than who will watch over them. You can only nominate guardians for your minor children in a properly executed document. And if you have a special needs child, an effective estate plan can help make sure your assets go for the use of the special needs beneficiary, while not disqualifying them from receiving government assistance such as SSI and Medicaid.

4. Your distributions. Deciding who should receive your assets is the easy part. Deciding how and when beneficiaries should receive the assets is much more important and more challenging. Leaving assets outright to your beneficiaries with a will may not be the best way. By holding the assets in a trust, you can protect those assets from your beneficiaries’ creditors and future ex-spouses. Also, you can distribute the assets over time so that your beneficiaries can get maximum use of the assets, without the opportunity to squander them.

5. Your decision-making. People often think that estate planning only includes planning for what happens at your death. However, a major aspect of estate planning is addressing what is to happen in the event of your incapacity. Who will make financial decisions for you? Who will make healthcare decisions for you? Without properly executed powers of attorney and health care directives, it may not be clear who has the legal authority to make financial and healthcare decisions in your absence of the ability to do so. Even worse, your family may have to file a guardianship (called an interdiction in Louisiana) against you to be able to handle your decision making. This could be a lengthy and costly process that could be avoided with proper estate planning.

The reasons for doing estate planning are as numerous and as unique as we are as individuals. However, we all have one thing in common: we want to be in control of how our finances and assets are managed without leaving those important decisions up to someone else. Planning is important to achieve these goals and allows you to maintain control no only during your lifetime, but after you pass as well.

By Linda Melancon

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 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.
The duties of a volunteer firefighter span beyond putting out fires and rescuing animals from trees. In reality, volunteer firefighters perform a multitude of important tasks to keep others safe, maintain their equipment, and ensure the department can continue serving their community. Along with running fire calls, medical calls our volunteer firefighters perform public education to our local schools, churches and Day Care Centers, stated Chief Officer James E. LeBlanc.

Here in Ascension Parish more than 80% of the calls we respond to are medical. It is important that our Volunteers continue to train and keep their state certifications up to date in the medical field. Volunteer firefighters often administer first aid or CPR to individuals hurt in fire, accidents, or other types of emergencies. When seconds count, we want to make sure our volunteers have the confidence and the skills needed to save a life here in Ascension Parish, stated LeBlanc.

During the medical training this week that the Volunteers from St. Amant & 5th. Ward Volunteer Firefighters attended, they were able to perform and evaluates two-rescuer CPR, one-rescuer CPR, obstructed airway technique for the adult/child/infant, adult/child Automated External Defibrillator (AED), pocket mask and Bag Valve...
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OVERWHELMING! Look at any home building or home decorating magazine and you immediately want it ALL! GIMME ALL THE PRETTY AND TRENDY THINGS is what you are thinking…I know, it goes through my head as well, until I start calculating the cost of the dream amenities I just dreamed up having in my future dream home. My budget usually does not come remotely close to the actual costs involved. Sad I know…but true.

When showing homes to clients… One of the questions I typically ask is “What exactly are you looking for in a home and what features can you absolutely NOT live without?” Give me that list and we can go from there.” I usually get the following answers: spacious lot, swimming pool, outdoor kitchen, all stainless kitchen appliances, granite or quartz countertops in kitchen and bathrooms, all wood floors, outdoor kitchen, beautiful vessel sinks in bathrooms….maybe a lovely clawfoot tub! My NEXT questions is ALWAYS, “Ok…What is your PRE-APPROVED price point?” Ahhhh…reality sinks in… time to rethink what are the actual important amenities to your daily life…because price point will always predict what you can and can’t buy!

I am here to tell you that rarely are you going to get EVERYTHING you desire on your wish list…and THAT’S OK PEOPLE! No home is perfect… so focus on a safe location or neighborhood, school district of your choice, proximity to family and friends, etc. So, in the end, please do not get hung up on the details of minor things in a home that you are looking at possibly purchasing. Example: Paint is just paint…that glorious bright purple room was once the queens parlor for a 9 year old DIVA… However, with a little paint…It can also be changed to the PERFECT subtle shade of pink for that newborn baby girl you just found out you are having. Cosmetic issues are typically minor to correct to make a home you love YOURS! That claw foot tub can be added with some future budgeting, those beautiful vessel sinks can be oogled over until you get some extra funds to replace your basic yet perfectly fine under mounted sink.

Hey…look, do not let a home with good bones, no structural damage, relatively new roof, great HVAC system and plumbing get away from you! Homes are moving very quickly and with the right amount of imagination, you can put your very own unique taste into your new home over time…Actually, by taking your time and sprucing the space up into YOUR vision and with minimal funds…it will most likely increase the value of the home in a short amount of time.

I can assist you in finding your dream home and even have you in it before Christmas! It’s not too late to get into that dream home you have always wanted! Call me…Let’s Chat!

From my beautiful family to yours, Happy Thanksgiving… Happy Everything!

If you have questions feel free to contact me: Ashley Parrott
cell: 225.933.6869
email: ashleyparrott@kw.com
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Due to Covid-19, we are planning to do a drive thru line so our supporters will not have to get out of their cars if they so choose.

Last year Bama’s Feed the Needy raised an impressive $30,850.00.

Throughout this past year the funds we distributed helped many families and organizations. Here is a full dis-closer of how the funds were distributed.

**AS FOR THE DISTRIBUTIONS FROM 2019 FUNDRAISER –**

- 9 Area Schools - $7200.00
- Food Banks at Area Churches $12,400.00
- Each Day a New Beginning $2500.00
- Ode to Our Warriors (Veterans) $2000.00
- Perry Aldridge Charities $1500.00
- Local Families in Need $5250.00

**TOTAL OF $30,850.00**
I need your help. We Feed the Needy for Christmas each year. I need each of my friends and supporters to ask 1 new person or business to help the cause.

Thomas “BAMA” Aldridge

Bama’s
Feed the Needy
During the Holidays
Help Us Feed the Needy

• Proceeds go to area food banks and needy families.
• Help us buy a christmas gift for a needy child that other wise wouldn’t have one.
• Write a check to a family or charity of your choice and we will deliver the donation on your behalf.

December 5th, 2020

Jambalaya and white beans will be served for $10 a plate from 11am till.

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2020 Card Strategy-Start the BIDdiN’ with a High TRUMP!

by Bill Delaune

“But the rebellion continues and now that the election is over, may not all have a common interest to reunite in a common effort to save our common country? May I ask those who have not differed with me to join with me in the same spirit toward those who have…”

-Abraham Lincoln.

You see, boys and girls, about 150 years ago, the blue states of the Union were fighting the red and gray states of the Confederacy in a brutal Civil War and Lincoln had to win a hotly-contested Presidential election right in the middle of it. Sound familiar? But with his “malice toward none” philosophy, he steered the country through the most divisive period in American history.

Honest Abe even requested the band to play “Dixie” after the Rebels surrendered during a Washington D.C. victory party to honor the conquered Southern states. And how was he rewarded for this noble speech and gesture? Less than a week later, he was shot to death.

We sure could use a little of Lincoln’s diplomacy to guide us through the rest of this disaster of a year and beyond. But alas, the characters in the following story had little of his dignity and grace and none of his honesty, but let’s drop in on this “fearsome foursome” and see what some of our friends in low places think about recent events instead of the endless commentary of so-called political and constitutional experts.

I was still sleeping off the effects of an election night gathering when the knock on the door awakened me. Through blurry eyes I made out “Sam Stone-Private Investigator” on the door or else I would have had trouble remembering where, or for that matter, who I was.

Using my Sherlock-like logic, I quickly determined a couple of facts. First, I must have passed out on the couch in my office the night before and second, that could not be a beautiful blond client at the door because I had not had a client of any kind since the world stopped turning last March.

I stumbled over some tequila bottles on the floor and, unfortunately, found my elementary deductions to be correct.

At the door stood the lanky frame of “Three-Finger” Freddie, generally recognized as the best stand-up bass player in the South despite missing the second and third fingers on his right hand.

The loss of the index finger was a reminder of his former pool hustling days when some good ole boys from Bay St. Louis took exception to his шarking methods and removed Mr. Pointer with a machete.

The middle digit’s removal came some years later when Freddie made an obscene gesture at a heckler during a gig at Utopia on Bourbon Street.

“How was I to know that loud mouth was one of Marcello’s ‘Dixie Mafia’?” he would ask after relating the story for the umpteenth time.

“Hey, we’ve got to get this place cleaned up for the card game tonight,” he said. “It is Wednesday, you know.”

Oh, yeah-the Wednesday night poker game. I had completely forgotten with all the election hoopla the night before.

Arthur “Doc” Watson came in shortly after. Doc was nicknamed-not for the legendary blind bluegrass picker, but for his uncanny ability to forge prescriptions for Schedule 2 narcotics. He then used his profits to support his own compulsive gambling habit. He often justified his shady dealings with comments like, “It’s good for the economy” or “I’m my own personal economic stimulus.”

The last to arrive was our transplant from the Frozen Nawth, Boston Blackie who had actually helped me out on a few cases in the past. But being from the Northeast, he retained a more-than-aggravating elitist view that everything from that area was inherently better than other parts of the country.

He was notorious for running scams and cons on those “dumb-ass Midwesterners” and “dumber-than-dirt rednecks” which was why he now found himself wanted in all states that begin with “I” and banned from those that start with “A”.

It was Blackie who first brought up the previous evening’s election. “What a cluster that was. There’s enough fraud and corruption going on that it makes me look like a choir boy. Hey, maybe I can get a Presidential pardon of some of my more outstanding counts.”

“I was watching the Vegas odds jumping around all night like a fixed horse race at the old Evangeline Downs,” chimed in Doc laying down a straight to beat my three jacks. “Biden opened the day as a 2-1 favorite so I put some money down on Trump. By the time Trump took Texas and Florida, he moved to a 4-1 chalk so I turned around and be on Biden. I’m going to make a few bucks regardless of the outcome.”

“Let me ask the group something,” a suddenly pensive Freddie said. “If good old 50th in education, road kill-eating, alligators-in-our-drive Louisiana- as we’re perceived in Blackie’s part of the country-can figure out to count early votes before the actual Election Day, shouldn’t our smarter neighbors be able to figure that out also?”

Now before I flunked out of USL, I was a political science
major before fast women and slow horses ran me out of town so there was one pressing question that had to be asked.

“Do any of you actually vote?” I’m not sure if the frustration came from the loss of pocket kings or the direction of the conversation.

“Can’t,” replied Blackie. “Convicted felon.”

“Same here,” said Doc. “Wrong dose for the wrong person.”

“I wasn’t around,” admitted Freddie. “I had to go to Billy Joe Shaver’s funeral in Texas. There’s not many of us three-fingered guitar players left in the world, you know.”

“How about you, Magnum Columbo?” Blackie sneered. “I figure you went Trump like the rest of this God-forsaken state.”

Before I could answer, Doc’s pills kicked in. “Are you kidding? This bleeding-heart liberal voted for our Democratic governor twice. He had to go Biden.”

“Sorry to disappoint, boys, but yes I did vote and no I didn’t vote for either major party,” I replied. “You see, as a child of the 60’s, I’m always looking for a way to stick it to both parties who—as far as I can see—haven’t done a whole hell of a lot for common folks like us.”

“Louisiana’s eight electoral votes are going to the Republican candidate in this reddest of red states so why not rebel a little and vote third party. My candidate didn’t win but I can look myself in the mirror in the morning.”

“Damn, Sam, you’re not as dumb as you look,” said Freddie.

“Nobody is,” I answered. “But the way I see it, what we all do individually every day is a lot more important than who you voted for. For instance, what would each of you guys do to ease the tensions of someone who had opposite views than you?”

“I’d play them some music,” Freddie jumped in. “Maybe some mellow jazz that I listen to in the traffic to calm my road rage.”

“I’d give everybody a perfectly legal ‘chill pill,’” said Doc. “As a man wiser than I once said, ‘Life’s too short to worry, Life’s too long to wait, Life’s too short not to love everybody, and it’s much too long to hate…’ The pill would help get rid of all that anger.”

By now, even Blackie was into the spirit of things. “I would take all my nemeses to Fenway Park to see the Red Sox play. I’d even buy them a beer and a hot dog—even if they were Yankee fans.”

“What about you, Uncle Sam?” They all looked at me like I’d started a movement or something.

“I’d take them out in the fresh air and wide open spaces of the closest golf course and let them take out their frustrations on that little white ball.” I laughed. “They could even find some comic relief in watching my variety of slices, hooks and shanks and then we’d all have a drink afterwards whether we made a hole-in-one or not.”

There was a moment of reflection before things returned to normal.

“Damn, Doc, are you cheating?”

“I’ll show you who’s cheating, you Yankee carpetbagger…”

And so, my faithful readers, if these four degenerates can figure out ways to help heal our country’s wounds, can’t we all do the same.

We could all start off by being a bit more tolerant of people who have a different opinion then we do. And being a little more generous to those less fortunate than we are. And being a lot more forgiving to people who may have offended us in some way. Then it wouldn’t matter who was in the White House.

It’s not a novel idea. I stole it from a riddle-speaking prophet who roam this earth about 2000 years ago. And like Abe Lincoln, they killed him too.

Happy Thanksgiving—and remember, who’s at the table is far more important than what’s on it.
Public Land

Private land isn’t exactly private. In many cases land can be accessed with permission from the landowner or landowners, which can range from a person, family, company etc. In relation to hunting, many big tracts of land may be leased for a certain activity. Some situations cater to one group leasing land for turkey hunting, another group may lease the same property for deer or waterfowl hunting. If you are someone who has permission to hunt on private land, free of charge, then you are in a fortunate situation. Public lands for outdoor activities are intended for access to the general public just as the term implies. These lands may come in the form of National Forests, National Wildlife refuges, state owned Wildlife Management areas, School Board properties and in some cases local, state or federally owned government lands. Although public land is open to all, there’s usually some type of fee required for the upkeep of the environment on these lands. The cost typically isn’t very much and may come in the form of annual user permits or lotteries. I belong to two hunting clubs which I pay a pretty penny to do so. I’m a big lover of the great outdoors. I enjoy the scenery of different tracts of forests and for that reason I still to this day appreciate the opportunity to hunt public land.

Now believe me, hunting where everyone is welcome is quite a bit different than hunting on your leased property. No feeding, no claiming areas, no permanent stands or blinds, along with limited access in and out can be very challenging to many hunters. To be honest with you, I feel that this type of hunting is a much more pure form of hunting than plenty of us are accustomed to. In many cases, the degree of competition with other hunters can be as compelling as the quest for the game itself. I embrace this challenge several times each year. Whether I’m hunting for deer, squirrels or waterfowl, I have much more appreciation for success in this type of situation and if I don’t succeed, we’ll that’s alright also.

In many cases, the perception of too many hunters in the woods on public lands is simply not true. There are some areas that can tend to be overcrowded at times, but I very rarely see any other hunter on my ventures to these areas. Truth be known, there is probably more pressure on our leased properties but because of club rules you can generally lock down a specific area for your hunt and that’s why we pay the big bucks. With the cost of leased properties constantly rising, the use of public land will probably become more attractive in the future.

Some hunters only hunt public land and they can be very successful in their efforts. Rules, season dates, bag limits and regulations on these places can be different from your outside hunting regs. If you decide to try one of the many open to the public places we have, be sure to read the pamphlet for that specific area before accessing it. Be sure to dot the i’s and cross those t’s because it’s possible that you may be checked by officials while on the property. Our state has done an incredible job of acquiring property for outdoor use. If your passion is fishing, hunting, camping, photography or hiking there’s places for all of us in our state to enjoy being outdoors. A venture into one of these areas will be a great rewarding experience whether you possess a limit or not.

Till Next Time,
“Check Um Out”
James “Goosie” Guice
As Hunting Season Approaches
Tee Wayne’s Restaurant is Gearing Up to Turn Your Game Harvest into a Specialty Meat

Deboning • Ground Meat
• Fresh Sausage
• Smoked Sausage
• Green Onion Sausage
• Italian Sausage
• Cajun Sausage
• Breakfast Sausage
• Jalapeno & Cheese available
• Vacuum Packed

Custom Cuts Available with Deboning

Specialty Meats & More

**Bacon Wrapped**
- Stuffed Tenderloins
  - stuffing choices:
    - Brisket & Pepper Jack Cheese
    - Brisket, Jalapeno & Cheese
    - Mac n’ Cheese
    - Jalapenos & Cream Cheese
    - Boudin & Pepper Jack Cheese
    - Pulled Pork & Pepper Jack Cheese

**Bacon Wrapped**
- Boneless Pork chops
  - Stuffed with Boudin

**Lagniappe**
- Regular Boudin
- Pepper Jack Cheese Boudin
- Hoghead Cheese
- Smoked Andouille
- Shrimp Burger Patties
- Jalapeno Chicken Patties
- Green Onion Chicken Patties
- Boneless Chicken Livers
- Boneless Skinless Chicken Thighs
- 80/20 Ground Beef
- Pre Cut Jambalaya Pork
- Meatball
- Hamburger Patties
- Pepper Jack, Hamburger Patties
- Crawfish Cornbread

**Gumbos & Stews**
- Seafood Gumbo
  (gallon or quart)
- Chicken & Sausage Gumbo
  (gallon or quart)
- Shrimp Stew
  (quart)
- Shrimp Etouffee
  (quart)
- Chicken Sauce Picante
  (quart)
- Pork Sauce Picante
  (quart)
- Crawfish Stew
  (quart/seasonal)

**Cooking Instructions**
- **Bacon Wrapped Chicken Thighs**
  - Completely thaw and place in a sheet pan. Do not cover.
  - Preheat oven to 350. Cook for approximately 60-90 min or until internal temperature is at 165.
- **Boneless Stuffed Pork Chops**
  - Completely thaw and place in a sheet pan. Do not cover.
  - Preheat oven to 350. Cook for approximately 45 min or until internal temperature is at 165.
- **Crawfish Cornbread**
  - Completely thaw and place in oven. Do not cover.
  - Preheat oven to 350. Cook for approximately 30-45 min or until golden brown.
In my early days of the publishing industry I sold ads for a local publication, Ascension Parish Magazine.

I sold many ads for the premier issue. After the issue hit the streets I made appointments with all the my clients. Client after client raved about the magazine and I was 10 for 10 with happy customers.

My next appointment was with Henry Wong a Chinese Restaurant owner. In the sales presentation to Mr. Wong for the ad he requested specifically ask that his ad was to run in upper white hand corner. We signed the contract and his ad was put in the magazine.

When I arrived at his office I expected him to be satisfied like all the customers before him. Hey Henry, “How are you doing? What did you think about the magazine?” Before I tell you what he said I need to point out my last name is Strong. Henry looked at me and said “Mr. Twong you did Mr. Wong ... wong.” You can imagine my surprise and I was supressing a laugh but he was serious. You came here selling ads and I signed contract to run ad and I requested upper white hand corner.

Part of my duties with the magazine along with sales was as Art Director and I put the pages together. At 4am I was finishing the magazine and realized I had one ad space left and available. To fill the space I put an ad for myself and my portable DJ service in the space.

Henry said, “Mr. Twong you really did Mr. Wong wong.”

I purchased ad mainly because I am friends with the publisher. Mr. Twong I wanted ad in upper white hand corner. Where’s Mr. Wongs ad? Is it in upper white hand corner? No, it’s in bottom white hand corner. Who’s in upper white hand corner? Mr. Twong DJ Service. Mr. Twong is over Mr. Wong. You did Mr. Wong, wong.

He then led me over to the door and he open it. He pointed at his sign on Airline Highway that was a light up, flashing and lighting up the night. Mr. Twong I like the magazine but I don’t need to advertise. I have sign on Airwine highway. It looks like Las Begas out there.

We laughed about it a bit and then he insisted I eat some of his egg woles.
Useless Random Facts

The average person laughs 10 times a day!

The world’s oldest piece of chewing gum is 9000 years old!

More than 1,000 different languages are spoken on the continent of Africa.

The average person’s left hand does 56% of the typing.

Antarctica is the only continent that does not have land areas below sea level.

Dolphins can look in different directions with each eye. They can sleep with one eye open.

It’s illegal to spit on the sidewalk in Norfolk, Virginia.

Montpelier, Vermont is the only state capital without a McDonalds.

In 1933, Mickey Mouse, an animated cartoon character, received 800,000 fan letters.

Children grow faster in the springtime.

In Raiders of the Lost Ark there is a wall carving of R2-D2 and C-3PO behind the ark.

Dogs and cats consume over $11 billion worth of pet food a year.

Baby robins eat 14 feet of earthworms every day.
We are Stocking Up on the Best Christmas Gifts

Making a Stocking Stuffer List & Checking it Twice for the Chef in Your Home

- Spoons & Ladles
- Laser Thermometers
- Specialty Knives
- Vacuum Sealers
- Saute Pots & Skillets
- Meat Thermometers
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WHO WAS THAT MASKED PERSON
JambaLaya Festival

JFA START MONTHLY MEETING WITH SOCIAL DISTANCING
PPLGA Host
Halloween
Dress-Up Play Day.

The PPLGA get fired up for Dress-Up Days. These crazy girls are at it again.

**Jennifer** Goth Golfer Cathy Maddox

“Keep Calm and Creep it Real”

**Darlene Lee** is all about sweetness with her costume

**Madelyn King** is Pelicans Spider woman.

**Karen Snell** has all the moves!

**Diana Schouest** is she a Golfer or Gopher hunter?!

**Jackie Dennis** tells us she is a Skeleton and a Witch a “Switch”

Someone tell **Maria Fairchild** it is too late for a Mask!

**Dawn Meng** is a single Norte Dame fan.

**Chris Crow** has it right. Golf is “Hell of a game”.

To my Pelican Point golfing buds. You Ladies Rock! The costumes were really creative and well thoughtout. Good Job.
2020 MGA Pelican Cup
We’re working to create a Healthier Tomorrow!

Whether you or a loved one are in need of a flu shot, flu test, or COVID-19 test, we’re here for you. Together we can slow the spread of flu and COVID-19!

LakeUrgentCare.com
**STUFFED REDFISH DANTE**

**Prep Time:**
1 hour

**Cook Time:**
15 minutes

**Servings:**
4 servings

**Ingredients:**
- 1 lb. - eggplant (peeled and thinly sliced)
- ¼ cup - green bell peppers – small diced
- ¼ cup - green onions-chopped
- ¼ cup - celery – small diced
- 1 tsp - granulated garlic
- 1 cup - onion – small diced
- 1 cup - bread crumbs
- 1 ½ tsp - kosher salt
- 1 cup - small shrimp
- ½ lb. - crawfish tails (rinsed thoroughly)
- 4 - redfish filets (cut a pocket in the middle to place stuffing in)
- Pinch - red pepper
- Pinch - black pepper
- 1 tsp - granulated garlic

**Instructions:**

Place eggplant on a sheet pan and rub both sides generously with olive oil and bake at 350 degrees until tender. Chop well with spatula to break up the eggplant into a puree. In a small brazing pan over medium heat cook onion, celery, and bell peppers until tender then add eggplant and seasonings. Add shrimp and crawfish to pot and cook for five minutes. Remove from heat. Add bread crumbs and green onions and fold until fully incorporated. Allow mixture to cool then scoop a generous portion into redfish. Place fish on a baking pan and season to your taste. Pour a half cup of melted butter and a half cup of water onto pan and place into a preheated 350 degree oven for 15 minutes or until the center reaches an internal temp of 165 degrees. Remove from oven and enjoy!
Junior Memberships are for ages 23-29 and dues are paid monthly. Two year contract required. Complimentary cart plan is applied to member account one year after contract date. Initiation fee of $200.00 and applicable taxes apply.

- 27 Holes of Unlimited Golf
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