

# AROUND the TOWN

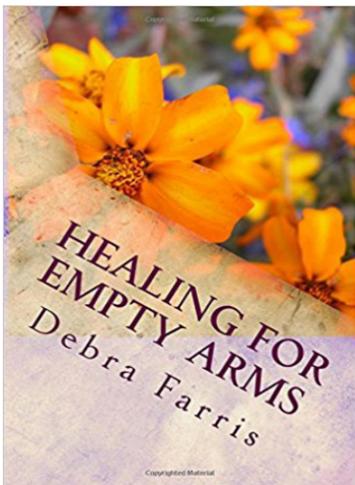
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**FEBRUARY 2018 • SERVING OUR COMMUNITY**

## Healing For Empty Arms

By Debra Farris

This book was written, from my personal experiences, as I dealt with the death of my baby girl, who died soon after birth. I wrote this book as I reflected back to how God personally walked with me and talked with me as I experienced the emotional and spiritual struggles that a sudden death can bring. When a person's world is shaken, and then turned upside down, the battle to maintain your faith in God, and in his word, becomes real. We always hear that no parent should outlive their child. Yet it happens, all all too often. When it does, the heart, and the memories of that person, do not agree to let go, because it does not seem real. A mother's arms, a father's arms, and my arms feel empty. Just because the loved one is gone, does not negate the psychological emotions tied to that loved one.



In this book, I call my journey a "faith journey." A journey filled with tears, emotional highs and lows, and empty arms. However, along the way, I learned to face my pain, battle the storms of my mind, and then allow God to walk with me.

Pain can cause us to shut everyone out, even God. I had to allow God to navigate my steps through enemy lines and satanic attacks, so that I could make it victoriously to the other side. The journey was dark and rocky. It was filled with doubt

about my faith, and filled with questions that only God could answer. Yet, I made it to the other side, along with my family.

On the other side I saw the power of God, who can make the broken places whole again and give grace to empty arms. On the other side, God blessed us with a 2-year old little boy. He brought the healing that we needed, and we gave him the healing that he needed.

Today, we continue to move forward. Yes, I think about the loss of my little baby girl daily; yes, there have been other faith journeys; and yes, God is still with us every step of the way!

To purchase "Healing for Empty Arms," contact Debra Farris at 318-332-4456, or email her at [debrafarris6@gmail.com](mailto:debrafarris6@gmail.com). The book is also available for purchase on Amazon.com for \$13.00.

## Many Collision Center – Where Our Standard is Excellence

by Kristy Knippers

Many Collision is the place to go to take the dents out of your accident! Located at 905 Hwy 171 Bypass in Many, LA, the staff at Many Collision Center is committed to offering Sabine Parish the finest in professional collision repair and refinishing.

Owner, Wade Springer, and wife, Brenda are lifelong residents of Many. They have been married eleven years, and together they have two children, Trenton and Katelyn. Wade attended Many High School, and it was during his high school years that his love for collision work started. Approximately 28 years ago, Wade started working for several collision and repair businesses in the area before launching his own. "I love this type of work so much that I wanted to work for myself", he stated.

Many Collision Center works for all insurance companies and specializes in fast service, with satisfaction guaranteed. Free estimates are available. As well as offering top of the line collision work, Many Collision Center also offers Louisiana auto inspection stickers. Since opening their doors, Many Collision Center has developed a great reputation in the community.

They are open Monday – Friday from 8 A.M. to 5 P.M. Customers are asked to call 318-256-6154. All major credit cards are accepted.



Front Row: (L to R) Kalven Charles - Auto Body Technician; Wade Springer - Owner; Anita Sanders - Secretary  
Back Row: (L to R) Ron Adams - Auto Body Technician; Michael Arthur - Auto Body Technician

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# The Other Grand Ecore Tragedy from 1960

by Dean Lambert

What a great day to be alive. A perfect spring day in Natchitoches and three former Bolton High classmates had made the drive from Alexandria and now they were joined by a couple of girls from the college. One girl they had known from their high school days and the other was her roommate. They had all loaded up in the boys sedan and headed out to Grand Ecore for a Saturday evening picnic. It was not long before the car pulled off Hwy. 6 and traveled the rutted dirt road to a parking area just down the hill from the Grand Ecore bluff that falls steeply down into the Red River.

Laughter could be heard as the group shared stories and food. Again, it was a great day for a late evening gathering on the tall banks of the river. It was then that 20 year-old Alvin Ross left the car and headed alone up to the rim of the bluff. Ross apparently got too close to the edge and the combination of the loose pine needles and slippery shale caused him to lose his footing and he quickly slid over the edge and downward to the water 70 ft below. Later the coroner would say that Ross struck some cliff outcrops during the fall, and this caused a broken neck. Ross's body would land at the water's edge.

After a while, 20 year-old Jerry Berlin noticed that Ross had not returned and headed through the woods up to the crest of the bluff. As he searched for his friend, he too became a victim of the loose foliage and slick shale. His feet slipped out from under him and he also tumbled down the embankment. But as he slid over the first outcropping, he desperately reached out and caught a small bushy outgrowth that had managed to grow on the face of the bear cliff. Berlin then yelled for help as he dangled high above the river.

It was then that 21 year-old Jack Luttrell ran to the top of the bluff after hearing Berlin's plea for help. From the top, Luttrell could not see either Ross or Berlin and evidently assumed both were in the water. Luttrell then took off his shirt and pants, folded them neatly and placed them on the ground. It was then that Luttrell either attempted to jump into the water below, or perhaps he too fell. Whatever reason, Luttrell went over the cliff and during his fall, also struck the hard outcropping, before he too landed at the water's edge.

The two panicked coeds immediately started the car and drove it down to the highway and flagged down a car with six NSC students. These lads retrieved Jerry Berlin from the face of the cliff by stretching a long pine pole down from the top and pulling him to safety. Then four of them went up the river about a quarter of a mile and walked back along the water until they reached Ross and Luttrell. Soon rescue personnel arrived, but neither young men could be revived. It appeared both had died primarily from injuries sustained during the fall according to the coroner. He also stated both had landed with their heads in the water on the rocky edge of the river and both had water in their lungs.

Law enforcement officers that responded included Sheriff Earl Morris, Deputy Herman Bridges, Chief Ray Webb, Henry Boyt, C.D. Bates, Ed Powell, O.F LeMoine and Henry Mitchell.

Sheriff Morris stated it is a very dangerous location and he had suggested a fence be built along the edge.



# Better Than I Found It

by Tommy Lewis

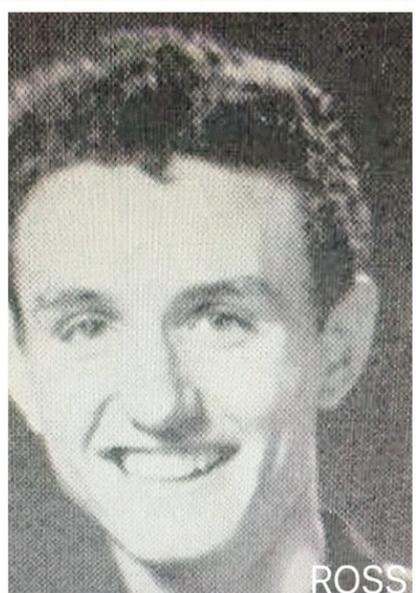
Ralph Waldo Emerson once said, "To leave the world a bit better, whether by a healthy child, a garden patch, or a redeemed social condition; to know that even one life has breathed easier because you have lived- that is to have succeeded." Over the last several months my heart has been breaking because of the state that our world is in. There is so much division and hate, and it feels like it's just getting worse by the day. You can't turn on the TV, browse the internet, or read the newspaper without seeing so much negativity going on in the world today. Now is the perfect opportunity for the church to stand out and change this world.

How do you change this world? I get it that it just sounds very generic and vague, but it can be done by you. This is how you do it! You leave this world better than you found it! You don't have to start a nonprofit organization or bring about world peace to change this world. All it takes is doing something to leave everything better than how you found it. Smile at a stranger. Commit random acts of kindness. Help someone who needs help. Bless those that need it. Encourage everyone in your path. Be positive in all things. Consistently say please, thank you, and excuse me, and never be one of those people who allows their mood to determine their manners. Be respectful to all people, and most of all, love everyone you come in contact with. Jesus was asked one day what is the greatest commandment, and this was his response. Matthew 22:36-39- Master, which is the greatest commandment in the law? Jesus said unto him, thou shalt love the Lord thy God with all thy heart, and with all thy soul, and with all thy mind. This is the first and greatest commandment. And the second is like unto it, Thou shalt love thy neighbor as thyself.

Here is a great question for you to ponder on. Do the people that you come in contact with everyday know more about the things you hate than what you love? I feel like, including myself, that most of us spend more time trying to correct our neighbor than just loving them. Loving your neighbor doesn't mean you agree with everything they are doing, but it means you love them as Jesus has loved you. Regardless of what people believe or what they do we must love them. Regardless of how much we are against their behavior, we must love them. We should leave everyone we come in contact with better than we found them, and the only way that is possible is that we love them with no strings attached. Jesus left everyone He came in contact with better than He found them. Look at blind Bartemaus, the woman with the issue of blood, the adulterous woman thrown at his feet, the woman at the well, Jairus and his daughter, the ten lepers, all the disciples, and you and me! It's because of His love for all mankind that made everyone better. It's our love that will change this world for Jesus Christ. You can leave this world better than you found it simply by loving others as Jesus has loved you.



Tommy Lewis, Youth Pastor  
The Life Church, Many, LA



ROSS



LUTTRELL

## SENIORS TEXTING CODE



- ATD: At The Doctors**
- BFF: Best Friend Fell**
- BTW: Bring the Wheelchair**
- BYOT: Bring Your Own Teeth**
- FWIW: Forgot where I Was**
- GGPBL: Gotta Go Pacemaker Battery Low**
- GHA: Got Heartburn Again**
- IMHO: Is My Hearing-aid On**
- LMDO: Laughing My Dentures Out**
- OMMR: On My Massage Recliner**
- OMSG: Oh My! Sorry, Gas**
- ROFLACGU: Rolling On Floor Laughing And Can't Get Up**
- TTYL: Talk To You Louder**

## Compassionate Christian Seniors

A woman had just returned to her home from an evening of church services, when she was startled by an intruder.

She caught the man in the act of robbing her home of its valuables and yelled: 'Stop! Acts 2:38 !' (Repent and be Baptized, in the name of Jesus Christ, so that your sins may be forgiven.)

The burglar stopped in his tracks.

The woman calmly called the police and explained what she had done.

As the officer cuffed the man to take him in, he asked the burglar: 'Why did you just stand there? All the old lady did was yell a scripture to you.'

'Scripture?' replied the burglar. "She said she had an Ax and Two 38's!"



## Sports Records Of Interest

by Junior Johnson

Some records are meant to be broken and some should remain forever.

In Baseball, Joe DiMaggio's 56 game hitting streak has never been challenged and no team will ever match the New York Yankees 27 World Series Championships. It is a travesty that Pete Rose is not in the Hall of Fame for his 4256 Career Hits, and for that reason his record should stand.



On November 8, 1970 Tom Dempsey kicked a 63 yard Field Goal in the old Tulane Stadium as the Saints defeated the Lions 19-17. That record stood until 2013 when Matt Prater hit one 64 yards. I find it ironic listening to people WHO SAID they were in the Stadium and saw Dempsey's kick. The old Stadium was usually filled with 90,000 fans back then, but would have had to have 300,000 capacity to seat all WHO SAID they were there. Hummm

Well, on September 24, 1977 I WAS in Death Valley to witness three records that remain today with LSU's dramatic 77-0 win over Rice University.

The Tigers had 746 yards of Total Offense, 11 Touchdowns, and 11 Extra Points. My then Brother-In-Law Bobby Moreau kicked 10 of those Extra Points and that record is still in LSU's Record Books. Bobby is wonderful person and I personally hope that his record is never broken.

Moreau was not able to fulfill his dream of playing on Sunday's, but did have a Free Agent tryout with the Los Angeles Rams and signed with them; however, he was put on waivers when the season began because more players returned for another season than the organization anticipated. Having signed a Pro Contract with a NFL Team was very rewarding to him though.

He is still on the Football Field; however, as a Line Judge in the SEC. He has been of the finest Referee's in the SEC for over 20 years.

Will another NFL Quarterback equal Tom Brady's Super Bowl Championships, or Will Nick Sabin pass the legendary Bear Bryant's College National Championships? As much as I admire Coach Sabin, I would like to see him remain with equal numbers and not pass the Bear.

On a final note about the LSU victory over Rice. The year was 1977 and total points were 77. Aren't numbers fascinating?

## Open Letter from Natchitoches Councilman Russell Rachel

It is with great pleasure that I'm blessed to be able to visit with you again this month. We are well into a new year and I pray that everyone is doing well.



I want to get you caught up on what is going on with your Parish Government.

We just had our regular meeting on January 22. We elected a new chairman and vice-chairman for the current year. Mr. Rodney Bedgood was elected as the chairman and Mr. Doug DeGraffenreid was elected co-chairman. Both were elected by unanimous decision. We had a great meeting with a record breaking time of just under one hour. This is proof that a job can be completed successfully when we stick to the agenda and take care of the business of the people with no hidden agendas.

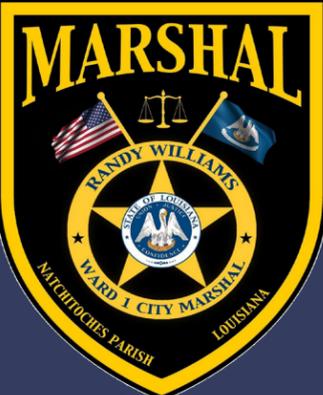
There is progress being made, but there is plenty left to do. Please bear with us and support your Parish Council.

We need your support and cherish your prayers.

God bless,

Russell Rachal  
Natchitoches Parish Council, District 5

# DO YOU HAVE A WARRANT?




City Marshal Randy Williams wanted to inform the following people that they have outstanding bench warrants through the Natchitoches City Marshal's Office. The names on this list did not pay their fines in full nor did they return to court on the court date they were sentenced to by City Court Judge Gahagan. These individuals will need to clear up their fines and bench warrant fees at the City Marshal's Office located at 373 Second St. to stop any further action:

### FINE PAYMENT (F):

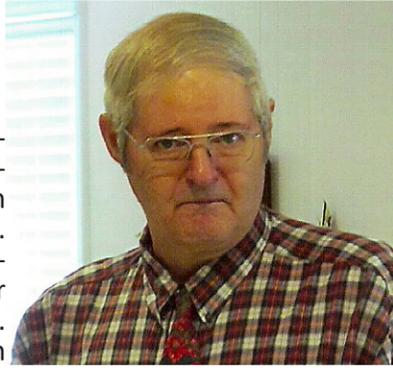
- Niki Booth, P.O Box 1201, Many, La – TBS
- Amanda Colgrove, 1815 South Dr Lot 1308, Natch, La – TBS
- Shantell Eli, 312 2nd St #34, Natch, La – Improper Supervision of a Minor
- Markayla Farley, 1431 Grace Ave, Natch, La – TBS
- Vershelle Gilbert, 600 Walnut St, Winnfield, La – DP
- Trevor Graham, 557 Parsonage Rd, Natch, La – Public Poss of Alcohol Under 21
- Lanell Hayes, 178 Kemp St, Campti, La – TBS
- Bobby Johnson Jr., 2180 Williams Ave, Natch, La – No DL
- Shanquinta King, 1505 Gold St, Natch, La – Unlicensed Driver, (2) DP
- Jarvis Lacey, 170 Beverly Rise, Natch, La – SPOM
- Michael Moore, 233 Cherry Loop, Natch, La – NSB, Exp MVI, TBS
- Shola Obialo, 1411 Holmes St, Natch, La – Exp MVI
- Trevor Pier, 1439 Hill Ave, Natch, La – Resisting an Officer
- Ashley Phillips, 508 Hwy 153, Ashland, La – Exp MVI
- William Robinson, 1250 Dixie St, Natch, La – DWI, Simple Assault
- Erica Spearman, 1319 Philips St Apt 1, Natch, La – Theft
- Courtney Telsee, 708 Brahma St, Natch, La – No Insurance
- Terrell Vaughn, 203 Independence St, Natch, La – DP
- Divontez Winters, 260 Tilley Dr, Anacoco, La – TBS
- Albert Young, 146 Cat Island Rd, Natch, La – Unlicensed Driver
- Kenneth Gay, 702 Myrtle Dr, Natch, La – SCDP
- Michael Carroll, 771 Carlisle Rd, Coushatta, La – DWI

### Trial (T):

- Rozanette Carroll, 29 Bolton Ave, Alexandria, La – Unlicensed Driver
- Gabrielle Gash, 200 University Pkwy Apt 9-C, Natch, La – TBS
- Jami Johnson, 416 A McDobson Way, Natch, La –SCDP, Criminal Abandonment
- Ashanti Lewis, 1224 Sara, Natch, La – SCDP
- Cavashaie Mims, 116 Abnet St, Minden, La – Theft
- Bridget Sexton, 100 Lakeview Dr 1 Apt 103, Natch, La – SPOM

# 2017 was Peason's Anniversary

by Rickey Robertson



Time sure flies doesn't it. Can you believe that the year 2017 was the Centennial Year for the old sawmill town of Peason, La? Yes, in March 1917 A.J. Peavy and R.J. Wilson came to south-east Sabine Parish and purchased over 45,000 acres of rich virgin timberland. Giant pine trees grew every where on these lands. The trees were so tall that you could see for long distances through the forest because there was no underbrush to be found. It is hard to believe today but this mighty forest had never been harvested. We don't see trees like this anymore. Now days in a few short years the new hybrid pine trees can grow into a forest. Sadly there was no conservation practices for the forests during these massive days of clear cutting and moving out by the many lumber companies who came to Louisiana to harvest the pine forests.

Mr. A.J. Peavy was an established logger and lumber man and he partnered up with R.J. Wilson who was an experienced mill manager. Beginning in March of 1917 the mill and town site was found and laid out. The large mill and town was built and mill workers began to move in an obtain jobs at the new mill. A name was needed though for this new town. So from a combination of the two owners surnames, PEAV from Peavy and SON from Wilson, the sawmill town of PEASON was named. The mill began logging operations and small scale runs of the mill in 1917 but full operations began in early 1918. The mill was in operation until 1935 when the mill whistle blew for the last time. An era had ended. Let's look at some of the unique history concerning Peason.

1. The name PEASON was derived from the surnames of the owners of the mill.
2. By 1922 Peason had telephone service.
3. Peason had running water and electricity to all the company owned houses.
4. The Peason Hotel had 134 rooms and 2 large dining rooms and an excellent restaurant.
5. The Peason Mill and logging operations employed over 450 people.
6. At its beginning Peason had a population of 1500 and at its peak over 2000 resided in the town.
7. Peason had a movie theater, a garage, an icehouse, a commissary, hotel, doctors office, high school, and church.
8. Peason had its own Post Office. Allen Butler and his daughter Exie worked in the post office. The post office closed in 1937.
9. The last tree cut for the mill was located on top of Eagle Hill.
10. During the Great Depression Mr. Peavy DID NOT lay off any employees. Only their hours were cut.
11. Dr. Alford was the first company doctor at Peason. He supported Huey Long who was running for governor and was replaced by Dr. Thomas Franklin. Mr. Peavy was afraid that Huey Long would organized the mill workers into a union. The company doctors delivered many babies and doctored everyone in the town.
12. Peavy Wilson Company had its own railroad line to Peason. The Christie and Eastern ran from just west of Sandel on the Kansas City Southern Line all the way to Peason. In the 1920's the Christie and Eastern joined the Red River and Gulf Line at Kurthwood.
13. The Peason mill was torn down and was moved by rail to Holipaw, Florida where it ran from 1935 until 1947.
14. Peavy Wilson Company had a trolley that ran from Peason to Sandel and back each morning and afternoon carrying passengers and cargo. The trolley was known as the "Toonerville Trolley".
15. The main corral site for all the horses, mules, and oxen is located on present day Peason Ridge. The logging stock was even given every Sunday off. O.A. Robertson would go and doctor the sick and injured animals at the Corral every Saturday. When the mill closed the stock were turned loose to run free. One old mule lived to be 48 years old and died in 1978.
16. Trams were built throughout the area for the use by the log trains bringing in the massive logs to the mill.
17. Thurman (Thurm) Boring was Peason City Marshall.
18. Peason had a high school basketball team and baseball team.
19. The first graduating class of Peason High School was in 1922 and the last graduating class was in 1934.
20. The late Louis Hanks told of when as a boy in Peason, there was a large fire in Pleasant Hill, La. that destroyed part of that town. He stated that the residents of Peason could see the glow of the great fire on the horizon.
21. After the timber had been cut around Peason, people residing in Florien were able to see the town of Peason across the cutover lands 12 miles away.

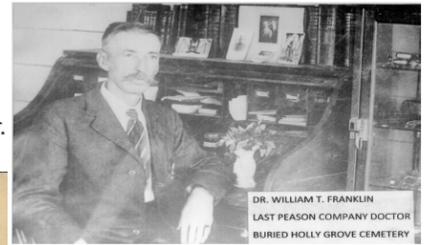
There are still many people in our area who are the ancestors of the loggers and mill workers of Peason. Your ancestors were part of both Louisiana and American history and they made history at this large sawmill town. Over 4 million board feet of lumber was cut from 1918 until 1929. Such an enormous amount of production! I recently was asked just where is that hotel located at Peason. Sadly no buildings remain but

there are lots of memories still here at Peason. Located in the old front yard of Mill Superintendent Daniel Handley's home is Peason Memorial Park. At the park is a historical marker to the sawmill town of Peason and to the Heritage Families of Peason Ridge. At the park are two photo kiosks filled with pictures of the mill, the town, and the workers. I am always looking for old Peason pictures and if you have any to share please contact me. Many memories remain of Peason and many folks born here are still with us, and when they hear the words "Old Peason" or "Peavy Wilson Lumber Company" they are flooded by memories of this former booming lumber mill and town. The late Wingate Dowden, himself raised in Peason, told of being in a bunker in Korea during the war there and early one morning one of the soldiers on guard duty said "I sure wish I was in Peason!" Wingate asked how do you know about Peason? The soldier replied I was born there! Yes you can run into people everywhere who have roots here at Peason! Here in Peason we still have 2 special old sayings. They are "To the folks who reside in Peason, a stranger is just a friend we haven't made yet" and "If you ever take a drink of Peason water, you will always come back to Peason"! So I want to wish my home town of Peason, La. a very special "Happy 100th Anniversary Peason"!

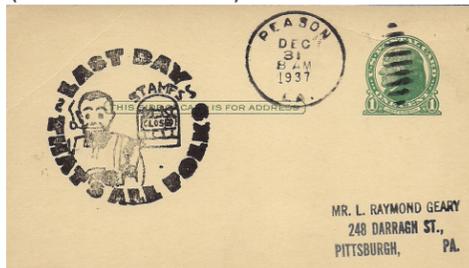


Photograph of the sawmill town of Peason taken from the mill water tower. The Peavy Wilson Commissary is seen in front and the Peason Hotel can be seen also on Main St. (Robertson Collection)

Dr. Franklin was last Peason Company Doctor. (Robertson Collection)



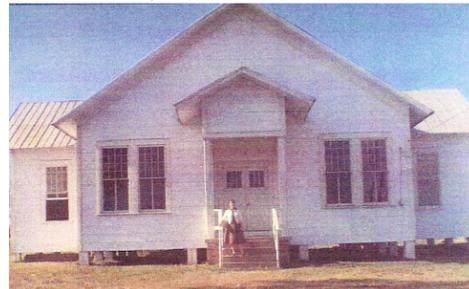
Postcard stamped at the Peason Post Office on the last day of operation in 1937. (Robertson Collection)



Peavy Wilson Commissary located at Peason. Also located in the commissary was an ice house, doctors office, and feed store. (Robertson Collection)



Peason Church was built by Peavy Wilson Company and when the mill closed the building was given to Pine Grove Baptist Church. The congregations joined together as one in 1935. (Robertson Collection)



Peason High School. First graduating class was 1922 and the last graduating class was 1934. (Robertson Collection)



Part of the Peavy Wilson Lumber Company mill located at Peason, La. (Robertson Collection)



Hotel Peason had 134 rooms and 2 large dining areas and had a fine restaurant located there. (Robertson Collection)



Peason High School basketball team in 1922. (Robertson Collection)



Peason had an award winning baseball team and had current up to date uniforms and equipment. Photo taken in 1925. (Robertson Collection)



The Toonerville Trolley carried passengers and cargo from Sandel to Peason each morning and afternoon. (Robertson Collection)

A mother with her son and baby in carriage visiting the mill on Sunday. Large stacks of fine lumber can be seen behind her. (Robertson Collection)



# Toledo Bend Fishing Report

By Pro Guide, Joe Joslin

Toledo angler, Ted Pate, with a beautiful trophy that hit a Carolina rig depth 15' in Toledo's Six Mile Creek.

Photo by Joe Joslin Outdoors



### South Toledo

Hello fellow anglers! February is here meaning the shallow bite is on. There will be some cold fronts where bass will fall back to the nearest deep drop offs where they will remain a few days waiting for the weather to moderate. After the cold weather warms somewhat, they will start to move back to shallower water.

Sometimes it is possible to find a drop that falls 10- 25 feet that is loaded with bass 'staging.' Staging is a term anglers use to describe a group of quality bass that hold up on a break (depth change) very close to spawning flats. If you catch a quality bass on a drop off near a spawning flat make sure you work that area completely. More than likely, there are other bass in the area as well.

As far as tools for February, today's angler has lots of options. In shallow water (10' and less) I use both soft plastics and hard baits. On the hard baits I like jerkbaits and my favorite jerkbait is Berkley's Cutter Series. I like the Cutter 110 and the Skinny Cutter 110 in Fools Gold for low light conditions and Ghost Bluegill and Blue Silver for bright conditions. I fish these on a medium action 7'2" Veritas rod, STX Abu Revo and 10 or 12 lb. test 100% Trilene Fluorocarbon.

I also like to slow roll a ½ oz. Stanley Vibrashaft double willow spinnerbait on 17 Trilene 100% Fluorocarbon line. I also rip grass with a Bill Lewis Rat-L-Trap in Toledo Gold, Cherry Bomb or Rayburn Red. On shallow soft plastics I like a Texas rigged Havoc Bottom Hopper in Junebug, Shady Watermelon Candy and green pumpkin. I use a fairly light sinker (3/16 oz) 3/0 Fusion Hook and 17 Fluorocarbon. I also like to wacky rig 'The General' (five inch cigar worm) and Senkos which is also a 5 inch cigar shaped soft plastic.

When there is a severe cold front many of the bass will move out to main creek and main lake points where I like to use a ½ and ¾ oz. Stanley Bug Eye football jig. I also like a Carolina rigged Berkley Power Lizard when fishing post frontal bass on main points. Football jig favorite colors are green pumpkin and blue/black with your favorite trailers. I like a green pumpkin and watermelon red Chigger Craw. I die the tail with a Spike It chartreuse marker pen instead of a bottle to prevent a ruined boat carpet. If it gets really tough I will use a drop shot.

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# February is Women's Heart Health Month

By Dr. Phyllis Mason



Megan Lee, MPAS PA-C and Dr. Phyllis Mason, MD

February is Women's Heart Health Month. Natchitoches Regional Medical Center (NRM) Women's Health Center would like to share some information with you about women and heart disease. Heart disease is the leading cause of death of women in the United States, resulting in 1 out of 4 deaths. Women, typically, think of heart disease as a "man's disease." However, around the same number of men and women die each year in the United States of heart related complications. There are several risk factors that increase your chances of heart disease.

Three major risk factors that increase your risk of heart disease include high blood pressure, high cholesterol, and smoking. Other factors that increase one's risk of heart disease is diabetes, obesity, poor diet, lack of physical activity, and excessive alcohol use.

Women may have no symptoms of heart disease until they experience a heart attack, heart failure, or a stroke. Women, that do have symptoms, often present with chest pains or pain in the neck/jaw/throat/upper abdomen/back. These symptoms may occur with rest, during activity, or be triggered by emotional stress.

Women can reduce their chances of getting heart disease by monitoring their blood pressure, regular screening for diabetes, smoking cessation, monitoring and controlling your cholesterol levels, losing weight, eating healthy, becoming physically active, limiting alcohol intake, and lowering stress levels.

NRM Women's Health Center and its staff would like to answer any questions you may have regarding heart disease. Please call our office at (318) 238-3652 or come by our office at 655 Bienville Cr. Natchitoches, LA 71457 during our office hours of Monday through Thursday 8:00 – 5:00 and Friday 8:00 – 12:00.

## DID YOU KNOW???

-You can buy gift wrap paper with rap lyrics on it. The brand is called "Gift Rap".

-You probably know a group of lions is called a pride, but a group of cockroaches is called an intrusion.

-The streets are always wet in movies because it looks better on camera and the water diffuses reflections and helps eliminate shadows caused by filming equipment and other light sources.



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## A Vision for 2018

by Pastor Jim Manning

As we begin this 2018 year, it can be very sobering to look back over the previous year and determine whether we have grown or stayed the same. It is so common to start a year with New Year's Resolutions and then find ourselves six months later with no "resolve" in us to continue the pattern we started in the beginning. The bible clearly states that we should have a vision for our lives. A vision is not the same as a New Year's resolution. Merriam Webster defines "vision" partly as "something that you imagine: a picture that you see in your mind; a supernatural appearance that conveys revelation." "Resolution" is, in part, "a promise to do an act of self-improvement." Though they differ by definition, visions and resolutions share the tendency to fade over time if not properly prepared for. Whatever we can do (according to the Word) to bring strength to our lives, we should be doing. Having a vision for our lives and families gives us direction and a plan. As we witness God bring things together for our "vision," we become encouraged and our faith becomes stronger.

Habakkuk 2:2-3 in The Message Bible states: "And then God answered: "Write this. Write what you see. Write it out in big block letters so that it can be read on the run. This vision-message is a witness pointing to what's coming. It aches for the coming—it can hardly wait; And it doesn't lie. If it seems slow in coming, wait. It's on its way. It will come right on time."

Isaiah 30:8 says, "Now go, write it before them in a table, and note it in a book, that it may be for the time to come for ever and ever." Again, God instructs the prophet to write the prophecy down.

There's something about writing our vision down. By writing it, it goes from just a thought in our minds, to being tangible or something we can see. If we only think it, then it remains in our minds. It has no hope of coming to pass, but once we write it down, we have taken action and given it a greater "fixedness" or permanence and importance in our lives. It brings understanding and strength so that we can embrace it as we see it day after day. It denotes great importance. Notice that even in our everyday lives, when we make something "legal," it is always written down and requires a signature. We get God's attention by writing our vision down. He takes notice of His Word and can shift things on our behalf and formulate situations, circumstances, and appointments to come our way, causing our "vision" to become a "reality." We must be patient in our waiting. Our vision will always manifest in God's time.

Do you have a vision for your life? For your family? Could your family become stronger in 2018 by adding a vision?

Biblical Examples of Vision: 1) God told Moses to build the tabernacle according to the pattern shown to him, and the people brought it to fulfillment by doing it under his leadership (Exodus 25:40, Numbers 8:4). 2) David received the pattern for building the temple. He communicated it to Solomon for the work to be done (reference 1 Chronicles 28 & 29). 3) Joshua received the plan on how to cross the river Jordan and the way to conquer the Promised Land. He called his people together, transmitted the plan to them, and they did the work together (reference Joshua 3).

*"Where there is no vision, the people perish: but he that keepeth the law, happy is he"* (Proverbs 29:18).



Pastor Jim Manning  
The Life Church -  
Many, LA

## The 10 Greatest "God Moments" In Black History

by Edwin Crayton

The first question running through your mind is probably, what is a "God moment"? Well, let's refer to it as a particular moment in time when God intervened in someone's life or in an event that became a game changer for the world. These moments still occur. Sometimes such moments are revealed through someone's memoirs. Other times, they are just more obvious that the hand of God is acting, such as when Lincoln freed the slaves by signing the Emancipation Proclamation. What follows is an admittedly subjective list of such moments.

**Moment #10:** Martin Luther King Jr. himself called Sunday morning at 11 am "the most segregated hour in America". In the 19th Century, it was of course worse. Richard Allen was a black Methodist minister who once attended a church where blacks and whites were segregated during services and restrictions of other sorts were also heaped on blacks. Fed up he left. Perhaps God was pulling at his heart. At any rate he and other black Methodists organized and in 1816, Richard Allen and others formed the African Methodist Episcopal Church (AME), the first black national church. Today, black churches are everywhere—almost two to a street corner. Yet, they started with that moment of decision by Richard Allen to obey a holy call to start the first one.

**Moment # 9:** In the summer of 1831, a young man named Abraham Lincoln sees slaves sold in New Orleans and is greatly disturbed and upset by their mistreatment. It is young Mr. Lincoln's "God moment." Biographers say that trip help form Lincoln's views opposing slavery.

**Moment # 8:** On a hot, evil summer night in August of 1955, a 14 year old black teen named Emmitt Till was brutally tortured murdered by heartless racists in Mississippi. His body was so disfigured, it was barely recognizable as human. And then, the God moment came in the form of a decision by his grieving mother to leave the casket open so the world could see the true cost of the brutality of racism. Those horrifying photos were sent around the world and the Smithsonian says that decision was one of "the major moments of the Civil Rights Movement." That moment of decision by Mrs. Mamie Till to leave the casket open was also essentially the match that help light up the fight for freedom.

**Moment #7:** Demonic Nazi Dictator Adolf Hitler was not handed his first defeat by an army from America, Russia or Great Britain. It came at the 1936 Olympics in Berlin where he hoped use the games as propaganda to prove that whites were superior to other races, especially Jews and blacks. That plan was dramatically upset when God made the following moment happen: at the games, a talented young African American college student from Ohio State named Jesse Owens dominated events. Sore loser Hitler was humiliated.

**Moment #6:** The moment Brooklyn Dodgers Executive Branch Rickey met with Jackie Robinson and made Robinson promise that he would not fight back when racists would later mercilessly pick on him to make him quit his job as the first black pro baseball player in the majors in 1947. Robinson, a strong willed, dignified man, swallowed hard and said yes. Rickey wisely pointed out to Robinson that it took more courage not to fight back or retaliate. Robinson kept quiet, took the abuse and fought back with hits and stolen bases. Soon even racists were cheering for him. Winning the championship helped a bit too.

**Moment #5:** In 1939, The Daughters of the American Revolution (DAR) denied singer Marian Anderson an opportunity to sing at Constitution Hall because they were segregated. (They later claimed it was not about race, but you'd have to believe in Santa to believe that.) The God moment here is that First Lady Eleanor Roosevelt who was a DAR member, protested this discriminatory action and it was arranged for Anderson to sing before a huge crowd at the Lincoln Memorial. The fair minded people of the world cheered not just her singing, and it became an early pre-Civil Rights era victory.

**Moment #4:** During the 1955 Montgomery Bus Boycott after a long year of struggle, Dr. Martin Luther King seemed always under threat. One night around January of 1956, he went to his kitchen to make coffee, weary from the pressure. He prayed to God at that moment for strength to continue. King wrote that he heard a voice say, "Martin Luther King, stand up for truth and God will be at your side forever." He obeyed and was encouraged to go on and not long afterwards, the buses were desegregated.



(continued on page 7)

(Continued from page 6)

**Moment #3:** In 1938 a brilliant young African American doctor named Charles Drew had a truly special "God moment" when he got the idea that led to a method for processing and preserving blood plasma, which is blood without cells. Plasma can be stored. This God moment eventually led to the development of the modern blood bank. As a result, countless lives were saved in World War II and are still being saved today.

**Moment #2:** Perhaps no other government document has meant so much to African Americans. When it was issued in January 1, 1863, the Emancipation Proclamation freed 3.1 million of 4 million slaves. It freed those slaves in states, "still in rebellion" against the U.S. Border slave states were exempted and so were those states controlled by the Union army. That's because those were not in rebellion. The God moment in this case, was simply the fact that Mr. Lincoln had the courage to sign such a document, fully realizing freeing slaves was a kind of hot button issue that turned intellectual debate into bloodshed. Signing it was of course also like signing his own death warrant as he was later assassinated by the pro-slavery actor John Wilkes Booth. But he had fulfilled his wish to do something about the brutal enslavement of humans he had once witnessed years earlier as a young man visiting New Orleans.

**Moment # 1:** An angel appears to Philip the Evangelist and tells him to go to a road leading to Gaza. (When you get a visit from an angel, you can be sure a God moment is coming your way.) When he gets there, Philip meets and ultimately baptizes an Ethiopian Eunuch, making the eunuch--a black man, one of the first Gentiles (non-Jews) baptized in history—a very big deal. See Acts chapter 8, verses 26-40. This moment is also very significant for another very simple reason: In the text, the Eunuch makes it clear how important it is for Christians to share the faith with unbelievers. He says, "How can I know unless some man show me?" His story has been told for centuries to inspire evangelism. Of all the achievements and incredible events of Black History, none is more important than those involving salvation of souls. Happy Black History Month.

"Every generous act and every perfect gift is from above, coming down from the Father of Lights; with Him here is no variation or shadow cast by turning." -James 1:17

## Beyond the Garden

By: Jennifer Byles



### February Winter Maintenance Checklist

February could be the toughest month for a true gardener! It's a month for simply preparing and planning. In preparation for the soon coming spring time, late winter maintenance of garden tools will need to be done.

- Blades need to be sharpened
- Broken tools need to be replaced
- Broken handles should be repaired
- Moving parts of lawn equipment need to be lubricated

### February Roses Checklist

- Late February is the time to do major pruning in most varieties of roses in northern Louisiana. Pruning will be required again in late August to early September. Light pruning can be done in late summer.
- Fertilize roses in late winter to early spring. A slow-release fertilizer should be used to promote early April blooms. A light fertilization can be done again in early summer and after late-summer pruning.
- Mulch bed with 2-3 inches of pine straw or mulch. This will help eliminate excess weeds and conserve moisture levels.

### February Vegetables to Plant Checklist

- Broccoli
- Cauliflower
- Eggplant
- Lettuce
- Tomatoes
- Cabbage
- Collards
- Irish Potatoes
- Snap Beans
- Turnips



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Genesis 9:13-14

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**From which country does German Chocolate cake originate?**

**United States • Switzerland  
Germany • Ethiopia**

ANSWER: German chocolate cake is a layered chocolate cake from the United States filled and topped with a coconut-pecan frosting. It owes its name to a chocolate maker named Samuel German, who developed a formulation of dark baking chocolate that came to be used in the cake recipe. The brand name of the product, Baker's German's Sweet Chocolate, was named in honor of him. The possessive form (German's) was dropped forming the "German Chocolate Cake" identity and giving the false impression of a German origin.

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# Casablanca to play at Many Community Center February 3

by Mary Key Brocato

February is Valentine's month, and the first February is the much loved Casablanca, a love story starring Ingrid Bergman and Humphrey Bogart.

Casablanca plays at the Many Community Center on Saturday, Feb.3, at 7 p.m. Admission is free, as always, thanks to the Town of Many, Mayor Ken Freeman, and the Many Cultural Advisory Committee.

You must remember this: Casablanca, perhaps the most beloved movie of all time, celebrates the 75th anniversary of its world premiere this month.

Set in December 1941 in the Moroccan city of Casablanca, the film centers on Rick Blaine (Humphrey Bogart), owner of Rick's Café Americain, and Ilsa Lund (Ingrid Bergman), the wife of a Resistance leader, who sacrifice being together for a higher purpose: defeating the Nazis in World War II.



Humphrey Bogart and Ingrid Bergman star in the classic love story Casablanca playing on its 75th anniversary Saturday, Feb. 3 at 7 p.m.

To commemorate, here are facts, observations and quotes related to a classic that ranks third on the American Film Institute's (AFI) list of the 100 greatest movies of all time.

Ilsa Lund (Ingrid Bergman) and Rick Blaine (Humphrey Bogart) look on as the German army occupies Paris in 'Casablanca.' Casablanca is adapted from a 1940 play, Everybody Comes to Rick's, written by Murray Burnett

and Joan Alison.

Casablanca is in North Africa. Casablanca was filmed at Warner Bros. Studios in Burbank, Calif.

Casablanca premiered in Feb. of 1942, in New York, days after the British-U.S. invasion of North Africa. The film's wide release came on Feb. 23, 1943, as President Roosevelt attended a conference of Allies in Casablanca.

Casablanca's writers said they didn't know how the movie would end when filming started. But they didn't know how World War II would end, either.

Casablanca won three Academy Awards, including best picture, director (Michael Curtiz) and screenplay (twin brothers Julius and Philip Epstein and Howard Koch).

Casablanca established Bogart as a romantic leading man and cemented his screen image as a cynic hiding a soft center. He was shorter than Bergman, which required adjustments to make him look taller.



Rick (Humphrey Bogart) looks on as Sam (Dooley Wilson) plays the piano at Rick's nightclub

Wartime cafe owner Humphrey Bogart's life is turned upside down when the woman who broke his heart walks into his bar with her husband, a fugitive from the Nazis, looking for an escape to America. This is one of those films the phrase "they don't make 'em like that. It is a classic and sad love story that you will remember... one of those love stories where the lovers don't live happily ever.

A perfect and thrifty way to celebrate Valentine's month is to attend Casablanca on Feb. 3 at the Many Community Center.

Popcorn and soft drinks cost only \$1.00 each. Alcohol, outside food and drinks are not allowed. Large bags, backpacks may be inspected or must be left in a storage closet at the front of the theater. Guests may also leave backpacks and large bags in their cars, if asked to do so.



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Bath Spa Baskets  
Stuffed Animals • Candy & Roses**



## Did you know? The Story of Valentine's Day

How have we reached the point where the US is set to spend \$30 billion on Valentine's Day?

It all goes back to a mysterious, third century saint who suffered a brutal fate.

St. Valentine of Terni was martyred in 269 C.E. (or somewhere around then — it kind of depends on what martyrology you're reading). According to legend, the Roman physician and priest was beaten, stoned, and beheaded for the crimes of marrying Christian couples ... and possibly attempting to convert Emperor Claudius II.

Thanks to the marital angle of his story, Valentine became the patron saint of love, young people, and marriages (and also of plague, epilepsy, and beekeepers).

His February 14 feast day was established by Pope Gelasius I in 496 C.E. There's disagreement amongst historians about whether the holiday was meant to replace the pagan fertility festival Lupercalia.



Either way, as time went on, more romantic connotations came to be associated with the saint. One legend has Valentine befriending (or falling in love with) the blind daughter of a judge (or his jailer — again, it depends). He supposedly wrote her secret letters signed "from your Valentine" and then restored her sight from beyond the grave.

As the cult of courtly love spread across Europe in the Middle Ages, an even more romantic light was cast upon mid-February. As the Folklore Society notes, Geoffrey Chaucer mentions Valentine's Day and describes February as the time "when every fowl cometh there to chose his mate" (although the blog Got Medieval asserts that the poet didn't invent Valentine's Day and it was already likely associated with love by the time he referenced it).

So, we know how Valentine's Day came to be seen as the most romantic day of the year. However, the truth is, we don't know much about St. Valentine himself. There are eleven Valentines commemorated by the Catholic Church, and there were at least two other St. Valentines who lived around the time of St. Valentine of Terni. Because his origins are so obscure, he was actually removed from the General Roman Calendar by the Roman Catholic Church in 1969 (but he's still technically considered a saint).

So, don't feel bad if you have a crummy Valentine's Day. It (hopefully) won't be worse than getting killed, confused with other people, and kicked off the general liturgical calendar — which is what actually happened to the real St. Valentine.

# Sabine Animal Shelter Fundraiser a Great Success

by Mary Brocato



The lives of dogs, cats, horses, roosters and other homeless animals who reside at the Sabine Parish Animal Shelter are about to get a little more comfortable.

Generous movie goers attended a movie at the Many Community Center and brought cash donations, blankets, towels, treats, a dog bed, and toys for the animals living at the shelter. The movie A Dog's Purpose was a fundraiser for the shelter sponsored by the Town of Many, Many Mayor Ken Freeman and the Many Cultural District Advisory Committee. It was well attended by some generous animal lovers who gave generously to help out the shelter and its animals.

Shelter Manager Lisa Butler attended and considered the event a big success. "We're going to use the money to purchase special items for the animals to make their lives better," she said.

Butler asked if it would be possible to perhaps have a second fund raiser for the shelter animals in the fall. The Cultural District Advisory Committee will decide at their next meeting, and it is anticipated they will approve the request.



"Lots of us are animal lovers and most animal lovers are generous when it comes to helping animals," Mary Brocato, chairperson of the Cultural District Advisory Committee, said. "If we can sponsor an event in the Cultural District that helps animals. I'm confident that we will."

Sabine Animal Shelter Manager Lisa Butler and a newly arrived Australian Shepherd named Blanket inspect all the donations from animal lovers who attended the fundraiser at the Many Community Center on January 20, 2017

# NPSO Accepting Applications for LSA Scholarship

Natchitoches Parish Sheriff Victor Jones has announced the availability of a \$500 college scholarship for a Natchitoches Parish graduating high school senior.



The scholarship is made available each year through the Louisiana Sheriff's Honorary Membership Program to help defray the cost associated with higher education. One scholarship is awarded in each parish where the sheriff participates in the Honorary Membership Program.

To qualify for a scholarship, the recipient must be a permanent resident of Louisiana, plan to enroll as a full-time undergraduate student, and agree to use the scholarship at a Louisiana institute of higher education. Applications must be eligible for admission to the school indicated on their application.

The deadline to apply is March 19. Completed applications should be mailed to Natchitoches Parish Sheriff's Office, Attention: Deputy Sandra Moreau, P.O. Box 266, Natchitoches, LA 71457 or can be delivered in person to the Sheriff's Office at 200 Church Street.

Scholarship winner will be announced by May 1. To receive an application contact the Sheriff's Office at 318-357-7802

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# What You Don't Know About Water, Aspirin and Heart Attacks/-strokes

by Roberta Hough



A cardiologist has determined that heart attacks can be triggered by dehydration. Good Thing To Know. How many folks do you know who say they don't want to drink anything before going to bed because they'll have to get up during the night?

**Heart Attack and Water.** Drinking one glass of water before going to bed avoids stroke or heart attack. Interesting!!! Something else you may not know is that the reason we need to urinate so much at night time is because gravity holds water in the lower part of your body when you are upright (legs swell). When you lie down, the lower body (legs and etc.) seeks level with the kidneys and it is then that the kidneys remove the water because it is easier. We all know that a minimum amount of water is needed to help flush the toxins out of your body, but this was news to me.

**Correct time to drink water.** This is very important information for all of us. Drinking water at a certain time maximizes its effectiveness on the body:

- 2 glasses of water after waking up - helps activate internal organs
- 1 glass of water 30 minutes before a meal - helps digestion
- 1 glass of water before taking a bath - helps lower blood pressure
- 1 glass of water before going to bed - avoids stroke or heart attack

It can also be added that water at bed time will also help prevent night time leg cramps. Your leg muscles are seeking hydration when they cramp and wake you up with a Charlie Horse.

**Mayo Clinic on Aspirin.** Most heart attacks occur in the day, generally between 6 A.M. and noon. Having one during the night, when the heart should be most at rest, means that something unusual happened. Researchers have been working for a decade to show that sleep apnea is to blame.

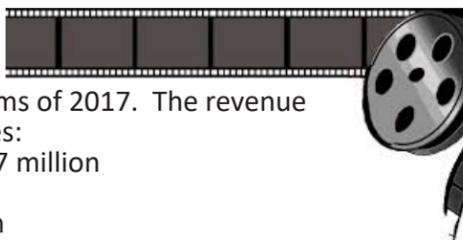
- If you take an aspirin or a baby aspirin once a day, take it at night. The reason is that Aspirin has a 24-hour "half-life"; therefore, if most heart attacks happen in the wee hours of the morning, the Aspirin would be strongest in your system. This is something that we can do to help ourselves.
- Aspirin lasts a really long time in your medicine chest – years! (When it gets old, it smells like vinegar).

**Why keep Aspirin by your bedside?** It's about Heart Attacks. There are other symptoms of a heart attack, besides the pain on the left arm. One must also be aware of an intense pain on the chin, as well as nausea and lots of sweating; however, these symptoms may also occur less frequently.

## Interesting Notes

- There may be NO pain in the chest during a heart attack.
- The majority of people (about 60%) who had a heart attack during their sleep did not wake up. However, if it occurs, the chest pain may wake you up from your deep sleep. If that happens, immediately dissolve two aspirins in your mouth and swallow them with a bit of water.
- Afterwards: Call 911. Phone a neighbor or a family member who lives very close by and say "Heart Attack!" Let them know that you have taken 2 Aspirins. Take a seat on a chair or sofa near the front door, and wait for their arrival and .....**DO NOT LIE DOWN!**

"Life is a one-time gift"



These were the 10 top grossing films of 2017. The revenue shown is from domestic ticket sales:

10. The Fate of the Furious-\$225.7 million
9. Logan-\$226.2 million
8. Despicable Me 3-\$264.6 million
7. Thor: Ragnarok-\$311.2 million
6. It-\$327.4 million
5. Spider-Man: Homecoming-\$334.1 million
4. Guardians of the Galaxy Vol. 2-\$389.8 million
3. Wonder Woman-\$412.5 million
2. Beauty and the Beast-\$504 million
1. Star Wars Ep. VIII: The Last Jedi-\$517.2 million

## Simplify Your Life

by Herbert de Launay

Do you feel stressed out? Is life a struggle? Maybe we need to simplify our lives. Do I have too many things to do and not enough time to do it all? God gives each of us only 24 hours in a day. If I seem to need 30 hours a day, then maybe I am trying to do more than God asks or expects of me.



I know it is hard to listen to this. Sometimes want to scream when other people tell me similar things about cutting back. Maybe I have commitments that I cannot change immediately. But God only gives each of us 24 hours in a day.

Perhaps I struggle with finances. This can be complicated by other family members who need our support. But here too I may need to examine and evaluate what I am trying to do. Maybe I need to live more simply. What do people and families do who have less than I have?

Regarding finances, I need to be especially careful of expenses that are recurring month after month. This can include things like cable or internet. It can include rental fees for furniture. It can be installment payments on expensive items. It can be monthly payments for a vehicle. Vehicles also require regular insurance payments. If all of my money is tied up on these fees, then I have nothing left for emergencies.

Sometimes I need to realize that I can survive with less. My daddy grew up in a home without electricity. He was born in 1914 and is now deceased. But maybe I do not need everything that others have. For example, I do not have internet or a computer. When I need a computer with internet access, I go to the library. Maybe I do not have to have the largest size television.

If I buy less and have less, then my bills and expenses are lessened. With fewer expenses, I may not have to work as long to pay my bills. Maybe then I can relax, slow down, and enjoy the simple things in life.

I may need to look at things that eat up my time. Do I spend too much time on reading the news or keeping up with social media? Maybe I need to budget my time and limit my use of social media.

One prayer that helps me a lot is the Serenity Prayer. "God, grant me the serenity to accept the things I cannot change, courage to change the things I can, and wisdom to know the difference." This prayer divides my worries into two groups: things I can change and things I cannot change. The things I cannot change I can give to God. Then I can focus on the things that I can do something about. Of course in some situations there is a mixture of some elements that can be changed and others that I have no control over. That is why I need to pray for all three: serenity, courage, and wisdom.

Another prayer is to say, "Lord, not my will but Your will be done." This reminds me not to focus obsessively on what I want. I can learn to relax and realize that God wants what is best for me, even if I do not know what that is at the moment.

It can also help to make a list of expenses and things that I want to do. By keeping this list in mind, I can be thinking about things and working on them a little at a time. For example, sometimes I can combine errands, stopping at the store on my way back from the library.

I am a writer. Sometimes I do not have a large block of free time so my writing is spread out over several days. I will think of a topic and write a few notes. Then, while I am walking my dogs or doing other errands, I can be thinking over the topic. I jot down a few more thoughts. Then, when I get to the computer at the library, my mind and note pad are filled with ideas.



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# Coming Together for a *Healthier Community*



Outpatient Medical Center, Inc. (OMC Inc.) is excited to announce that we have been awarded a grant by the Natchitoches Regional Medical Center Foundation. OMC, Inc. will use the grant to purchase 20 One-Step Diabetic Monitors and a six-month supply of test strips for each monitor.

The monitors and test strips will be provided to low income diabetic patients who can't afford them and qualify to receive them. This will help promote and encourage regular glucose monitoring and overall control, that will help to reduce the complications from diabetes.

On behalf of our Board of Directors and Executive Officers, we would like to extend our thanks to the Natchitoches Regional Medical Center Foundation for supporting Outpatient Medical Center, Inc. in our endeavors to promote a healthy lifestyle in our community. Because caring for you is what we do at Outpatient Medical Center Inc. Be well; be informed; be in touch and – be healthy.



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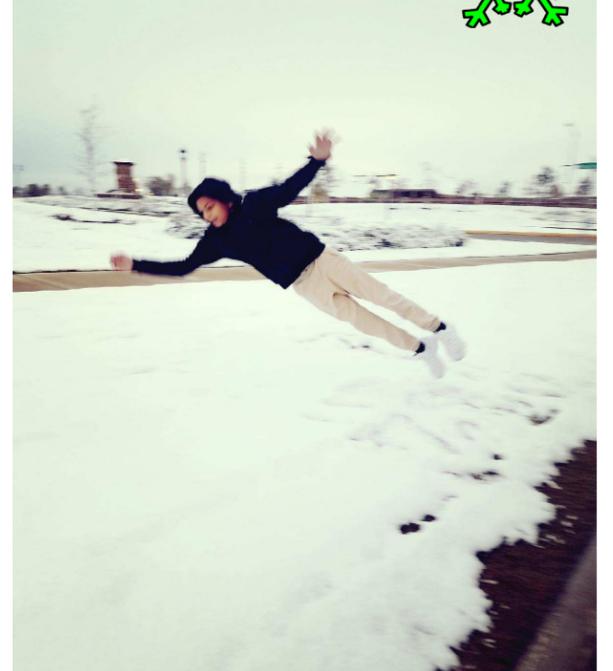
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# AROUND the TOWN



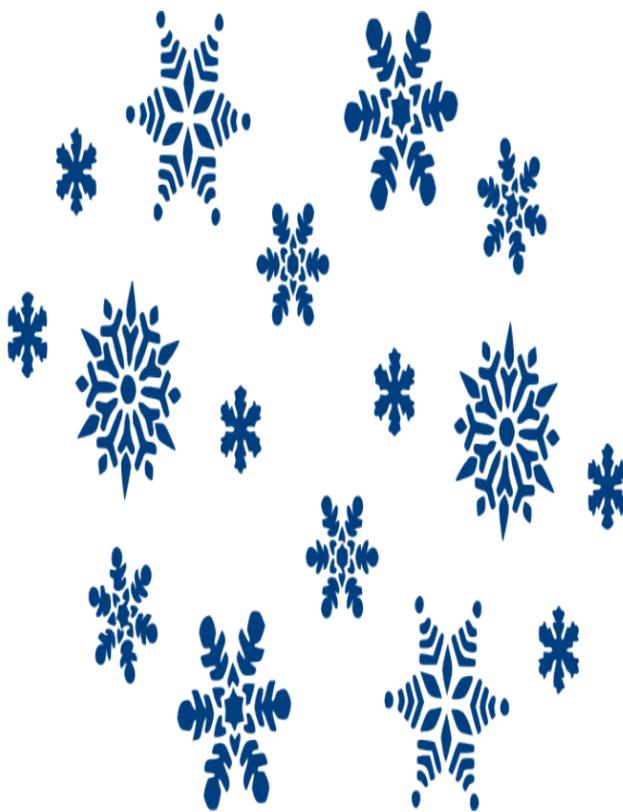
## SNOW DAYS IN LOUISIANA!!!



“Lord, thank you for the snow – Amen”...Hazel Athena Alexander is enjoying the first snow of 2018. Hazel is the 1-1/2 year old daughter of Seth and Heather Alexander of Smyrna, Tennessee. Photo by Jeri Lewing

“Happy girls are the prettiest”.. Liberty Lewing having a great time in the first snow of 2018. Liberty is the daughter of Jakey and Jeri Lewing of Many. Photo by Jeri Lewing

Ezekiel Martinez appears to be “Dashing Through the Snow” during the first snow of 2018. Ezekiel is the 12 year old son of Miriam and Anthony Stewart of Katy, Texas. Photo by Miriam Stewart



“Cabin Fever – Let’s go somewhere”, says 10 month old Eliana Jade Stewart of Katy, Texas. Eliana is the daughter of Anthony and Miriam Stewart of Katy, Texas. Photo by Miriam Stewart

Makenzi Skye Garlington of Natchitoches was captured in this photo enjoying her first snow of 2018. Makenzi Skye is the 10 year old daughter of David and Michelle Garlington of Natchitoches.

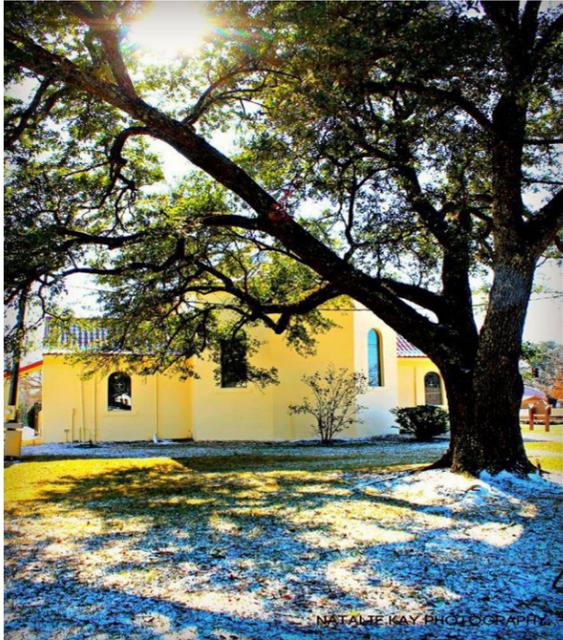


“Throw one more snowball at me.” Lawson Lewing is having a blast in the first snow of 2018. Lawson is the son of Jakey and Jeri Lewing of Many. Photo by Jeri Lewing

Walker Keith Lewis held by his mom Brooke is enjoying his first snow ever. Walker is the son of Devin and Brooke O’Con-Lewis of Natchitoches. Photo by Brooke O’Con-Lewis

Trey Freeman builds a snowman at his home in Robeline. Trey is in kindergarten at Marthaville Elementary. Submitted by Marty & Jenn Freeman

# AROUND the TOWN



Special thanks to Shirley Rivers for sharing with us this beautiful picture of St. John the Baptist Catholic Church in Many. This photo was taken by Natalie Kay Photography during the first snow of 2018.



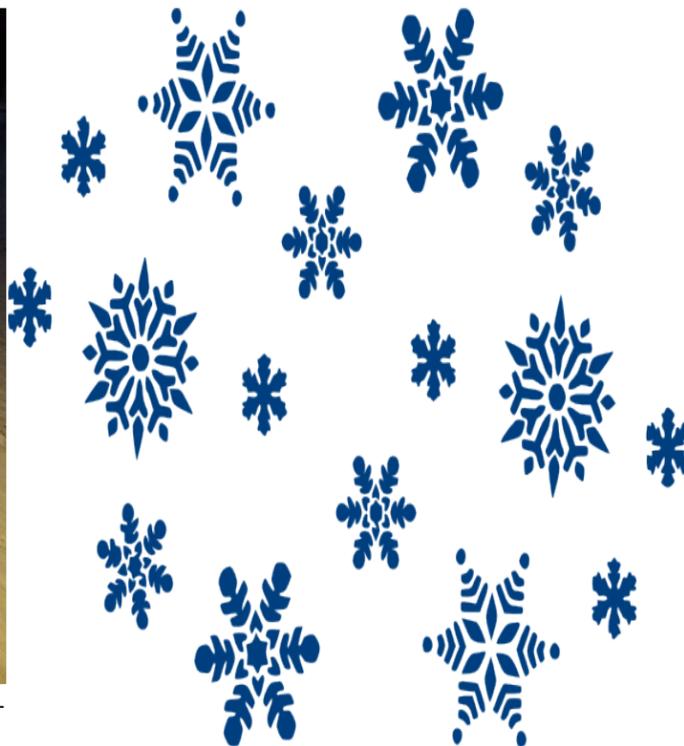
Ainsley, Adan & Mak Knippers enjoying the snow in Florien. They are the children of Monty and Kristy Knippers of Florien and grandchildren of Randy and Mona Sandel of Florien. Photo by Kristy Knippers



Snow falls in beautiful downtown Natchitoches. Photo by Wiley Butler



Macey Charlotte Jordan is enjoying playing in the first snow of 2018. Macey is the daughter of Celeste Jordan of Robeline. Photo by Betsy Edwards



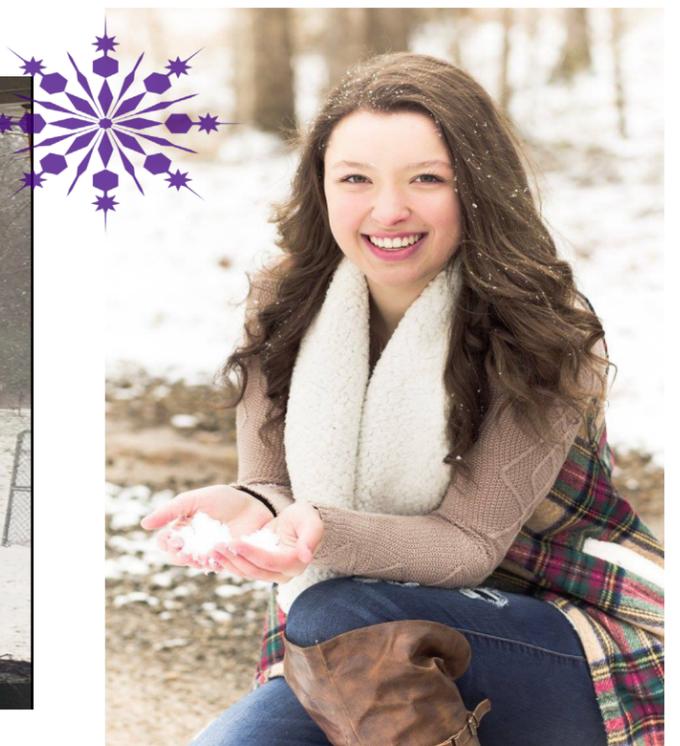
Nixon Bryan Knight, six year old son of Summer Bryan Knight is having fun in the snow making snow angels. Photo by Summer Bryan Knight



Brooklyn Outlaw of Natchitoches is having the time of her life playing in the first snow of 2018. Brooklyn is the 16 month daughter of Shanna and Adam Outlaw of Natchitoches. Photo submitted by Becky Broadway



Snow in the "big" Village of Provencal. Photo submitted by Becky Scarbrough Broadway



Tristaan Ross is having SNOW much fun in Many during the first snow of 2018. Tristaan is the daughter of Will and Teresa Ross.



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# HOW THE INTERNET STARTED, ACCORDING TO THE BIBLE

Please do not Google or check this with Snopes. They will lie to you. Trust me!

In ancient Israel, it came to pass that a trader by the name of Abraham Com did take unto himself a healthy young wife by the name of Dorothy. And Dot Com was a comely woman, large of breast, broad of shoulder and long of leg. Indeed, she was often called Amazon Dot Com.

And she said unto Abraham, her husband, "Why dost thou travel so far from town to town with thy goods when thou canst trade without ever leaving thy tent?"

And Abraham did look at her as though she were several saddle bags short of a camel load, but simply said, "How, dear?"

And Dot replied, "I will place drums in all the towns and drums in between to send messages saying what you have for sale, and they will reply telling you who hath the best price. The sale can be made on the drums and delivery made by Uriah's Pony Stable (UPS)."

Abraham thought long and decided he would let Dot have her way with the drums. And the drums rang out and were an immediate success. Abraham sold all the goods he had at the top price, without ever having to move from his tent.

To prevent neighboring countries from overhearing what the drums were saying, Dot devised a system that only she and the drummers knew. It was known as Must Send Drum Over Sound (MSDOS), and she also developed a language to transmit ideas and pictures - Hebrew to the People (HTTP).

And the young men did take to Dot Com's trading as doth the greedy horsefly take to camel dung. They were called Nomadic Ecclesiastical Rich Dominican Sybarites, or NERDS. And lo, the land was so feverish with joy at the new riches and the deafening sound of drums that no one noticed that the real riches were going to that enterprising drum dealer, Brother William of Gates, who bought off every drum maker in the land. Indeed he did insist on drums to be made that would work only with Brother Gates' drum heads and drumsticks.

And Dot did say, "Oh, Abraham, what we have started is being taken over by others." And Abraham looked out over the Bay of Ezekiel, or eBay as it came to be known. He said, "We need a name that reflects what we are."

And Dot replied, "Young Ambitious Hebrew Owner Operators." "YAHOO," said Abraham. And because it was Dot's idea, they named it YAHOO Dot Com.

Abraham's cousin, Joshua, being the young Gregarious Energetic Educated Kid (GEEK) that he was, soon started using Dot's drums to locate things around the countryside.

It soon became known as God's Own Official Guide to Locating Everything (GOOGLE).

That is how it all began. And that's the truth.

I would not make up this stuff.



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## New Application Deadline for Restore Louisiana Small Business Program



The Parish of Natchitoches would like to share some important information regarding the Restore Louisiana Small Business Program, which offers interest-free, partially forgivable loans to businesses impacted by the 2016 flooding event. Since Natchitoches Parish was one of numerous Parishes affected by the event, some Parish businesses may be eligible for the program.

In November, the program extended indefinitely its application deadline of October 31st, 2017. The new deadline for filing an application will now be February 28th, 2018.

Small businesses and non-profits in the Parish who were affected by the 2016 floods and are interested in getting a loan through the program are encouraged to apply through one of the lenders participating in the program. A list of lenders and eligibility requirements can be found at: <http://restore.la.gov/small-business-program-detailstimeline/>.

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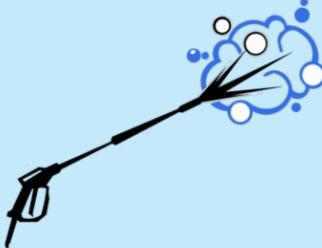
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## Annual Awards Recognize Best of the Louisiana Tourism Industry

The Louisiana Travel Promotion Association (LTPA) – which voted Tuesday to change its name to the Louisiana Travel Association (LTA) – introduced Rebecca Blankenbaker as the winner of the 2018 Rising Star award during its Annual Membership Meeting Tuesday in Lafayette, La.

The Rising Star award is presented to an up-and-coming young professional in the tourism industry who has demonstrated qualities of leadership, entrepreneurship and creativity. “I consider myself lucky to have the opportunity to work in an industry that I love, and I am honored to be recognized by the Louisiana Travel Association with the 2018 Rising Star award,” said Rebecca Blankenbaker, Director of Communications of the Cane River National Heritage Area.

“Partnerships are key to any success in the tourism world, and I am truly blessed to have such a wonderful “family” of colleagues throughout the region who share my passion for heritage tourism. It’s best to simply express my appreciation with a sincere and profound thank you,” continued Blankenbaker.

In addition, Blankenbaker celebrated her graduation from the Louisiana Tourism Leadership Academy (LTLA) at the association’s 2018 Annual Membership Meeting in Lafayette, La.



Blankenbaker recognized as the Louisiana Travel Association’s 2018 Rising Star

The 18 members of the LTLA class spent all of 2017 developing their leadership skills while learning from seasoned professionals from throughout the tourism industry. The goal of the program is to equip each class member with knowledge and skills that will enrich their tourism-related organizations, therefore strengthening the state-wide tourism industry.

“I am grateful to have the opportunity to learn so much from established leaders in the tourism industry, and I look forward to continuing to showcase Natchitoches and the Cane River National Heritage Area to the rest of the world,” remarked Blankenbaker.

The graduating class of LTLA also includes: Marica Brewster, with Von Mack Agency; Alvon Brumfield, with Louisiana Renaissance Festival; Kimberly Calderera, with L’Auberge Casino Resort Lake Charles; Megan Gavlick, with L’Auberge Casino Resort Lake Charles; Katherine Johnson, with Natchitoches CVB; Zondra Jones, with St. Tammany Parish Tourist Commission; Leslie Landeche, with Mardi Gras World; Barry Landry, with Louisiana Office of Tourism; Shanna Landry, with Lake Charles/Southwest Louisiana CVB; Kaylie Leblanc, with Lafayette CVC; Angie Manning, with Lake Charles/Southwest Louisiana CVB; Joshua McNemar, with Office of the Lt. Governor; Jessica Ragusa, with Office of the Lt. Governor; Madeline Sanchez, with Louisiana Travel Association; Timika Spurlock, with Sheraton New Orleans; Stella Thorton, with Louisiana Tax Free Shopping; and Kellie Walters, with Louisiana’s Cajun Bayou.

“LTLA has been a tremendous opportunity for those interested in learning more about Louisiana’s tourism industry, and we are proud of the 2017 graduating class,” said Jill Kidder, LTA President and CEO. “It is our hope that these professionals will utilize their new-found knowledge and experience to better themselves, their organizations and their state.”



Jill Kidder, LTA President and Lt. Governor Billy Nungesser present Rebecca Blankenbaker with the 2018 Rising Star award at the annual membership luncheon.

## AMT Open House Scheduled for March 1

by Leah Jackson

The Central Louisiana Technical Community College Natchitoches Campus and Northwestern State University will host an open house for students interested in participating in the Advance Manufacturing Technician program in which students can earn an associate degree from NSU while taking classes and working part-time at a sponsoring manufacturing facility.

The Open House will be from 5-7 p.m. Thursday, March 1 at CLTCC Natchitoches, located at 6587 Hwy. 1 Bypass next to Natchitoches Central High School.

Through the AMT program, students work part-time at a manufacturing facility and take relevant courses part-time at CLTCC. After completing the program, the student has the option to apply the associate degree towards a bachelor’s degree in engineering technology at Northwestern State. Students gain not only work skills, but also soft skills in written and verbal communication, dress code and interacting with management. Program participants must meet eligibility requirements.

The program is supported by the Natchitoches Community Alliance Foundation and is made possible through agreements with five sponsoring manufacturers, Alliance Compressors, Roy O. Martin, Pilgrim’s, Boise Cascade and Stella-Jones. Administrators estimate there are about 2,000 jobs in central Louisiana that need to be filled.

For more information on the Open House, contact Cade Stepp at [stepj@nsula.edu](mailto:stepj@nsula.edu) or (318) 357-4612 or Laurie Morrow at [lauriemorrow@cltcc.edu](mailto:lauriemorrow@cltcc.edu) or (318) 357-3162. Participants can also register for the Open House online at [www.nsula.edu/futurestudents](http://www.nsula.edu/futurestudents).



## February Happy Hours Classes Scheduled

Two Happy Hours classes will be taught in February at the Many Depot Art Gallery. The full contingent of Happy Hours classes every Saturday will begin in March.

Kimerley Remedies will teach students how to paint a rustic kitchen rooster on barnwood at the Saturday, Feb. 10th class. It will meet from 1 to 4 p.m. at the Depot. Students should call her in advance at 337-424-6526 to reserve a place. Several slots are already filled, so it’s important to call early to be able to take this class.

Shanna Dees Gaspard will be making decorative coasters for the table with her students on Saturday, Feb.17. Students should call Gaspard as soon as possible to reserve a place. The phone number to call is 318-602-1614.

Photography and jewelry making/design will begin in March which will be the first month of 2018 which has classes every Saturday afternoon of the month.

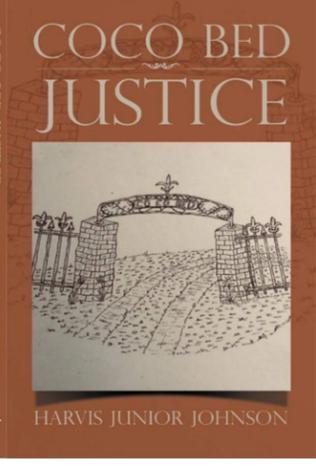




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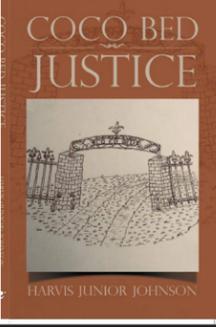
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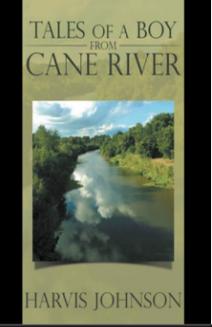
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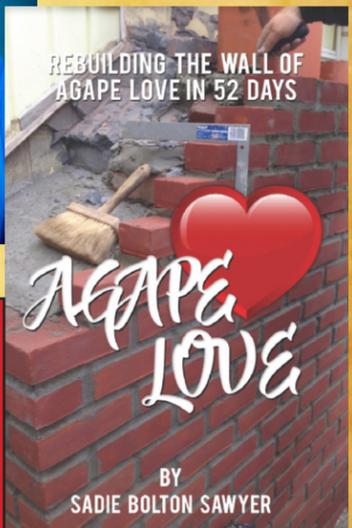
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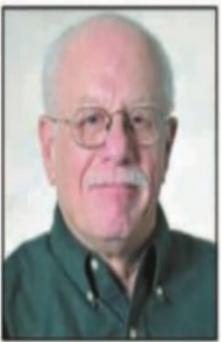
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For 38 Hours of Instruction  
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# LOCAL BUSINESS REVIEW

*"The heavens declare the Glory of God, and the firmament shows his handiwork"...Psalms 19:1-6*

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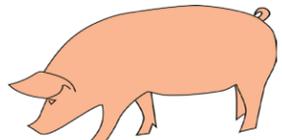
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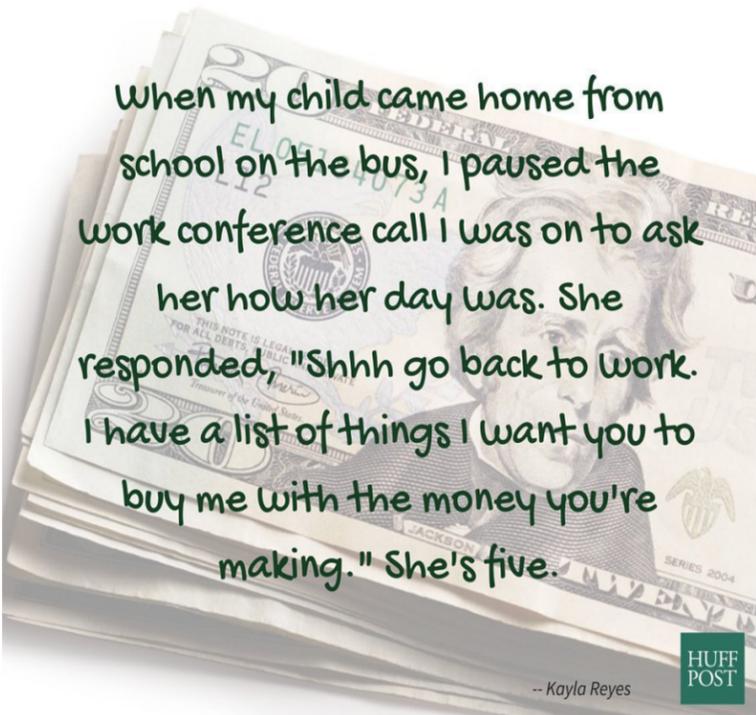
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When my child came home from school on the bus, I paused the work conference call I was on to ask her how her day was. She responded, "Shhh go back to work. I have a list of things I want you to buy me with the money you're making." She's five.

-- Kayla Reyes



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# ACTIVITIES PAGE

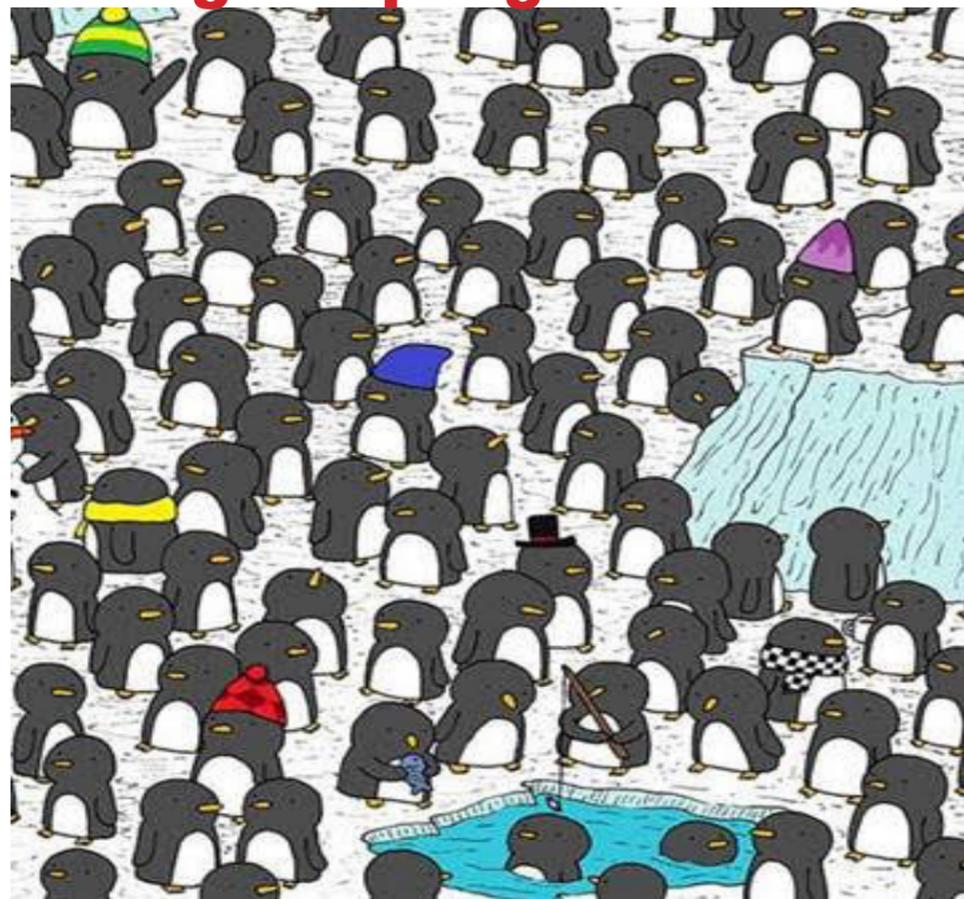
## Missing Wife

M S E D U J Y E H R R E X O B E H T Y  
 S S W I L D T H I N G W I P E O U T K  
 T I M Z B C E C Y L E G N A N E E T O  
 H K Y Z R C R N E E Y A W A N U R O O  
 E T G Y D V A Y O P S B U S S T O P P  
 S S I W O A L R I T S T E L P A S O S  
 E A R N W L O Y A N S E E O M Y G U Y  
 E L L S N L V U V M G E R R K E R G H  
 Y W H I T E R A B B I T V R D F O P S  
 E B B H O R T F P N A A A L C A U N I  
 S L A P W I E E I T G P Y I A P Y I R  
 L U B M N O O V S N O Y T A P G S V E  
 E E Y E V P O I A O G Y R Y D O E O H  
 L V L M L O W G C W Z E L R U I S L C  
 E E O E R T N Y E A T O R L E D L D L  
 N L V G E I H Y R R V A M T R H D O A  
 O V E H A C U C G E I A E O I I S O H  
 R E T H T W I N D Y N F W H H P A G T  
 E T C I E B L U E M O O N Y A T S H R

- |                    |                      |                   |                     |
|--------------------|----------------------|-------------------|---------------------|
| <b>BABY LOVE</b>   | <b>ELENORE</b>       | <b>MEMPHIS</b>    | <b>TEEN ANGEL</b>   |
| <b>BLUE MOON</b>   | <b>FINGERTIPS</b>    | <b>MY GIRL</b>    | <b>THE BOXER</b>    |
| <b>BLUE VELVET</b> | <b>FIRE</b>          | <b>MY GUY</b>     | <b>THE TWIST</b>    |
| <b>BUS STOP</b>    | <b>GALVESTON</b>     | <b>PEOPLE</b>     | <b>THESE EYES</b>   |
| <b>CARA MIA</b>    | <b>GOOD LOVIN'</b>   | <b>PUPPY LOVE</b> | <b>VALLERI</b>      |
| <b>CHAIN GANG</b>  | <b>GROOVIN'</b>      | <b>RESPECT</b>    | <b>VOLARE</b>       |
| <b>CHERISH</b>     | <b>HAIR</b>          | <b>RUNAWAY</b>    | <b>WHITE RABBIT</b> |
| <b>CRAZY</b>       | <b>HEATWAVE</b>      | <b>SHERRY</b>     | <b>WILD THING</b>   |
| <b>CRYING</b>      | <b>HEY JUDE</b>      | <b>SOUL MAN</b>   | <b>WINDY</b>        |
| <b>DIZZY</b>       | <b>HOLIDAY</b>       | <b>SPOOKY</b>     | <b>WIPEOUT</b>      |
| <b>DOWNTOWN</b>    | <b>ITCHYCOO PARK</b> | <b>STAY</b>       | <b>WORDS</b>        |
| <b>EL PASO</b>     | <b>LAST KISS</b>     | <b>SURF CITY</b>  | <b>YESTERDAY</b>    |

**Husband:** My wife of 15 years is missing. She went shopping yesterday and has not come home!  
**Sheriff:** Height ?  
**Husband:** I'm not sure. A little over five-feet tall.  
**Sheriff:** Weight ?  
**Husband:** Don't know. Not slim, not really fat.  
**Sheriff:** Color of eyes ?  
**Husband:** Sort of brown I think. Never really noticed.  
**Sheriff:** Color of hair?  
**Husband:** Changes a couple times a year. Maybe dark brown now. I can't remember.  
**Sheriff:** What was she wearing ?  
**Husband:** Could have been pants, or maybe a skirt or shorts. I don't know exactly.  
**Sheriff:** What kind of car did she go in ?  
**Husband:** She went in my truck.  
**Sheriff:** What kind of truck was it ?  
**Husband :** A 2016 pearl white Ram Limited 4X4 with 6.4l Hemi V8 engine ordered with the Ram Box bar and fridge option, led lighting, backup and front camera, Moose hide leather heated and cooled seats, climate controlled air conditioning. It has a custom matching white cover for the bed, Weather Tech floor mats. Trailing package with gold hitch, sunroof, DVD with full GPS navigation, satellite radio, Cobra 75 WX ST 40-channel CB radio, six cup holders, 3 USB port, and 4 power outlets. I added special alloy wheels and off-road Toyo tires. It has custom retracting running boards and under-glow wheel well lighting.  
**Sheriff:** At this point the husband started choking up.  
**Sheriff:** "Take it easy sir, we'll find your truck!!!"

## Can you spot the coffee mug among the penguins?



## DID YOU KNOW?

Bring out the box of chocolates and nibble on them as you read this week's Valentine's Day, amusing facts!

- Almost 3% of pet owners (which are around 9 million people) prefer to give Valentine gifts to their pets, as they appear to be more grateful than humans.
- Richard Cadbury introduced the first Valentine's Day box of chocolates in the 1800's.
- 141 million Valentine's Day cards are exchanged worldwide.
- 15% of American women send themselves flowers on Valentine's Day, where 189 million stems of roses are sold on that specific day.
- About 8 billion conversation, candy hearts will be produced this year; that's enough candy to stretch from Rome, Italy to Valentine, Arizona 20 times and back again.
- Verona, Italy, receives around 1,000 letters addressed to Juliet (of Shakespeare) every Valentine's Day. This city is where Shakespeare's lovers Romeo and Juliet lived.
- In Japan men receive more Valentine's Day gifts than women as a result of a marketing campaign carried out by a famous chocolate manufacturer.
- Alexander Graham Bell applied for his patent on the telephone, on Valentine's Day, in 1876



on the ground.

look to the right just below the ice cliff,



## THE CAJUN COOK

### Emeril's Shrimp Creole

Shrimp Creole originated in South Louisiana where gulf shrimp are plentiful. The shrimp are simmered in a spicy tomato sauce and the dish is served over rice. It makes a great one-pot meal for family gatherings or potlucks.

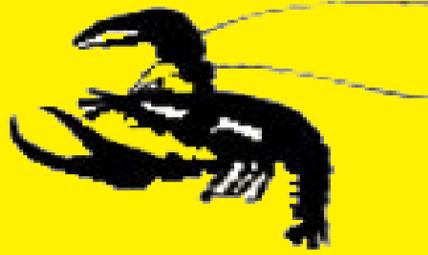
- |                                      |                                     |  |
|--------------------------------------|-------------------------------------|--|
| • 4 ounces (1 stick) unsalted butter | • one 14.5-ounce can diced tomatoes | • 2 1/2 pounds peeled and deveined large shrimp  |
| • 2 cups chopped onions              | • 1 tablespoon chopped garlic       | • 1 tablespoon Emeril's Essence Creole Seasoning |
| • 1 cup chopped green bell pepper    | • 1 teaspoon Worcestershire Sauce   | • 1/2 cup chopped green onions                   |
| • 1 cup chopped celery               | • 1 teaspoon hot sauce, or to taste | • 2 tablespoons chopped parsley                  |
| • 1 teaspoon salt                    | • 2 tablespoons all-purpose flour   | • 4 cups cooked long-grain white rice            |
| • 1/2 teaspoon cayenne pepper        | • 1 cup water                       |  |
| • 2 bay leaves                       | • 1 cup shrimp stock                |  |



In a large sauce pan, over medium heat, melt the butter. Add the onions, peppers, and celery to the pan. Season the vegetables with salt and cayenne. Saute the vegetables until they are wilted, about 6 to 8 minutes. Stir in the bay leaves, tomatoes, and garlic. Bring the mixture to a boil and reduce to a simmer; continue to cook for 15 minutes.

In a small bowl whisk the flour and water together and add the mixture to the tomatoes. Cook for 4 to 5 minutes. Add the shrimp stock, Worcestershire and hot sauce and continue to cook for 10 minutes longer. Season the shrimp with Essence and add them to the pot. Cook the shrimp until they are pink and cooked through, about 6 to 7 minutes. Stir in the green onions and parsley.

# Bayou Crawfish



## Cajun Cuisine



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