

# CenLa FOCUS

The Community Lifestyle/Business Profile Journal of CenLA

Volume 28 • Issue 1  
January 2025

PRICELESS  
TAKE ONE

**CHRISTUS  
St. Frances Cabrini:**  
Celebrating The Past.  
Investing In The Future.

75 Years  **CHRISTUS  
ST. FRANCES CABRINI**  
Health System



in this  
**ISSUE**



**RAPIDES  
SYMPHONY  
ORCHESTRA**  
*Music is life.*

**Rapides  
Symphony  
Presents  
Matinée  
Musical**

**Making  
the Right  
Choice  
for Your  
Orchard**



**CPP  
Presents  
Jeeves  
Takes  
a Bow**



*Come Check Out*

*Homemade  
Pies* baked daily

Apple ~ Pecan~ Cherry  
Lemon Meringue ~ Coconut Meringue  
Chocolate Meringue ~ Strawberry

**GRIFFIN'S ANTIQUES**

**& MAIN STREET MARKET**

**Over 70 Vendors  
Under One Roof!**

**Antiques, Clothing, Art,  
Handmade Crafts and More!**

Monday - Saturday 9:00am-5:30pm

**Featuring a wide variety of all things old and new!**



**Homemade Pastries • Homemade Sandwiches & Burgers**

**318-346-5005**

*Scoops & Milkshake  
featuring...*



**228 SW Main Street Bunkie, LA 71332**

**GIBKO**  
**POOLS &**  
**SPAS**

[www.gibko.com](http://www.gibko.com)

**Alexandria**  
**318-442-1144**

**Bunkie**  
**318-346-8733**



# The Buz In Bunkie



Fresh Produce, Fresh Meats,  
Fresh Seafood, Homemade Jelly,  
Fresh Yard Eggs



**318 346-8950**



Open  
9:00am - 5:30pm  
Monday - Saturday



110 SW Main Street Bunkie, LA

## OLD FASHIONED DEPARTMENT STORE

Housewares • Toys • Candy • Dry Goods • Gifts • Much More!



"Welcome Back to the Good Ole Days"

**318-346-3883**

Open  
Monday - Saturday 9-5



**202 SW Main Street Bunkie, LA**



# GET CONNECTED!

Connect with your local community members.  
Find out about programs and resources in your community.  
Share issues of concern to make positive change where you live.

Central Louisiana Human Services District invites you to join in any of the eight parish Healthy Initiatives Coalition meetings that it supports.

**1<sup>st</sup>**

**Tuesday**

## **VERNON @ NOON**

Vernon Parish Library 1401  
Nolan Trace, Leesville, LA 71446

**2<sup>nd</sup>**

**Tuesday**

## **GRANT @ NOON**

Hopewell Baptist Church, 1100  
Graham Street, Colfax, LA

**3<sup>rd</sup>**

**Tuesday**

## **AVOYELLES @ NOON**

(ACYC) Marksville Fire Department,  
512 N. Main street, Marksville, LA

**4<sup>th</sup>**

**Tuesday**

## **LASALLE @ NOON**

New Evergreen Baptist Church,  
1190 Church Street, Jena, LA

**1<sup>st</sup>**

**Thursday**

## **CONCORDIA @ NOON**

Concordia Parish Library- Vidalia  
Branch, 408 Texas St., Vidalia, LA

**2<sup>nd</sup>**

**Thursday**

## **Winn @ NOON**

Louisiana Political Museum, 499  
East Main Street, Winnfield, LA

**3<sup>rd</sup>**

**Thursday**

## **RAPIDES @ NOON**

Westside Regional Library, 5416  
Provine Place, Alexandria, LA

**4<sup>th</sup>**

**Thursday**

## **CATAHOULA@ NOON**

LCAA office, 202 Sicily Street,  
Harrisonburg, LA



VISIT [WWW.CLAHSD.ORG](http://WWW.CLAHSD.ORG) OR PREVENTION DEPT. AT 318-487-5189 FOR MORE INFORMATION



**EDITOR-IN-CHIEF:** Will Harp, Jr.

**GRAPHIC DESIGNERS:** Vickie R. Cofer,

Micah Touchet, Deidre McNamara

**ACCOUNTING:** Lorie Robinson

**ADVERTISING CONSULTANT:** Mark Hoosier

**WEB PRESS:** Baton Rouge Press

**DISTRIBUTION:** Steve Piercy, Paul Manemann

**COPYRIGHT:** Cenla Focus, LLC

## CONTRIBUTORS

Gray Easterling, Michael Wynne, Dr. Jerry Sanson,

Wilbert Carmouche, Rt. Rev. Jacob W. Owensby, Dr.

David J. Holcombe, Dr. Phillip L. Carney, Jr., Dr. Cornell

D. LeBlanc, Christy Pennison, Debbie Guy, Joshua Zona,

Wesley Watkins, Annie Lemoine Newton, Dr. Michael

Polozola II, Jennifer Duhon, Molly Lyles, Bill Sumrall, H.

Wendell Isadore, Robert Smith

Cenla Focus is published in the first week of each month.

© 2025 by Cenla Focus, LLC. All rights reserved. Any reproduction without prior express written consent of the publisher is prohibited. Cenla Focus eagerly invites ad inquiries, photographs and written contributions. Return postage must accompany all materials submitted if return is requested; however, neither Cenla Focus nor its staff can assume responsibility for unsolicited materials. We can be reached via the following:

Phone: (318) 442-8277 • Fax: (318) 484-3745

E-mal: [contact@cenlafocus.com](mailto:contact@cenlafocus.com)

Website: [www.cenlafocus.com](http://www.cenlafocus.com)

Media Kit: [www.cenlafocus.com/media-kit/](http://www.cenlafocus.com/media-kit/)

Mailing Address:

P.O. Box 12774, Alexandria, LA 71315

Shipping Address:

3911 Parliament Drive, Alexandria, LA 71303

FOUNDED IN 1998 BY WILLARD A. HARP, SR.

# Contents



## cover story

CHRISTUS St. Frances Cabrini: Celebrating The Past. Investing In The Future... page 6-8

## history focus

The First President with Split Terms..... page 10-11

## home & garden focus

January Gardening Tips and a Survey for Horticulture in the New Year ..... page 12-13

## sports focus

Move More in 2025! ..... page 20-21

## medical focus

The Latest from Cenla’s Medical Community..... page 23-31

## avoyelles focus

Be Amazed in Avoyelles in the New Year ..... page 32

## education focus

LSUA Celebrates Commencement for its Largest Graduating Class .....page 34

## financial focus

More Talking: Living Wills.....page 35

## who's cooking

Black-Eyed Pea Casserole and Cabbage Pie ..... page 44

## faith focus

Only the End of the World is the End of the World .....page 50

## lifestyle focus

Redefining Fear in 2025..... page 51

# MINI-MAX

OPEN 7 DAYS

# SELF-STORAGE

(318) 449-8988

3700 Lee Street @ Industrial  
[minimaxstorage.com](http://minimaxstorage.com)

- Climate Control & Non-Climate
- Commercial & Residential
- Individual Door Alarms
- Fenced & Lighted
- Coded Gate Access
- No Deposit





# CHRISTUS St. Frances Cabrini:

Celebrating The Past.  
Investing In The Future.



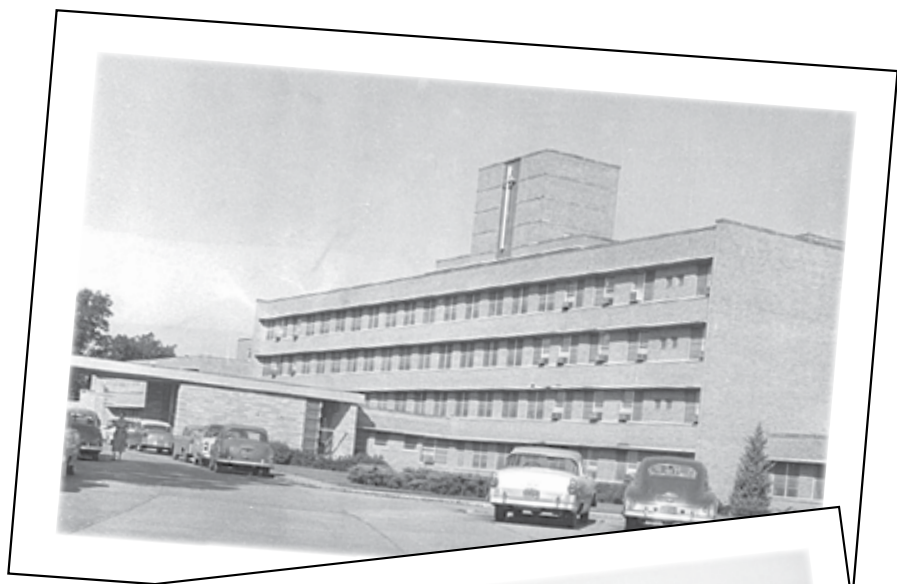
For 75 years, CHRISTUS St. Frances Cabrini Health System has extended the healing ministry of Jesus Christ throughout Central Louisiana. As we celebrate our 75th year, it's important to reflect on our beginnings. The vision for the hospital dates back to 1916 when Bishop Cornelius Van De Ven and The Rev. Daniel F. Desmond asked Mother M. Teresa to build a hospital in Alexandria. However, it wasn't until 1946 that Bishop Charles B. Greco and Mother M. Elizabeth O'Neill made it a reality, with local parishioners pledging \$200,000 toward the effort.

The hospital was named after Mother Cabrini, the first canonized U.S. citizen, inspired by Bishop Greco's childhood encounter with her. Construction began in 1946, and the hospital was dedicated on March 19, 1950. The open house drew over 7,000 people, with the hospital officially opening on April 1, 1950.

In 1965, a six-story addition increased capacity to 254 beds. In 1975, Cabrini performed Cenla's first open-heart surgery, thanks to a donation from the Coughlin-Saunders Foundation. The foundation also helped establish the cardiac rehab program, leading to the creation of the Cabrini Foundation in 1983 to support medical advancements. Cabrini has been a pioneer in the region, opening the first intensive care unit, neonatal intensive care unit, and employing intensivist coverage 24 hours a day. It was also the first to implement robotic technology.

In 1999, the hospital was renamed CHRISTUS St. Frances Cabrini Hospital after the Sisters of Charity Health Care System of Houston and the Sisters of Charity of the Incarnate Word Health System of San Antonio merged to strengthen their faith-based health care ministry.

Today, CHRISTUS St. Frances Cabrini Hospital continues its mission, with the Sisters proud of its progress. As a nonprofit, CHRISTUS St. Frances Cabrini relies on the Cabrini Foundation and the generosity of our community to provide the most advanced equipment and programs to patients throughout the area. This year has been an exciting year of growth at CHRISTUS St. Frances Cabrini.





# HEART CARE

CHRISTUS St. Frances Cabrini expanded access to cardiology services in Cenla with the creation of the CHRISTUS Heart & Vascular Institute. Freedman Memorial Cardiology and Alexandria Cardiology Clinic joined CHRISTUS St. Frances in a move that will allow for more advanced comprehensive heart care services.

“CHRISTUS Heart & Vascular Institute enhances our clinical cardiovascular services and heart disease management in Central Louisiana,” said Monte Wilson, president and CEO of CHRISTUS St. Frances Cabrini. “We remain committed to providing essential health care services to our community, aligning with our mission to extend the healing ministry of Jesus Christ.”



# ADVANCING HEALTH EDUCATION

This year, CHRISTUS St. Frances Cabrini proudly unveiled the Dr. Perla Castor Clinical Simulation Center, a state-of-the-art facility dedicated to advancing health education. This milestone was made possible by generous contributions through the Foundation.

The new simulation center has tripled the hospital’s training space, paving the way for a cutting-edge program for local nursing students. It also fosters partnerships with local schools, aiming to spark interest in health care careers through field trips and hands-on demonstrations.

Equipped with three distinct simulation labs and a multipurpose classroom, the center offers a versatile training environment. Each lab can be tailored to different specialties, including intensive care, emergency care, neonatal care, and labor and delivery. This setup allows students to engage in various simulated patient scenarios, enhancing their practical skills and preparedness. The facility’s expansion will enable in-house clinical educators to double their current student capacity, accommodating over 2,400 students annually.

“This sizable increase will ensure that more healthcare workers than ever before will not only be able to stay and train locally but will be able to do so in the most high-tech facility available,” said Stanley Guillot, CHRISTUS Cabrini Simulation Education program director.

In addition, CHRISTUS St. Frances Cabrini announced the launch of a Cohort Program in collaboration with Louisiana State University of Alexandria (LSUA). The program aims to empower and assist students pursuing a career in nursing by providing exclusive access, comprehensive training, and financial support throughout their academic journey.

Designed explicitly for LSUA students admitted to the School of Nursing who are eligible for the federal Pell Grant, the Cohort Program represents an inclusive and accessible pathway for aspiring nurses from diverse backgrounds. The initial funding package, totaling \$1,000,000, underscores Cabrini’s commitment to supporting LSUA’s efforts to bolster the local healthcare workforce.







## INTENSIVE CARE

The Foundation generously funded the acquisition of six state-of-the-art HemoSphere monitors for the intensive care unit at CHRISTUS St. Frances Cabrini. These cutting-edge devices are designed to predict and observe hemodynamic instability, significantly enhancing patient care and outcomes.

The HemoSphere monitors are equipped with advanced capabilities to provide real-time insights into a patient's hemodynamic status. By monitoring perfusion, these devices help predict patient outcomes, allowing healthcare providers to stay ahead of critical moments. This is particularly crucial as the hospital's cardiology program expands.

These monitors are not only compatible with other technological upgrades but also integrate seamlessly with the Epic electronic health record system. This compatibility ensures that bedside nurses have a comprehensive tool at their disposal, enabling them to track trends and vital statistics, such as cardiac output and blood pressure, more effectively and in real-time. This is especially beneficial for patients recovering from cardiac surgeries or hemodynamic compromises like sepsis.

The HemoSphere monitor delivers advanced pressure, flow, and tissue oximetry insights from a single, intuitive platform. It is the only monitor that offers full-range cuff, sensor, and catheter capabilities, allowing for individualized patient care.

"It's truly remarkable to see our community continually investing in Cabrini, enabling us to acquire the latest and most advanced equipment for heart and vascular care," said David Rachal, clinical director of critical care at CHRISTUS St. Frances Cabrini. "Given our community's high mortality rates from cardiovascular diseases, these new monitors are essential in providing the critical care our patients need."

## PEDIATRIC CARE

The CHRISTUS Cabrini Pediatric Therapy Center strives to be a beacon of support, joy, and purpose for the patients and families it serves. As a leading pediatric health care provider in Cenla, the center offers expert speech, occupational, and physical therapy services to children from birth to 18 years old. It treats a wide range of diagnoses, including autism spectrum disorder, Down syndrome, spina bifida, and many other conditions that affect a child's ability to fully engage in daily activities.

The center's latest endeavor, the CHRISTUS Cabrini Sensory Initiative, aims to enhance community awareness and education about sensory-based needs. This free service will be offered to local businesses across Cenla, helping to increase understanding and support for customers and children with sensory needs.

The CHRISTUS Cabrini Sensory Initiative exemplifies its commitment to supporting families beyond the clinic walls, creating a more understanding and supportive environment for all. It strives to ensure that the functional needs community of Cenla feels seen, heard, supported, and advocated for.

The Foundation has also made a significant impact on neonatal care at CHRISTUS St. Frances Cabrini by funding the acquisition of Giraffe OmniBed Carestations for the neonatal intensive care unit (NICU). Mary Robertson, the clinical director of the NICU at CHRISTUS St. Frances Cabrini, said, "These advanced OmniBeds are designed to meet the complex and evolving needs of the NICU, providing a supportive, family-centered care environment from delivery to discharge."

The Giraffe OmniBed Carestation is equipped with cutting-edge technology to maintain a consistently controlled thermal environment, crucial for the health and development of premature and critically ill infants. It can maintain temperatures and humidity levels up to 80%, ensuring the infants remain in a stable and warm environment. The double-walled design helps to keep noise out, creating a serene space that mimics the conditions of a mother's womb, which is essential for the growth and comfort of the infants.

One of the standout features of the OmniBed is its ability to allow caregivers to perform various tasks without removing the baby from the bed. The integrated scale, for instance, enables weight monitoring without disturbing the infant. Additionally, parents have full access to their babies, allowing them to change, feed, and care for their infants while they remain safely inside the OmniBed.

## BUILDING OUR LEGACY

Monte Wilson, chief executive officer of CHRISTUS St. Frances Cabrini, said: "Every day, this remarkable health ministry demonstrates its commitment to bringing the most advanced and highest quality clinical care to its patients while ensuring that everyone is treated with love and compassion."

We are committed to continually striving to create the very best in health care, right here in Cenla, from providing new equipment to funding Associate training and innovative community programs. Today, we remain steadfast in our mission to advance medical technology and care throughout Cenla. We are committed to our mission and core values. We are honored to serve our community and deeply grateful to all who have made and continue to make our service possible.

In honor of CHRISTUS St. Frances Cabrini Health System's 75th anniversary, the CHRISTUS Cabrini Foundation is raising \$75,000 in 75 days for 75 years of service to the Cenla community. We are asking those impacted by the Sisters of Charity and CHRISTUS St. Frances to consider giving \$1.00 a day for 75 days to support the lifesaving care at our hospital. To contribute to our ministry and make an impact today that will ripple for the next 75 years, visit our website at [christuscabrinifoundation.org](http://christuscabrinifoundation.org).





**\$75,000**  
in 75 days  
for **75 Years**

## Celebrate the past. Invest in the future.

Join us in celebrating **CHRISTUS St. Frances Cabrini Hospital's** 75th Anniversary by helping raise "\$75,000 in 75 Days for 75 Years"! We ask those personally impacted by the Sisters' healing ministry to consider giving \$1 a day for 75 days, supporting lifesaving care for generations to come. Thanks to generous local donors, 100% of all donations will be matched, doubling your impact. Help us honor this landmark occasion by sowing the seeds for a healthier Central Louisiana.

*Legacy***SOCIETY**

Launching in conjunction with the 75th Anniversary, the CHRISTUS Cabrini Legacy Society offers exclusive access to hospital events and volunteer opportunities as well as an invitation to the Legacy Luncheon in December, where members will have the opportunity to vote on how cumulative membership funds are utilized to elevate local healthcare each year. For pricing and more information, please visit [CHRISTUScabrinifoundation.org/legacysociety](http://CHRISTUScabrinifoundation.org/legacysociety).



24-905704

**DONATE NOW**





# The First President with Split Terms

By Dr. Jerry Sanson



DR. JERRY SANSON

The presidential inauguration on January 20th should be one for the history books. A president will be sworn in to a second non-consecutive term in office for only the second time in American history. Grover Cleveland was the only person except for Donald Trump to win a presidential election, lose a re-election bid, and stage a political comeback that brought him a second term. Those events occurred more than a century ago, so it is useful to review the events that led to Cleveland pioneering this unusual pattern.

Stephen Grover Cleveland was born on March 18, 1837, in Caldwell, New Jersey, to Presbyterian minister Richard Falley Cleveland and his wife Ann Neal Cleveland, the fifth of their nine children. His was a typical Presbyterian ministerial family that moved several times during his childhood following his father's posts to different churches and denominational administrative offices in central New York State.

The elder Cleveland died when Grover was sixteen, and his death ended his son's formal education. Grover went to work with his elder brother at the New York Institute for the Blind as an assistant teacher to help support the family. He later became a clerk and studied law informally. He passed the New York Bar Exam in

1858 without any structured study and began practicing law in 1859. This was not an unusual path to practicing law, even into the twentieth century.

Unlike many presidents, Cleveland did not immediately set his sight on that high office. He did not serve in the Civil War, but instead paid a substitute to serve in his place, a common practice for those who could afford it. His political career began in 1863 when he was appointed as assistant district attorney in Erie County, New York. His rise in politics was steady—sheriff of Erie County, mayor of Buffalo, New York, and one term as governor of New York from 1882 to 1884 (New York still has two-year gubernatorial terms),

Cleveland became the Democratic candidate for president in the 1884 by sheer survival. Democrats were hopeful after the Republican Party nominated former U. S. House Speaker James G. Blaine as their presidential candidate. He was a flawed candidate whose probable involvement in scandals in which members of Congress evidently enriched themselves with shady deals while supporting construction of railroads during the building mania of the mid- and late-nineteenth century was well known. His denials of involvement led Democrats to taunt him as “Blaine, Blaine, Continental Liar from the State of Maine!”

Several Democrats vied for the party's nomination, but Cleveland's reputation as an



## Relationships that grow. Technology that simplifies.

People who make time to listen. Tools that make things happen in a flash. At Red River Bank, local talent and global technology work together every day, building your financial successes—and simplifying your life. Come bank with us.

We're your people.



RED RIVER BANK

redriverbank.net | (318) 561-5800

Member  
FDIC



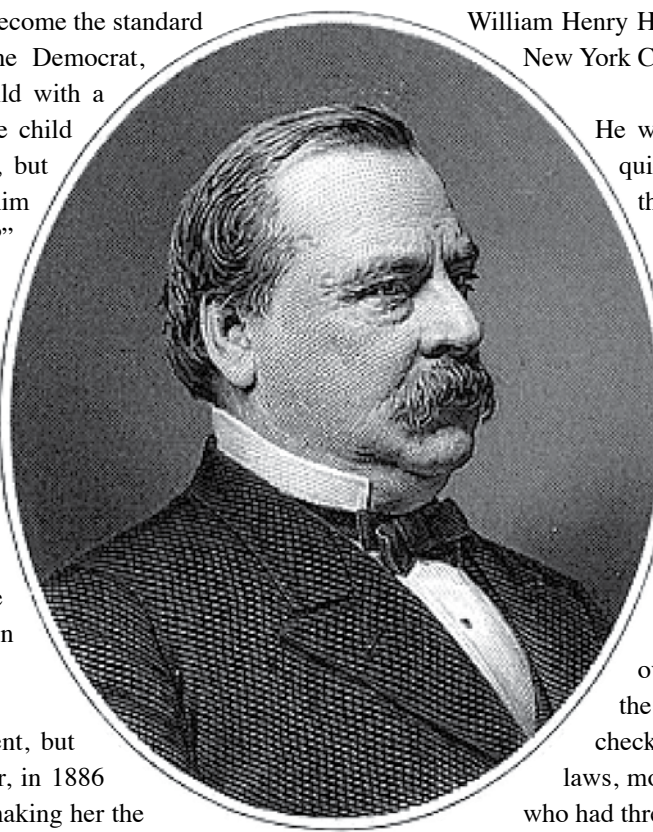
honest reformer enabled him to outlast them all and become the standard bearer. Republicans, however, found a flaw in the Democrat, revealing rumors that Cleveland had fathered a child with a widow in Buffalo. Cleveland acknowledged that the child bore his name and that he had paid child support, but his paternity was uncertain. Republicans taunted him with their own chant—"Ma, Ma, Where's My Pa?" Democrats added another line after Cleveland won the election: "Gone to the White House. Ha, Ha, Ha!"

Cleveland's first term as president, 1885-1889, was marked by his anti-imperialism at a time when many American leaders favored creating a kind of American Empire, and he revived the Monroe Doctrine that previous presidents had allowed to languish during a dispute between Britain and Venezuela. He also presided over dedication of the Statue of Liberty in 1886 and was president when Geronimo, the famous Apache chief, surrendered.

Cleveland was a bachelor when he became president, but married Frances Folsom, daughter of his law partner, in 1886 in the first White House presidential wedding, thus making her the youngest First Lady in American history at age 21. They had five children.

Cleveland lost his re-election bid in 1888, primarily because his campaign was badly conducted and financed and because the Republicans capitalized on the tariff and protection of American industries. Benjamin Harrison, grandson of former president

William Henry Harrison, succeeded him in 1889. Cleveland retreated to New York City to practice law.



He was elected to his second term in 1892 in a relatively quiet election. President Harrison was re-nominated by the Republicans, but his wife, Caroline, was dying of tuberculosis, and the entire Republican campaign was a somber exercise. Economic issues also plagued the party, as they did the Democrats.

Those economic issues overshadowed Cleveland's second term. Fierce debate about the basis of American currency between "hard money" advocates who wanted to continue using gold as the foundation and "free silver" advocates who wanted to inflate the currency with silver dollars to combat the effects of the Depression of 1893 dominated the political landscape. Cleveland also continued to oppose American overseas expansion and continued his expansive use of the presidential veto in his role as the "guardian president", checking the power of Congress. He ultimately vetoed 584 laws, more than any other president except Franklin Roosevelt, who had three full terms and part of a fourth to wield the veto pen.

After leaving office, Grover Cleveland lived in retirement in Princeton, New Jersey, from 1897 until June 24, 1908 when he died of a heart attack. He is buried in Princeton Cemetery.

**LIVE**  
*Louisiana*

You're free to live your life out loud!  
Because you've got the compassion of  
the cross, the security of the shield,  
and the comfort of Blue behind you.

**LOUISIANA**  
**BLUE**



## January Gardening Tips and a Survey for Horticulture in the New Year

By Molly Lyles



As we move into January and February, the cooler weather in Central Louisiana allows us an opportunity to focus on maintaining and preparing our gardens and landscapes for the months ahead. While lower temperatures can be beneficial in some ways, they also bring certain challenges that require special care and attention. Here are some helpful tips for managing your vegetable garden, lawn, fruit trees, and landscape beds during the colder months.

If you're growing a winter garden, I always recommend having frost cloth (Reemay) on hand to protect more vulnerable crops. Many cool-season vegetables and herbs can tolerate freezing temperatures, but small seedlings

or tender plants may be more susceptible to damage. If freezing temperatures are expected, covering your tender plants with frost cloth can provide a layer of protection.

Strawberry plants are a good example of a crop that can handle below-freezing temperatures, but the flowers themselves are much more sensitive. If your

strawberry plants are blooming, make sure to cover them during cold nights when temperatures fall below freezing to avoid losing your crop.

Different vegetables have varying degrees of cold tolerance and knowing which plants can withstand the cold will help you protect your garden effectively. Here's a breakdown of some cold-hardy plants:

Plants that can withstand 28 degrees Fahrenheit to 32 degrees Fahrenheit:

Beets, carrots, cauliflower, lettuce, onion, garlic, chives, parsley, peas, radish, spinach, and Swiss chard. These plants are relatively hardy and can survive a light freeze.

Plants that can withstand 24 degrees Fahrenheit to 28 degrees Fahrenheit: Broccoli, cauliflower, Chinese cabbage, cabbage, kale, kohlrabi, turnips, and Brussels sprouts. These vegetables can handle moderate freezes, and in fact, many of them become



We offer professional sales, consultation, and custom installation of carpet, vinyl, luxury vinyl plank, luxury vinyl tile, and hardwood.

Monday - Friday 8:30am - 4:30pm • Saturday By Appointment

**(318) 765-9068**



**8923 Highway 165 Pollock, Louisiana 71467**

(Located 12 minutes from Lowe's in Pineville / 3 miles North of Ball)



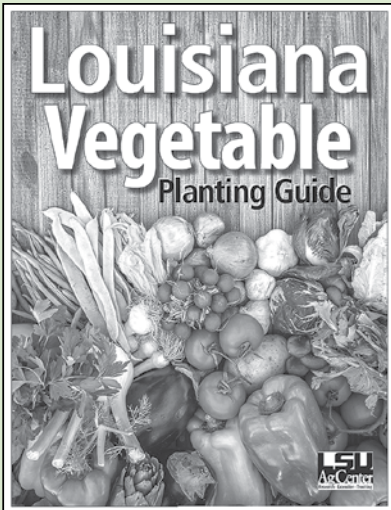
"Fresh Flooring Meant For Your Home"



**www.MintFlooringandTile.com**







sweeter after being exposed to light frost.

January is still a good time to plant many cool-season vegetables. Make sure to check out the Louisiana Vegetable Planting Guide on the LSU AgCenter website to see what you can continue growing around this time of year.

Winter weeds can be a nuisance in lawns during this time of year. To manage them, you can either apply a broadleaf weed killer, following the label instructions carefully, or you can remove weeds by hand. Regular weed control will help maintain the overall health of your lawn and prevent competition for nutrients.

Winter weeds can also be a problem in landscape beds. One of the most effective ways to keep them under control is by applying mulch at a 2- to 4-inch depth. Mulch serves as an excellent weed barrier, helping to keep the ground insulated, retain moisture, and improve soil health. Some mulch options include pine straw, leaves, or pine bark.

This is also the perfect time to plant chilled bulbs like tulips. It's important to note that our winters are generally not cold enough for these bulbs to bloom properly. To ensure good bloom development, bulbs should be refrigerated for 6 to 8 weeks before planting them in the garden. Many garden centers sell these bulbs at discount during this time of year, but if they haven't been refrigerated, they may not bloom properly.



Winter is an ideal time to relocate or plant new trees and shrubs, because the cooler temperatures reduce stress on the plants while they establish their roots. When relocating these plants, be sure to dig a root ball that extends at least a foot or more from the trunk to ensure you're getting enough roots for successful replanting. After transplanting, give them plenty of water to encourage strong root growth.

For tender fruit trees, such as citrus, cover them when temperatures are expected to dip into the mid-20s or lower. You can wrap the trees with canvas or fabric and extend the cover all the way to the ground to help protect them from freezing temperatures. You can also place the cover during the day to trap radiant heat coming up from the soil, providing added warmth during the night.

As your horticulture agent for Avoyelles, Grant, Rapides, and St. Landry parishes, I would like to take this opportunity to better understand the gardening and horticultural needs of our community. Your input will help guide future educational



programs. If you have a moment, please fill out the survey by scanning the QR code on this page with your smart phone camera. It's a quick and easy way to share your thoughts.

If you have any questions or need further assistance, please don't hesitate to contact me at [mlyles@agcenter.lsu.edu](mailto:mlyles@agcenter.lsu.edu) or (318) 767-3964.



**We are honored to have been voted Best Real Estate Company in the Alexandria Community's Choice Awards.**

**THANK YOU for choosing Your Friends in REAL ESTATE!**



# Bare-Root vs. Container Grown Fruit Trees: Making the Right Choice for Your Orchard

By Michael Polozola II, PhD



When considering planting fruit trees, you can acquire them as either bare-root or container-grown trees. Each type has its own advantages and disadvantages, which are important to consider when deciding what will be the best purchase for your orchard. This guide will help you understand the key differences and make an informed decision.

Bare-root trees can be more economical when purchased in large quantities on a per-plant basis. However, when bought in smaller quantities, they may lose their price competitiveness due to shipping costs, especially when compared to locally purchased container-grown trees.

Bare-root trees are often a better choice for planting a sizeable orchard, while container-grown trees are usually more economical for a few backyard trees.

That said, sometimes it is worth paying a bit more for container-grown trees, if they have a higher chance of viability. Certain fruit trees, such as citrus, blueberries, pawpaws, pecans, and persimmons, tend to perform much better when grown in containers rather than as bare-root trees. Container-grown trees often have a more developed root system, which can lead to better establishment and growth, especially for species that are sensitive to transplant shock.

On the other hand, many fruiting plants do well when starting from a bare root, including apples, blackberries, peaches, pears, plums, and strawberries. These plants can establish effectively when planted bare root, making them a cost-effective option for larger plantings.

Bare-root fruit trees require more attention before planting. They need to be stored in a cool location, but not so cold that they risk freezing. It's crucial to keep them moist—but not soaking wet—to maintain root health. Presoaking their roots before planting helps stimulate early root growth and prevents root dieback.

Container-grown trees, on the other hand, need less specialized care before planting. It's important to keep them well-watered and to prune them for tree training after planting. This makes container-grown trees a more convenient option for the average gardener.

Both bare-root and container-grown trees require proper care immediately after

planting to ensure they establish well. Start by watering thoroughly to settle the soil around the roots and eliminate air pockets. Continue to water regularly, keeping the soil consistently moist but not waterlogged. Container-grown trees typically need more water initially due to their developed root systems. Apply mulch around the base of the tree to retain moisture and regulate soil temperature, but keep it a few inches away from the trunk to prevent rot.

Staking may be necessary to support the trees, especially bare-root ones, until their roots establish. Protect young trees from pests and extreme weather with tree guards or fencing, and consider using shade cloth or frost protection if needed. These steps will help your newly planted trees establish quickly and grow into healthy, productive fruit trees.

Pruning is an essential practice for both bare-root and container-grown fruit trees to ensure healthy growth and optimal fruit production. For bare-root trees, pruning is particularly important before planting. Since these trees lose a significant portion of their root systems during the digging process, their tops need to be pruned to match their reduced root capacity. This helps the tree focus its energy on root development rather than maintaining a large canopy.

For container-grown trees, pruning is also beneficial, though it typically involves less drastic measures. Light pruning after planting can help remove any damaged or crossing branches and shape the tree for better structure. Regular pruning as the tree grows will encourage strong, healthy branches and improve air circulation, which can reduce the risk of disease.

In both cases, proper pruning techniques can lead to better fruit production and easier maintenance in the long run. It's important to use clean, sharp tools and make cuts at the proper angles to promote healing and prevent damage to the tree.



Bare-root trees are only available and should be planted during their dormant period, which is from late fall to early spring. If possible, aim for a fall planting, as this allows the trees to start putting out new roots, leading to stronger growth in the spring, provided soil temperatures are above 50 degrees Fahrenheit.

One of the advantages of container-grown trees is their flexibility; they can be planted at any time of the year. However, they still benefit from being planted in the fall to support root growth. An exception to this is citrus trees, which generally fare better when planted in the spring, as they are sensitive to colder temperatures.





When selecting fruit trees, it's important to remember that bigger is not always better. Larger trees, whether bare-root or container-grown, often require more aftercare and are generally more expensive to purchase. Larger trees come with a higher price tag due to their size and the additional resources needed to grow them to that stage. They also need more water, nutrients, and attention to help them establish in their new environment, which can be particularly demanding in the initial stages after planting.

Smaller trees, on the other hand, are easier to train and shape from a young age. This is crucial for fruit trees, as proper training can lead to better structure, increased fruit production, and easier maintenance in the long

run. Smaller trees often establish more quickly because they experience less transplant shock compared to larger trees. Their root systems can adapt more readily to the new soil conditions, leading to healthier growth.

For bare-root trees, smaller sizes have less extensive root systems to begin with, making them easier to handle and plant. They can focus their energy on root development and establishment rather than maintaining a large canopy. Similarly, container-grown trees, while generally having more developed root systems, also

benefit from being smaller. They are easier to handle and plant and are less likely to suffer from root circling and other issues that can affect larger containerized trees.

In conclusion, both bare-root and container-grown fruit trees have their unique advantages and disadvantages. Bare-root trees are often more economical for large-scale plantings, but they require more pre-planting care and are best planted during the dormant season. Container-grown trees, while generally more expensive, provide the flexibility of year-round planting and tend to establish more quickly due to their extensive root systems. Additionally, opting for smaller trees, regardless of type, can be more cost-effective and easier to manage, leading to healthier and more productive fruit trees in the long run. For the average gardener, container-grown trees are likely the better choice due to their convenience, higher viability, and ease of care. By considering these factors and asking yourself the key questions, you can make the best choice for your orchard or backyard garden.



# New Year... New Bank!

**Now is the PERFECT time to switch to YOUR community bank!  
Southern Heritage Bank provides friendly personal service from  
people you know and trust!**

***Stop by any of our 10 convenient locations  
to find out how we can assist you today!***

[www.SHBNET.com](http://www.SHBNET.com)



**Southern  
Heritage  
Bank**





# BARGAIN BOX



TROTTER'S

HELPING YOUR HOUSE FEEL LIKE HOME.

Pineville's Only  
Sleep Center  
featuring

TEMPUR-PEDIC  
&



Mattresses.

Cenla's ONLY Platinum  
**Speed Queen.**  
Sales & Service Center!

**BARGAIN  
BOX  
PINEVILLE**  
Now Has  
**25% MORE**  
Shopping  
Space!

**New Scratched/Dented  
Appliances  
Now Available**

(Includes 1-Year  
Manufacturer's Warranty)

**Certified  
Pre-Owned  
Appliances**

(90-Day Warranty  
Backed by Trotter's)

**318.704.0020**

1604 Military Highway Pineville, LA 71360  
238 Keyser Avenue Natchitoches, LA 71457

**TWO LOCATIONS TO SERVE YOU**

**Military Highway  
in Pineville**

**Keyser Avenue  
in Natchitoches**



Find us on  
Facebook!

[www.TrotterCompanies.com](http://www.TrotterCompanies.com)



# Vincent Price and the Preachers

By Michael Wynne



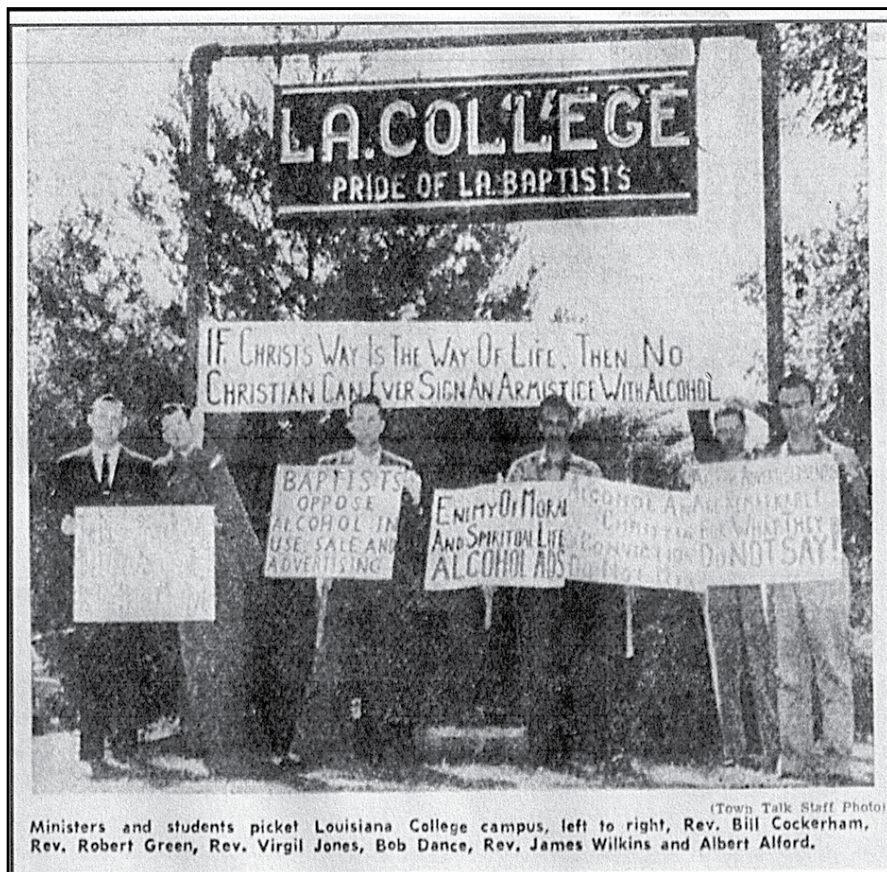
The great actor Vincent Price (1911 – 1993) was best known for his many performances in horror films, although his career spanned many other genres across more than 100 films. He was a greatly admired man, but not quite as much in Cenla.

According to an article in the Town Talk newspaper dated April 13, 1957, Price would appear at Louisiana College's third Lyceum program on April 17th. There, he read Van Gogh's famous "Letters To Theo" in a 90-minute program. Although the program was for students only, Price would also attend a public reception in the music room of the Morgan W. Walker Student Center, hosted by the Faculty Women's Club. The article went on at great length naming the members of the lyceum committee and the Reception Committee.

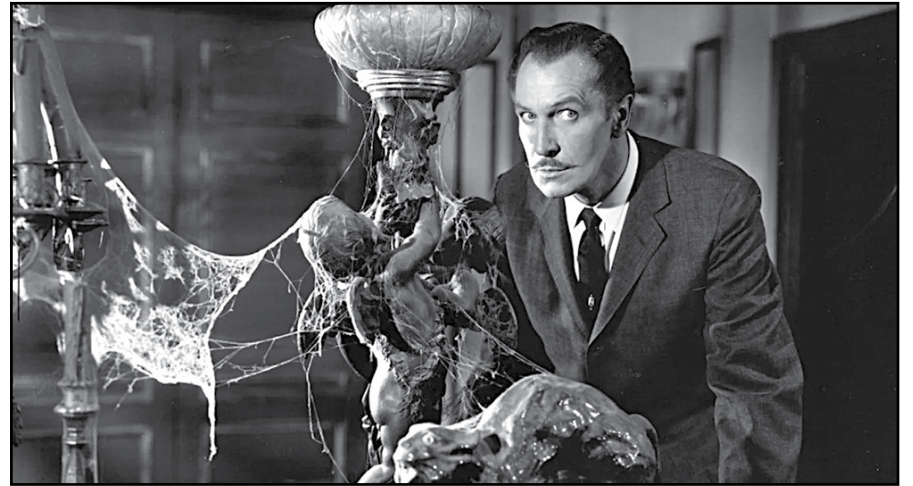
According to another article from April 15th appearing on the front page, there was a protest of Price speaking at LC (excerpt):

"Pickets Protesting Scheduling Of Price On College Lyceum

A group of picket-packing preachers paraded on La. College campus today in protest against a proposed visit by actor Vincent Price.



Reverend Robert Green, pastor of the Sardis Baptist Church, Pineville, said the move came as a result of Prices' being featured in a nationally-circulated magazine in conjunction with a liquor advertisement.



In a prepared statement, Green said, 'I am opposed to an appearance of Vincent Price at our Baptist College. An advertisement which appeared in the December 10, 1956 issue of Life Magazine that featured him in a liquor ad is against our Baptist principles. Our church covenant states that as Baptists we are to abstain from the sale of, and use of, intoxicating drinks as a beverage,' Green continued."

The protest presented a petition protesting Price's appearance which was signed by 37 ministers and many LC students. The liquor ad in question showed Price promoting Smirnoff vodka.

Also in the April 15th Town Talk on the front page is a large photograph of the six male protesters holding signs in front of the old La. College sign that was located in front of the administration building. One sign said, "If Christ's way is the way of life, then no Christian can ever sign an armistice with alcohol."

In a prepared statement, Dean of Students, Bruce W. Lowe, said, "The college regrets the adverse publicity that it has received in connection with the action of a small group of students who have expressed disapproval of Vincent Price's appearance at Louisiana College."

The Dean said, "The college administration and faculty are unequivocally opposed to liquor and liquor traffic. We do not hesitate to state that we deplore the fact that Mr. Price permitted his name to be associated with liquor advertising, but we do not condemn him, for we are not without sin ourselves."

In the April 17th edition, Price is shown in a photograph standing with LC students, almost all smiling females, who are holding a banner saying, "Welcome Vincent Price." Price told the Town Talk reporter that the controversy was "utterly ridiculous" about the preachers picketing. He concluded with "no further comment." The article also noted that some 150 LC students braved the inclement weather to meet Price at the airport. When Price stepped out of the airplane, he was greeted by cheers with a round of "For He's A Jolly Good Fellow" sung by the students. Price attended the public reception engaging in "pleasant chit-chat" for an hour-and-a-half with "a goodly portion of the members of the faculty and student body."

Another photo appears in the Town Talk on this same date showing Price leaning on a piano in the student center surrounded by 18 happy students, 17 of whom were women. As far as where Price stayed that night, where else but the historic Hotel Bentley.



# River Oaks Unveils Stellar Exhibition and Event Lineup for 2025

As we usher in a new year full of promise and artistic endeavor, River Oaks Square Arts Center is thrilled to announce an exhilarating lineup of exhibitions and special programs for 2025.

Michael Yankowski kicks off the year with his exhibition in the Bolton-Davis Gallery. Known for his intricate wood fabrications and carvings, Yankowski combines various media to explore themes of life, death, and eternity, drawing from his deep Catholic roots. His work, which also encompasses photography and silkscreen printmaking, reflects a profound engagement with both local culture and international experiences.

Concurrently, we feature resident artist Alison Delaney and recent works from the Outreach Projects: Hope House with Instructor Carla Guillory, and Matthew's Memorial with Instructor Chastity Sayer Smith. The exhibition kicks off with an opening reception on Thursday, February 6th. Classes with Michael Yankowski are scheduled for February 4th through 6th.

As we move into April, the 11th Annual Dirty South Cup Call yet again brings national attention to ceramicists and potters from all over the country to River Oaks. Curated by Alexandria native Chris Pate, a master ceramicist known for his wood-fired ceramics and community-building efforts, this exhibition not only showcases top-tier functional and non-functional drinking vessels but also serves as a significant cultural and tourist draw for Central Louisiana.

A concurrent "Friends of Juror" exhibition rounds out the ever-popular show. Resident artist Chastity Sayer Smith will exhibit in the Gallerie des Amis. An opening reception is scheduled on April 18th, and classes with Chris Pate are anticipated at the beginning of April.

This is also the time of the year when we prepare for the Annual Men Who Cook fundraiser on May 3rd, bringing another high stakes (or steaks?) culinary battle to Downtown Alexandria.

June then holds the Resident Artists Annual Summer Show, when all resident artists showcase their best piece. Resident artist Amber Voorhies will have her work on display while local artist Michael Elliott-Smith will exhibit in the Stokes-Harris Gallery. All three exhibitions open on June 5th.

River Oaks will be bustling with activities during those summer months as this year's Summer Art Studio promises another season of creativity and learning, with guest artist Joy McDonald leading a special residency. The results of this longest running visual arts summer camp will be on display during the Summer Art Studio Student Show on August 16th. Starting August 28th, the exhibitions in the three galleries will be Clyde Downs, resident artist Margie Tate, and local artists Robin & Robert Ratcliff, respectively.

As the year starts drawing to a close, the Bolton-Davis Gallery will briefly host the Van Gogh Gala Exhibition, showcasing Collaborations with Mentor Artists leading up to the popular Van Gogh Gala fundraiser that will take place in late October or early November (exact date to be determined).

Finally, closing out the year on a high note, the 10th Annual 5x5x5 Show National Call, curated by Ross Jahnke, will showcase miniature masterpieces that challenge artists to compress vast emotional and narrative depth into pieces no larger than 25 square inches. Concurrently, find Resident Artist Laura Gates as well as Outreach Programs: Rapides ARC, OLS Community Homes, CLSSC, and The Honduras

Cookie with Project Instructor Lindsay B. Moore on display. The exhibition will debut on November 13th. Jahnke will also offer classes November 13th and 14th.

The year will culminate with the Annual Christmas Porch Sale on December 6th, an event that not only celebrates the festive season but also supports local and regional artists by creating a unique shopping experience that draws collectors and art lovers from across the region.

Each of these exhibitions and events is supported by River Oaks' robust membership program, which helps fund these and many other activities throughout the year. Special thanks to Louisiana Feed Your Soul, the City of Alexandria, Explore Pineville Alexandria, and GAEDA, along with sponsorships from the Louisiana Office of Cultural Development, The Diamond Grill, The Hotel Bentley, and Red River Bank. We are also grateful to The Central Louisiana Arts Council, the National Endowment for the Arts, Captivate Minds Marketing, the Betsy Long Memorial Fund, and the Timothy Harold Buckless Memorial Fund for their ongoing support.

For more information on exhibitions and to join River Oaks as a member, please contact River Oaks at (318) 473-2670, visit RiverOaksArtsCenter.com, or find us on Facebook. Membership benefits include exclusive early bird access to Summer Arts Studio and the satisfaction of supporting one of the region's premier arts institutions.



**Advanced Cosmetic Techniques**

*Eyebrows ♥ Eyeliner ♥ Lipcolor ♥ Eyeshadow ♥ Blush ♥ Repigmentation*

**Natural Looking Make-Up That Won't Smear, Smudge or Wash Off**

**Applying Permanent Make-Up for 34 Years!**

Call for Free Brochure 318-352-4983  
110 University Parkway • Natchitoches, LA

**\$50.00 Off Any New Procedure**

**www.permanentmakeupstudio.com**



# 2025 Flats Arrived!



 [LoewerPowersports.com](https://www.LoewerPowersports.com)   
5909 Coliseum Blvd Alexandria, LA

## 318-487-9495



## Move More in 2025!

By Jennifer Duhon, MS, RDN, LDN



The holidays are a wonderful time for traveling and reconnecting with loved ones over delicious food and fun activities. However, this often means stepping away from our usual healthy eating routines. As the new year rolls in, many of us set new goals and resolutions focused on physical activity, healthy eating, and weight loss.

Let's be honest, no matter how ambitious we feel on New Year's Day, these resolutions often fade away if we don't set realistic, sustainable, and lifestyle-compatible goals. In fact, one report suggests that, despite our best intentions, many of us give up on our fitness resolutions by January 19th. Yikes!

So, how can we set fitness goals that stick around longer than our holiday leftovers? Here are some fun and practical strategies to help you stay on track well beyond January.

Understanding the two types of motivation—extrinsic and intrinsic—for physical activity is key to creating lasting fitness habits. Extrinsic motivation is driven by external outcomes, like burning calories, managing weight, or gaining social approval. On the other hand, intrinsic motivation comes from the internal joy and satisfaction we get from the activity itself. Think of it as the difference between working out because you love it versus doing it just to fit into those jeans. Combining those two will help build your goals.



Find the joy in movement! While signing up for a gym membership or a 5K event might be great for some, many people won't find intrinsic motivation in these activities. But don't worry, there are plenty of other ways to move your body that can be just as effective and way more fun! The key is to choose activities you enjoy and will stick with consistently. Here are some ideas to get you started:

- Walking, Hiking, or Running
- Tennis or Pickleball
- Swimming or Water Aerobics
- Dance Classes
- Yoga, Pilates, or Barre
- Indoor or Outdoor Cycling
- Adult Sports Leagues
- Skateboarding or Rollerblading
- Rock Climbing
- High-Intensity Interval Training (HIIT) Classes
- Strength Training, either solo or in a group

**Convenient Banking**  
Manage your  
finances  
online.

Online Banking ~ Bill Pay ~ eStatements

[www.sabinebank.com](http://www.sabinebank.com)

**SABINE STATE  
BANK**  
& Trust Company

**OUR GOAL,  
YOUR FUTURE SUCCESS.**

Member  
**FDIC**

EQUAL HOUSING  
LENDER





• Home workouts using apps like YouTube, Nike Training Club, Peloton, SWEAT, and Centr  
Choosing enjoyable activities is just the start. Here are some tips to help you set fitness goals that are both realistic and sustainable:

When setting fitness resolutions, be as specific as possible. Instead of a vague goal like “do more yoga,” aim for something concrete like “complete two yoga classes per week.” Some people find it helpful to set weekly reminders to sign up for classes or schedule home workouts. Others might benefit from keeping pre-workout snacks and gear in their car, so

they can head straight to the gym or hiking trail after work.

Avoid the all-or-nothing mentality. Starting with an overly ambitious goal can lead to feelings of overwhelm and failure. Instead, start small and build up over time, incorporating rest days to prevent injury. Remember, a smaller fitness goal can lead to bigger achievements. Focus on creating a gradual, realistic, and sustainable fitness routine.



Find a workout buddy. Working out with a friend or group can increase your chances of success. A 2019 study found that people who exercised with others went 21% longer than those who worked out alone. Plus, having a workout buddy can make the

activity more enjoyable, boosting your intrinsic motivation and helping you build a community around your favorite activities. Playing backyard sports with family or joining adult sports leagues are great ways to combine social connection and physical activity.

Let 2025 be the year you move more and have fun doing it!

We’re also excited to announce that our “Lunch and Learns” are back! Join us monthly at the Rapides Parish Extension office. The first session is on Wednesday, January 15th at noon. Registration is required, so call (318) 767-3968 for more information.

**RURAL LAND BROKERAGE** focused on Timberland, Agricultural, Recreational & Investment grade land. We might be a new name, but we’re not new to selling and buying rural land. We are a subsidiary of Crest Natural Resources, which has privately bought and sold timberland and agricultural land since 1999.

**WE ARE A** full-service brokerage, utilizing the experience of our broker, foresters, wildlife biologist, drone pilot, and GIS specialist. We promise to guide you every step of the way from listing to the closing.

List with  
**CREST LAND COMPANY, LLC**  
and leave the closing with confidence  
in your deal.

**CREST LAND COMPANY, LLC.**  
4725 Highway 28 East  
Pineville, LA 71360  
**TELEPHONE (318) 448-8794**  
**DIRECT (318) 767-5650**



[www.crestlandcompany.com](http://www.crestlandcompany.com)

Luke Lazarone, Broker - Licensed by the LA Real Estate Commission

# TERMINATOR

PEST AND POND MANAGEMENT, LLC • 318-792-8052



5913 OLD BOYCE ROAD, ALEXANDRIA, LA 71303

**Brian & Erica Carmouche**  
**TerminatorPPM@gmail.com**







PRESENTS



**THE FOOD BANK**  
OF CENTRAL LOUISIANA

# GOLF TOURNAMENT



**FEBRUARY 27, 2025**

**11 AM SHOTGUN START**  
**\$250 PER TEAM**

**REGISTRATION**  
**IS OPEN**



*Proceeds benefit The Food Bank of Central Louisiana.*



# The Eyes: Built-In Focusing

By Dr. Phillip L. Carney, Jr.



DR. PHILLIP L. CARNEY, JR.

They eyes, much like a camera, have a built-in focusing system. As objects come closer, the eyes increase their focusing power (called accommodation) to clear the image. When looking back off in the distance, the focusing relaxes to clear the distant objects. The accommodating ability of the eyes is measurable. Optometrists measure this ability by having the person hold a small chart with a 20/20 size row of letters and bring it close to the eyes until the chart blurs. The distance is measured and the focusing power of the eyes is determined.

The focusing power of the eyes decreases ever so slightly each year we age. Most notice this decrease near age 40 and beyond, as near objects (especially small print) become more difficult to bring into focus. In fact, most people notice this as they hold print farther away actually, which makes it easier to see since it requires less focusing of the eyes. So far, researchers have not been able to find a way to slow or stop this aging process of the eyes. That is why most everyone over age 40 tend to need some kind of vision correction.



Dr. Carney is available for all your eye care needs by appointment at Wallace Eye Associates by calling (318) 448-0221.

WE ARE COMMITTED TO

improving  
**QUALITY  
of LIFE**



*"The staff is great! They are always willing to talk to you and help you. The aides are also very dedicated. The entire building is very clean, and well taken care of."*

Linda C.



**Hilltop**  
NURSING & REHABILITATION CENTER, LLC

336 Edgewood Drive P.O. BOX 3067  
Pineville, Louisiana 71361  
318-442-9552  
hilltopnursingandrehabilitation.com

**Central  
Management  
Company**



Thomas C. Stuckey, III, M.D., Phillip L. Carney, Jr., O.D.  
R. Bruce Wallace, III, M.D., Robert T. Crotty, O.D., Nicholas Braud, M.D.

## Your 2025 CENLA CATARACT Team!

What better way to start 2025 than with restored vision by the renowned cataract team at Wallace Eye Associates. Not only does our team offer you the latest breakthroughs in cataract technology, our method of outpatient cataract care performed in our Medicare-Approved Surgery Center is the safest, most convenient and MOST AFFORDABLE method of cataract surgery available today. Start your New Year with New Vision by scheduling your cataract evaluation today.

**WALLACE**  
EYE ASSOCIATES

**318-448-4488 | 4100 Parliament Drive, Alexandria, LA | WallaceEye.com**



# The Clinics Welcomes Dr. Noah LaHaye Miller



Noah LaHaye Miller, MD, originally from Vidrine, Louisiana, was raised on the rice and cattle farms of Evangeline Parish. Dr. Miller grew up in a very large and close-knit family, with his mother a social worker, and his father a registered nurse. He enjoys just about anything outdoors—fishing, cooking, hunting, golfing—spending time with family, and training his Great Dane, who is aptly named “Jiminy,” as he also enjoys a good bit of humor. A graduate of LSU in biology, he received his Doctorate in Medicine from LSUHSC, continuing on to receive his board certification in Family Medicine at Memorial Hospital in Lake Charles.

After completing this residency program, Dr. Miller returned to Vidrine to join his two uncles in their medical practice at Vidrine Community Clinic, where he provided exemplary care to the community that helped to raise him for over three years. Recently, Dr. Miller has made the decision to join The Clinics here

in Alexandria.

“Being from a small town, I have of course frequented Alexandria for shopping, swim meets, movies, and sporting events, so it’s always been enjoyable to visit here. I even have some family in Alexandria that I am excited to see more often,” says Dr. Miller. “But, to tell the whole truth, the most important reason I have decided to make this move is that I am marrying a beautiful and intelligent woman who hails from the area. I am extremely grateful to have been given this opportunity to work in a larger medical community with some truly amazing physicians, and all the more blessed be able to start a family of my own in this area.”

To book your appointment with Dr. Miller, call the Clinics today at (318) 445-9823 or visit their website at [theclinics.us](http://theclinics.us).

**P. Steven Arnold Jr., DMD, MD**  
Oral & Maxillofacial Surgeon



**Fred W. Smith, DMD, MD, JD**  
Oral & Maxillofacial Surgeon



- Dental Implants
- Wisdom Teeth Removal
- Tooth Extractions
- Bone Grafting

*Serving Cenla for Over 40 Years*

1403 Peterman Drive  
Alexandria, LA

**(318) 443-7208**  
**[alexandriaos.com](http://alexandriaos.com)**



**Welcome Dr. Noah LaHaye Miller to theCLINICS!**

# **10 Reasons Why You Need a Primary Care Provider**

- 
1. Your Doctor Will See You and Care For You If Admitted to The Hospital.
  2. Better Manage Chronic Diseases
  3. Higher Level of Comfort
  4. Transparency of Entire Health History
  5. Lower Overall Health Costs
  6. Routine Screenings
  7. Catch Health Issues Early
  8. Referrals to Other Medical Specialists
  9. Decrease in Hospital and ER Visits
  10. Better Patient-Provider Communication

**Now  
Accepting  
New  
Patients**



Find Your  
Primary Care Provider  
At **theCLINICS**

**theCLINICS**

**theclinics.us**

**1587 N. Bolton, Alexandria LA**

**Noah LaHaye Miller, MD**

**318-445-9823**



# Improve Your Knees in the New Year

By Cornell D. LeBlanc D.C.



As we embrace the New Year, it's the ideal time to re-center on new opportunities in life, and that includes taking care of your health. We have found that you have to start and build a strong support. If you have been experiencing knee pain and it has been keeping you from living life to its fullest potential, it's time to do something different. In our ongoing effort to share some of the latest technology and equipment in Central Louisiana, we offer the latest in non-invasive knee pain therapy—Knee On Trac—at Alexandria Spine & Rehab Center.

and a business owner, really has no time to stop. When she was told she would need surgery on her knee, she was not ready for that. We introduced her to the Knee On Trac and she has had amazing results, restoring mobility and increasing range of motion in her knee. Now, she can work and play with her grandchildren without pain. The best part is she does not have to have surgery now!

So, if you are looking for a new start this year and have been searching for knee pain relief, then please call us at Alexandria Spine & Rehab Center at (318) 561-6250 to make an appointment today and find the relief that you have been looking for.

The Knee On Trac stabilizes the knee and provides a safe traction to lower pain by lowering inflammation, enabling re-hydration, increasing mobility, and accelerating the healing process. The advantages of the Knee On Trac are for those that experience: Chronic knee pain, Osteoarthritis, ACL injuries, meniscus tears, and failed surgeries. The Knee On Trac has allowed people to enjoy improved quality life again. Many times, people can feel an immediate difference and with some time, the results are long-lasting.

We have firsthand accounts of the difference that the Knee On Trac has made in the lives of our patients. One of our retired long-term patients had a goal to go overseas and embark on a mission to hike a seven-month trail. Unfortunately, due to the pain in her knee, had to cut her trip short and we offered her the opportunity to do the Knee On Trac. She noticed a difference immediately and has stated it has changed her life. She is very active in the community and was concerned that she would be limited, but she has now restored range of motion in her knee, and her knee pain is has gone away. I think she is even planning to attack the hike again!

Another amazing patient, Mrs. N, is a go-go-go personality and as a grandmother



Bradley F. Kirzner, D.C.

Cornel David Leblanc, D.C.

Nicolle Rivera, D.C.

Brian Peters, D.C.

## PEAK PERFORMANCE, OPTIMAL HEALTH



- Improved Lifestyle & Well-Being
- From Infants to Seniors
- Resolve Health from Injuries or Discomfort



Se habla Español

**318.561.6250**

1133 MacArthur Drive, Alexandria, LA (Next to the Water Tower)

[www.AlexandriaSpineandRehab.com](http://www.AlexandriaSpineandRehab.com)





**ALEXANDRIA**  
EMERGENCY HOSPITAL

*WISHING YOU*  
**HEALTH & HAPPINESS**  
*IN THE NEW YEAR*



**AlexandriaER.com**



**318-386-8110**

**5900 COLISEUM BLVD • ALEXANDRIA, LA 71303**



**It's never been easier to purch**



2025 Mercedes-Benz  
GLE 53 Coup



Mercedes-Benz

**WALL**  
**AUTO**

**6655 Coliseum Boulevard • Alexandria**



# ase a Mercedes-Benz or BMW



2025 BMW M5

**WALKER**  
**Automotive**

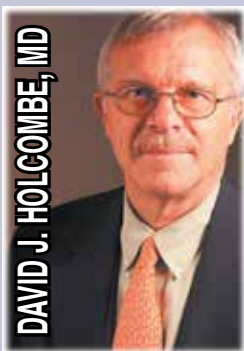


ria, LA 71303 • [WalkerAutomotive.com](http://WalkerAutomotive.com)



# Lung Cancer: Progress and Problems

By David J. Holcombe, MD, MSA, FACP



Lung cancers continue to kill Americans, with 200,000 or more new cases diagnosed each year. While cigarette smoking still contributes to most of the new cases, some appear without any history of tobacco use. Fortunately, there has been some progress in treatment and prevention for this terrible killer.

There are two major types of lung cancers: non-small cell lung cancer and small cell lung cancer. Non-small cell represents around 80% of lung cancers and includes both adenocarcinomas and squamous cell carcinomas. Small cell carcinomas are less common, but tend to spread quickly throughout the body. There are a few other, rarer lung cancers such as lymphomas, sarcomas, and mesotheliomas (the latter related to asbestos exposure).

Upon diagnosis, lung cancers are classified in stages, each requiring some variations in treatment protocols. Stage 0 is “in situ” or localized to the top layer of the epithelial lining of the lungs (the uppermost superficial layer). Stage I is localized in the lung itself and does not include lymph node involvement. Stage II is limited to a single lobe of the lung but also included lymph nodes. Stage III involves multiple lobes of the same lung as well as lymph nodes. And Stage IV has progressed to include both lungs, plus may include distant organs. The terms “limited stage” and “extensive stage” are also used for small cell lung cancers.



The technical details of treatment are beyond the scope of this article. But there have been recent developments in treatments which include chemotherapy and immunotherapy. The latter are medications that target specific pathways in tumor growth and development. This means that highly specific tests identify substances capable of targeting by specialized immunobiological agents. Some of these targeted substances include PD-1 and PD-L1 (programmed death ligand), TMB (tumor mutation burden) and CTLA-4 (subject to “check-point” inhibition). While this may sound like Greek to most of us, the advances in identification of these agents in specific pathways has been remarkable. Equally remarkable has been the development of specific agents (often immunological) to interfere with tumor reproduction and growth.

Two principles remain, however—the earlier the diagnosis and the more specific the treatment, the better the survival. Five-year survival rates for non-small cell Stage I cancer are over 70%, while it drops to less than 10% for Stage IV or metastatic. Five-

year survival for small cell lung cancer are between 20% to 40% for “limited” and 1% for “extensive.” As with all cancers, the best treatment is prevention, followed shortly by early diagnosis.

Prevention, of course, must include total abstinence from tobacco, especially smoking. While smoking has dropped dramatically over the decades (over 50% of adults smoked after World War II and it is now down to around 14% nationally), it still remains a challenge. Teens often begin with vaping, but end up smoking once they have become addicted to nicotine. Despite advertising, vaping is not an effective way to end smoking, but it is highly effective in cultivating nicotine addiction.

Since early diagnosis of lung cancers greatly increases survival, it has resulted in an important change in recommendations. Now, anyone 50 to 80 years of age with a 20-plus year pack smoking history can undergo screening with a low-dose CT scan, a proven method to increase early diagnosis. Lung cancers may be totally asymptomatic, only resulting in cough, bloody sputum, shortness of breath, or wheezing late in their course. A CT scan can mean the difference between early treatment and a greater than 80% five-year survival or a much worse prognosis later on. If you are over 50 and have smoked heavily, talk to your doctor.



Lawrence P.  
**MENACHE** M.D.  
RADIATION ONCOLOGIST

Over 30 Years of Experience  
Using the Latest Techniques

*"More than anything else, my patients need hope. They need the kind of hope modern medical science can give them. I look into my patients' eyes and tell them exactly how I'm going to help them and what they can expect."*

**318.448.6917**

3330 Masonic Drive • Alexandria  
CHRISTUS Cabrini Cancer Center

**alexandriaradiationoncology.com**







# ADVANCED GENERAL SURGERY

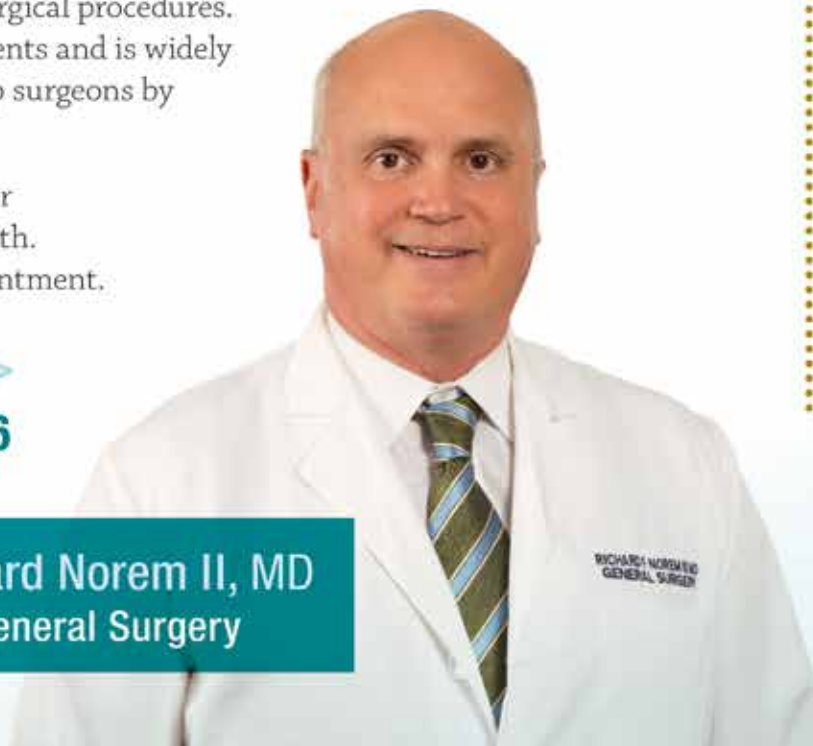
## DR. NOREM NOW AT HARDTNER MEDICAL CENTER

We are very pleased to announce the addition of Richard Norem II, MD to our team. Dr. Norem is a board-certified general surgery specialist with exceptional skills and experience in many types of surgical procedures. He has earned the trust of patients and is widely regarded as one of the area's top surgeons by peers and providers alike.

You can see him at the Hardtner Family Clinic starting August 7th. Call today to schedule an appointment.

Schedule Appointment >  
**CALL (318) 495-4046**

**Richard Norem II, MD**  
General Surgery



### Surgical Expertise >

- Hernia
- Gallbladder
- Colonoscopy
- Breast Biopsy
- Lipoma
- Colorectal Cancer



This institution is an equal opportunity provider.

## GENERAL SURGERY

**hardtnermedical.com**

1102 North Pine Rd. | Olla, LA

**Hardtner**  
FAMILY CLINIC



# Be Amazed in Avoyelles in the New Year

By Wilbert Carmouche

2024 came to an end with promises of hope and prosperity for 2025! Centre de la Louisiane branding continues to be a state favorite, and we are surpassing our expectations! Many are coming for selfies at the geographic center of Louisiana. Yes, that is correct, Avoyelles Parish is the center point of Louisiana, according to findings from our Avoyelles Parish Assessor's Office. Located on Old River Road in Mansura, minutes away from Highway 1, a selfie photo spot was unveiled



and waiting for you. Come by and visit, then drop your photo on the TravelAvoyelles Facebook page with hashtag #travelavoyelles.

Avoyelles Arts Council continues to achieve their mission of wanting to focus on continuing showcasing the talents of Avoyelles Youth! The Avoyelles Arts Council presents the Avoyelles Youth Art Expo, open to Avoyelles students K-12 grade students. All media are welcomed, including sculpture, photography, and collage. Artwork size must be 16" x 20" or smaller and will be collected the week of January 27th through February 3rd. The exhibition will be open for public viewing on Thursday, February 6th at the Paragon Casino

Resort Ballrooms beginning at 5:00pm. 1st, 2nd, and 3rd place awards in each category will be presented during exhibition showing.

For more information or to enter, please call Gwen Lacombe at (909) 560-4581 or the Arts Council Office at (318) 264-1826. Visit [www.avoyellesarts.com](http://www.avoyellesarts.com) or find them on Facebook at Avoyelles Arts Council for more information.

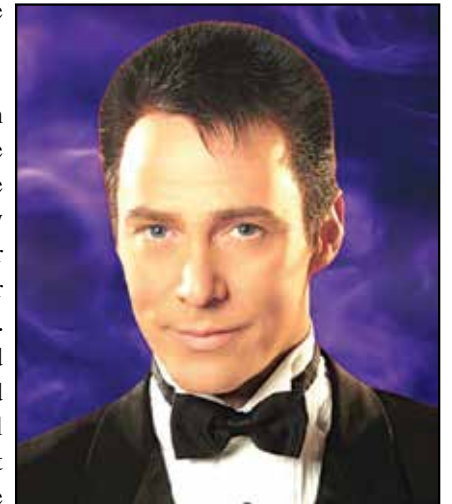
Join us for Open Mic Night at Bailey's on the Square on Thursday, January 16th. The entertainment continues and here is a chance for you to bring your game to Avoyelles Parish. Jacob Ducote + His Band of Troubadours begins the show at 7:00pm, doors open at 6:30pm. Never a cover, always good vibes! Call Van Roy at (318) 240-3495 for additional details.



On the stage in Paragon's Mari Center on Saturday, January 18th is the Yacht Rock Gold Experience. One of the most commercially successful musical genres of all time, Yacht Rock has built a loyal and unwavering fan base who are today's prime ticket buying audience. Yacht Rock Gold Experience brings all your favorite hits from the late 1970s to early 1980s to new generations of music

fans. Celebrating the smooth sounds of the Doobie Brothers, Fleetwood Mac, Steely Dan, Christopher Cross, Kenny Loggins, Little River Band, Ambrosia, Boz Scaggs and so many more, Yacht Rock Gold Experience engages fans with amazing harmonies and musicianship that brings audiences back to a time when music made you feel good and soothed the soul.

Come to Paragon's Hotel Atrium on Saturday, January 25th to enjoy the Gator Show at 4:00pm. Join everyone in the hotel lobby on the last Saturday of each month for the free live alligator feeding show. Bring the children for photos of a baby gator after the show. You will also hear traditional songs and stories of south Louisiana's flora and fauna performed by Tunica-Biloxi tribal members Donna Pierite and family. Visit [www.paragoncasinoresort.com](http://www.paragoncasinoresort.com) for more information.



After the gator show, stay for the magic of Master Magician Lance Burton and Friends on Saturday, January 25th, 2025, in Paragon's Mari Center at 8:00pm.

Burton was a Las Vegas Headliner for three decades and has appeared on shows as The Tonight Show with Johnny Carson, Jay leno, and David Letterman. He performed more than 15,000 shows in Las Vegas for over 5,000,000 people! You're sure to be amazed!

Looking ahead alert! Krewe of Cyllenius Mari Gras parade is scheduled to roll on Sunday, February 16th in Marksville at 2:00pm. Continue to watch for updates in the event of changes on Facebook at Rotary Club of Avoyelles or Visit Avoyelles. In the meantime, our wishes for a Healthy 2025. Call (318) 359-3534 for entry information.

For additional information, contact Mary, Murial, Penny, Carolyn, or Wilbert for additional information to plan your travels to [www.travelavoyelles.com](http://www.travelavoyelles.com) at (800) 833-4195 or email [tourism@cricket.net](mailto:tourism@cricket.net) to schedule your itinerary needs.





# 2024 Has Buzzed in for a Landing

By Robert Smith

As we began to make our descent in to BBD International Airport, I heard the dulcet tones of our flight attendant over the intercom: “Bunkettes and Bunkies, we are making our final preparations for landing. All primates please stow all bananas, fasten seat belts, place paw to ear, and lock your tails in the upright position. ETA, five minutes.” Such a short time to be gone so long, yet Flight 2024 had flown ahead of schedule. I began to wax nostalgic.

It seems like only yesterday that the Buz swung from the simple signs and wonders from Bunkie central out to Highway 115 and then exploding onto I-49! The reverberation could be felt all the way back East to Evergreen, Cottonport, Hessmer, Mansura, and even in Marksville. The Bunkie Buz District elbowed in the giant “Welcome to Bunkie Buz District” sign (the Old Bailey Hotel Sign). This was a for real seismic alert! The shot heard ‘round Cenla!

And the Buz went viral...and virile! Not only contagious, but omni-linguistic and international! Smiles and salutations expressed the mantra of the Buz family: “kinship and friendship.” The Official Bunkie Buz District Tourist Infeaux Outlet helped many a weary visitor proclaim, “We’ve been there, done that, and bought the t-shirt,” not to mention snagging a copy of the new Official Bunkie Buz District Map and Member Menu along with a hot copy of the Cenla Focus!

The Bunkie Buz Live Show hosted by Saxon Studio twin antiques, Joel and Bob Smith, shook the airwaves every Tuesday from 5:00pm to 6:00pm on KVPI 92.5 FM, toot’n, tout’n, tempt’n, and tell’n of all things touristic in Bunkie with the wave of d’paw, tap of d’ toe, and shake of d’tail! With all that shift and shuffle, that shine and swing, the Bunkie Buz Live Show is now heard all over Central Louisiana, capturing new sponsors and listeners!

The song of the Buz! Not even rumor, hearsay, nor third stool down prognostication could restrain the interest in the Bunkie Buz District Digs from creating waves even in the scientific community. The new Buz District Department of Hysteriology and Snarckiology unearthed an image of Bunkie’s namesake, Maccie “Bunkie” Haas, along with accurate historic information confirming the true beginnings of “the town” formerly known as Irion. However this was soon eclipsed by the monumental ancient discoveries unearthed in Bunkie Central from the blue terra firma, revealing the earlier pre-Bunkie civilization of blue blooded primates boasting elongated prehensile tails, opposable tongues, and operetta of prime-ative technologies (see previous Focus articles). The revelations within the current excavations continue to be both Frank and Ernest. It’s the Buz of Histry!

What a Bunkie Buz grand finale was the Bunkie Christmas Holiday Fest! So much celebration a’Bus aboard flight 2024 as we touch down in the New Year!



The tinsel and trappings of flight 2024 are safely stowed in heart and mind as we anticipate the gain of momentum into the new year! So what’s a’Buz in the Bunkie Buz District for 2025? As I’ve proclaimed previously, I can only relate what I have heard concerning all such first-, second-, and third-hand rumors, reports, and renditions of innumerable episodes of epic encounters with intense excitement and effervescent intrigue emanating from within the environs of said Buz District of Bunkie! Ya just gotta swing in for a visit and tune in for the Bunkie Buz Live at 5:00pm on 92.5 FM KVPTI!

New Year’s heartfelt and humble gratitude to Mark, Will, and crew at Cenla Focus Magazine! Cenla is so greatly blessed by Focus and Focus is a true jewel! Also, thank you Wilbert Carmouche and Co. at the Avoyelles Tourism Commission. You make Avoyelles sparkle! Thank you Bunkie Buz Family for your friendship and kinship! And to all of you, our extended family of friends near and far: Christ’s richest blessings for a Happy (and fulfilling) New Year! Catch the Buz!

EXPLORE AVOYELLES

CALENDAR of EVENTS

Open Mic Night

Bailey's on the Square

January 16, 2025

FB: Bailey's on the Square

Lance Burton Magic Show

Paragon Casino Resort

January 25, 2025

www.paragoncasinoresort.com

Yacht Rock Gold Experience

Paragon Casino Resort

January 18, 2025 @ 8:00pm

www.paragoncasinoresort.com

Alligator Feeding Show

Paragon Casino Resort

January 25, 2025

www.paragoncasinoresort.com

LOUISIANA

Feed Your Soul.

ExploreLouisiana.com

TravelAvoyelles.com | 800.833.4195

8592 Hwy 1, Mansura, LA



# EDUCATION FOCUS

## LSUA Celebrates Commencement for its Largest Graduating Class

LSU of Alexandria hosted family and friends on Thursday at the Rapides Parish Coliseum to celebrate the commencement of 504 graduates, LSUA's largest graduating class to date!



LSUA's Fall 2024 graduating class marks the largest in the university's history, reflecting a 17% increase over the previous record of 430 graduates set in Spring 2024 and an impressive 54% growth compared to Fall 2023. Leading the class are graduates from three top programs: B.S. Nursing, B.S. Psychology, and B.S. Business Administration. The ceremony also recognized the 187 graduates who completed their degrees at the end of the summer session. In total, over the course of 2024, LSUA graduated 1,129 students, a remarkable 30% increase over last year.

LSUA Chancellor Paul Coreil, Ph.D., who served as master of ceremonies, said, "Congratulations on completing your academic journey! The faculty and staff of LSUA are incredibly proud of you for reaching this significant milestone in your life. Graduating from college reflects the sacrifices, dedication, and hard work you have invested in your future. We celebrate those accomplishments and extend our heartfelt thanks to everyone who supported you in achieving this incredible goal."

"Don't be average. Avoid complacency at all costs and strive for excellence in everything you do," said Monte Wilson, CEO of CHRISTUS St. Frances Cabrini Hospital, during the commencement address. "The perfect moment is a myth—the right time is now. Be compassionate, trustworthy, and kind. Keep your word, honor your commitments, and persevere through life's challenges. Seek knowledge, listen for advice, and work hard, because anything worth having comes with a cost. We need individuals who will push past boundaries and create a future defined by integrity and determination."

Please join the faculty and staff of LSUA in congratulating our Fall 2024 graduates. To see a complete list of graduates by degree, view the Fall 2024 Commencement program at [www.lsua.edu/grad](http://www.lsua.edu/grad).

# LSUA<sup>®</sup>

## AFFORDABLE STEM DEGREES

### *Rewarding Careers!*



[explore.lsua.edu/stem](http://explore.lsua.edu/stem)

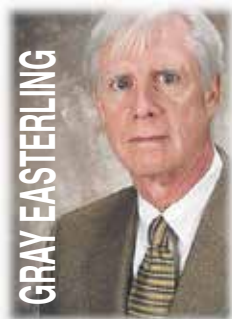
LSUA offers innovative degree pathways to high-paying careers. Our STEM programs offer hands-on learning experiences, scholarship opportunities, and industry connections to help you turn your passion into a rewarding career.

### LET'S GET TO WORK!



# More Talking: Living Wills

By Gray Easterling



Last month, we reviewed the importance of talking with you family when considering retirement. This month, we are suggesting that the family should be included in your plans for making a living will, with help from a recent Wall Street Journal article. Unlike a will, which outlines how someone will distribute your properties after you are gone, a living will covers your most important asset while you are still alive—you! It spells out what kind of care you want—or don't want—if and when you are unable to speak for yourself. You can also name someone else to make decisions related to your medical care, if you cannot. According to a University of Pennsylvania paper, about a third of older Americans and half of older adults have signed advanced directives. However, just signing the papers is not enough. Ambiguity or confusion around end-of-life issues happen daily in every hospital in the country. The most frequent problem is that family members don't know where to find the directives when an emergency occurs. If family members or healthcare providers can't find the documents, for all practical purposes, they do not exist.



Living wills are designed to give direction to families and healthcare providers and to help make tough, end-of-life decisions easier for family members. It is a gift to your family in that they don't have to decide if you are going to live or die. According to the article, estate lawyers say it is important that you talk ahead of time to the person you are naming to make decisions and make sure they agree with what you are asking. Make sure they will carry out your wishes. Also, be aware that, even with a written document, family members can get into arguments over the validity and meaning of specific provisions. Emotions are going to be running high and the stress of possibly losing a loved one can result in family divisions. All the more reason to have as much discussion and agreement on the possible outcome defined in the directive. Although there are online documents that can be used, perhaps the final result will be better if you engage an elder care attorney to help. Professional experience and knowledge could help avoid painful conflicts when the time comes to abide by the pre-ordained end-of-life (instructions included) living will.

Discussions like this and related tasks like listing password for those left to take care of your accounts, meeting with an attorney to write a will so that your assets are disbursed according to your wishes, planning a funeral and buying a funeral lot, can bring you down or lift you up. Think about it like this: all of us are going to die at some point. The more preparation we do before that day is going to make it easier for our heirs to close on chapter and begin another.

Never fear. From John 14: "Do not let your hearts be troubled. Believe in God, believe also in me. In my Father's house, there are many dwelling places. If it were not so, would I have told you that I go to prepare a place for you? And if I go and prepare a place for you, I will come again and take you to myself, so that where I am, there you may be also. And you know the way to the place I am going. Thomas said to him, 'Lord, we do not know where you are going. How can we know the way?' Jesus said to him, 'I am the way, and the truth, and the life. No one comes to the Father except through me.'" Friends, I pray that you all have a great 2025 and will strive to be a good and faithful witness to our Lord and Savior.

*The opinions voiced in this material are for general information online and are not intended to provide specific advice or recommendations for any individual. Please discuss your specific situation with your financial advisor. Financial Solutions Group is located at 128 Versailles Boulevard, Alexandria, LA 71303. We can be reached at (318) 448-3201. Securities and advisory services offered through LPL Financial, a registered investment advisor, member FINRA/SIPC.*

## A Cool Building with a Warm Heart

We believe that our office building provides a fantastic work environment. As "cool" as the structure might be, it only supports the friendly and helpful team that you have become familiar with over the last four decades. We believe that providing financial advice is important, but no more important than helping guide our clients in life changing decisions. If you have questions regarding your future financial independence, life insurance or long term care options, please come by for a visit. There's no obligation, no pressure, and no charge.

**Your Friends at Financial Solutions Group**



**128 Versailles Blvd.  
Alexandria, LA 71303  
(318) 448-3201**

Securities and advisory services offered through LPL Financial, Member FINRA/SIPC. Financial Solutions Group is a marketing name and separate entity from LPL Financial.



# Local Benefits Brokers Can Make a Difference

By Wesley Watkins



Employee benefits such as health insurance can be a great way to recruit and retain quality employees. A Benefits Broker (Agent) can be extremely helpful at no increased cost to you. Choosing the right Benefits Broker is an important decision. Factors such as experience, market knowledge, servicing capabilities and resources such as compliance and HR are important in making your choice. You want someone who will guide you in the right direction for your company and who will be there when you need them most for servicing. The perfect or ideal scenario would be someone you already trust, or has great referrals, and can simplify the world of insurance and take care of you while you are busy running your company. Choosing a sub-par consultant could cost your organization in healthcare expenses, negatively impact employee health, and harm your ability to recruit and retain good employees.

Local Benefit Brokers can be a wonderful asset to your team of consultants for your company. Here are three reasons choosing local can benefit you:

1. Local knowledge of area markets such as provider networks, accepted insurance companies and availability of benefit offerings in your area are very important to all companies. A local Benefits Broker will have specific knowledge about “who’s in-network” and “what insurance companies are accepted” in your area. In my office, we are able to assess any area in the U.S. through our local offices nationwide. This means we have serious resources in-house with capabilities to drill down to very local and specific areas no matter where your employees are located.

2. Local experience with other like employers in your area. A great Benefits Broker who has experience and a book of business in your area is sometimes invaluable. This consultant can provide insight to local market happenings such as what are other companies doing in the area and in your industry. What are other companies of your size using to recruit and retain? Access to local data is extremely valuable to decision makers who are investing in local people. Most companies are less than 100 employees and don’t have independent data, however, your Benefits Broker can deliver information so you can make educated decisions without wasting money. Every dollar counts.

3. Servicing employee benefits such as health insurance is year-round. An excellent Benefits Broker doesn’t disappear after the sale. They are there for you anytime you need and are proactive, not just reactive. They have qualified people in a local office who can back up what was sold and assist in the management of employee benefits. You don’t want to be stuck alone or without a paddle. I can’t tell you the number of times an employer has told me that they don’t know what happened to their benefits broker and haven’t heard from them since the sale. At my office, and every Gallagher office, we have teams of people on each account who make sure

things get taken care of and issues are resolved. We also reach out to our clients and make sure they have the tools needed to be successful. If you don’t experience this currently, you need to change Benefits Brokers and can change any time of the year.

Bottom line, choosing a local Benefits Broker has great advantages as long as the local person meets the above criteria. As long as they have proven success with local staff and resources along with a positive reputation, you can’t go wrong. In fact, when you find that local person, you won’t want to leave them and will pour your trust into them over many years of a great relationship. I have gained many close friends who are clients for many, many years. I deliver top quality insurance solutions with unparalleled service. People appreciate someone who knows what’s going on and who will be there when needed, even if prices go up. Quality benefits brokers are great advisors and can help you in many ways. If you need a quality benefits broker, or if you need to meet with an expert in health insurance and employee benefits, feel free to call me at (318) 445-9464.

## LOCAL INSURANCE BROKERS CAN MAKE A DIFFERENCE



**G. Gallagher**

318.445.9464 | WESLEY.WATKINS@AJG.COM



# Tax Talk with the Tax President

By H. Wendell Isadore

Tax season is upon us again. Do you have questions? A word of advice: before selecting a person to prepare your taxes, please vet them thoroughly. Ask lots of questions.

ExacTax Tax and Business has been in the same location for 20 years with 39 years experience in the industry. For instance, we prepared over 800 returns in 2024 and have contracted an independent firm to handle all audits. Should you be faced with an audit, they will hold your hand through the entire process at no cost to you.

Your tax preparer will have you sign paperwork and give you copies of your paperwork. It is illegal not to. Withholding copies is also a way to shield how much fees really are. I know an individual who, unbeknownst to them, was charged \$6,400 for an individual return. Likewise, do not allow illegal credits to be put on your return. Remember, it is the taxpayer's responsibility to ensure that what the tax preparer puts on the return is correct.



We are proud to have some of the lowest fees in the area. New clients will pay no more than they paid this year. ExacTax Tax and Business Services also serves all states and does 1040, Schedule C, S Corp, C Corp, Partnership, Estate, Non-profit and Fiduciary.

The IRS now requires businesses to fill out a Business Owners Information Packet. If you file a Schedule C, you will not be required to fill one out unless you register your business with the Secretary of State. This packet is free if you download it and fill it out yourself. If I do it for you, it will cost you \$100. Be careful, as some folks are charging \$1,000 to complete it. You must file it or face a penalty of up to \$591 daily.

This year, ExacTax Tax and Business Services will also be giving away over \$50,000 in prizes, to include a brand new car with tax, title, license, and the first month's insurance paid. So this tax season, do your homework before choosing your tax preparer. Making the right choice now will save you extra time and money in the long run.

**THE SIGN THAT  
A BUSINESS  
OPERATES  
WITH TRUST**



**THE SIGN OF A  
BETTER  
BUSINESS**

## TSS SECURITY

*Over 50 Years Combined  
Experience  
Here in Central Louisiana*



Serving the security needs in our area with Burglar & Fire Alarms, Surveillance Cameras, Access Door Control Systems, as well as Customized Security Solutions. We provide state-of-the-art Monitoring WITHOUT requiring long-term contracts!



**DARYL TERRY**  
Owner



**MIKE SHELTON**  
Sales Manager

**Call Us At  
448-7272**





## How Long Will It Take To Process My Claim?

By Annie Lemoine Newton



ANNIE LEMOINE NEWTON

When you file a disability claim with the Social Security Administration, the claim will go through several steps before a decision is made. First, your local Social Security Office will make an initial assessment as to whether or not you qualify for benefits. Next, your claim will go to Disability Determination Services, where your claim is medically examined. The examiner will make a determination on whether or not you are medically disabled under the Administration's rules. They will look at your medical records, which they will obtain or your Representative will submit them to them. They will look at your past work history as well as your age and education to make the determination. This process can take up to 363 days—yes, almost a year. We understand this is an extremely long time to for wait and do everything we can to speed up this process. Please call us today to assist you in your Disability claim.

If you have questions, please feel free to contact our office for help! The law firm of former Social Security Judge Peter J. Lemoine has offices in Cottonport, Alexandria, Baton Rouge, and Lafayette. Call (318) 876-3174 to set up a consultation or visit our website at [www.lemoinelawfirm.com](http://www.lemoinelawfirm.com).



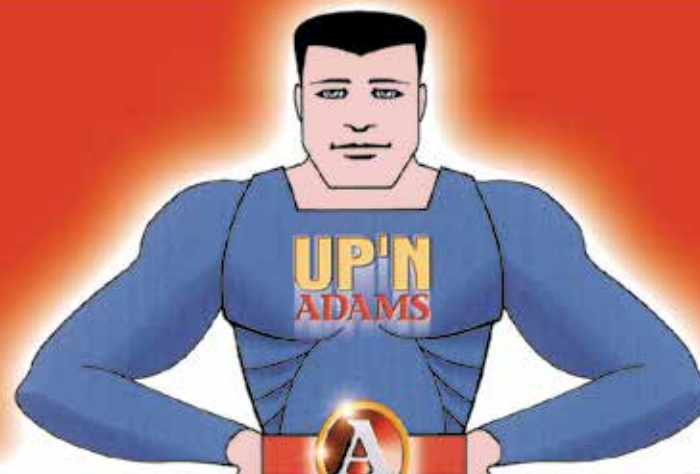
### FORMER SOCIAL SECURITY JUDGE **PETER J. LEMOINE** Social Security Disability Law

Recipient of Social Security Disability Leadership Award:  
National Top 100 Social Security Disability Law Firms

MEMBER: Louisiana State Bar Association, Lafayette Bar Association,  
Avoyelles Parish Bar Association, National Organization of Social Security  
Claimants' Representatives

PUBLISHED ARTICLES: "The Worn-Out Worker Rule Revisited", "Significant  
Work-Related Limitations of Function under SS 12.05C", "Questionable  
Retirement and the Small Business Owner", "Crisis of Confidence: The  
Inadequacies of Vocational Evidence Presented at Social Security Hearings",  
"An Unsolved Mess: Analyzing the Social Security Administration's  
Methodology for Identifying Occupations and Job Numbers".

**(318) 717-1995**



**Adams Pest Control**

**THE ONE IN  
CENLA**

**Alexandria • Natchitoches  
Marksville • DeRidder**

**318.443.7311 [www.upnadam.com](http://www.upnadam.com)**





# Rotary Club of Alexandria



**A Special Thanks  
To This Year's  
Additional  
Doll & Toy  
Donors  
To Date:**

**Cenla Coin Club: \$550**

In memory of Kyle Greer

**Alexandria City Marshal Shop With A Cop: \$469.65**

**Lauren Stokes: \$300**

**Trey Crump: \$250**

In honor of the staff of North Star Advisory Group

**Tom David: \$200**

**Foster Walker: \$100**

**Dennie Williams: \$100**

In memory of Jock Scott and Scott Brame

**Jimmy Whittle: \$100**

**Dorothy Davis: \$50**

**Nancy Winstead: \$25**

In honor of Grace Winstead



The Doll & Toy Fund served about 150 families with over 400 toys. Any leftover toys were picked up by the Louisiana State Police to give to children who spent the holidays in area hospitals.

Many thanks to our co-chairs for the event, Michelle Purl and Angie Johnson, the United Way (which provided books for every family), Bolton Academy ROTC members, and all the Rotarians and family members who worked the event!





# Entertainment Focus

## Art

**January 7 & February 4: Creativity Launch Pad,** Alexandria Museum of Art (933 2nd Street, Alexandria), 5:30pm-7:00pm. Launch your creativity in this on-going adult (21+) art education series for any and all skill levels seeking a relaxed creative environment in which to learn, receive instruction, experiment with mediums with other adults. Launch Pad classes offer a rotation of mediums to provide a well-rounded art experience, designed for the beginner, intermediate and advanced students. All supplies are included. Classes meet on the first Tuesday of every month. Cost: \$10.00 AMoA Members; \$20.00 Non-Members. Call: 318-443-3458. themuseum.org

**January 11 & February 8: Second Saturday at the Museum,** Alexandria Museum of Art (933 Second St, Alexandria). Enjoy the Alexandria Museum of Art without admission charge on the second Saturday of the month. Cost: Free. Call: 318-443-3458. themuseum.org

**January 14: Creative Round Table,** Alexandria Museum of Art (933 2nd Street, Alexandria), 5:30pm-7:30pm. Are you an artist or creative in Central Louisiana? Are you looking for a place to come and talk to other creatives? Join us for the Creative Round Table! Being an artist can be isolating, but we can lift each other up! Do you want to learn about grants and artist calls? Talk about process? Maybe you want to learn how other artists market their art or ship their art? Well, come on! Let's talk about it! No need to register. Cost: Free. Call: 318-443-3458. themuseum.org

**January 18: Soul of Havana Unveiling,** Kitchen House (501 East Lula Street, Leesville), 5pm. "The Soul of Havana,"

a mural created in Havana, Cuba, in 2015, will be unveiled here at its new permanent home in Leesville! The 6'x4' mural was painted by a contingent of American artists, two from Leesville, in collaboration with their Cuban hosts during an exchange trip to Cuba.

**January 25: Photography, Technology and the Digital Age,** Alexandria Museum of Art (933 Second St, Alexandria). Avid camera collector Paul Nettles will take participants through the evolution of the camera, ending in a short "How to" on phone-based digital photography. Cost: Free. Call: 318-443-3458. themuseum.org

## Music

**January 11: RPC Entertainment Center Soft Opening,** RPC Entertainment Center (5600 Coliseum Blvd., Alexandria), 6:00pm. Come check out Cenla's newest entertainment venue at the newly renovated Entertainment Center at the Rapides Parish Coliseum, featuring performances by Rearranged Little River Tribute band, Knuckle Sandwich, and the Cartoons. Half price tickets with two non-perishable food items to benefit the Food Bank of Central Louisiana. Cost: \$10.00 (\$5.00 with donation). rpclive.org

**January 18: The Drifters w/ Cornell Gunter's The Coasters & The Platters,** RPC Entertainment Center (5600 Coliseum Blvd., Alexandria), 7:30pm. It's not a concert, it's a party at the newly renovated Entertainment Center at the Rapides Parish Coliseum! Spend a nostalgic evening saluting three of the world's most beloved musical groups who were instrumental in creating the Rock & Roll/Doo Wop sound: The Drifters, Cornell Gunter's Coasters, and The Platters. Cost: \$31.00-\$75.00. rpclive.org

**January 18: Yacht Rock Gold Experience,** Paragon Casino Resort Mari Showroom (711 Paragon Place, Marksville), 8:00pm. Get ready for a fun night and enjoy the Yacht Rock Gold Experience on the Mari Showroom stage! This group of amazing musicians bring you the big hits from the late '70s through early '80s. Yacht Rock Gold performs number one hits from bands such as the Doobie Brothers, Kenny Loggins, Little River Band, Boz Scaggs and so much more! Cost: \$20.00+. paragoncasinoresort.com

**February 2: RSO Presents Matinée Musicale,** Coughlin-Saunders Performing Arts Center (1202 3rd Street, Alexandria), 2:30pm. Two of the pieces on the concert pay homage to older styles of music. RSO's long-time first clarinetist, Jan Scott, will be the featured soloist in Carl Maria von Weber's showy "Concertino for Clarinet and Orchestra". 318-442-9709. rapidessymphony.org

## Theatre

**January 13, 20, 27 & February 3: Military Monday at the Movies,** Grand Theatre Alexandria (2039 North Mall Drive, Alexandria). All military personnel and first responders can enjoy the ultimate movie experience at Santikos Entertainment for just \$5. Along with \$5.00 movie tickets, they'll also have access to a \$5 large drink and a \$5 large popcorn, making their cinema experience even more enjoyable and unforgettable. Valid ID required. \$5.

**January 16-19: The Diary of Anne Frank,** Richard Gwartney Black Box at LSUA (8100 Highway 71, Alexandria). "In spite of everything, I still believe that people are really good at heart" – Anne Frank. Through her words and story, Plan On Theatre honors honor resilience, courage, and hope. Performances begin nightly Thursday through Saturday at 7:00pm; Sunday matinee begins at 2:00pm. Cost: \$20.00. playontheatrecompany.com

**January 25: Master Magician Lance Burton & Friends,** Paragon Casino Resort Mari Showroom (711 Paragon Place, Marksville), 8:00pm. Don't miss the magic of Lance Burton on the Mari Showroom stage. Burton was a Las Vegas Headliner for three decades, appeared on shows as The Tonight Show with Johnny Carson, Jay Leno, and David Letterman. You don't want to miss this magical night! Cost: \$50.00+. paragoncasinoresort.com

**January 30-February 9: Jeeves Takes a Bow,** Hearn Stage at Kress Theatre (1102 Third Street, Alexandria). City Park Players presents a lovable oaf, Bertie Wooster, who inflicts his charming ineptitude on America when he adventures across the pond armed only with his handsome fortune, talent for trouble, and his remarkable manservant, Jeeves. Can the illustrious Jeeves be up to the task? Directed by Jill Dupont. Showtimes are Thursday through Saturday at 7:30pm and Sundays at 2:30pm. Cost: \$15.00 Adults; \$12.00 Seniors; \$7.00 Students; \$5.00 Thursdays. cpptheatre.com

**February 10: The Aluminum Show,** Coughlin-Saunders Performing Arts Center (1202 3rd Street, Alexandria), 7:00pm. Get ready to be dazzled by The Aluminum Show, a groundbreaking performance combining cutting edge technology, electrifying dance, and mind-blowing visual effects and puppetry, creating an experience like no other. Watch as aluminum tubes and foil come to life, transforming the stage into a futuristic world of adventure. This is not just a family show but an adventure, enchanting audiences globally for over a decade. Enter FAMILY2X2 in the coupon section before checkout for 15% off! Cost: \$10.00-\$25.00. Call: 318-484-4474. louisiana-arts.org

## Events

**Ongoing-January: New Hope Al-Anon Group,** Horseshoe Drive Methodist Church (1600 Horseshoe Drive, Alexandria), 7:00pm. The New Hope Al-Anon Group meets each Tuesday and Thursday evening. Al-Anon is a mutual support group for anyone having experienced a problem with someone else's drinking or addiction. You are free to ask questions or to talk about your situation or just listen. Every meeting is different. Each meeting has the autonomy to be run as its members choose, within guidelines designed to promote Al-Anon unity. Cost: Free.

**January 7, 14, 21, 28 & February 4: Alexandria Farmer's Market,** First United Methodist Church (2727 Jackson Street, Alexandria), 3:00pm-6:00pm. The Alexandria Farmers Market is a weekly gathering that connects the community of Alexandria with the farmers, ranchers, and agricultural artisans of Central Louisiana. This connection strives to improve the physical, social, and economic well-being of the region by providing access to fresh, healthy, local



Scan for a full  
listing of events at





# Entertainment Focus

food for residents, fostering community relationships, and serving as a business incubator for growers and producers. Cost: Free. Call: 318-441-3407.

**January 8: Cenla Women's Prayer Connection,** Red River Bank Operations Building (1337 Centre Court, Alexandria), 10:00am. Belle Chatelain will serve as hostess for January. The RRB Operations Building is the former Freedman Clinic behind the bank. No reservations required; bring a friend. Cost: Free. Call: 318-730-3840.

**January 8: Child Safety Seat Check,** Rapides Regional Medical Center Main Entrance (211 4th Street, Alexandria), 2:00pm-5:00pm. A trained child passenger safety educator will take a look at your car seats, make sure they are not under recall, make sure the seat is installed properly and show you how to install the car seat. The car seat check process takes between 15-25 minutes, depending on how many car seats are in the vehicle. The seat checks normally are held the second Wednesday of each month. Cost: Free.

**January 10: Say What? Karaoke,** Martin Branch Library (801 W. Shamrock St. Pineville), 4:30pm. Grab your crew and come sing your heart out! From throwback bangers to the latest hits, we've got the tracks you love. Enjoy fun, snacks and maybe a dance-off or two! Cost: Free. Call: 318-442-7575. rpl.org

**January 12: Ignite the Mic Presents Pen Pals,** Hearn Stage at the Kress Theatre (1102 3rd St. Alexandria), 6:30pm. Featured Artists of the Night: Erica Grant and Nina (stage name The Next Write Thing). Pre-purchased tickets are required. Cost: \$20.00. Call: 318-769-9903. itmalex.com/events

**January 13: Professional Women's Network of Cenla (PWN),** Brocato's (5515 Coliseum Blvd, Alexandria), 12:00pm-1:00pm. Join PWN for networking and a delicious lunch on the second Monday of each month. No reservations required. Lunch is available for purchase prior to the meeting. Cost: Free. Call: 318-880-3033.

**January 15: Cenla Women's Connection Luncheon,** Alexandria Convention Center (2225 North MacArthur Drive, Alexandria), 12:00pm. Join us for our January Luncheon with inspiration speaker, Dr. Lynette Simms, presenting "Unlearning the Lies". Enjoy this inspirational speaker, special feature,

fellowship, and delicious meal. Please pre-register. Admission includes lunch. Cost: \$20.00. Call: 318-447-4673.

**January 16: Alexander Fulton: Criminal or Patriot?,** Martin Branch Library (801 W. Shamrock St. Pineville), 2:00pm. Join author and historian Michael Wynne as he unveils the astonishing life of the man who gave Alexandria its name, Alexander Fulton! Don't miss this opportunity to hear Wynne's insights and discover the incredible journey of a man who straddled the line between criminality and patriotism. Cost: Free. Call: 318-442-7575. rpl.org

**January 25: Live Gator Feeding Show,** Paragon Casino Resort Hotel Atrium (711 Paragon Place, Marksville), 4:00pm. Join the crowd in the hotel lobby on the last Saturday of each month for a live alligator feeding show. Bring the children for photos with a baby gator after the show. You will also hear traditional songs and stories of south Louisiana's flora and fauna performed by Tunica-Biloxi tribal members Donna Pierite and family. Cost: Free.

**January 30-31 & February 5-6: Save Cenla ASIST Training,** 7:00am-4:30pm. Suicide and mental health issues are a growing concern, especially in these trying times. Suicide is preventable. Anyone can make a difference. Applied Suicide Intervention Skills Training (ASIST) is an evidence-based, two-day workshop in suicide prevention skills helps participants learn and practice a life-saving intervention model that is widely used by professionals and the general public. January 30-31: Pineville Park Baptist Church; February 5-6: CLTCC – Ferriday Campus. Open to ages 16+. Mental health professionals can receive 12 CEUs after taking this workshop for \$60.00 through livingworks.net (a \$300 value). Cost: Free. Call: 337-519-1888. SaveCenla.com/ASIST.

**February 1: Experimental Aircraft Association 1st Saturday Breakfast,** Buhlow Lake Airport (200 Lake Buhlow Road, Pineville), 7:30am-10:00am. Come enjoy a hearty breakfast of eggs, sausage, pancakes, grits, potatoes, milk, orange juice, and more! Anyone interested in aviation and general cordial chatter with lakeside ambience is welcome and invited to come to enjoy breakfast with us! Cost: \$10.00 Donation.

**February 1: Central Louisiana Dutch Oven Cookers First Saturday Gathering,** Indian Creek Recreation Area (100 Camp Ground Road, Woodworth), 9:00am-12:30pm. A delicious day with Dutch oven cooking enthusiasts. There is no charge for food, however, donations are accepted. Regular park admission applies. Call: 318-625-1762.

## Sports

**Ongoing-January 30: Burn It Off Boot Camp,** Beyond Fitness at the Courtyard (5615H Jackson St, Alexandria). Push yourself and see results! Kick off the New Year with a new mindset to crush your goals! It's time to feel and look your best! Classes will meet Mondays, Tuesdays and Thursdays with two convenient times to choose: 4:00pm-4:45pm, and 5:45pm-6:30pm. Pre-register by phone. Cost: \$135. Call: 318-880-8759.

**January 7, 14, 21, 28 & February 4: Yoga in the Gallery,** Alexandria Museum of Art (933 2nd Street, Alexandria), 5:45pm. Chill out every Tuesday with yoga classes taught by Learn with Laci.

Registration is not required. Cost: Free. Call: 318-443-3458. themuseum.org

**February 1: Monster Truck Winter Nationals,** Rapides Parish Coliseum (5600 Coliseum Blvd., Alexandria), 7:30pm. Come check out the biggest Monster Truck show ever at the Coliseum. Featuring The Judge, King Krunch, Mississippi Nightmare, American Pride, Southern Sass and the first Monster Truck Back Flip in Coliseum by Disorderly Conduct! Add a \$10.00 Pit Pass option to your ticket at the Box Office to attend the Pit Party. Cost: \$34.00 VIP; \$30.00 Adults; \$15.00 Kids. rpclive.org

**February 5: Harlem Globetrotters 2025 World Tour,** Rapides Parish Coliseum (5600 Coliseum Blvd., Alexandria), 7:00pm. You love the dunks, alley-oops, spins, long shots, magic, history and laughs! Don't miss your chance to see what fans love about the Harlem Globetrotters plus more as the world-famous Globetrotters level-up every game with all-new, exciting challenges in 2025! Cost: \$25.00+. rpclive.org

*\*All events subject to change.*

### Now THREE Locations to Serve You!

		
Highway 28 West Alexandria, LA (Across from Walmart)	49 Pinecrest Drive Pineville, LA (Near Outlaw's BBQ)	5803 Jackson Street Ext Alexandria, LA (Next to Red River Music)

### Taste the thrill of the chill!

Full Event Beverage Catering Available

A Menu of Over 100 Daiquiris

Convenient Drive-Thru Window

Monday - Thursday: Noon - 10:00pm

Friday - Saturday: 10:00am - Midnight

Sunday: Noon - 8:00pm



# 318-487-0007



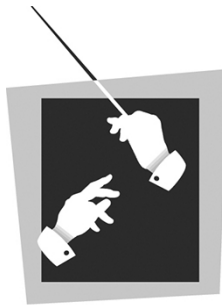
# Entertainment Focus

## Rapides Symphony Presents Matinée Musicale

By Joshua Zona

The Rapides Symphony will kick off our 2025 season with “Matinée Musicale”, a pleasant Sunday afternoon of music on Sunday, February 2nd at the Coughlin-Saunders Performing Arts Center in Downtown Alexandria.

Two of the pieces on the concert are homages to older styles of music. “Gli Uccelli” or “The Birds” was composed by 20th Century Italian composer Ottorino Respighi (best



**RAPIDES  
SYMPHONY  
ORCHESTRA**  
*Music is life.*

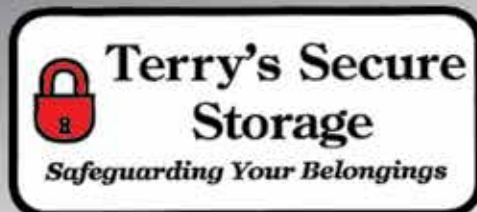
and Orchestra”. The Concertino (little concerto) is typical of music of the early 1800s when solo pieces were written as vehicles for musicians to display their technical skill for the newly-fashionable public concerts of the time in Europe.

It promises to be a pleasing afternoon of music on Sunday, February 2nd at 2:30pm. Visit [RapidesSymphon.org](http://RapidesSymphon.org) or call the Symphony office at (318) 442-9709 to get tickets to this concert and for the entire 2025 concert season. I hope to see you all there!



known for his tone poem “Pines of Rome”), based on music of the 1600s that attempted to transcribe bird sounds in to musical notation. There are movements imitating a dove, a nightingale, a hen, and a cuckoo, all evocative of the style of the 17th Century. Also on the concert is Maurice Ravel’s homage to old music of the 1700s is “Le Tombeau de Couperin.” It is a set of musical dances that loosely imitate the highly ornamented style of Baroque composer François Couperin. The woodwinds of the orchestra are well-featured in this lovely, elegant work.

Speaking of woodwinds, the Symphony’s long-time first clarinetist, Jan Scott, will be the featured soloist in Carl Maria von Weber’s showy “Concertino for Clarinet



**Residential and  
Commercial Storage**

- Climate Control and Standard Units
- Computerized Entry & Exit
- Personalized Access Code
- State-of-the-Art Surveillance
- Perimeter Fence
- Well-Lit Premises
- On-Site Manager
- Internet Access
- Boxes and Packing Supplies Available



**3620 Cottonwood Drive • Alexandria, LA • 318-484-9989**



## Entertainment Focus

# City Park Players Presents “Jeeves Takes a Bow”

City Park Players is thrilled to return to Hearn Stage in 2025 with a full lineup of live theatre productions! 2025 Season tickets are available now at [cpptheatre.com](http://cpptheatre.com). CPP Season Tickets are “Anytime” tickets that can be used for any CPP show—perfect for people who need flexibility.

The season kicks off with “Jeeves Takes a Bow”. Lovable oaf, Bertie Wooster, inflicts his charming ineptitude on America when he adventures across the pond armed only with his handsome fortune, talent for trouble, and his remarkable manservant, Jeeves. But when a childhood friend gets Bertie mixed up with a vengeful thug named “Knuckles” McCann, he ends up mistakenly engaged to the meddling Vivienne Duckworth. Even the illustrious Jeeves may not be up to the task! The cast features: Bob Savage as the titular Jeeves, Jay Purdy as Bertie, Jacob Parker as Binky, Samantha O’Banion as Ruby, Meredith Peterson as Vivienne, and Jim Smilie as Knuckles.

Directed by Jill Dupont, “Jeeves Takes a Bow” opens on Thursday, January 30th and runs through Sunday, February 9th on Hearn Stage at Kress Theater in Downtown Alexandria. Performances begin Thursday through Saturday evenings at 7:30pm; Sunday matinee performances begin at 2:30pm. Advance reservations are recommended. Tickets are \$15.00 for Adults; \$12.00 for Seniors; \$7.00 for Students; and \$5.00 for all Thursday performances.

For reservations and more, please email [cityparkplayers@gmail.com](mailto:cityparkplayers@gmail.com) or call (318) 484-4478.





# Black-Eyed Pea Casserole and Cabbage Pie

By Wilbert Carmouche

A new year brings new resolutions; some to be kept—others short-lived. Whatever the case may be, we have to eat and what better way to celebrate Louisiana's Year of Food than to put a twist to old favorites? Of course, we'll start it off with new year traditions, cabbage and black-eyed peas!

## Black-Eyed Pea Casserole

2 Cans Black-Eyed Peas  
1 Can Ro-Tel Tomatoes  
2 Cups Cooked Rice  
1 1/2 Pound Smoked Sausage, Sliced  
1 Bell Pepper  
1 Stalk Celery  
2 Onions  
2 Pods Garlic  
2 Tablespoons Butter  
Tony Chachere's Seasoning

Brown sausage in butter. Add chopped seasoning and Ro-Tel. Sauté for 30 minutes. Add peas; simmer for 10 minutes. Add rice. Transfer into a casserole dish, sprinkle with breadcrumbs, and bake at 350 degrees Fahrenheit for 20 to 30 minutes.

## Cabbage Pie

1 Head Cabbage (about 2 pounds)  
2/3 Cup Melted Butter  
4 Eggs  
1 Teaspoon Salt  
1 Teaspoon Pepper

Cut up cabbage in quarters or smaller. Place in pan with water barely covering cabbage and boil until tender; drain. Press cooked cabbage firmly into bottoms and sides of 2 pie pans (9-inch) to form a shell. Pour 1/2 of the melted butter into each shell. Add salt and pepper to beaten eggs and pour



over cabbage until egg reaches to 1/4 inch from top. Bake in a preheated 300 degrees Fahrenheit oven until begin to brown. Slice and serve as pie.

Avoyelles Parish cookbooks are available for sale in the gift shop located at ACT Office, 8592 Highway 1, Suite 3,

Mansura, LA 71350. These recipes were selected from "Cotton Pickin' Good," a compilation from the members of The Cottonport Museum, cost is \$10.00 plus \$5.00 for postage and handling. Call (800) 833-4195 for details or email us at [tourism@krocket.net](mailto:tourism@krocket.net).













**SERVING CENLA  
FOR OVER  
30 Years!**

**CATERING AVAILABLE**



Michelob  ULTRA.

Z E R O

NEW



**SUPERIOR  
ALCOHOL-FREE  
BREW**

**0.0%**  
ALC./VOL.

**29**  
CALS

**ENJOY RESPONSIBLY.**

A message from MOCKLER BEVERAGE

BATON ROUGE • HOUMA • LAKE CHARLES  
ALEXANDRIA • LEESVILLE



# Simple Solution for Breakfast in the New Year

Need an easy breakfast to kick start the year? Try this Egg Casserole in a slow cooker, courtesy of the LSU AgCenter, to help save a little time and head ache in the early morning hours. This recipe has been modified to save on fat and calories. Instead of using whole milk, we've used skim milk and instead of using slices of bacon we substituted lean diced ham. You can throw this together the night before, turn on the slow cooker and wake up to a tasty egg casserole the next morning. Enjoy and have a happy and healthy new year!

## Egg Casserole in the Slow Cooker

- 1 1/2 Cups Diced Ham
- 1 Small Onion, Diced
- 1 Clove Garlic, Minced
- 1 Small Bell Pepper, Diced – Red, Green or Both
- 1 (2 Pound) Bag Frozen, Shredded Hashbrowns
- 1 1/2 Cups Reduced-Fat Shredded Cheddar Cheese
- 12 Eggs



- 1 Cup Skim Milk
- 1 Teaspoon Dried Dill
- 1/4 Teaspoon Salt
- 1/2 Teaspoon Black Pepper
- 1/2 Teaspoon Cayenne Pepper

Grease inside of slow cooker. Sauté ham, onion, garlic, and bell pepper on medium-high heat for five minutes in skillet. Place 1/3 of the frozen hash browns into the bottom of the slow cooker, spread evenly to cover the bottom. Add 1/3 of the ham/onion/garlic/bell pepper mixture and 1/3 of the cheese. Repeat layers, ending with cheese. In a large bowl, mix eggs, milk, dill, salt and peppers. Pour over layered ingredients in slow cooker and cook on low for 8 hours. When cooking is complete, the internal temperature should be 165 degrees Fahrenheit. Yields 8 to 10 servings.

**2 for 1 Draft Beer & Margaritas\***

*\*Sun - Thurs after 2pm (Alexandria Location Only)*

**2071 North Mall Dr.**  
**Alexandria - 443-5556**

**3628 Monroe Hwy.**  
**Pineville - 641-6923**

**Sunday - Thursday 11:00am - 9:00pm | Friday - Sunday 11:00am - 10:30pm**



# Cranberry Apple Casserole

The holidays are behind us now, and after all the rich entrees and desserts, here is a recipe from our archives that is always a hit. Since time is sometimes limited, we love how easy this sweet and tart treat is to make. It is tasty and quick to prepare.

## Filling

- 3 Cups Granny Smith Apples, Peeled and Chopped
- 3 Cups Fresh (or Frozen) Cranberries
- 2 Tablespoons All-Purpose Flour
- 1 Cup Sugar

Combine apples, cranberries (if frozen, no need to thaw) and flour, tossing to coat. Add 1 cup sugar, mixing well. Place evenly in a 2 quart casserole and set aside.

## Topping

- 3/4 Cups Pecans, Chopped
  - 1/2 Cup All Purpose Flour
  - 1/2 Cup Firmly Packed Brown Sugar
  - 1/2 Cup Butter or Margarine, Melted
- Mix chopped pecans, flour, and brown sugar. Spoon topping over fruit. It will not spread evenly, due to its thickness. Bake uncovered



at 350 degrees Fahrenheit for 45 minutes. Garnish with pecan halves or additional fresh cranberries, if desired. Serve warm with a dollop of whipped cream or vanilla ice cream.

## SOUTHERN CREATIONS

*Full Service Catering*



Daily Lunch Buffet • Full Service Catering • Banquet Room

208 Main Street, Pineville, LA 71360 • 318.445.2655  
www.southerncreationscatering.com



**USDA Choice & Higher**

- Ribeyes
- T-Bones
- Porterhouses
- Filets
- N.Y. Strips
- Much more!

**Also Featuring Homemade**

- Cracklins
- Boudin
- Smoked Sausages
- Stuffed Cajun Pork Tenderloin
- Stuffed Pork Chops
- Stuffed Chickens
- Jalapeno Poppers

Serving Cenla Since 1981

**OLD FASHIONED**

**Town & Country**

**MEAT MARKET**

*The BEST Meat You'll Ever Eat!*

**5801 Masonic Dr.**  
**Alexandria, LA**  
**(318) 445-2791**

*Come taste the difference!*



# Author and Artist Char White

By Michael Wynne

There are so many things that I like about author, artist, and raconteur Charlene “Char” White that I don’t know even where to begin to tell her story. I have met and interviewed several hundred authors over the decades and even the best ones are often only good at just one thing—writing. This multi-talented, engaging, and compassionate woman, for me, is the “poster child” of what a great author could and should be. A great author is always talented in many fields of endeavor, not just one. Here is Char’s story.

Born on a farm near Basile in Evangeline Parish, the daughter of a “truck” farmer and a homemaker/grocery clerk, Char was raised on a farm. “Looking back now, I just loved it. I loved life on a farm. What I didn’t like is the social interactions at school and in the public. Being on the family farm with my grandparents and parents was my refuge and my happiness,” Char recalled fondly.

But life on a farm wasn’t perfect. “At one time, our farm was failing. My dad had to get a job working for a pipeline company for us to survive. When I was 9 and my sister was 12, we were put in charge of harvesting what was left of our failing crop. I learned then that you always had to have a plan to fall back on. We would not have eaten that year if our family had not been so committed to surviving,” Char remembers well.

A graduate of Bazile High and later obtaining a degree in Education from McNeese, Char had originally planned to go into economics, but ended up teaching due to a mix-up at college. While in college, she met the love of her life, with whom she shares a beloved family of three girls and several grandchildren. But families can still bring about stressful trials in life, including severe health problems with two of her daughters. But there eventually came a rainbow in their life at the time of a final move to Hornbeck in Vernon Parish. There, Char took the proverbial “lemons and made lemonade.”


Char has become an accomplished artist in multiple mediums. Her mother and sisters were avid quilters. Char took that idea of using cloth and instead made thought-provoking fabric collages, in the style of what Clementine Hunter did with her leftover paints. Char’s cloth pictures, some of which are used to portray scenes in her books, show a depth of understanding of what art is all about. Along with fabric collages, Char is a master at wire sculpture deserving of a professional exhibition. If this was all Char ever did regarding her unique creativity, she would be remembered as a great artist.

But Char is so much more. “I use to sit on the porch with my grandparents and I begged them to tell me stories of the olden days. They only spoke French, but



I learned to speak English as well as French,” Char says of her initial inspiration to write. After she had grandchildren, Char would write all of them individual letters as a way to introduce them to their ancestors. When she was recovering from an illness, this interest in writing lead her to successfully self-publish several books, beginning with “Just Being Paula.” “This book was a way to honor my father, Paul. The book is about the thoughts of a little girl growing up in a close-nit Cajun community in the 1950s and early 60s.” Char’s second book contains more of the engrossing stories of Paula’s life. In her third book, “Glendale Meadow,” Char wanted to exercise her adult voice with which she tells about people who had inspired her throughout her life. Char’s many fans are now looking forward to her planned historical fiction saga that will be set in the 1920s.

Char’s books are truly delightful and are available at Amazon and at the Natchitoches Art Gallery.




## CHURCH ON THE LEVEE

### Where Friends Gather to Worship God

Meeting every Sunday  
below the I-49  
Overpass on Murray  
Street in Alexandria.  
Services launch at  
12:30pm with a hot  
meal immediately  
following!

**Everyone  
is invited.  
Come join us!**

**churchonthelevee.com**





# Church on the Levee Offers Spiritual, Physical Help For Homeless, Church-Less

By Bill Sumrall

A dozen folks, some homeless, sat in chairs on a warm winter's evening in front of Tamp & Grind Coffee Café. Most have been gathering there weekly on Tuesdays for coffee and a review of the previous Sunday's sermon during Church on the Levee. Five years ago, Church on the Levee began ministering to the homeless at downtown Alexandria's outdoor amphitheater along the Red River until construction work forced its relocation.



For the past year, lead pastor Andy Magee estimates their Sunday service has grown to an estimated 70 attendees, who now meet under the highway bridge on Murray Street near the new Salvation Army shelter. During Tuesday's gathering outside T&G, Dave Boyd, an associate pastor, cited chapter 15 of John's Gospel as he talked about the difference between how many relate to God yet how God sees us through the grace and forgiveness of His son, Jesus.

For about 40 minutes, Dave discussed how, because of the "immeasurable love" of Jesus, God chooses to not retain memory of our sins and how we have the choice of accepting His view of us rather than continuing to suffer and struggle through our memories of failures and faults.

After the meeting broke up, attendee Brandon talked about his experiences with the Church on the Levee. The 50-year-old, turning 51 in just over a week, explained that he lives in a camper. "I was addicted to drugs for over 30 years and through several traumatic health experiences...28 days in a coma, total organ failure, and then eight years later a hemorrhagic stroke that paralyzed the left side of my body," Brandon said. "The Lord gave me some perspective," he continued. "I never was, in a sense, what you call homeless, but I was bankrupt...drugs was the only thing that mattered."



Despite having family, "what took precedence in my life for all those years was me getting high," he said. "I feel more comfortable in (Church on the Levee) around homeless people than I do, for instance, in a church full of Christians...because I associate real closely with how it is to be lost," Brandon explained. "I was always left with kind of a bad taste in my mouth, you know, not really seeing Christians behaving like Christians...but the Church on the Levee, you know, it's Christians behaving like Christians."

Interviewed later, Rev. Steve Blount, also an associate pastor at the Church on the Levee, said, "It is true that we're known as being the church for the homeless, but the fact is about 20, 25 percent of our congregation is not homeless, they're just church-less. They didn't have a church home necessarily, so they love the fact that they can come to this church and not only get their spiritual nourishment but also get their physical nourishment with a warm meal that concludes after the service," Blount said.

"We also (on given Sundays) give away all kinds of things that they need, from gloves and scarves and blankets and jackets and different things that we have available to us that come to us from different sources, including the Homeless Coalition," he said, inviting folks to go online to [www.churchonthelevee.com](http://www.churchonthelevee.com) as "a wonderful source of information, it tells all about the church and its mission."



"We try to do as best we can to give them the good news of Jesus Christ so that they understand that they are loved, that they're supported, and that we stand behind them in any way we can," Blount said.

Lead pastor Magee concurs, noting the Gospel "has the power to transcend all socio-economical barriers and levels." "We have and continue to see churches help this time of year, especially with the winter coming in," he said, donating sleeping bags, backpacks and hand warmers, along with the Homeless Coalition helping with housing issues. "The key, I believe, with all of this, is to work collaboratively with one another," Magee said. "We certainly don't want to compete or duplicate the things that others are doing."



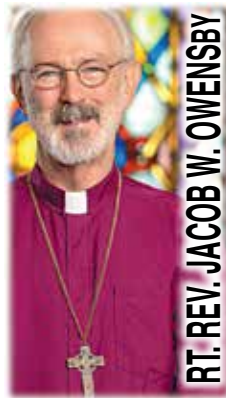
The website [www.churchonthelevee.com](http://www.churchonthelevee.com) displays short videos of what their ministry has meant for attendees, along with a secure and safe donation platform for contributions, he added, that even helps to pay for coffee for Tuesday's church discipleship meeting attendees at T&G.





# Only the End of the World is the End of the World

By Rt. Rev. Jacob W. Owensby, PhD, DD



RT. REV. JACOB W. OWENSBY

Bessel van der Kolk is a leading figure in understanding and treating trauma. You may be familiar with his book “The Body Keeps the Score”. A podcaster once asked him how to deal with the trauma that political tensions, social conflict, climate change, and economic uncertainty that is contemporary life. His answer was instructive. This is not a trauma. It’s an ongoing challenge.

You see, a trauma is something that happened in the past. Its impact upon us was so severe that we keep reliving it in ways that distort and disrupt our experience of the present. By contrast, we’re dealing with an unstable, unpredictable, disorienting present. As he put it, “The world is much more unsafe and unclear, and we don’t know who’s on our side, who’s not on our side, who’s telling the truth, who’s not telling the truth.” Things seem to be falling apart around us. For some of us it feels like the end of the world.

As it turns out, Jesus has a lot to say about what we should make of such times and how to navigate them. Only, it might not be quite what you expected. In essence he says, “Life is messy. Lean in. You’ll never get it all cleaned up and it’s going to leave a mark. But I’ll be with you.”

For instance, Jesus and his friends were gazing at the temple. He told them that one day this amazing example of architecture, this monument to their faith and anchor for their common life, would be nothing more than a heap of rubble. In short, chaos is coming. They asked him when this would happen. But instead of giving them a calendar date, Jesus taught them a lesson about hope and the messiness of life.

He told them, “When you hear of wars and rumors of wars, do not be alarmed; this must take place, but the end is still to come. For nation will rise against nation, and kingdom against kingdom; there will be earthquakes in various places; there will be famines.” Then he said, “This is but the beginning of the birth pangs.” In other words, only the end of the world is the end of the world. But as far as you’re concerned, every situation you face is a beginning. An opportunity. You and I can always start love’s healing, liberating, reconciling work right here. Right now.

Jesus is painfully honest. Life is an imperfect gift. Wonderful and wretched things happen. “It is what it is.” Only, that’s not where he stops. He says, “It is what it is. Now what are you going to do about it?” Hope begins by squarely facing reality: It is what it is. But we are capable of doing more than merely acknowledging,

passively accepting, or blindly reacting to the contours and dynamics of the world we inhabit. This is where the “Now what?” that Jesus is talking about comes in for us. We have the radical freedom to choose to love.



Jesus makes our freedom to choose love especially clear in one of his most counterintuitive teachings: love your enemy. Again and again, we will encounter people who use coercion, violence, and domination to make a better place for themselves in the world at the expense of others. Including us. It’s tempting to hit back; to fight fire with fire.

By contrast, Jesus teaches us to inhabit this planet in a fundamentally different way. We can refuse to be enemies even — and especially — with those who insist on seeing

us as their enemy. Instead, we can choose to become our true selves as the image of God. God is love. So when we love, it is God’s love pouring into us, saturating us, and overflowing from within us.

That’s how the living God is present with us and in us. Receiving love and freely choosing to give that love away make life worth living. And that’s just what hope is: the felt sense that this messy life is worth living. No matter what. Because Christ is always in it with us.



*Bishop Jake is the 4th Bishop of the Episcopal Church in Western Louisiana, the 26th chancellor of the University of the South, husband, father, noted speaker, teacher, and author. His newest book is entitled, “A Full-Hearted Life: Following Jesus in a Secular Age” and is available now from your favorite bookseller. Find Bishop Jake online at [jakeowensby.com](http://jakeowensby.com).*



# Redefining Fear in 2025

By Christy Pennison, LPC-S



The other day, my teenage daughter insisted on a Walmart run because our fridge was basically empty. I wasn't in the mood to go inside, so I let her shop while I took a much-needed moment to myself. As I sat scrolling through social media reels, I stumbled upon a story that captured my attention—a woman named Wiebke Luhmann had spent the last year biking all the way from Germany to the tip of Cape Town in South Africa.

Having traveled to Africa myself, I immediately thought, "Wow, that is one huge undertaking. The continent is so vast and diverse—it's not exactly a walk in the park." My second thought was that I'd be terrified to try something like that. But then it dawned on me: If Wiebke had let fear get in her way, she never would've had this incredible experience—one that's now inspiring me (and countless others, I'm sure).

As the new year rolls in, it's clear there's a lot we can't control. Whether you're living life here in Central Louisiana or pedaling a bike along the African coast, none of us really know what tomorrow brings. Think back on this past year—there were probably plenty of surprises, both good and challenging. I know my year was full of unexpected twists and turns. Sometimes, fear can hold us back from new experiences, new friendships,

and new skills. But what if, in 2025, we choose to see fear not as a stop sign but as a spark that fuels us forward?

Here's how I plan to redefine my relationship with fear this year, and I hope you'll join me in trying it out:

1. Lean into fear and get curious. When fear pops up, I pause and ask myself, "What am I really afraid of?" By naming the root cause, that big, ominous feeling becomes more like a clue to investigate than a roadblock.

2. Imagine the worst—then the best. I imagine the worst-case scenario, then I compare it with the best-case scenario. Most of the time, reality ends up somewhere in the middle, but just thinking about the best outcome reminds me why I'm taking the risk in the first place.

3. Focus on the likely result—learning something new. I've realized that, even when things don't go perfectly, I almost always learn something I can use next time. Let that possibility drive you.

So as we embrace 2025, let's redefine how we see fear. Let's lean in, be bold, and remind ourselves that fear doesn't have to hold us back—it can actually push us forward if we let it. If we only get one shot at this life, why not make it the most fearless year yet?



## A PLACE FOR



## THE PENTECOSTALS OF ALEXANDRIA

### POA.CHURCH • 2817 RAPIDES AVE

SERVICE TIMES

Sunday School - 9AM • Sunday Morning Worship Service - 10AM • POA Wednesday - 7PM



# Happy “Confabulation-less” New Year!

By Debbie Guy, LCSW



DEBBIE GUY, MSW, LCSW

“Confabulation.” What an interesting word. I even like the way it feels in my mouth when I say it—like “supercalifragilisticexpialidocious.” Motivational speaker Brené Brown in “Dare to Lead” explains, “Confabulation has a really great and subtle definition: a Confabulation is a lie told honestly. To confabulate is to replace missing information with something false that we believe to be true.”

So what does confabulation have to do with tackling those same ole New Year “Revolutions,” oops, “Resolutions”?

We all know the top tired three—lose weight, exercise, and organize those tubs of pictures and memorabilia. And, if truth be known, we’ve been waiting since last February, when we lost steam, to start over. Why? We fall prey to our negative recycled stories.

Regrettably, those stories have been around a long time, starting in childhood. An event happens and, because no one’s memory is perfect, as time passes, we fill in the missing spaces with wrong or half-truth details. Am I the only one who enjoys hearing different interpretations of childhood events at a family reunion? Our recollections morph into confabulations which either motivate or stagnate our growth. Riley, the main character in the movie “Inside Out,” is a great example. She told herself a lie...honestly.

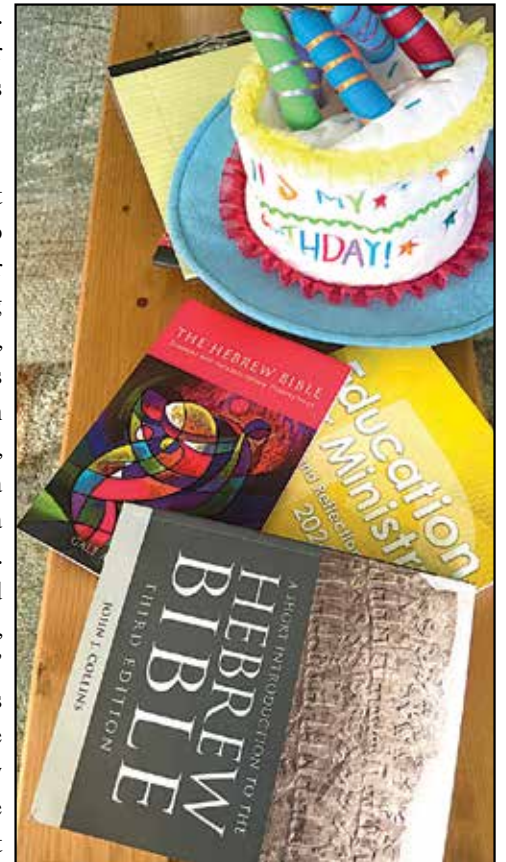


“But our stories are comfy, familiar, safe,” we quietly sigh. However, some of those honest lies sabotage our efforts to change by reminding us of all the times we

failed and will continue to fall short. Because of this, start the new year with “die to,” in other words, let’s die to the confabulated stories.

Die? Yes, particularly if we want real change. First off, let’s die to those recycled resolutions on our list and replace them with learning something new about ourselves, others, and the world around us. This will inspire and challenge us, which keeps our minds busy, energized, and moving forward. It may be a new job, trying out for a role in a play, or simply learning a new skill. Then, let’s die to those words and phrases we rehearse such as “can’t”, “too old”, “that’s just the way I am.” Next, record any success, regardless of how minute. I decided to use my 70th year learn-something-new birthday hat. Over the past year, I’ve snapped pictures wearing my hat at a water park, watching an eclipse, crocheting a homeless mat, finishing my first 5K, and propped on a stack of books for my new theology class. I even have one holding Wilson, a decorated and aptly named urinal which was my hubby’s friend during his six weeks of kidney issues. Lastly, let’s gently die to that which is not actively helping us grow. Think of it as buying new shoes for our children. The old ones are still wearable, they just aren’t a good fit anymore.

So, blessings on our Happy “Confabulation-less” New Year journey. Hopefully, next January, our negative tales are dead and buried. We will have a newer story, a truer story, our “overcomer” story. And who knows, we might just end up ten pounds lighter and more organized, too!



## Ruff Ride? Aggie says come to...

GEORGE  
**HAUK'S**  
AUTOMOTIVE

**(318) 443-2345 3204 Industrial Dr, Alexandria, LA**







**Snow Crab & Boiled Shrimp**

**Every Thursday Night \$24.99**

**SERVING CRAWFISH!**

**ROCKY'S**

**TUESDAY - SATURDAY 11:00AM TO 9:00PM**

- Steaks
- Seafood
- Craft Cocktails
- Daily/Nightly Specials

FOLLOW US ON

**GRILL DUGOUT BAR**

**VIDEO POKER!**

**124 Lyle Avenue Bunkie, LA**

**318 346-1922**



# ABOUT

# TOWN



Col. Jonathan Lloyd, Command Sgt. Maj. Stephen Hickman



Daniel Lonsberry, Jimmy Greer



Delores Brewer, Roy Rosenthal



Chris Bolden



Dechelle Jenkins



Paige Quillin, Mary Belle Marshall



Jimmy & Janet Whittle



Levette Thomas, Erica Major



Ed Caplan, Amy Pillarsotti



Paul Coreil, Azar Kayal



Karan A. Corley



Patrick Harrison, Cortez Lilly



Jim & Ruth Weinzettler



Michael W. Jones



Michael Parham, Beth Willis



Leslie & Mike Mikell



Julian Berry



Tommy Brasher



Kelly Seif, Robert Freedman



Melinda & Andy Anderson



Derrick Broussard



Cynthia Perry, June Johnson Davis



Glenda & HB Smith



Robert Beauregard



Louis Teal



Tommy Carline



David & Missy Foster



Casar Amores



Ellene Owens, Josh Zora



Austin Cooper, Nathan Roper





THE HOTEL BENTLEY



"THE HOTEL BENTLEY — IT MAKES A STATEMENT ON ITS OWN."  
200 DESOTO STREET - DOWNTOWN ALEXANDRIA - 318-442-2226

THE HOTEL BENTLEY IS AVAILABLE TO HOST YOUR NEXT WEDDING RECEPTION OR EVENT.  
EVENT VENUE SPACES ARE AVAILABLE THAT RANGE FROM 10 TO AS MANY AS 300 GUESTS.  
CONTACT US TO SCHEDULE YOUR NEXT MEMORABLE EVENT.

[WWW.VISITHOTELBENTLEY.COM](http://WWW.VISITHOTELBENTLEY.COM)



# RING IN THE NEW YEAR!

## JANUARY PROMOTIONS & EVENTS



### YACHT ROCK GOLD EXPERIENCE

**SATURDAY, JAN 18**  
DOORS: 7PM • SHOWTIME: 8PM  
TICKETS FROM \$20

### LANCE BURTON MASTER MAGICIAN & FRIENDS

**SATURDAY, JAN 25**  
DOORS: 7PM • SHOWTIME: 8PM  
TICKETS FROM \$50



Visit [ParagonCasinoResort.com](http://ParagonCasinoResort.com) to purchase tickets. Events or performers subject to change or cancellation without notice.



**MARKET PLACE  
BUFFET**  
**NEW YEAR'S  
DAY BUFFET**  
WED, JAN 1  
8AM-3PM



**CHECK OUT  
THE ALL-NEW  
LUNCH SPECIALS**  
\$16.50 • MON - FRI



### MIX MASTER APPLIANCES

**SUN-TUE • JAN 5-28, 12-8PM**  
EARN 125 POINTS TO RECEIVE ONE GIFT



### BATHROOM GIFTS

**FRIDAYS • 5-9PM**  
EARN 150 POINTS TO RECEIVE ONE GIFT

**10 POINTS FOR 1ST CARD**  
EARN MORE CARDS BASED ON PLAY!



**WED - THURS • 6PM**

FREE PLAY PRIZES RANGE  
FROM \$25 - \$250!

**SUPER BINGO**  
DOUBLED PRIZES!

WED, JAN 1 • SUN, JAN 19 (MLK  
JR. WKD) • THUR, JAN 30



### \$400K COLLECT & GO!

**FRIDAYS • 6-10PM**  
WIN UP TO \$3,000 FREE PLAY  
OR \$100,000 CASH!

### DON'T MISS OUT ON UPCOMING EVENTS!

- **TUESDAYS** • Senior Days
- **WEDNESDAYS** • Bingo 6PM
- **THURSDAYS** • Bingo 6PM, Senior Days
- **FRIDAYS** • 2-for-1 Seafood Buffet
- **SATURDAYS** • 2-for-1 Steak & Seafood Buffet
- **SUNDAYS** • Buffet Breakfast, 8-10:30AM, Buffet Brunch, 11AM-3PM
- **SUPER BINGO** - WED, JAN 1 • SUN, JAN 19 (MLK WKD) • THUR, JAN 30

*Paragon*

CASINO | RESORT



FOR MORE INFORMATION, VISIT  
[PARAGONCASINORESORT.COM](http://PARAGONCASINORESORT.COM)