

BATON ROUGE

PARENTS[®]

NOVEMBER 2023

MAGAZINE THAT BATON ROUGE FAMILIES LIVE BY



30+ Gifts
to Shop
this Season

A Meaningful
Thanksgiving

**Family
Favorites
Winners**

moving towards MORE!



TO OPPORTUNITY™

with McDonald's you can!
ArchwaysToOpportunity.com

Make your college journey
more affordable with financial
support from McDonald's paid
directly to any accredited four-year
university, community college or
trade school in the US

Crew members

Up to **\$2,500** a year

Managers



Up to **\$3,000** a year

Eligibility begins at
90 days of employment and
weekly shift minimums of
only **15** hours!



Committed to being
America's best first job!

© 2013 McDonald's. McDonald's and the golden arches logo are registered trademarks of McDonald's Restaurants, Inc. All other trademarks are the property of their respective owners. Financial support is provided to eligible students who are currently enrolled in a college or university and are working at a McDonald's restaurant. The amount of financial support is based on the student's enrollment status and the number of hours they work at the McDonald's restaurant. The support is provided to the student's educational institution. Financial support is not available for students who are not currently enrolled in a college or university or who are not working at a McDonald's restaurant.



the child development cooperative

2023 Favorite Child Care
2023 Favorite Runner-up Preschool Program
Research-based, child-led, hands-on, developmentally-appropriate environment.

- Loads of outdoor time
- Building foundations for academic learning through play
- Nationally recognized, award-winning program

Call today to schedule your tour.
(225) 927-3731
thechilddevelopmentcooperative.com

FROM ONE FAMILY *to another.*



Where Resale Looks Retail!

@refinerykids
 @refinerykids

(225) 291-8656
 2834 S Sherwood Forest Blvd
 Baton Rouge, LA 70816

Baton Rouge Ballet Theatre
presents

The Nutcracker

A Tale from the Bayou

With the Baton Rouge Symphony Orchestra
 December 16-17
 at 2 p.m. and 6 p.m.
 River Center Theatre for Performing Arts

Tickets going fast!

Scan the code to get yours now!

Meet the cast at the Nutcracker Tea!
 November 26 at 2 p.m.
 Lod Cook Alumni Center

BatonRougeBallet.org | 225-766-8379

@brparents.com



WHAT'S ON THE WEB



How to Avoid Dry Turkey This Thanksgiving

These turkey-tending tips will help you avoid a dry turkey this Thanksgiving.

Crustless Pie: A Treat for Those with Gluten Intolerance

Try this crustless pie recipe for those living with gluten intolerance.



What is Movember?

Learn more about this public health-focused effort raising awareness of men's health issues.

Essential Gear for First-Time Thanksgiving Hosts

Make the holiday complete with these must-haves.

BATON ROUGE
PARENTS



MEET OUR TEAM

AMY PLAISANCE
Founder

BRANDON FOREMAN
Publisher

AMY L. FOREMAN
Associate Publisher

ALEXIS ALEXANDER
Senior Executive Administrator

BUSINESS OPERATIONS
LAURIE ACOSTA
Director of Operations

SARAH MILLER
Client Relations Coordinator

BRITTANY DUPLESSIS
Accounting Coordinator

EDITORIAL
AMANDA MILLER
Managing Editor

AUSTRIA COHN
MADISON VOORHIES
Associate Editors

ART/PRODUCTION
GRACE KNOX
Senior Graphic Designer

MADISON GRAHAM
ALEX HERRING
Graphic Designers

ADVERTISING
CRYSTAL BARRETT
CAMILLE CAVIN
JADE GRAY
JENNIFER HOFFMANN
MARTINE MELANCON
RYN WHITESIDE
Account Executives

MARKETING
SCHUYLER OLSON
Marketing Specialist

COMMUNITY DEVELOPMENT
TERI HODGES
Director of Community Partnerships

ROXANE VOORHIES
Community Outreach

freebies

Visit brparents.com and click "Promotions." | Deadline to enter is November 17, 2023.



The **Safari Trillium Camping Hammock** is durable and robust, and it can comfortably fit up to three people and all of their gear. tentsile.com



Easily keep your feet toasty while you relax with **PediPocket**. This blanket has a built-in pocket for your toes. pedipocketblanket.com

LAST MONTH'S WINNERS

Look who won October's Freebies: **Sharon Freeman** won the Smelly Proof Reusable Storage Bags and **Teresa Williams** won the Buddha Board.



/brparents /batonrougeparents



/brparents



/brparents



/baton-rouge-parenting-magazine



/brparentsmag



/br parents

CONTACT US

EDITORIAL@FAMILYRESOURCEGROUPINC.COM
OFFICE (225) 292-0032
11831 WENTLING AVENUE
BATON ROUGE, LA 70816-6055

BATON ROUGE PARENTS MAGAZINE is published monthly by FAMILY RESOURCE GROUP INC. and distributed free of charge. Subscriptions accepted. Only authorized distributors may deliver and pick up the magazine. We reserve the right to edit, reject, or comment editorially on all materials contributed. We cannot be responsible for the return of any unsolicited material. BATON ROUGE PARENTS MAGAZINE Copyright © 2023. All rights reserved. ISSN # 1050-8708. Reproduction in whole or part without written permission prohibited.



Exceptionally committed.

PEDIATRICS

Our Lady of the Lake began our legacy of healing for the families of Baton Rouge when the Franciscan Missionaries of Our Lady Sisters opened a brand-new hospital on November 4, 1923. Our *Spirit of Healing* has always placed a special emphasis on those most in need, including children. Our specialized pediatric ward opened in 1945.

Today, home to more than 25 pediatric specialties, Our Lady of the Lake Children's Hospital serves as a regional anchor for advanced pediatric care, is the first and only pediatric emergency room in our area, and has been designated a Level II Trauma Center, since 2022.

As we celebrate 100 years of Our Lady of the Lake, we continue to serve our community, especially those most in need.



The best in pediatrics, it's that simple.



**Our Lady of the Lake
Children's Health**

**Call (225) 374-HEAL
ololchildrens.org**





Photo by Kleinpeter Photography

ON THE COVER

2023-24 Cover Kid Cody N. is five years old and a first-time Cover Kid. He loves watching *Spider-Man* and his favorite song is "Unstoppable" by Sia. Cody enjoys karate, playing baseball, modeling, and anything to do with dinosaurs. He's silly and loves to smile and laugh, but he's also very sensitive and empathetic. When he gets older, he hopes to become a professional baseball player.

FEATURES

26

MAKE THIS THANKSGIVING MEANINGFUL

Start some family traditions to help encourage everyone to stop and count their blessings.

By Sarah Lyons

34

HOLIDAY GIFT GUIDE

30+ gifts for everyone on your list this holiday season.

By Amanda Miller

30

DIG INTO YOUR HISTORY

Learn about your history and discover how to get started.

By Austria Cohn

43

2023 FAMILY FAVORITES

See who the readers named as their Family Favorites this year.

By Amanda Miller

DEPARTMENTS

IN EVERY ISSUE

4 @BRPARENTS.COM

8 A NOTE FROM MOM

78 THINGS TO DO

86 THINGS WE LOVE

88 THE LAST WORD

90 SNAPSHOTS

CONNECT

10 COMMUNITY

12 EDUCATION

14 BOOK CORNER

16 CRAFT CORNER

LIVE

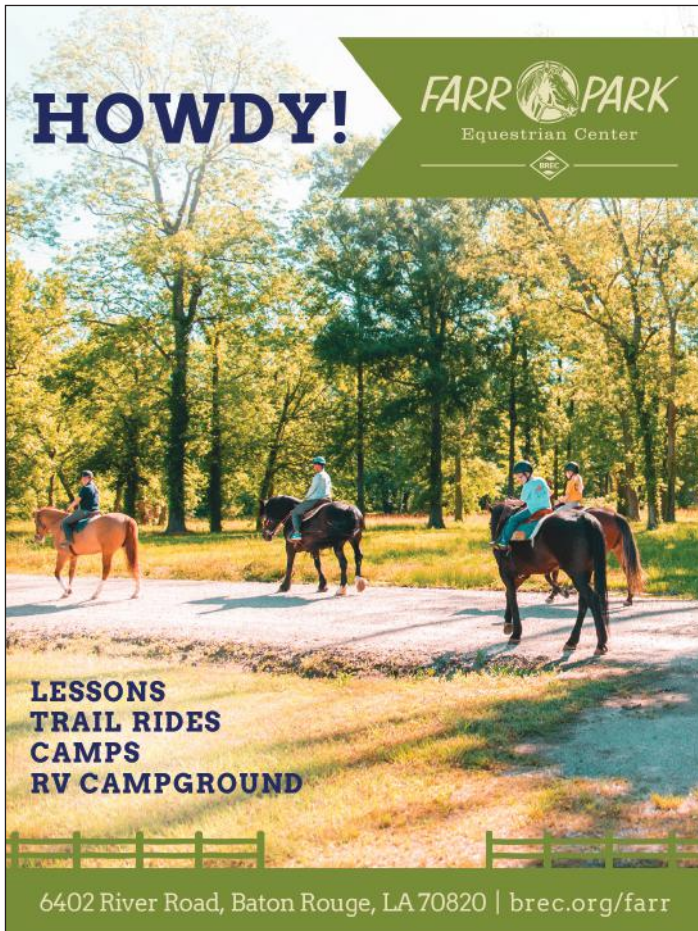
18 MOM NEXT DOOR

20 THRIVE

22 FAITH



Photo by LA Lights Photography



HOWDY!

FARR PARK
Equestrian Center

**LESSONS
TRAIL RIDES
CAMPS
RV CAMPGROUND**

6402 River Road, Baton Rouge, LA 70820 | brec.org/farr

**INDUSTRY
MAKES**

FALL POSSIBLE WITH...

**THANKSGIVING DESSERTS
PUMPKIN CARVING TOOLS
HALLOWEEN COSTUMES**

From the fuel for hayrides and bonfires to your seasonal decorations, industry makes your Fall family traditions possible. For more information, visit www.industrymakes.org.

GBRIA
GREATER BATON ROUGE INDUSTRY ALLIANCE

INDUSTRY MAKES

St. Joseph's Academy
Est. 1868

**APPLICATIONS ARE NOW
OPEN FOR THE 2024-2025
SCHOOL YEAR.**

Visit applytosja.org before
November 17, 2023.
Want to schedule a tour
of our beautiful, historic
campus? Our Admission
Team is ready to
show you around!
Contact
admissions@sjabr.org
or (225) 388-2243.

BATON ROUGE PARENTS MAGAZINE
Family Favorites 2023
READER'S CHOICE

5-PEAT

**THANKS TO
EVERYONE WHO VOTED FOR
ST. JOSEPH'S ACADEMY
AS BATON ROUGE'S
Favorite Private High School
AND STACIA ANDRICAIN AS
Favorite Private High
School Principal
FOR THE FIFTH YEAR IN A ROW!**

SJA is a five-time National Blue Ribbon School Awardee | 1991, 1996, 2002, 2016 and 2023

**Founded in 1868 by the Sisters of St. Joseph. | St. Joseph's Academy has a non-discriminatory admissions policy.
3015 Broussard Street | Baton Rouge, LA 70808 | (225) 383-7207 | www.sjabr.org**

a note from mom

Living Gluten Free in **a Not Gluten-Free World**

FIRST, let's start with a lesson. What is gluten? Gluten is a general name for the proteins found in wheat, rye, barley, and triticale—a cross between wheat and rye. Gluten helps foods maintain their shape, acting as a glue that holds food together. Gluten can be found in many types of foods, even ones that would not be expected.

Second, I have not always been gluten free. It all started two years ago when I had many medical issues that the doctors could not diagnose. They suggested the Mediterranean diet, which consists of fruits, veggies, olive oils, and whole grains. I committed for a few months, even though I kept gaining weight and feeling worse as the days went by. I am usually a good patient and listen to my doctors, but I knew something was not right. They kept giving me more meds to take for a new problem that would arise. I decided it was time to take over my own healthcare.

It was August 1, 2021 when I cut out all newly-prescribed medications, all gluten products, and all alcohol. I mean at this point, what did I have to lose? It could only go up from here is all I kept thinking. Well, one month in, and I lost weight and my body started to level out. After three months, I asked my doctor to run labs because I wanted to see if anything was working. My doctor was shocked at how much my levels normalized and suggested a few more months of this before reintroducing anything back into my diet.

Here I am over two years later, living gluten free. I mean, I used to think that it was so stupid how someone could be gluten free. I 100 percent understand it now and feel horrible for ever doubting anyone. However, the new problem is: living in the United States. In Louisiana alone, it is very hard to go eat and have the food be gluten free. I mean, you can only eat so much chicken, salad, and vegetables before it's just boring, and you are often mad at the world for being gluten intolerant.

With Thanksgiving this month, plan to bring your own food if you have a gluten intolerance, because most of the food cooked for a traditional Thanksgiving is not going to be gluten free. You've got the gravies, the casseroles, and not to mention, all the pies. I miss so many of these foods, but I have learned to make a few side dishes that I can enjoy.

I would love to hear from my readers on places they have found that have more gluten-free options, or any great recipes. Bonus points for a gumbo; I have been craving that forever now.

Amy Foreman

Amy L. Foreman
Associate Publisher

Email amylynn@familyresourcegroupinc.com to tell me about topics you'd like to see in future issues.





join us! OPEN HOUSE

TUESDAY, NOVEMBER 14 | PRE-K-12TH GRADE 8:30AM

RSVP required to admissions@parkviewbaptist.com or (225) 291-2500 ext. 104

PARKVIEWBAPTIST.COM

EDUCATION *with an* ETERNAL FOUNDATION
5750 PARKVIEW CHURCH ROAD | (225) 291-2500 EXT. 104

Parkview Baptist School admits students of any race, color and national or ethnic origin.

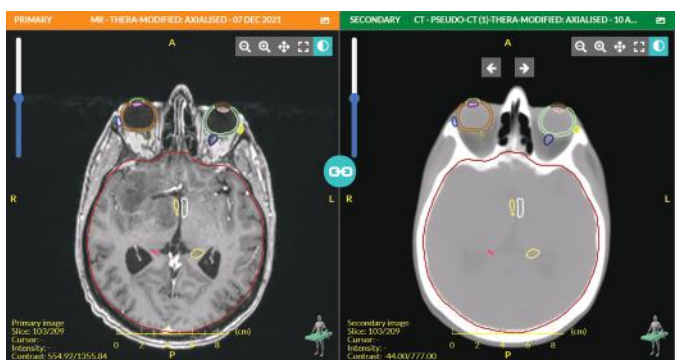


THE NUTCRACKER LAND OF THE SWEETS TEA

Kick off your holiday season with Baton Rouge Ballet Theatre at The Land of the Sweets Tea. This interactive experience is geared toward preschool and elementary-aged children and their families. At the tea, guests will enjoy sweets and finger foods while interacting with characters from Baton Rouge Ballet Theatre's *The Nutcracker—A Tale from the Bayou*, including Clara and the Nutcracker. Children will also participate in fun activities, enjoy photo opportunities, and take part in dance lessons. Bring your camera for this holiday experience on Sunday, November 26 at Lod Cook Alumni Center. There will be one seating at 2 p.m. ■ batonrougeballet.org



MARY BIRD INTRODUCES AI SOFTWARE IN CLINICAL SETTING



Mary Bird Perkins Cancer Center announced a new, state-of-the-art technology to create synthetic computed tomography (CT) scans from MRI scans using artificial intelligence (AI). The Cancer Center is the first clinical site in the world to use this FDA-approved software, which will further enhance convenience and comfort for patients, streamline scheduling and workflow processes for Cancer Center staff, and elevate personalized treatment planning. The software, MR-Box by TheraPanacea, takes a patient's MRI image and creates an AI-generated CT scan that dosimetrists and radiation therapists can use for treatment delivery and radiation plan calculations. ■ marybird.org



DISNEY JUNIOR LIVE ON TOUR: COSTUME PALOOZA

Disney Junior is back on tour with *Disney Junior Live On Tour: Costume Palooza*! This show brings beloved Disney Junior characters and favorite Marvel superheroes live on stage for a jam-packed, concert-style show with singing, dancing, and acrobatics. The show will feature favorite songs from hit Disney Junior series, as well as original music. Mickey, Minnie, and their pals are getting ready to throw a huge costume party, but mysterious green rain, wind, and smoke keeps interrupting the fun. Can Spidey and his friends help save the Costume Palooza? Join the party on Friday, November 3 at 6 p.m. at Raising Cane's River Center. ■ raisingcanesrivercenter.com



WOMAN'S OPENS LOUISIANA'S FIRST INPATIENT MENTAL HEALTH UNIT

Woman's Hospital has opened Louisiana's first inpatient mental health unit solely dedicated to serving the specialized needs of pregnant and postpartum women. "As the largest provider of maternity care for women in Louisiana, it's our responsibility to address all aspects of perinatal health. By meeting the needs of women experiencing pregnancy or postpartum-related mental health conditions, Woman's Hospital advances our mission of improving the health of women and infants," says Rene Ragas, president and CEO of Woman's. The 10-bed unit at Woman's allows mothers time with their newborns, as their condition permits, which is a critical step in the healing process and allows them to be among others facing similar challenges. ■ womans.org



BROADWAY IN NEW ORLEANS PRESENTS *WICKED*

Wicked, the Broadway sensation, looks at what happened in the Land of Oz but from a different angle. Long before Dorothy arrives, there is another girl, born with emerald-green skin and possessing an extraordinary talent. When she meets a bubbly blonde who is exceptionally popular, their initial rivalry turns into the unlikely of friendships. With a thrilling score, *Wicked* has been hailed by *The New York Times* as “the defining musical of the decade.” See the performances live with your family at Saenger Theatre in New Orleans from November 29-December 17. ■ saengernola.com



PENNINGTON FAMILY FOUNDATION LEADS PROJECT TO IMPROVE YOUTH SPORTS

Baton Rouge residents are passionate about play, yet not all children in the parish have the opportunity to engage in sports and reap the benefits. To address this, the Irene W. and C.B. Pennington Foundation has partnered with the Aspen Institute to expand access to recreational activities for all children. “The children of Baton Rouge, no matter their socio-economic status, deserve a chance to play the games they want and the lifetime of benefits that come with participating,” says Lori J. Bertman, CEO of the Irene W. and C.B. Pennington Foundation. “Investing in youth sports benefits the entire region by lowering obesity, fostering inclusivity, and enhancing social and emotional well-being of all children.” ■ projectplay.org

Jingle Jeepin' Parade & Market

Saturday December 2, 2023 Noon - 10:00PM
Parade rolls out at 5:30PM • Craft Market Opens at Noon

Come decorate your Jeep at WBRCVB
and listen to classics by Jude
Santa Photo's & Food Vendors

WAYNE TOUPS Live @ 7:30pm!

**WEST
BATON ROUGE**
—Convention & Visitors Bureau—

LOUISIANA
Feed Your Soul.
ExploreLouisiana.com



STOP!

Domestic Violence

HELP SUPPORT SAFETY FOR
WOMEN & CHILDREN IN THE CAPITAL AREA

P.O. Box 52809 BR, LA 70892 | www.STOPDV.org
24-hour Hotline: (225) 389-3001 (800) 541-9706

Battered Women's Program
CAVIC

Capital Area Family Violence Intervention Center

EBR CELEBRATES THE IMAGINATION LIBRARY

Gov. John Bel Edwards and EBR Schools Superintendent Dr. Sito Narcisse helped launch Dolly Parton's Imagination Library of Louisiana statewide expansion at Crestworth Elementary School. The initiative's goal is to inspire a love for reading by offering free, age-appropriate books to children ages zero to five years. At the event, the governor read from Parton's book, *Coat of Many Colors*. Students received gift bags and enjoyed a snowball celebration featuring LSU's Mike the Tiger, Southern University's Lacumba and cheerleaders, and PBS's *Super Why*.



LOCAL BARBERS BRING "SHOP TALK" TO EBRP SCHOOLS



Volunteers In Public Schools has partnered with Mitchell's and Company, a barber and beauty salon in Baton Rouge, to provide free haircuts for boys as well as facilitate healthy conversations. Research demonstrates that males are reluctant to talk about issues that affect them, leading them to suffer from depression at a higher

rate than other populations. Through Shop Talk, students have an opportunity to discuss subjects with the barbers. They will also be introduced to healthy snack options. Shop Talk is part of VIPS' Partners In Education project that enlists community resources to fulfill student needs. Principals share that students, especially male students, suppress their feelings, and when eventually expressed, can take on the form of outbursts. VIPS hopes to demonstrate that appropriate expressions can reduce feelings of isolation and depression.

3 LOCAL SCHOOLS EARN 2023 NATIONAL BLUE RIBBONS

The U.S. Department of Education announced three local schools have been named 2023 National Blue Ribbon Schools. The recognition is based on a school's overall academic performance or progress in closing achievement gaps. The schools named as National Blue Ribbon Schools are St. Joseph's Academy, St. Luke's Episcopal School, and Juban Parc Elementary School. National Blue Ribbon Schools serve as models of effective and innovative school practices for state and district educators and other schools throughout the nation. A National Blue Ribbon School flag gracing a school's entryway or on a flagpole is a widely recognized symbol of exemplary teaching and learning.



PARKVIEW BAPTIST SCHOOL ATTENDS I CARE CONFERENCE

Parkview Baptist School's High School Dean of Students Mrs. Becky Madden recently took a group of Parkview Baptist high schoolers to the I CARE TeamSpirit Conference at Pennington Biomedical Research Center. At the Conference, students heard from local leaders in the community and participated in fun, group activities. The Conference's initiative aims to empower students to make a difference on campus by creating a safer school, while also providing resources to the student body. They're grateful to have been able to expose students to these thought leaders and make a difference on campus.





3 DUNHAM SENIORS ACHIEVE NATIONAL MERIT RECOGNITION

The Dunham School seniors Samay Mirpuri and Adrian Raymond were named as Semifinalists in the annual National Merit Scholarship Program. In addition, senior Ben Barton was named as a National Merit Commended Student. "We are incredibly proud of these academically talented students who have earned National Merit recognition this year," says Director of Upper School Amanda McIlwain. "Each of these students is an accomplished scholar; they also are highly competitive athletes, talented performers and leaders on our campus. These outstanding seniors embody the pursuit of excellence in all things which we value greatly at Dunham." As Semifinalists, Mirpuri and Raymond now have the opportunity to win 1 of 7,140 National Merit Scholarships.

HABITAT FOR HUMANITY BUILD KICKS OFF



Students and faculty members from Catholic High School, St. Joseph's Academy, and Episcopal School of Baton Rouge have once again partnered with Habitat for

Humanity of Greater Baton Rouge as a part of the annual build sponsored by the Albemarle Foundation. Students have been working hard on the project—swinging hammers, hauling lumber, painting, and sawing—all in order to give back to their communities. The Habitat Youth Build allows student volunteers to take part in nearly every aspect of the construction process, all while being led by skilled crew members. Through the project, students gain valuable skills, including teamwork and woodwork, and they learn first-hand that everyone deserves a decent place to live and a place to raise a family. The schools have partnered with Habitat on the Youth Build since 2001.

LET

Ralph's Market

prepare your

Thanksgiving Feast!

Offering all of the **Holiday Classics**
PLUS our **Delicious Signature Items:**

- Sweet Potato Soufflé
- Cornbread Dressing
- Oyster Bienville Dressing
- Seafood Eggplant Dressing
- Shrimp and Squash Dressing

Let us take care of the cooking!

Orders can be placed
online with in-store pick up.

Order online at
RalphsAG.com

The Bug Man
PROFESSIONAL PEST CONTROL

225.923.BUGS
bugmanonline.com

Baton Rouge's Leader in Pest & Termite Protection.

Call to make an appointment for a free estimate.

\$20 OFF
initial pest control

\$50 OFF
initial termite control

Baton Rouge: 225.923.2847
New Orleans: 504.301.1737

Ascension: 225.644.8429
Lafayette: 337.500.8592

book corner



Give thanks for books! This month, we highlight stories for kids and teens about everything that makes November so wonderful. Read about the history of Thanksgiving, fun family gatherings, and holiday pastimes like football and the Macy's Parade! So after a delicious meal of turkey and all the trimmings, get cozy and curl up with a great book!

Youth

Celebrate the season of gratitude with these fun picture books your child will love.

- 1 Pearl and Squirrel Give Thanks by Cassie and Ryan Ehrenberg**
Pearl the dog and her shy friend,

- 2 The More You Give by Marcy Campbell**
Family is full of love, giving hugs, sharing wisdom, and enjoying the

- 3 Friendsgiving by Nancy Siscoe**
The leaves are falling, the air is crisp, and Berry, Ginger, and Willow are enjoying the delights of fall. When

many gifts we give each other, as well as passing down that love, giving, sharing, and wisdom from generation to generation.

these old friends join with new friends to bask in the bounty of the season, there is a lot to be thankful for—and a new tradition is born—Friendsgiving!

Kids who are already reading on their own may want to give some of these books a whirl.



Book Corner is provided by the librarians of East Baton Rouge Parish Libraries.
To learn more about the libraries in East Baton Rouge Parish, visit ebrpl.com.

4 Why We Have Thanksgiving by Margaret Hillert

This beginning reader retells the story of the Pilgrims' long journey to America and the first Thanksgiving with Native Americans.

5 Charlie Bumpers vs. the Perfect Little Turkey by Bill Harley

In this chapter book, it's Thanksgiving in the Bumpers' household, and Charlie is excited for his Uncle Ron to stay for a visit. But Charlie's excitement is dulled when he finds out that he will have an additional guest that is sharing his room—his annoying little cousin, Chip!

Your little turkeys will learn something new with these non-fiction titles!

6 If You Were a Kid at the First Thanksgiving by Melissa Sarno

Two friends, Miles and Aquina, imagine what it would be like if they were in the time of the first Thanksgiving. This book follows Miles, as an English settler, and Aquina, as a member of the Wampanoag tribe, and each of their would-be experiences if they had lived during 1620 and attended the first Thanksgiving.

7 Balloons over Broadway: The True Story of the Puppeteer of the Macy's Parade by Melissa Sweet

Award-winning artist Sweet tells the story of the puppeteer, Tony Sarg, capturing his genius, his dedication, his zest for play, and his long-lasting gift to America—the inspired helium balloons that would become the trademark of Macy's Thanksgiving Day Parade.

Tween/Teen

Encourage a grateful attitude with your tweens and teens! These books might just put them in a Thanksgiving state of mind.

1 1621: A New Look at Thanksgiving by Catherine O'Neill Grace

After 11-year-old Ollie's school bus mysteriously breaks down on a field trip, she has to take a trip through the scary woods and must use all of her wits to survive.

2 Lone Stars by Mike Lupica

When Coach Coop, a former star player for the Dallas Cowboys, exhibits side effects from the many concussions he suffered while playing professionally, 12-year-old Clay Hollis becomes determined to help him get through the season.

Fast Flu Treatment, You Can Trust.



Don't let the flu steal your holiday joy. With a legacy of trusted healthcare in our community, you can rely on us for fast, accurate flu diagnosis and treatment. Book your check-in time online or experience the convenience of Virtual Care, especially during the holiday rush. We're open daily to ensure you and your loved ones have a festive, flu-free season!

LakeAfterHours Kids
URGENT CARE



Walk-In, Check-In Online or
Schedule a Virtual Care Visit
LakeUrgentCare.com

  Let's Get Social!

TRAEH THYSEN HAVE A HEART FOUNDATION

Traeh was a 13-year-old middle school student.
His name is heart spelled backwards.
He was caring, compassionate, loving, forgiving, kind,
and considerate. Traeh died by suicide on October 3,
2019 as a result of unresolved bullying by his peers.

OUR MISSION

It is our hope to take a stand to stop bullying and prevent youth suicide. We seek to provide heartfelt assistance to families who have lost a child related to bullying and/or suicide. We hope to do this by enhancing awareness and providing education, training, and emotional and financial support to families and communities. Some of our activities include youth-led panels, random act of kindness events, #SocksToSulicide Sock Drive benefitting the homeless, #13MinuteChallenge, and the Bullying and Suicide Awareness Runway show.



Visit: ihaveaheart.org for more information



Bountiful Harvest of Thanksgiving Crafts

BY DENISE YEARIAN

While Mom and Dad are busy preparing for your Thanksgiving feast, you can get ready for holiday entertaining with these crafts and activities.

TURKEY TALK PLACE SETTING

Items needed: Brown, red, yellow, and orange construction paper; ruler; pencil; scissors; glue; small wiggly eyes; stapler; yellow or orange drinking straw; and cardstock.

On brown paper, draw and cut out a 7-inch half circle and a 2-inch oval. Wrap the half circle end to end to make a cone shape for the turkey's body and secure with glue. (Note: leave a small opening at the narrow end of the cone to insert a straw later.) Glue two wiggly eyes onto the brown oval to form the turkey's head. Cut out a small orange triangle and a red teardrop shape to

represent the turkey's beak and wattle. Glue these to the face then attach the head to the narrow portion of the cone. Trace around your hand on the remaining paper to form turkey feathers. Cut these out and attach to the back side of the turkey's body with a stapler. Make a 3/4-inch slit across one end of the drinking straw then slip it into the top opening of the cone. Cut cardstock to 3 1/2- by 2-inches. Write "Gobble, Gobble" and your guest's name on the place card and slip it into the straw slit. Repeat these steps for every guest attending your Thanksgiving banquet.

GOBBLIN' GOOD CHECKERBOARD GAME

Items needed: Yellow and orange construction paper, ruler, pencil, scissors, glue, and candy corn and pumpkins.

Fold the long side of the yellow paper in half. Draw 1-inch lines that begin at the fold and stop approximately 1-inch from the opposite end. Repeat this step across the paper until you have seven lines. With the paper still folded, cut the lines beginning at the fold. Open and set aside. Mark off 1-inch lines across the shorter width of the orange

paper then cut across each line until you have eight strips. Begin weaving the orange strips in and out of the openings on the yellow paper, alternating the weave with each row until all orange strips have been used. Place a dot of glue on each strip end to secure. Play the game similar to checkers. Use candy corn and pumpkins for game pieces and enjoy the sweet rewards of gobbling up your opponent's captured pieces. The one with the most candy left on the board at the end of the game wins!

A TISKET, A TASKET, A THANKSGIVING BASKET!

Items: Small, empty cardboard boxes (such as pudding or gelatin boxes), brown construction paper, scissors, tape, Thanksgiving-themed stickers, markers, yellow or orange tissue paper (shredded), seasonal candy, mints or other small treats.

Tape the sides of the box closed. Cut out one large side to be the basket opening. Wrap the box in construction paper, secure with tape and decorate with stickers and/or other designs. Make a basket handle by cutting a strip of paper that measures 1-by 6-inches. Across it, write "Happy Thanksgiving." Tape the handle to the inside of the box. Insert shredded paper for basket filler then top with candy. Repeat these steps so all your holiday guests have a Thanksgiving treat to take home.

GRATITUDE GALORE

Every nation has its own way of saying "Thank you." See if you can pronounce these:

Cantonese Chinese: do jeh (daw-dyeh)

Mandarin Chinese: xie xie (syeh-syeh)

French: merci (mehr-see)

German: danke (dahn-kah)

Greek: efharisto (ef-har-rih-stowe)

Hebrew: toda (toh-dah)

Italian: grazie (gra-see)

Spanish: gracias (gra-see-us)

ABUNDANT READS

I Know an Old Lady Who

Swallowed a Pie by Alison Jackson

If You Sailed on the Mayflower in 1620 by Ann McGovern

Squanto and the Miracle of Thanksgiving by Eric Metaxas

Turkeys, Pilgrims and

Indian Corn: The Story of the Thanksgiving Symbols

by Edna Barth

SMILE STARS PEDIATRIC DENTISTRY & ORTHODONTICS Ask the Expert!



Christopher Anthony Butler, DDS
Pediatric Dentist

How long should my child see a pediatric dentist?

Until they become of age to transition to a general dental home, usually around the age 21.

When should my child begin flossing?

When adjacent tooth surfaces cannot be cleansed by brushing alone, it is time to begin daily flossing. Some children may have tighter contacts than others at a younger age that could require earlier flossing. Initially, the parent should floss the child's teeth. As the child matures, supervise their flossing. They should master

this skill around age 10. Brush and floss. Flossing once a day, brushing after breakfast and before bed with fluoride toothpaste, and eating a balanced diet with few snacks are ways for children to have better dental health.

Flossing vs rinsing: when to do so and how often?

Flossing should be completed daily.

What is the difference between child and adult mouthwash?

Can my child use either?

There are not many differences between child and adult mouthwashes. Child mouthwash may come in better flavors such as: bubble gum, watermelon, berry, etc.

Best toothpaste for children starting to brush their teeth?

Using no more than a smear or rice-size amount of fluoridated toothpaste for children less than three years of age. Using no more than a pea-size amount of fluoridated toothpaste is appropriate for children aged three to six.

How do I calm my child before the visit?

Start dental visits early, find a dentist they enjoy, let them bring along a comfort toy, be present and let them know they won't be alone, and provide positive reinforcement.

Scan to book
an appointment



smilestars.com | (225) 769-5377

Sign up for our NEWSLETTERS



Win Wednesday weekly giveaways! Family-friendly events around town! Access to a digital version of *Baton Rouge Parents Magazine*!

BRPARENTS.COM

mom next door

Meredith Waguespack

BY AMANDA MILLER
PHOTO BY LA LIGHTS PHOTOGRAPHY

Occupation: Founder of Sweet Baton Rouge
Husband: Bart Waguespack
Children: Kelsey, 30; Bailey, 28; and Brody, 15
Hobbies: Walking, running, taking fitness classes, and reading

Meredith Waguespack is a mother of three and the owner of Sweet Baton Rouge. She adopted her two oldest when they were 18 and 21, sharing that they are God's gift to her. Meredith's three kiddos are everything to her, and she takes great pride in the family she and her husband, Bart, have been able to build together.

WHAT LED YOU TO MOVE TO BATON ROUGE?

MEREDITH: I moved to Baton Rouge when I was 19. My mom and my dad had divorced, and my mom moved to the Baton Rouge area, so I was like, well, I guess I'll try Baton Rouge and see what it's all about. I'm originally from a small town called Athens, and I think the furthest south we had ever come down was once for a Christmas event, so I never had experienced anything besides that one trip to South Louisiana. I moved here and I ended up just settling in on my roots. I've been in South Louisiana since I was 19 and I'm 44 years old now, so I've spent more of my life here than there. I've met my husband and we've had children, so it's my home now.

WHAT INSPIRED SWEET BATON ROUGE?

MEREDITH: I wanted to create a fun t-shirt that celebrated football season that women could wear. It started with one t-shirt. I had no background in graphic design or anything in the t-shirt world, but it was just something that I wanted to do. I worked with a designer and made a t-shirt, and then I printed a bunch of shirts. I drove around South Louisiana, from Lafayette to New Orleans, just selling this one design. Since I'm from North Louisiana, I went to see family and friends and I brought the shirt with me and was literally selling t-shirts out of my car. It was a very simple design and people liked it. I got hungry and I wanted to keep going. I continued to create t-shirts. I was able to get into Royal Standard, and later, I was able to open our online store.



“ I feel like because I have that strict organization and consistency, I'm able to be the same when I'm at home as a mom. ”

Through social media, I was able to organically grow the business. The first three to five years, I was really figuring out the business. This business today is completely, aesthetically different than it was in the very beginning.

WHAT'S YOUR FAVORITE PART OF THE DAY?

MEREDITH: The very beginning. I get up at five in the morning and I get my coffee and that's when I have the most quiet time.

WHAT'S A CHARACTERISTIC YOU HAVE IN YOUR WORK ETHIC AND PARENTING?

MEREDITH: I would say consistency, and I'm very organized. I have to because I am dabbling in a lot of things. I feel like because I have that strict organization and consistency, I'm able to be the same when I'm at home as a mom.

WHAT DO YOU LIKE TO DO AS A FAMILY?

MEREDITH: Always eat. My husband and I are grandparents of six, and so a lot of times, that's how we come together. My husband loves to boil crabs or crawfish, or make jambalaya. We have a pool, so the kids love to come to our house and swim.

HOW IS GRANDPARENTING DIFFERENT FROM PARENTING?

MEREDITH: I don't have to have an opinion on anything. I just get to be supportive to my daughter, and if she asks me for my opinion, I'll give it, but other than that, I just get to be present.

HOW ARE YOU AND YOUR CHILDREN ALIKE AND DIFFERENT?

MEREDITH: I would say my daughter and I are very much alike. I learn a lot from her. I raised her and her brother, and I'm raising one at home, but she's raising six children, and her approach on life is totally different from my approach at that age. I feel like I can learn so much from her. My son Bailey is a hard worker. He gets his tenacity and hard work from his dad and me. My youngest, Brody, I find and see how much he and I are so much alike in our facial expressions.

WHAT HAVE YOUR CHILDREN TAUGHT YOU?

MEREDITH: My daughter has taught me how to be more patient. Bailey has taught me how to be more compassionate. Brody—he's the last one—he makes me want to treasure every single day.

WHAT'S YOUR FAVORITE DATE NIGHT WITH YOUR HUSBAND?

MEREDITH: We have a restaurant together, so I love going there. I just enjoy hanging out with my husband. It usually involves a glass of wine and a nice restaurant, or we like to just hang out in our hot tub, listening to music and just being present with each other.

WHAT IS A KEY

TO SUCCESSFUL PARENTING?

MEREDITH: Always showing up for your children with love and grace and compassion. Savor the moments that you have, even when they feel hard or difficult, because you're never going to get it back. It's all about holding on to all of those memories, and being as present as you can in their lives.

ANY ADVICE FOR OTHER PARENTS?

MEREDITH: Days are going to be challenging and hard, but at the same time, children are children. They may not know what they're doing, or why they're even acting out, but it's our job to always walk them through whatever it is that they may be going through, and just sharing how much you love them and letting them know that you're their security blanket.

ANY ADVICE FOR ENTREPRENEURS JUST GETTING STARTED?

MEREDITH: Go for it. If it's something that you have a passion for, and you want to work hard for it, and you have a drive to be an entrepreneur or open a business, go for it, but also know that it's going to be hard. There are seasons that are really, really good, and then seasons that are really hard. Make sure that as you're developing your entrepreneurship that you take things slow. You can start slow and work your way up to the level that you want to be, but you've got to be persistent. You've got to kind of persevere and build that character. ■

Q&A

I can't stop watching...

Friends, Seinfeld, The Summer I Turned Pretty, Emily in Paris, and Gilmore Girls.

I love singing along to...

Morgan Wallen, Chris Stapleton, Taylor Swift, and the *Endless Love* soundtrack.

I always feel my best when I...

work out.

My favorite holiday is...

Christmas.

My favorite book is...

Where the Crawdads Sing.

Send us a snap of your child!



For a chance to
be featured in
our magazine,
socials, or
website!

brparents.com



**FAMILY
RESOURCE
GROUP INC.**

Taken Away Too Soon

BY AUSTRIA COHN



Losing a family member or a friend is one of the most painful experiences that people can go through. Losing a young loved one, like a child or a young adult, is even more difficult.

Margaret “Maggie” Edline Dunn lit up an entire room with her smile, and she was well beyond her years. Maggie was described as being very intelligent, kind-hearted, unbelievably funny, and charismatic, as well as being the best daughter, sister, and friend anyone could ask for. She was a cheerleader for Brusly High School along with her close friend, Caroline.

“Maggie had a way of challenging those around her to look within themselves and reflect, asking if they were doing the best they possibly could to impact the world in a positive, lasting way,” the MED Foundation states.

On December 31, 2022, Maggie; her brother, Liam; and Caroline were running errands before a New Year’s Eve party. A police officer, who was pursuing a suspect in a high-speed chase, ran a red light and crashed into their vehicle. Maggie, who was only 17 years old, and Caroline, 16, did not survive.

It is numbing, cold, and heartbreaking to lose a young loved one.

Randall Dunn, the father of Maggie, set out to help and support those who are experiencing this kind of traumatic loss by starting the MED Foundation. The foundation chose “MED” because they are Maggie’s initials.

“I’m doing this because I know that’s what she would want me to do,” Randall says.

After losing a loved one, the funeral expenses and medical bills are usually the last things grieving parents and family want to think about after a tragedy. Some families don’t have the financial means ready for these unexpected expenses.

To ease some of the pain, stress, and sorrow for mourning parents and family members, the MED Foundation provides financial support to those who have lost a young loved one by offering up to \$500 for funeral and medical expenses.

“We’ll write the check directly to the funeral home or the hospital if there’s some uncovered hospital bills or anything like that,” Randall explains.

Emotional support is another key piece of their mission, and the MED Foundation understands that everyone deals with this type of loss differently. For those who need to speak with people who have gone through a similar experience, the foundation has partnered with Hankies2Hope, an organization where mothers who have lost children can come together and support one another.

“There are people who’ve been living with this, and they just need to reach out to somebody,” Randall says.

For Randall and the organization, reaching even four or five lives and connecting them with someone who has gone through the same thing, someone they can lean on, is a great thing.

The MED Foundation also offers an emotional support program. In the case that the funeral and medical bill expenses have been covered, the foundation will provide financial support to help families see a professional.

The organization can even take the \$500 and pay for sessions with a therapist for someone who is struggling mentally and emotionally with the loss.

The MED Foundation doesn’t stop there; in addition to the emotional and financial support, there are two annual scholarships for academic perseverance given to students in Maggie’s name. Randall explains that this scholarship isn’t meant for an individual with the best grades, but for a student who has good grades and has experienced some kind of life-changing event, yet they persevered through it.

For people who have suffered the tragic loss of a loved one who was under the age of 21 and unmarried, regardless of the circumstances of the loss, the MED Foundation is here to help. To apply for financial or emotional support, families can go online to apply for the programs.

To support their mission, you can visit their website at maggiedunnfoundation.com and attend an event, donate, or spread the word.



GreatHearts® Harveston

2024-2025 Open Enrollment
October 9 - December 1, 2023



**APPLY
TODAY**

DISCOVER

THE GREAT HEARTS DIFFERENCE

RIGOROUS CURRICULUM • COMPETITIVE ATHLETICS • LOVING TEACHERS • SMALL CLASS SIZES



Apply Today!

TOUR OUR SCHOOL!
11801 Bluebonnet Blvd.
Baton Rouge, LA 70810

Website: greatheartsharveston.org
Phone: 225-416-7611
Email: info@greatheartsharveston.org

“ We were down for the count right? Far from it. In the midst of everything, we had never at any point felt as if God had abandoned us. We had people in our lives who continuously prayed for us and offered up support in our time of need. ”



A Look at My First Year of Marriage

BY ANTHONY BUI
PHOTO BY FREEPIK.COM

AS a year of marriage passes, I look back on everything and am just in awe at all that God has done in our lives. I marvel at just how much easier my wife has made my life and how blessed we are to be in the positions that we are as we sought to honor Christ, glorifying him together as a family in our thoughts and in our actions through good times as well as bad.

The good times were excellent. I was working a pretty decent job doing something that I loved very much and never thought I would have the opportunity to do for a living. Our relationship continued to grow and strengthen as we learned to live together, embracing the little quirks that we each have that were never realized before living under separate roofs. For example, I've learned that my wife is a tad bit possessive over her pillows. Like, I WILL get woken up in the middle of the night and told to move if I accidentally migrated over to her side in the middle of the night and laid even a hair on one of her pillows. We were able to create many new memories and reach new milestones together, encouraging one another along the way. To top everything off, we were able to announce to our friends and family the expected arrival of our first child!

It was easy to give thanks to God at that moment when there was so much life in our lives. But, being that we are all living in a sin-filled world, as excellent as those good times

were, the bad times were bound to hit just as hard. Very soon after announcing our pregnancy, we found out that our baby's heart had stopped beating. Driving home from the hospital in tears, I was devastated. That was soon followed by some family issues, and a household that was once filled with life was now rocked to its core. Driving home from that family meeting, wiping away tears, I was angry. Sometime later, I was let go from my job. Driving home from work that day, I was devastated, angry, and defeated.

We were down for the count, right? Far from it. In the midst of everything, we had never at any point felt as if God had abandoned us. We had people in our lives who continuously prayed for us and offered support in our time of need. See, I might not necessarily understand right now why everything happened this year and how these things were meant to benefit our walks with Christ, but there is one thing I do know. God, full of grace and love, sent down his only son to bear the weight of all of our sins for the salvation of those who believe in him, even though he himself was blameless. Holding on to the knowledge of that hope, we ourselves had hope in our own seemingly hopeless situations. As we celebrate our first year of marriage, I'm so grateful to have had the opportunity to lead our home through good times and bad this first year and every year for the rest of our lives.



1948-2023

ST. JAMES
EPISCOPAL DAY SCHOOL

**Applications for the
2024-2025 school year
are LIVE!**

Schedule your tour today
and see what makes

St. James
a **THREE-TIME**

National Blue Ribbon School!

Celebrating 75 Years!



Scan the QR code
to visit our website for
more information.

Kleinpeter
PHOTOGRAPHY
www.kleinpeterphotography.com



Call to Book Santa Day & Holiday Family Portraits.

Santa Day is November 12th Sunday

To book your appointment, call (225)928-7596 or visit kleinpeterphotography.com



fnt
First New Testament
Academy

**Grades
7th-12th**

**Equipping
students
through Biblical
discipleship
and academic
instruction.**

**Raising up leaders
to face today's
culture with
courage, truth,
and compassion.**

fntchurch.org | 225-293-2222



**K3-12TH GRADE
FAITH-BASED EDUCATION
LOW TEACHER/STUDENT RATIO**





**Accepting
New
Applications
November 1st**

**FOR MORE INFORMATION
AND A PRIVATE TOUR**

Scan Here



**6TH-12TH: 12650 GURNEY ROAD
PREK3-5TH: 12801 CENTERRA COURT
225.261.3341 - WWW.CENTRALPRIVATE.ORG**



**IT'S TIME TO GET THE
season started!**

**PARTY
TIME**

**PARTYTIMEBR.COM | 225.927.3270
BLUEBONNET @ AIRLINE**

Why wait for monthly
magazines?
We post content daily!



Scan to read today.



PARENTS

BRParents.com

ELITE
GYMNASTIX

- After-School Classes for Boys and Girls
- Kids Night Out (ages 3-13)
- Holiday Camps
- Birthday Parties
- Offering Thanksgiving Camps
for ages 3+
- CLOSED Thanksgiving Day
- November 20-24



Same Great Location,
Under NEW Management!
MEET THE OWNERS

Radi and Elvira Stefanov
with sons
Braden (11)
Alexander (8)

Please call 225-888-6500 for fun classes or
visit elitegymnastix.com



LOUISIANA KEY
ACADEMY
BATON ROUGE CAMPUS

Unleashing the Potential of Children with Dyslexia

Louisiana's Premier School for Students with Dyslexia



Learn More About Us
At Our Virtual
Information Sessions

IMSLEC
Recognized School



NOW ENROLLING:
ELEMENTARY K-5 • MIDDLE 6-8 • HIGH SCHOOL 9TH

OUR PARTNERS:



Yale

Baton Rouge Capital Region Campus

3172 Government Street, Baton Rouge, LA 70806 | Phone: (225) 298-1223 | www.lkaschools.com



Make This Thanksgiving Meaningful

BY SARAH LYONS
PHOTO BY KLEINPETER PHOTOGRAPHY
2023-24 COVER KID CODY N.



MAKE A LIST

One way to remember your blessings is to acknowledge them. Go around the dinner table and have each person name something they are thankful for. This could be done each night at dinner during the month of November or for the week leading up to it. On Thanksgiving Day, have all your guests do the same. It is heartwarming to give thanks for the blessings we have. Looking for a more concrete idea? Have everyone write down or draw a picture of what they are thankful for. After everyone shares their paper, place them all in a three ring binder. Each year, add to the binder and reflect on all the blessings of the past. “We do a Thankful Tree throughout November,” says Stephanie Loux, mom of three. “I drew a tree to tape on our pantry door and the kids cut out leaves from construction paper. Each night, we all write one thing we are thankful for on a leaf and tape it to the tree. Kids can be grateful for a variety of things from butterflies to Elsa. We look forward to this tradition every year.”

When we think of Thanksgiving Day, delicious food, football, and getting together with family and friends comes to mind. The original purpose of Thanksgiving was to show gratitude and give thanks for a bountiful harvest. Now as we celebrate Thanksgiving, it is easy to get caught up in distractions like football games, Black Friday shopping, and the quest for the perfect meal and table settings. We tend to forget all about stopping to give thanks for all of our blessings. Make this Thanksgiving meaningful by starting some family traditions that help everyone in the family stop and count their blessings.

DONATE TO CHARITY

Christmas is right around the corner and many kids will receive new items as gifts. In anticipation, have the kids help clean their closets and toy boxes and set aside items they no longer need. Donate gently-used toys and clothing to a local charity or family in need. This process will not only reduce clutter around the house, but it will teach the kid to be generous to those that are less fortunate than they are. In the same spirit, talk with your kids about how some people may not have coats, hats, and gloves to keep them warm during the cold winter months. As a family, collect hats, coats, scarves, gloves, and blankets to donate to a homeless shelter. Gather items you may have in your home that you are no longer using and ask friends and family to do the same. Go to the store and have the kids pick out items they would like to give to another child their age.

TAKE A BREAK

Have each family member take a break from a luxury they enjoy. Ideas may include dessert, manicures,

coffee, soda, or a favorite video game or TV show. This exercise reminds us to be grateful for the luxuries that are otherwise taken for granted.

COMPLETE A FAMILY SERVICE PROJECT

Set aside time to do a service project as a family. Ideas may include cleaning up trash in a local park, raking a neighbor's leaves, working at a food pantry, purchasing items for a Thanksgiving meal and delivering them to a family in need, organizing a book drive for a local children's hospital, or adopting a family for the holidays. When you volunteer as a family, kids see you helping others and are more likely to continue serving as an adult. Serving in an area that your children are already interested in helps create excitement for the project. If your child loves singing, go caroling at a senior center. If your child loves to play at the park, plant flowers or pick up litter to help maintain its beauty. If they love crafts, make blankets for a homeless shelter. There are many possibilities for children of any age and skill level.

GATHER TOGETHER

Encourage the kids to think of friends and neighbors who may not have anywhere to go on Thanksgiving and invite them to come over for dinner. Discuss the importance of hospitality and welcoming others into your home. If you are not hosting Thanksgiving, consider hosting a brunch the following day and opening your home to friends and family.

ENCOURAGE LITTLE HELPERS

Thanksgiving dinner preparation is a lot of work. Having the kids help prepare dinner and clean up for company will teach them how much work really goes into preparing a large meal like Thanksgiving dinner. This will teach them appreciation for the work that goes into a holiday meal and also encourages a good work ethic at a young age.

This Thanksgiving, take time to remember what Thanksgiving really means. It's not about Black Friday deals or endless football. It's about giving thanks for what we have, sharing with and serving others, and celebrating with those we love. ■

GAME ON!

@ THE LIBRARY

10:00 AM - 3:00 PM

Saturday, November 18th

MAIN LIBRARY AT GOODWOOD

EAST BATON ROUGE PARISH LIBRARY

Fun & Free for All Ages!

ebrpl.co/gameon | programs@ebrpl.com | [#ebrpl](https://twitter.com/ebrpl)

Exceptionally specialized. PEDIATRICS

We provide exceptionally convenient and networked care to improve the health of Louisiana's kids. Our statewide network of more than 300 pediatric specialists includes the team at Our Lady of the Lake Children's Health Neurodevelopmental Medicine. These doctors, nurses and therapists treat children with autism, intellectual disabilities, learning disorders, motor disorders, genetic disorders and other complex medical issues that can alter a child's developmental trajectory.

Regular well-checks with your pediatrician include developmental screenings, ensuring your little one stays healthy and well as they grow up.

The best in pediatrics, it's that simple.



**Our Lady of the Lake
Children's Health**

**Accepting new primary care patients
Call (225) 374-HEAL**

ololchildrens.org





Two Schools, One Complete K–12 Journey

Discover BASIS Baton Rouge Charter Schools—a tuition-free, public charter school network serving students in East Baton Rouge Parish School District. **BASIS Baton Rouge Primary Mid City** serves grades K–5, while **BASIS Baton Rouge Materra** serves grades K–9 and will expand one grade level each year until it's a K–12 school in 2026–27.

Together, our two schools provide a unique K–12 education that will set your child up for success. Our campuses are safe and welcoming environments equipped with modern facilities. Both schools share a leadership team and follow the same advanced curriculum, fostering academic and personal growth. Students who attend BASIS Mid City are able to continue to BASIS Materra for middle school and high school. At every grade level, students in our STEM-infused liberal arts program dream bigger and achieve more.

Apply now: enrollBASIS.com



Favorite Charter Elementary School

BASIS Baton Rouge Materra

Favorite Charter Elementary Principal

Jared Lamb

Favorite Middle Charter School Principal

Jared Lamb

Runner Up – Favorite Middle Charter School

BASIS Baton Rouge Materra



BASIS Baton Rouge Primary
Mid City Campus (Grades K–5)
7921 Florida Boulevard
Baton Rouge, LA 70806

BASIS Baton Rouge
Materra Campus (Grades K–9)
7550 McCall Drive
Baton Rouge, LA 70817



Dig Into Your History

BY AUSTRIA COHN
PHOTO BY KLEINPETER PHOTOGRAPHY
2023-24 COVER KID MATTHEW C.

It's November, and the smell of turkey, mashed potatoes, and cranberry sauce is already floating in the air. Thanksgiving is a time when friends and family come together to celebrate one another. Some families might go around the table and share what they're thankful for or wake up early in the morning for the classic Turkey Trot fun run; either way, Thanksgiving is a time to reflect and spend time with loved ones.



This November, shake things up a bit and dig into your family history. If you're looking to celebrate Thanksgiving in a different way this year, or digging into your history has been on the to-do list, but you've never gotten to it, here are some reasons why learning about your heritage is important and how to get started.

Where to Start

There are several ways to begin digging into your family's history, but the best way to start is by talking to relatives and gathering documents or memorabilia. By sitting down and chatting with your relatives (especially the older ones), you can learn about stories and traditions and get a head start on the family tree. They

might be able to point you in the right direction when it comes to finding photographs, letters, certificates, and other related memorabilia.

This begins the process of tracking your family history, and this can be one of the most fun steps. Hearing stories about great-grandparents can be a fun and engaging Thanksgiving dinner discussion. Even the little ones in the family will enjoy “scavenging” through boxes of special things.

Another step to take is to begin creating a family tree. There are genealogy softwares and online tools to make this process easier, like Ancestry.com, MyHeritage, or FamilySearch.

A good tip to remember is to begin with what you know and gradually work backward, adding more generations as you uncover information.

Skipping the Scavenging

Speaking to family members or collaborating on a family tree can make great memories, but it can feel overwhelming or take a lot of effort. If you want to skip a few steps, try a DNA test to get faster results without the work and hustle.

DNA testing can be a powerful tool for individuals looking to dig deeper into their family history and heritage. There are several benefits of doing DNA testing, like finding out your ethnicity and geographic origins, connecting with distant relatives, confirming the paper trail, and even learning more about your health and family genetics.

“Genetic ancestry is based upon a person’s DNA, which can be traced back to the genetic sequences of their ancestors,” states the National Institute of Standards and Technology. “So, if a person’s ancestry report says they are 34% East Asian, then that means that person has genetic DNA most similar to the population of the people living in that geographic location now.”

There are several DNA testing companies in Baton Rouge, like Choice DNA and Premier Lab Testing, where you can learn more about your family history.

While on your journey to learn more about your heritage, you might connect with a relative you didn’t know you had. When others with similar DNA have taken the same test and opted to share their results, you can potentially identify cousins, second cousins, and more, which can lead to new family connections and discoveries.

My grandfather has quite a few wild and intriguing family stories, especially about the history behind my family’s last name. He often shares two contrasting narratives, both shrouded in mystery and intrigue. In one version of the story, our ancestors changed the family name when they immigrated to the United States because they wanted to assimilate into their new homeland and wanted to avoid potential prejudice by having a Jewish last name, which, at the time, was Cohen. In a more daring twist to the family lore, my grandfather spins the tale of a bold bank robber who, in a bid to evade the relentless pursuit of the police, cleverly changed his name.

Whether rooted in fact or fiction, these stories have added a layer of mystique to our family’s history. By using DNA Testing, it can help confirm or challenge the paper trail and word-of-mouth that has been passed down through the generations. Nonetheless, thrilling family stories should continue to be passed down because they’re great conversation starters and exciting tales.

Another benefit if you go down the DNA testing route is some places can offer health-related information based on your genetic DNA. This can help your family learn valuable information about potential genetic health risks that might be running in the family.



12

Days of
Christmas
Giveaways



Starting December 1, our
12 days of Christmas
begins!

Follow us on Facebook
and Instagram to see what
the prizes will be each day
so you can register for a
chance to win!

brparents.com

 **@BatonRougeParents**

 **@BRParents**

 **FAMILY
RESOURCE
GROUP INC.**

**BATON ROUGE
PARENTS**



19th Annual



**FAMILY
RESOURCE
GROUP INC.**

BATON ROUGE
PARENTS™

**SOCK IT
TO ME!**



PRESENTED BY FAMILY RESOURCE GROUP INC.

Thank you

TO OUR 2023 SPONSORS





BATON ROUGE OCHSNER
DISCOVERY
HEALTH SCIENCES ACADEMY

DISCOVER MORE

- Health Sciences Integrated Curriculum
- 10 years of Academic Success
- Established Leadership Team
- Strong School Culture
- Louisiana Based Network

**SCHEDULE
A TOUR
TODAY!**



discoveryhsf.org



225-800-9947



admissions@discoveryhsf.org



17255 S. Harrells Ferry Rd, Baton Rouge

Baton Rouge Ochsner Discovery does not discriminate on the basis of race, creed, national or ethnic origin.



❄️ **Bababoo and Friends Bead Maze Lolo's Boat.** Motor skills game that promotes creativity and coordination skills. 12 months and up. bababooandfriends.com



❄️ **My Buddy Blippi.** Give Blippi a squeeze to hear 15 Blippi sounds and phrases. Ages three and up. amazon.com



❄️ **CoComelon Deluxe Dancing JJ Doll.** Press one of three buttons for your little one to learn how to dance with JJ in different ways. Ages two and up. target.com



❄️ **Little Hometown Louisiana Baby Gift Set.** This swaddle blanket, burp cloth, and bib combo feature magnolias, riverboats, crawfish, and fleur de lis. littlehometown.com

Holiday

GIFT GUIDE



❄️ **Peg Perego Santa Fe Train.** Let your little one conduct and ride in their own train. Ages 1 ½-3. us.pegperego.com

❄️ **Collapsible Ocean Sensory Bin.** Just add water and find the sea creatures hidden in the bin. 36 months and up. bighearttoys.com



❄️ **CoComelon My Pet Bingo Plush Set.** Nurturing toy that teaches your little one how to care for their pet. Ages two and up. target.com



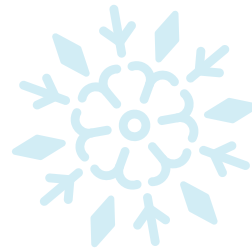
❄️ **Woom 2 and Kids' Helmet.** A bike and helmet designed for a child's use. Ages 3-4 ½, sizes XS-M. woom.com





❄️ **Batman Stunt Force Batmobile.** Take your stunts to the next level with this RC car. Ages four and up. amazon.com

❄️ **Bright Stripes Magic Scrunch Pillow: Kitty.** Weave, loop, and scrunch your own kitty pillow. brightstripes.co



❄️ **Connetix Rainbow Magnetic Tiles—Mini Pack 24 Pieces.** Explore shapes and colors in 2D and 3D. Ages three and up. connetixtiles.com



❄️ **Crayola Color Chemistry Lab Set.** Complete 16 experiments, including erupting volcanoes and glow worms. Ages 7-10. target.com



❄️ **Beat The Parents: Disney Edition.** Go head-to-head in Disney-themed drawing and active challenges. Ages eight and up. amazon.com



❄️ **Jigsaw Puzzle Snax.** These puzzles are great for on-the-go fun and make a perfect stocking stuffer. werkshope.com

PHOTO BY
KLEINPETER
PHOTOGRAPHY
2023-24
COVER KIDS
CHARLEIGH B.
AND ZAHR A.





PHOTO BY
KLEINPETER
PHOTOGRAPHY
2023-24 COVER KID
CHARLEIGH B.



❄️ **Jilly Bing.** Jilly loves baking, and she even comes with a chef's hat that changes into her friend, L'il Tart. jillybing.com



❄️ **Canal Toys Slime DIY Magical Slime Potion Maker.** Make your own slime potions with the included recipes. Ages six years and up. amazon.com



❄️ **Glo Pals.** Water-activated light-up bath toy characters. Ages three and up. glopals.com

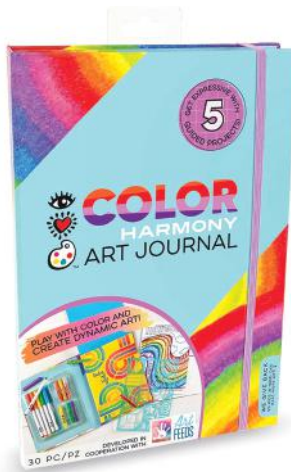
Mobo Malibu from Mobo Cruisers. Designed for children and made with kid-size grips and seats. Ages 6-10. mobocruiser.com



Crazy Aaron's Mini Thinking Putty. This mini tin contains pieces of the original putty crafted in 1998. Ages three and up. crazyaaron.com

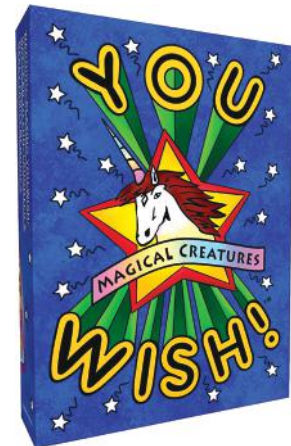


Crayola Ultimate Light Board. Display your art in a bold way by drawing on this light-up tracing pad. Ages 5-11. walmart.com



iHeart Art Color Harmony Kit. Create journaling pages using oil pastels, stencils, markers, and drawing paper. Ages seven and up. brightstripes.co

YOU WISH! Magical Creatures Card Game. Challenge friends and family in this "Go Fish meets Uno" game. All ages. youwishgames.com



Hedbanz Lightspeed. Guess as many cards as you can before your headband sings. Ages six and up. amazon.com





Ollie the Weighted Octopus. ❄️

Infused with French lavender, Ollie encourages relaxation and helps reduce anxiety. Ages three and up. mindfulandcokids.com



❄️ **Pix Brix Pixel Art.** Create 2D and 3D art again and again using pixels. Ages six and up. pix-brix.com

OG Slimes. Slime ❄️ is taken to the next level with fun themes, including Beach Towel, Bikini Bottom, and Chicken 'N Waffles. ogslimes.com



❄️ **Rubik's Coach Cube.** Learn how to solve a Rubik's cube through the peel-to-reveal method. Ages eight and up. amazon.com



❄️ **Plus-Plus Inspired.** Learn about an artist's style, life, and work while creating a piece of their art. Ages seven and up. plusplususa.com

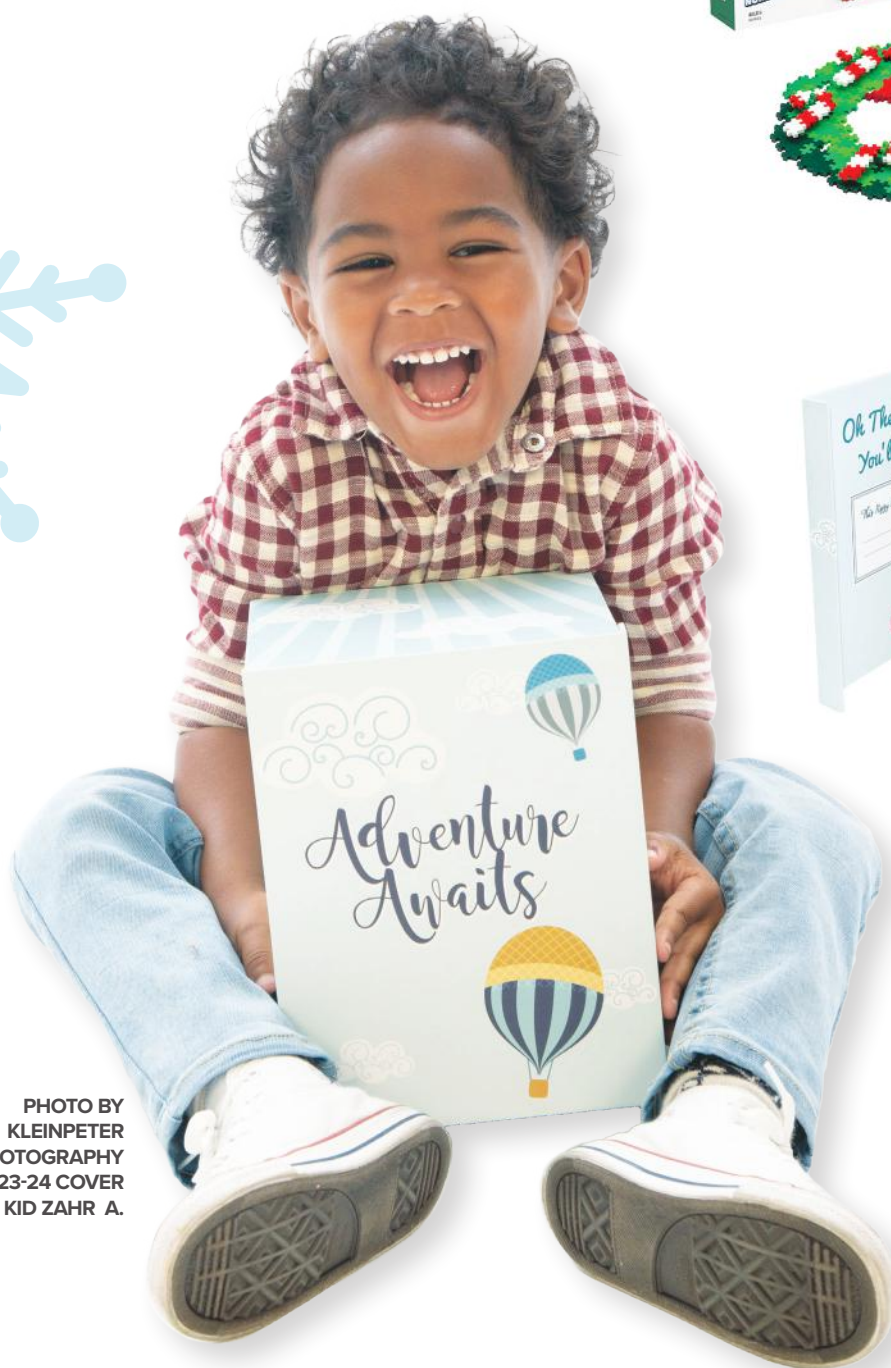




❄️ **P.Lushes Pets: Juicy Jam.** Designer chic plush pets featuring vibrant, tropical designs. All ages. gund.com



❄️ **Puzzle By Number Wreath.** Deck the halls this season by building your own wreath. Ages five and up. plusplususa.com



❄️ **Adventure Awaits Piggy Box.** This keepsake box helps children practice saving, while learning about spending and the importance of being charitable. Ages 4-10. thepiggybox.com



PHOTO BY
KLEINPETER
PHOTOGRAPHY
2023-24 COVER
KID ZAHR A.

C.S.A.L



Middle
Charter School

MIDDLE

Enroll Your Child in a World Of Opportunity!

Why CSAL Middle School?

At CSAL Middle School, we believe in fostering well-rounded individuals who are prepared to embrace a world of opportunities. From top-notch academics to a vibrant array of extracurricular activities, your child will flourish in a supportive and inclusive community.



Academic Excellence

Our curriculum is designed to challenge and inspire. Your child will engage with stimulating coursework that sets the stage for future success.



Arts & Culture

Discover and develop your child's creative talents with art, music, and cultural programs that encourage self-expression and cultural appreciation.



Sports & Athletics

Encourage physical fitness and teamwork through a wide range of sports and athletic programs. Whether your child is a future athlete or just enjoys staying active, we have something for everyone.



Community Engagement

At CSAL Middle School, we believe in giving back. Your child will have opportunities to engage with the community, developing a sense of responsibility and empathy.

Visit our website at www.mcs.CSALcharterSchools.org for admission details, curriculum, and upcoming events.

Rx

Name OCHSNER BATON ROUGE Date 11/1

TAKE (1) DOSE
OF GRATITUDE
DAILY FOR EACH
VOTE RECEIVED

☒ Dispense as Written ☐ May Use Generic Refill _____ times

Ochsner Baton Rouge is grateful to be voted one of your favorites in the following categories: **Favorite Family Physician** (Angela Harris, DO) and **Favorite OB/GYN Doctor** (Ryan Dickerson, MD).

Thank you for your vote!

 **Ochsner Baton Rouge**

ochsner.org/regions/baton-rouge-area



Congratulations!
**Family Favorite
Urgent Care**

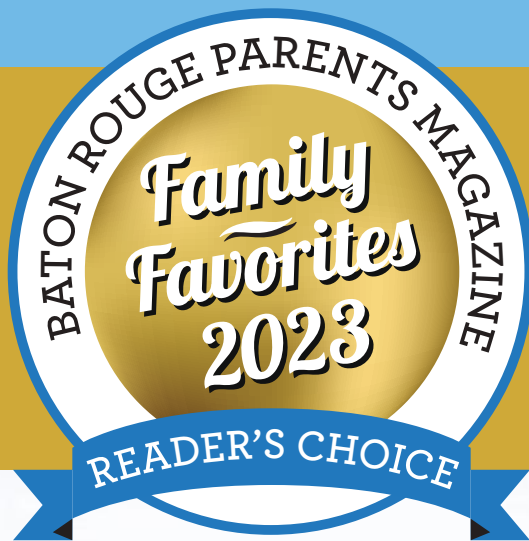


7479 PERKINS RD | BATON ROUGE, LA 70808 (At the corner of Perkins and Essen) | (225) 246-9997
MONDAY-FRIDAY: 8:00AM TO 8:00PM | SATURDAY & SUNDAY: 9:00AM TO 5:00PM | No appointment necessary

(225) 769-4044 | BATONROUGECLINIC.COM   

2023

Family Favorites



OVER 119,000 votes were cast in this year's Family Favorites! Thank you to everyone who nominated and voted to help us recognize these excellent businesses and professionals who go above and beyond every day. Congratulations to all of the winners.





Visit STM and see why we are Baton Rouge's Family Favorite:

- Preschool Program
- Private Elementary School
- Private Elementary School Principal Ashley McDaniel
- Private Middle School
- Private Middle School Principal Ashley McDaniel
- Afterschool Program
- Church/Worship Center
- Festival



**ST THOMAS
MORE**
CATHOLIC SCHOOL

Apply now for 2024-2025 at stmbr.org/apply

Limited availability for qualified candidates in PK3 through 8th grade

Schedule your private tour at stmbr.org/tourSTM

Thank You!

for voting us *YOUR*
Favorite 3D/4D Ultrasound



To book your appointment, please call
(225) 435-9749, or
go to lookatme4dimaging.com
to book online.

20189 Iowa Street, Livingston, LA 70754



Helping little people
do **BIG** things.

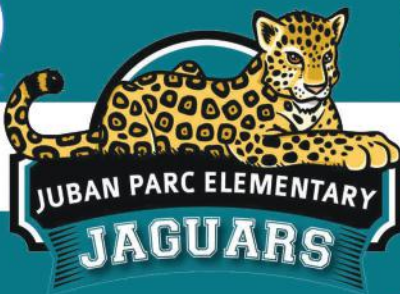


- Occupational Therapy
- Speech Therapy
- Physical Therapy
- Preschool
- ABA



Favorite Pediatric
Therapy Group

ptsprairieville.com | 37278 Market Place Drive
Prairieville, LA 70769 | (225) 744-1717



Recent Recognitions:

- Continuous growth on Leap, DIBELS, and Diagnostics each year
- National Stretch Growth School for iReady Reading and Math (2023)
- 2023 Family Favorite Public Elementary School/Public Elementary School Principal -Lauren Kennedy
- 2023 National Blue Ribbon Award Winner

The 3 Pillars of JPE help us align all instruction and activities to our Mission Statement:

Juban Parc Elementary will create a dynamic learning environment focused on the academic, social, and emotional growth of each child.



Dynamic Learning

Culture	Engagement	Innovation
Relationships	Relevance	Creativity
Communication	Critical Thinking	Resiliency
SEL	Collaboration	STEAM

Developmentally Appropriate Practices

225-665-4079 | 12555 Brown Road, Denham Springs, LA 70726

ARTS & ENTERTAINMENT

Favorite Family Entertainment Venue

BREC's Baton Rouge Zoo

Runners Up

Knock Knock Children's Museum & Main Event Baton Rouge

Favorite Museum

Knock Knock Children's Museum

Runners Up

Louisiana Art & Science Museum & USS KIDD Veterans Museum

Favorite Music Program

Baton Rouge Music Studios

Runners Up

Episcopal School of Baton Rouge & Kids' Orchestra

Favorite Theater Program

Theatre Baton Rouge

Runners Up

Ascension Community Theatre & Manship Theatre

FAMILY HEALTH

Favorite Adult Dentist

Dr. Krista Bennett-Bruns, Bruns Family Dental Center

Runners Up

Dr. Kacie Teague, Lamendola Dentistry & Dr. John Evan Morse, College Family Dentistry

Favorite Allergist

Dr. Adrienne Edmundson, The Baton Rouge Clinic

Runners Up

Dr. Joseph Redhead, The Baton Rouge Clinic & Dr. Prem Menon, Ochsner Health

Favorite Chiropractic Group

Resilient Chiropractic

Runners Up

Geaux Chiro - Prairieville & Get Off My Nerves Chiropractic

Favorite Cosmetic Center

LA Dermatology Laser and Cosmetic Center

Runners Up

Williamson Cosmetic Center & Perenack Aesthetic Surgery & The Baton Rouge Clinic

Favorite Day Spa

Bumble Lane

Runners Up

St. Michel Day Spa & Woodhouse Spa - Baton Rouge

Favorite Dental Care Group

Associates in Pediatric Dentistry

Runners Up

Bruns Family Dental Center & College Family Dentistry

Favorite Dermatologist

Dr. Mary Dickerson, Louisiana Dermatology Associates

Runners Up

Dr. Courtney Murphy, The Baton Rouge Clinic & Dr. Trent Massengale, Atlas Dermatology

Favorite Dermatology Group

Louisiana Dermatology Associates

Runners Up

Dermatology Clinic & The Baton Rouge Clinic

Favorite ENT Doctor

Dr. Elliot Hardy, The Baton Rouge Clinic

Runners Up

Dr. Caroline Rieger, The Baton Rouge Clinic & Dr. Thomas Hansbrough, LENTS

Favorite ENT Group

Louisiana Ear Nose Throat & Sinus

Runners Up

Ochsner Medical Complex - The Grove & The Baton Rouge Clinic

Favorite Eye Center

Eye Medical Center

Runners Up

The Baton Rouge Clinic & Williamson Eye Center

Favorite Family Physician

Dr. Angela Harris Toaston, Ochsner Health

Runners Up

Dr. Jennifer Greeson, The Baton Rouge Clinic & Dr. Rebecca Treuil,

The Baton Rouge Clinic

Favorite Hospital

Woman's Hospital

Runners Up

Baton Rouge General - Bluebonnet & Our Lady of the Lake Children's Hospital

Favorite Local Pharmacy

Prairieville Pharmacy

Runners Up

Prescriptions to Geaux & Messina's Pharmacy

Favorite OB/GYN Doctor

Dr. Ryan Dickerson, Louisiana Women's Healthcare/Ochsner

Runners Up

Dr. Allyson Boudreaux, Louisiana Women's Healthcare/Ochsner & Dr. Lisa Gautreau, Louisiana Women's Healthcare/Ochsner

Favorite OB/GYN Practice

Louisiana Women's Healthcare Associates

Runners Up

Schwartzenburg, Lafranca, Guidry, Chapman Obstetrics Gynecology & Baton Rouge General Physicians - Obstetrics & Gynecology

Favorite Orthodontic Clinic

Sherman & Balhoff Orthodontics

Runners Up

Porter Orthodontics & Frugé Orthodontics

Favorite Orthodontist

Dr. Joseph Porter, Porter Orthodontics

Runners Up

Dr. Brad Fruge, Fruge Orthodontics & Dr. Stephen Sherman, Jr., Sherman & Balhoff Orthodontics

Favorite Orthopaedic Clinic

BROC - Baton Rouge Orthopaedic Clinic & After Hours

Runners Up

Bone and Joint Clinic of Baton Rouge & Ochsner Health

Favorite Orthopaedic Doctor

Dr. Brad Culotta, BROC

**Down syndrome
is not a tragedy.
Putting tomatoes
in gumbo is.**

*Help us change the narrative about
Down syndrome in the Capital Area.*

DSAGBR.ORG/DONATE



TRINITY
LUTHERAN SCHOOL

**GRADES
K-8**

(225) 272-1288 | TLCBR.ORG/TLS

Thank you
for voting!



- Favorite Middle School
- Favorite Middle School Principal
Marinea McGehee



**QUALITY
CHRISTIAN
EDUCATION**

**OPEN HOUSE
January 18, 2024**

THANK YOU!



For voting us as your **FAVORITE FAMILY ENTERTAINMENT VENUE FOR 2023!**



3601 THOMAS RD | BATON ROUGE, LA 70807



(225) 775-3877



INFO@BRZOO.ORG

**YOUR
#1 LOCAL
NEWS
STATION**



**Download
the 9NEWS
APP for
breaking
news alerts**

Download on the
App Store

GET IT ON
Google Play




**Thank you
FOR VOTING!**

**FAVORITE MAGNET
ELEMENTARY SCHOOL**



**FAVORITE MAGNET
ELEMENTARY SCHOOL
PRINCIPAL**



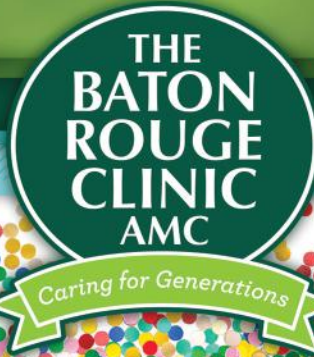
BRCVPA.ORG
BRCVPA@EBRSCHOOLS.ORG
@BRCVPA




BR+MUSICSTUDIOS
MORE THAN MUSIC LESSONS
Voted Favorite Music Program!

THANK YOU!

Schedule your **FREE LESSON** today!
(225) 769-6225
www.brmusicstudios.com



THANK YOU FOR VOTING FOR US!

CONGRATULATIONS TO *Baton Rouge's Best!*

WINNERS:

FAVORITE URGENT CARE FACILITY
FAVORITE ALLERGIST: DR. ADRIANNE EDMUNDSON
FAVORITE ENT DOCTOR: DR. ELLIOT HARDY

RUNNERS UP:

FAVORITE PEDIATRICIAN: DR. SUSAN BANKSTON	FAVORITE ENT GROUP
FAVORITE PEDIATRICIAN: DR. STEPHEN SANCHES	FAVORITE ENT DOCTOR: DR. CAROLINE RIEGER
FAVORITE FAMILY PHYSICIAN: DR. JENNIFER GREESON	FAVORITE DERMATOLOGY GROUP
FAVORITE FAMILY PHYSICIAN: DR. REBECCA TREUIL	FAVORITE DERMATOLOGIST: DR. COURTNEY MURPHY
FAVORITE EYE CENTER	FAVORITE ALLERGIST: DR. JOSEPH REDHEAD
	FAVORITE COSMETIC CENTER

WITH 22 PEDIATRICIANS, 40 INTERNISTS, AND NUMEROUS SPECIALTIES,
WE HAVE EVERYTHING YOU NEED TO KEEP YOU AND YOUR FAMILY HEALTHY AND HAPPY.

MAIN CLINIC 7373 PERKINS RD | PEDIATRICS AT PERKINS 7373 PERKINS RD | PEDIATRICS AT INDUSTRIPLEX 12351 INDUSTRIPLEX BLVD | URGENT CARE 7479 PERKINS RD

(225) 769-4044 | BATONROUGECLINIC.COM



THANK YOU!



Megan Goudeau
store owner



to each of you who
took the time to
choose us as your
favorite!

JM wouldn't be what
it is today without the
continued support
from the surrounding
communities.

We look forward to serving you for all of the
years to come. Again thank you and God bless.

35720 LA Hwy 16 Suite B., Denham Springs, Louisiana 70706
(225) 369-2002



ONCE UPON A TIME
Princess Parties
Creating Unforgettable Memories



Thanks For Voting!
Family Favorite Entertainer and Party Venue



**Young
Scholars
Academy**

Where Growth mindsets Begin



Megan Garretson
Visionary & Owner



Programs we offer:

1. Birth to PreK 4
2. Before and After Care (5-12yrs)
3. Summer Camp



Young Scholars Academy



@youngscholarsbr



225-218-4506



www.ysabr.com



16013 Firewood Drive, Baton Rouge, LA 70816



Need a break?
We got your back.

Voted Favorite Maid Service.

We would like to thank everyone for voting for us!
At Mid City Maids of Baton Rouge LLC, we strive to
ensure our client's satisfaction.

We offer residential, commercial, and construction
clean-up services.



MID CITY MAIDS OF BATON ROUGE
Serving Baton Rouge since 2011

11754 S Harrells Ferry Rd, Suite A
Baton Rouge, LA, 70816
(225) 332-8063
midcitymaidsofbr.com

Your health is our
priority.
Make it **yours**, too.

Running him to band practice. Getting her to the doctor.
Checking on your mom. Making sure everyone has lunch.
No wonder you can barely fit in your healthcare.

At Woman's Hospital, our priority is women's health. And nobody keeps women healthy and on top of their game like we do, because when you're feeling good, you can take care of all the things you do for those you love.

Each year, more than 100,000 women in the U.S. are diagnosed with gynecologic cancers. Some have unique signs and symptoms while others have no obvious symptoms at all.

Make your health a priority and see your gynecologist every year because early detection can save your life.



Runners Up

Dr. Brent Bankston, BROCC
& Dr. Jimmy Lalonde, BROCC

Favorite Pediatric Dentist

Dr. Robert Delarosa,
Associates in Pediatric Dentistry

Runners Up

Dr. Kat Corbin, Yale Pediatric
Dentistry & Dr. Johnnie Hunt,
Pediatric Dental Specialists

Favorite Pediatric Therapist

Andrea Palmer, Palmer Counseling, LLC

Runners Up

Kirsten Pecquet, Bodyworks Therapy
Specialists & Logan McIlwain, LCSW

Favorite Pediatric Therapy Group

Pediatric Therapy Solutions

Runners Up

BodyWorks Therapy Specialists
& NeuroTherapy Specialists Inc.

Favorite Pediatrician

Dr. Cherron Philippe, The Pediatric Place

Runners Up

Dr. Susan Bankston, The Baton Rouge
Clinic & Dr. Stephen Sanches,
The Baton Rouge Clinic

Favorite Plastic Surgeon

Dr. Erick Sanchez,
Sanchez Plastic Surgery

Runners Up

Dr. Robyn Daugherty, Daugherty Plastic
Surgery & Dr. Jonathan Weiler,
Weiler Plastic Surgery

Favorite Psychiatrist/Psychologist

Megan Thompson,
Genesis Behavioral Health

Runners Up

Dr. Renee M. Bruno
& Dr. Christopher Wear,
Ochsner Health

Favorite Urgent Care Facility

The Baton Rouge Clinic
Urgent Care Center

Runners Up

Ochsner Health
& Lake Urgent Care | Lake After Hours

Favorite Veterinarian

Dr. Tara Farmer,
Azalea Lakes Veterinary Clinic

Runners Up

Dr. Suzie Boucher, Azalea Lakes
Veterinary Clinic
& Dr. Jennifer Schneider,
Jones Creek Animal Hospital

Favorite Veterinary Clinic

Azalea Lakes Veterinary Clinic

Runners Up

Associated Veterinary Services
& Jones Creek Animal Hospital

IT'S A PARTY

Favorite Entertainer

Once Upon a Time Princess Parties

Runners Up

Animated Art & Petite Princess Company

Favorite Inflatable Rental

Stafford Amusements

Runners Up

Ascension Party Rentals & Geaux
Inflatables LLC

Favorite Party Supplies

Party Time

Runners Up

Gonzales Balloons Party Store & Sign
Gypsies Baton Rouge

Favorite Party Venue

Uptown Climbing

Runners Up

Louisiana Art & Science Museum & Once
Upon A Time Princess Parties, LLC

LOCAL

Favorite Church / Family Worship Center

St. Thomas More Catholic Church

Runners Up

Healing Place Church
& Jefferson Baptist Church

Favorite Community Event

Live After Five

Runners Up

Greater Baton Rouge State Fair
& White Light Night

Favorite Festival

St. Thomas More Church Festival

Runners Up

Greater Baton Rouge State Fair

& Ponchatoula Strawberry Festival

Favorite High School Football Team

Catholic High School

Runners Up

Episcopal School of Baton Rouge
& The Dunham School

Favorite Library Branch

Goodwood Library

Runners Up

Livingston Parish Library, Denham
Springs-Walker Branch & Ascension
Parish Library, Galvez Library

Favorite Mom's Girls Night Out

Superior Grill

Runners Up

Gotham Archery and
Axe Throwing: Baton Rouge
& Painting and Pinot

Favorite Outreach Program

Down Syndrome
Awareness Group (DSAG)

Runners Up

Healing Place Church
& The Life of a Single Mom

Favorite Pumpkin Patch

Mrs. Heather's Pumpkin Patch

Runners Up

LSU AgCenter Botanic Gardens
& Newsong Community Church

Favorite Radio Station

K-LOVE

Runners Up

102.5 WFMF & 100.7 The Tiger - WTGE

Favorite TV Station

WAFB

Runners Up

Louisiana Public Broadcasting
& WBRZ News 2

MOM AND BABY

Favorite 3D/4D Ultrasound

Look At Me 4D Imaging

Runners Up

Birth Center of Baton Rouge
& First Glimpse

Favorite Baby Gifts

First Glimpse



Penny & Gordon McKernan
2022 & 2023
Family Favorites Winner

LA-23-15974 | Dramatization

**CAR WRECKS
PERSONAL INJURY
WORKERS' COMP
BIG TRUCK WRECKS**

THANK YOU FOR VOTING US AS YOUR FAMILY FAVORITE!

Baton Rouge | Denham Springs | Gonzales | Zachary



**Voted Family Favorite
Gymnastics Program
and
Favorite Summer
Camp Program**

LAGold offers preschool gymnastics, recreational gymnastics, tumbling classes, summer camps, competitive gymnastics and more!

Schedule your FREE trial class today!

7872 Anselmo Lane,
Baton Rouge, La 70810
(225)412-4053



**2023
Family Favorite
Runner-Up**

- Favorite Charter Middle School Principal: Hazel Regis-Buckels
- Favorite Charter Elementary School Principal: Hazel Regis-Buckels
- Favorite Charter Middle School

Visit kenilworthacademy.org for more information.

NEW LOCATION: PERKINS & SIEGEN (8716 SIEGEN LN)



LSU | Gordon A. Cain Center

**STEM
Pathways
Middle School**



GRACIE UNITED BATON ROUGE

Thank You!

for voting us Favorite
Martial Arts Program
5 Years in a Row!



14719 Tiger Bend Rd., Baton Rouge, LA 70817
8411 Highland Rd., Suite A2, Baton Rouge, LA 70808

batonrouge-jiujitsu.com | (225)439-5858
southbr@gracieunited.com



BROADMOOR PRESBYTERIAN EARLY CHILDHOOD CENTER

Celebrating 63 Years of Excellence in early childhood education
infancy through PreK



Thanks For Voting us YOUR
Favorite Mother's Day Out Program



9340 Florida Boulevard, Baton Rouge
bpecbcr.com | bpcpreschool@gmail.com | 225-926-3421
non-discriminatory admissions policy

		THANK YOU FOR MAKING US #1 BROC BATON ROUGE ORTHOPAEDIC CLINIC BRORTHO.COM						

THANK YOU BATON ROUGE FOR MAKING US **A 2023 FAMILY FAVORITE**

RANKED THE
#1 SCHOOL
IN BAKER*

**ADVANTAGE
CHARTER
ACADEMY**

*Louisiana School Performance Scores



Mason's grill



We want to thank our community for embracing us as we transitioned as the new owners through this past year and a half. Your continuous support is greatly appreciated! We thoroughly enjoy meeting each of you and getting to know you and your families everyday. We are beyond thrilled and honored to be voted Favorite Bar & Grill and Favorite Brunch Restaurant in Baton Rouge!

Come and try our weekly night specials:

\$2 TACO Tuesdays, STEAK NIGHT on Wednesdays, 75 cent WING NIGHT on Thursdays, our crafted specialty BURGERS of the month, Award Winning Bloody Marys and our famous weekend BRUNCH on Saturdays and Sundays!

See y'all soon,
Rober, Christina, and Robert



BUZZED BULL CREAMERY

Ice Creams, Milkshakes & Cold/Frozen Coffees.



Voted YOUR Favorite Ice Cream Shop



Buzzed Bull Creamery is a family-friendly dessert shop. All of our treats are made to order, using fresh, premium ingredients. We use the power of liquid nitrogen to bring the dessert to life.

2660 Sac Au Lait Ln, Suite C, Denham Springs, LA 70726 | (225)503-0605

THANK YOU

for voting us
FAVORITE BANK!

We are humbled by your recognition, Baton Rouge.

Like you guide your children with love and dedication, it is our honor to serve your family with your financial needs with the same level of care and commitment.

Thank you for letting us be a part of your family's journey.

Citizens
Bank & Trust

CitizensBankandTrust.com





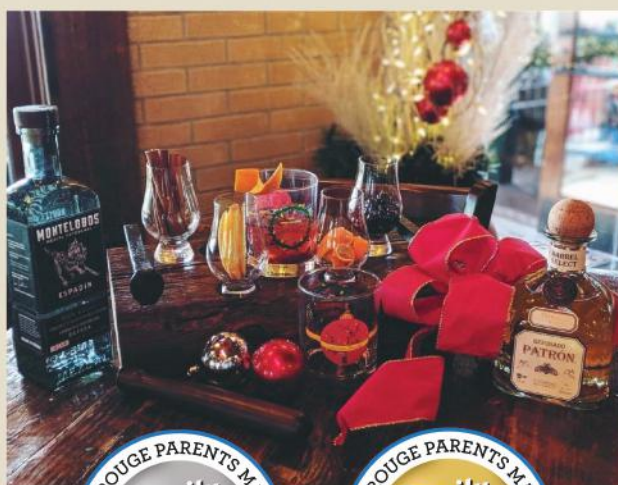
*Spend the Holidays
with*
**SUPERIOR
GRILL**

See Santa at Superior

Sunday, December 3rd
6:00 pm - 8:00 pm

Sunday, December 10th
6:00 pm - 8:00 pm

Sunday, December 17th
6:00 pm - 9:00 pm



7333 Highland Rd
Baton Rouge, LA 70808
(225) 999 - 7333



Runners Up

Mini Macarons & The Royal Standard

Favorite Birthing Hospital

Woman's Hospital

Runners Up

Baton Rouge General
& Birth Center of Baton Rouge

Favorite Newborn /Maternity Photographer

Butterflies of Hope Photography

Runners Up

Malorie Sitar Photography
& Rachel Ezzo Portraits

Favorite Pre- and Post-partum Classes

Birth Center of Baton Rouge

Runners Up

Birth Help & Woman's Hospital

SCHOOLED

Favorite After-School Program

St. Thomas More Catholic School

Runners Up

Gateway Preschool & Technology Center
& Parkview Baptist School

Favorite Charter Elementary School

BASIS Baton Rouge—Materra

Runners Up

Advantage Charter Academy &
University View Academy

Favorite Charter Elementary School Principal

Jared Lamb, BASIS
Baton Rouge—Materra

Runners Up

Christol Williams, University View
Academy & Hazel Regis-Buckels,
Kenilworth Science and
Technology Charter School

Favorite Charter High School

University View Academy

Runners Up

GEO Prep Academy & Slaughter
Community Charter School

Favorite Charter High School Principal

Sharon Sims, University View Academy

Runners Up

Brandon Fontenot, GEO Next Generation
High School & Dr. Stephanie Goudeau,

Slaughter Community Charter School

Favorite Charter Middle School

University View Academy

Runners Up

BASIS Baton Rouge
& Kenilworth Science &
Technology Charter School

Favorite Charter Middle School Principal

Jared Lamb, BASIS
Baton Rouge—Materra

Runners Up

Hazel Regis-Buckels, Kenilworth Science
and Technology Charter School & Janna
Husser, University View Academy

Favorite College

Louisiana State University

Runners Up

Southeastern Louisiana University &
Southern University & A&M College

Favorite Magnet Elementary School

Baton Rouge Center for Visual and
Performing Arts

Runners Up

Mayfair Laboratory School & Westdale
Heights Academic Magnet

Favorite Magnet Elementary School Principal

Dr. Louis Moore, Baton Rouge Center for
Visual and Performing Arts

Runners Up

Alesha Cavanaugh, Westdale Heights
Academic Magnet & Kyle Fontenette,
Mayfair Laboratory School

Favorite Magnet High School

Baton Rouge Magnet High School

Runners Up

Liberty Magnet High School &
Scotlandville Magnet High School

Favorite Magnet High School Principal

Nanette McCann, Baton Rouge Magnet
High School

Runners Up

Brandon Levatino, Liberty Magnet
School & Paul Jackson,
Scotlandville Magnet High School

Favorite Magnet Middle School

Sherwood Middle
Academic Magnet School

Runners Up

Mayfair Laboratory School
& McKinley Middle Magnet School

Favorite Magnet Middle School Principal

Jamie Noel, Sherwood
Middle Academic Magnet School

Runners Up

Dr. Tongelia Rowan, McKinley Middle
Magnet School & Kyle Fontenette,
Mayfair Laboratory School

Favorite Mother's Day Out Program

Broadmoor Presbyterian
Early Childhood Center

Runners Up

Grace Life Preschool
& Jefferson Baptist Church

Favorite Preschool Program

St. Thomas More Catholic School

Runners Up

St. James Episcopal Day School
& The Child Development Cooperative

Favorite Private Elementary School

St. Thomas More Catholic School

Runners Up

Bethany Christian School
& St. James Episcopal Day School

Favorite Private Elementary School Principal

Ashley McDaniel,
St. Thomas More Catholic School

Runners Up

Bridget Henderson, St. James Episcopal
Day School & Daniel McCulloch,
Parkview Baptist School

Favorite Private High School

St. Joseph's Academy

Runners Up

Episcopal School of Baton Rouge & St.
Michael the Archangel High School

Favorite Private High School Principal

Stacia Andricain, St. Joseph's Academy

Runners Up

Ellen Lee, St. Michael the Archangel High
School & Tom Forti, Episcopal School of
Baton Rouge

Favorite Private Middle School

St. Thomas More Catholic School



Favorite Tutoring Program

Spectacular News! Black MasterMinds LLC is deeply honored and humbled to be named this year's 2023 Baton Rouge's Family Favorite Tutoring Program for the second year in a row! We would like to publicly thank YOU for voting, sharing, and supporting us consistently. We also would love to congratulate the other nominees who all work exceedingly and abundantly well for our scholars' educational journeys!

Supportive, efficient, and valuable, Black MasterMinds tutors provide the opportunity primarily but not limited to, to undervalued African American families by educating scholars with holistic and useful tools including skill-building strategies, guided instruction and practice, and LEAP-aligned assessments in all subjects. We extend to build the academic endurance and stamina of all scholars while pushing their level of confidence and self-reliance to immeasurable heights.

Black MasterMinds LLC acknowledges academic and opportunity gaps in African American scholars' access and academic skill levels. Because of this, immediate action is necessary to not temporarily close, but eliminate these gaps and misconceptions forever. We are beyond a tutoring program. We are a place where scholars grow academically, improve intellectually, expand socially and professionally, and love the process and journey while doing so! We stand for all scholars exceeding their fullest potential and trusting in themselves.

To learn more about Black MasterMinds LLC and the amazing assistance opportunities we offer, please visit our website and social media handles @BlackMasterMindsLLC. Tell them Mrs. Bertrand sent you!



Irisle Bertrand-Founder & Instructor
11762 S. Harvelle Ferry Rd. Suite F,
Baton Rouge, LA 70816
(504) 319-9009
www.blackmasterminds.org



Bethany
Christian School

**Educating a Child from
a Biblical Worldview**





**Family Favorite Runner-Up:
Favorite Private Elementary School**

Pre-K4 through 8th grade

**Schedule a tour during our preview days:
November 28, 29, 30 and January 23, 24, 25!**

**bethanychristianschool.com | 225-412-5335
11107 Honore Lane, Baton Rouge, La. 70809**







ACURA
Acura of Baton Rouge

**www.AcuraBR.com
(225)435-8060
13550 Airline Highway
Baton Rouge, La 70769**






**225-647-1230
actgonzales.org**

**2024
Season**







**With your support, we continue to produce
quality theatre for everyone! THANK YOU!**



Thanks for
Voting!

2023 Family Favorite Winner of
Newborn/Maternity Photographer
and Photography Studio

Contact us: 225-324-8622

Newborn/Maternity/Milestone

Photographer
Heather Banker

www.butterfliesofhopephotography.com

butterfliesofhopebyheather@gmail.com



DeFRANCES
ACADEMY OF DANCE
Baton Rouge & Prairieville

THANK YOU!

For voting us your
Favorite Dance Program!

Recital is May 18 and 19, 2024
Registration Opens April 2024

www.defrancedance.com

BR Studio-(225) 751-8564 | Prairieville Studio-(225) 673-6195



**BRUNS FAMILY
DENTAL CENTER, LLC**

Dr. Krista Bennett-Bruns
Dr. Ilan Orgad



Family Favorite Winner

Favorite Adult Dentist: Dr. Krista Bennett-Bruns
Favorite Runner-Up: Favorite Dental Care Group



Let us help bring out the best in your smile!

Personalized solutions | Compassionate care | Advanced technology

6860 Bluebonnet Blvd, Ste B, Baton Rouge, LA 70810
(Near the Mall of Louisiana)
(225) 769-0222

BATON ROUGE MAGNET HIGH SCHOOL



THANK YOU FOR VOTING US FOR FAMILY FAVORITES!



- Favorite Magnet High School
- Favorite Magnet High School Principal - Nanette McCann

2825 Government Street, Baton Rouge, LA 70806 | 225 • 383 • 0520 | brmhs.com



Runners Up

Episcopal School of Baton Rouge & Trinity Lutheran School

Favorite Private Middle School Principal

Ashley McDaniel,
St. Thomas More Catholic School

Runners Up

Marinea McGehee, Trinity Lutheran School & Mark Engstrom,
Episcopal School of Baton Rouge

Favorite Public Elementary School

Juban Parc Elementary

Runners Up

Prairieville Primary School & Shenandoah Elementary School

Favorite Public Elementary School Principal

Lauren Kennedy, Juban Parc Elementary

Runners Up

Amy Savage, South Live Oak Elementary School & Kim Ammons, Prairieville Primary

Favorite Public High School

Live Oak High School

Runners Up

Brusly High School & Central High School

Favorite Public High School Principal

Beth Jones, Live Oak High School

Runners Up

Brandon Lagroue, Central High School & Matt Monceaux, Dutchtown High School

Favorite Public Middle School

Live Oak Middle School

Runners Up

Central Middle School & Prairieville Middle School

Favorite Public Middle School Principal

Ryan Hodges, Live Oak Middle School

Runners Up

Erin Howard, Glasgow Middle School & Matthew Geraci, Prairieville Middle School

Favorite Special Needs Program

Grace Therapy Center

Runners Up

Behavioral Intervention Group

& St. Thomas More Catholic School

Favorite Trade School

River Parishes Community College Gonzales

Runners Up

Baton Rouge Community College & ITI Technical College

Favorite Tutoring Program

Black MasterMinds LLC

Runners Up

Dream Keepers Academy of Baton Rouge & City Year Baton Rouge

SERVICES**Favorite Adult Hair Salon**

The Faith Touch

Runners Up

Lux Salon & Studio des Amis

Favorite Attorney

Gordon McKernan, Gordon McKernan Injury Attorneys

Runners Up

Brian Prendergast, Prendergast Law Firm LLC & Robert Lucky, The Lucky Law Firm

Favorite Bank

Citizens Bank & Trust

Runners Up

Capital One Bank & Chase Bank

Favorite Carwash

Benny's Car Wash

Runners Up

PitStop Carwash & WhiteWater Express Car Wash

Favorite Catering Company

Chef Celeste

Runners Up

Odom's Kitchen & Unique Cuisine Catering

Favorite Child Care

The Child Development Cooperative

Runners Up

Gateway Preschool & Technology Center & Young Scholars Academy

Favorite Credit Union

Pelican State Credit Union

Runners Up

Baton Rouge Telco Federal Credit Union & Neighbors Federal Credit Union

Favorite Kids Hair Salon

Cuttin' Up Hair Care For Kids

Runners Up

Sniggles & Giggles Kids Salon & The Faith Touch

Favorite Lawn Care Service

Heavenly Lawn Plus

Runners Up

Huval's Lawnscape & Southern Turf Lawn & Landscape

Favorite Maid Service

Heaven Scent Cleaning Service LLC

Runners Up

Guarantee Maid Services & Mid City Maids of Baton Rouge LLC

Favorite Pest Control Service

The Bug Man

Runners Up

Arceneaux Pest Management Service, Inc. & Dugas Pest Control

Favorite Pet Care Service

K9 Rouge Rescue

Runners Up

Camp Bow Wow & Off The Chain

Favorite Photographer

Malorie Sitar, Malorie Sitar Photography

Runners Up

Damion Haines, The Headshots Guy & Jordyn Davis, Jordyn Davis Photography

Favorite Photography Studio

Butterflies of Hope Photography

Runners Up

Kleinpeter Photography Inc. & Malorie Sitar Photography

Favorite Tree Service

Mr. D's Tree Services

Runners Up

Biggz Professional Tree Care & Bofinger's Tree Service

BAYOU JIU JITSU & SELF DEFENSE

OUR TEAM

- #1 rated kids program in Baton Rouge and Central
- Family-friendly environment and safe training atmosphere
- Highest ranking Jiu Jitsu Black Belt in the state!
- Highest ranking Judo Sensei in the state!
- Family rates available

Call today to schedule your free class!
225-505-8500



bayoujiujitsu.us

9681 Airline Hwy., Baton Rouge, LA 70815
14455 Wax Rd., Suite V, Central, LA 70818





NOW ENROLLING

for the 2024-2025 school year.

Start your journey to your **FREE**
Associate Degree while in high school!



GIVE THE Gift of Learning Through Play!

When you gift membership this holiday season at Knock Knock, not only will you be igniting the joy of learning through play, but you're also gifting a host of amazing benefits, including:

- One year of unlimited admission
- Discounts on ticketed special events
- Members-only hours



Scan the QR code to learn more about our membership options.



Thanks, Baton Rouge, for voting
us your Favorite Museum!



Children with autism benefit from individualized treatment

SPECIALIZED CARE MAKES A **BIG** DIFFERENCE

You need the right learning partner for your child, and the right support for your peace-of-mind. **Behavioral Intervention Group (BIG)** believes in **creating learning environments where your child can thrive.**

BIG's comprehensive Applied Behavior Analysis (ABA) program aims to develop a child's greater opportunity for independence. Because BIG believes effective autism intervention is not a "one-for-all" program, the therapists at BIG treat each child based on their abilities, needs, and personalized goals. We're serving the belief that each child has their own unique learning history and that tailored teaching environments and teaching techniques will lead to the best outcome. **BIG is redefining what is possible for families and children.**

At BIG, your child's learning journey is assessed, designed, and monitored by Board Certified Behavior Analysts.

We chart each child's data to better understand where learning is progressing or stalling, then adjust our strategy where needed. Parents are invited to meet with their child's behavior analyst on a quarterly basis to review these reports and discuss their child's progress and objectives.

When it comes to helping families, an exceptional therapist can make an exceptional difference. And having the support of the right team can be more fulfilling for everyone.



Learn more about
BIG's unique program
and services at
big-br.com.

SHOPPING

Favorite Adult Boutique

JM Boutique

Runners Up

Bayou Belle Boutique
& The Royal Standard

Favorite Bridal / Formal Wear

Natasha Marie Bridal

Runners Up

Chosen a Bridal Boutique
& Do Bridal Couture

Favorite Car Dealership

Acura of Baton Rouge

Runners Up

Hollingsworth Richards Ford
& Team Toyota

Favorite Children's Boutique

Lilly & Jace Kids Boutique

Runners Up

Lulu & Bean & Mini Macarons

Favorite Consignment Store

The Purple Cow

Runners Up

Abigail's Best Children's
& Maternity Consignment
& REfinery Children's
Consignment Boutique

Favorite Florist

Billy Heroman's Flowers
& Gifts Landscaping

Runners Up

Jake's on the Avenue
& Trey Marino's Central Florist & Gifts

Favorite Gift Store

The Royal Standard

Runners Up

Louisiana Art & Science Museum
& Messengers Gifts

Favorite Grocery Store

Oak Point Fresh Market

Runners Up

Calandro's Supermarket
& Rouses Market

Favorite Jewelry Store

Lee Michaels Fine Jewelry

Runners Up

Anton's Fine Jewelry & Salassi Jewelry

& Fine Gifts

Favorite Lawn & Garden Store

Clegg's Nursery

Runners Up

D's Garden Center & Louisiana Nursery

Favorite Meat Market

Oak Point Fresh Market

Runners Up

Iverstine Farms Butcher & The Meatatory

Favorite School Uniform Wear

Inka's Uniforms

Runners Up

School Time
& Young Fashions School Uniforms

SPORTS & REC PROGRAMS

Favorite Cheer Program

Cheer Force Athletics

Runners Up

Baton Rouge Cheer Academy
& Central Community Athletics

Favorite Dance Program

De Frances Academy of Dance

Runners Up

Dancers' Workshop
& En Pointe Dance Studio

Favorite Gymnastics Program

LA Gold Gymnastics

Runners Up

Edge Gymnastics Training
& PAC Gymnastics

Favorite Health & Fitness Studio

Uptown Climbing

Runners Up

Body Sculpt Barre Studio
& Southern Oaks Athletic Club

Favorite Martial Arts Program

Bayou Jiu Jitsu & Self Defense

Runners Up

David Vincent's Martial Arts & Fitness
& Gracie United Jiu-Jitsu | Baton Rouge

Favorite Summer Camp Program

LA Gold Gymnastics

Runners Up

Camp Istrouma
& UpTown Climbing

Favorite Swimming Lessons

Tadpole Academy Swim School

Runners Up

Crawfish Aquatics
& Southern Oaks Athletic Club

TREATS AND EATS

Favorite Bakery

Oak Point Fresh Market

Runners Up

Nothing Bundt Cakes
& The Ambrosia Bakery

Favorite Bar & Grill

Mason's Grill

Runners Up

Superior Grill
& Walk-On's Sports Bistreaux

Favorite Barbecue Restaurant

Sonny's BBQ

Runners Up

BRQ Seafood and Barbeque
& Hannah Q Smokehouse

Favorite Boiled Crawfish

Tony's Seafood

Runners Up

Hole 'N Da Wall Seafood
& Willie's Restaurant

Favorite Brewery

Le Chien Brewing Company

Runners Up

Abita Brewing Company
& Istrouma Brewing

Favorite Brunch Restaurant

Mason's Grill

Runners Up

Another Broken Egg Cafe
& Stab's Steak and Seafood

Favorite Burger

Burgersmith

Runners Up

Curbside Burgers
& Original Dearman's Soda Shop

Favorite Coffeehouse

CC's Coffee House

Runners Up

Starbucks
& The Hausse
at Central Square



CHEF

Celeste



**Favorite Catering
Company**



www.chefceleste.com



HEAVEN *Scent*

When a little touch of heaven is all you need!
Mention This Ad To Receive 10% Off Any Service!

 **Facebook/HeavenScentBRLA**

 **Heaven_Scent_Cleaning**

 **HeavenScent29@yahoo.com**

leisha Williams

225.249.5112

225.234.1874

grace THERAPY
CENTER

Your favorite
special needs
program **two**
years in a row!

Thank you, Baton Rouge! We are thankful to be voted your favorite special needs program for the second year. **We love serving the Greater Baton Rouge Area!**

GRACETHERAPYCENTER.COM



Oak Point

FRESH  MARKET

THANK YOU FOR VOTING US
BATON ROUGE'S
FAMILY FAVORITE

Winner!



 GROCERY STORE

 MEAT MARKET

 BAKERY

 KING CAKE



Love
Where You Shop!

14485 Greenwell Springs Rd. (225) 261-1095 | 35045 LA Hwy 16 (225) 243-5309



Favorite Date Night Restaurant

The Little Village

Runners Up

Ruth's Chris Steak House
& Stab's Prime Steak and Seafood

Favorite Donuts

Holey Good Donuts

Runners Up

Mary Lee Donuts
& Thee Heavenly Doughnut

Favorite Family-Friendly Restaurant

Superior Grill

Runners Up

Mason's Grill & Willie's Restaurant

Favorite Food Truck

Cou-Yons Express

Runners Up

Espresso Geaux & Sneaux Season

Favorite Fried Chicken

Raising Cane's Chicken Fingers

Runners Up

Linda's Chicken & Fish
& Triplet's Blue Store

Favorite Ice Cream Shop

Buzzed Bull Creamery

Runners Up

Gails Fine Ice Cream
& The Yard Milkshake Bar

Favorite Italian Restaurant

The Little Village

Runners Up

Gino's Restaurant & Monjunis

Favorite Kids Eat Free

Las Palmas Mexican Restaurant

Runners Up

Mason's Grill
& Our Mom's Restaurant & Bar

Favorite King Cake

Oak Point Fresh Market

Runners Up

Randazzo's King Cakes
& Rouses Market

Favorite Mexican Restaurant

Superior Grill

Runners Up

La Carreta
& Las Palmas Mexican Restaurant

Favorite Pizza Place

LIT Pizza

Runners Up

Red Zeppelin Pizza & Rotolo's Pizzeria

Favorite Seafood Restaurant

Louisiana Lagniappe Restaurant

Runners Up

Duke's Seafood & Steakhouse
& Parrain's Seafood Restaurant

Favorite Snowballs

Sneaux Season

Runners Up

Cool Tiger Ice SnoBalls
& Olivia's Snowballs

Favorite Steakhouse

Ruth's Chris Steak House

Runners Up

Stab's Prime Steak
& Seafood & Texas Roadhouse

Favorite Sushi

Ichiban Sushi Bar & Grill

Runners Up

Geisha, Sushi With a Flair & Tsunami
Sushi Baton Rouge ■



• *Congratulations* •
again to all of our winners!

To learn more about this year's Family
Favorites, visit us online to check out our
Family Favorites online directory.
brparents.com





Tadpole Academy of Baton Rouge



THANK YOU!

**For voting us as your favorite
three years in a row!**

Tadpole sends Red Cross certified Water Safety Instructors to your area to provide reliable and convenient survival swim lessons. 60+ locations to serve you!

tadpoleacademy.com,
or call/text
225-678-9772 for more info.



**Thank
you**
for voting



as your

**Favorite Adult Hair Salon
& Favorite Kids Hair Salon**

thefaithtouch.com



Thank you, Baton Rouge!

Ryan Dickerson, MD

Louisiana Women's Healthcare-Ochsner
Favorite OB/GYN: Ryan Dickerson, MD
Favorite OB/GYN Practice

Birth Center of Baton Rouge
Favorite Pre and Postpartum Classes
Runner-Up Favorite Birthing Hospital
Runner-Up 3D/4D Ultrasound

Mary Dickerson, MD

LA Dermatology Laser and Cosmetic Center
Louisiana Dermatology Associates
Favorite Dermatologist: Mary Dickerson, MD
Favorite Dermatology Practice
Favorite Cosmetic Center



Smile by
Dr. Porter

WE MAKE WINNING SMILES!



JOSEPH R. PORTER
DDS
ORTHODONTIC SPECIALIST

Averi Blyss Crawford
Miss Teen Louisiana

\$500 Off
Comprehensive
Treatment Until
Jan 31, 2024

Can't be combined with other discounts.



4451 Bluebonnet Blvd., Ste B, Baton Rouge, LA
(225)291 9900 | porterbraces.com



Thanks for Choosing



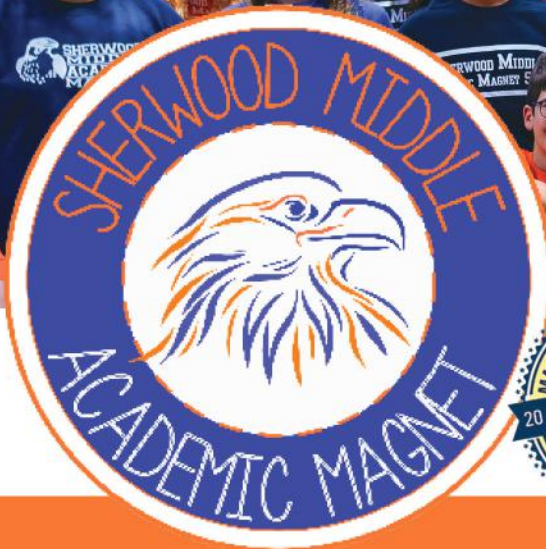
Pelican State
credit union®

as Your Financial
Family for Life



Where Excellence IS the Standard

Sherwood Middle Academic Magnet School



Applications open now!
Apply online at www.ebrmagnet.org

HIGH SCHOOL PREPARATORY & COLLEGE/
CAREER READINESS MAGNET THEME

AWARD-WINNING ADMINISTRATION AND FACULTY

ADVANCED COURSES WITH RIGOROUS
CURRICULUM

WIDE RANGE OF ACADEMIC, STEM, AND ARTS
ELECTIVE COURSES



Family Favorite
Middle School



Family Favorite
Middle School
Principal:
Jamie Noel



Family Favorite
Finalist Middle
School and Middle
School Principal:
Jamie Noel

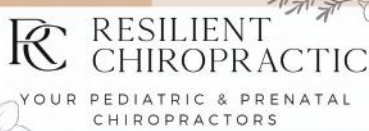


Family Favorite
Middle School
and Middle
School Principal:
Jamie Noel



1020 MARLBROOK DRIVE, BATON ROUGE, LA 70815
SHERWOODMIDDLEMAGNET.ORG





RESILIENT CHIROPRACTIC
YOUR PEDIATRIC & PRENATAL CHIROPRACTORS









Do you or your child experience:

ADD/ADHD	Digestive Issues
Allergies	Ear Infections
Sinus	Headaches
Anxiety	Loss of energy
Asthma	Reflux
Bedwetting	Scoliosis
Colic	Sleeping Issues
Constipation	Neck/Back Pain

We can help naturally!

225-242-9882
WWW.RESILIENTCHIRO.COM

#EVERYKIDCOUNTS

TO LEARN MORE OR TO MAKE AN APPOINTMENT





rachel ezso
FINE ART PORTRAITS






Thank You
for Voting Rachel Ezso Portraits as Runner Up for Favorite Newborn/Maternity Photographer!

7575 Jefferson Hwy, Baton Rouge, LA 70806
Suite B
434-404-7835 | rachelezzo.com



THANKS FOR VOTING US BATON ROUGE'S
FAVORITE FRIED CHICKEN






VISIT ONE OF OUR
BATON ROUGE AREA RESTAURANTS

THANK YOU FOR VOTING FOR US
FAVORITE Mom's night out





www.PAINTINGANDPINOT.COM

CREATE CHEMISTRY

with

BASF's KIDS' LAB



*Included in LASM's General Admission.
For young scientists ages 6-12 and their accompanying adults.*



Scan the QR code and fill out a Reservation Form by the Thursday prior to your desired session to reserve your spot!

Or you may register on-site the day of the program, as space permits.

GENEROUSLY SPONSORED BY

BASF
We create chemistry

LOUISIANA
**ART &
SCIENCE**
MUSEUM

EVERY SECOND AND FOURTH WEEKEND OF THE MONTH | 100 RIVER ROAD SOUTH, BATON ROUGE, LA 70802 | LASM.ORG



November 18, 2023

www.mylpl.info/2023librarymillage



LIVINGSTON PARISH
LIBRARY

This month, the Livingston Parish Library's **SOLE FUNDING SOURCE** will be on the ballot.



**THIS IS A RENEWAL,
NOT A NEW TAX**



**TAX FIRST
APPROVED IN 1995**



**NO INCREASES IN
TAXES PAID**

A LIBRARY OF THE
COMMUNITY, FOR
THE COMMUNITY.





BRAC'S SMALL BUSINESS SERVICES

BRAC has dedicated staff to help the region's small businesses get connected to resources, information, and networks to grow. BRAC's small business services program can help your small business with the following:

- ▶ Creating a business plan
- ▶ Small business coaching
- ▶ Workforce development
- ▶ Management consulting
- ▶ Access to capital
- ▶ Market research
- ▶ Contracting with municipal, state or federal government entities
- ▶ Becoming a vendor for other local businesses
- ▶ Obtaining DBE status or other certifications
- ▶ Understanding federal, state and local incentives

**Chris Spalatin, Senior
Manager of Small Business
and Entrepreneurship**
ChristopherS@brac.org
(o) 225.381.7133



HARVESTING *Knowledge*

***Plant the seeds of early childhood education as
the perennial foundation for the future of our children.***

*Join us for a season of learning, growth and a
nurturing educational environment where
students can thrive.*

EBR



IN EVERY ISSUE

things to do



1

Football on Pointe

Pointe-Marie at 10 a.m. on November 4.
Ultimate tailgating experience for LSU fans.
[eventbrite.com](https://www.eventbrite.com)



2

Cat Kid Comic Club the Musical

Manship Theatre at 2 p.m. on November 5.
Cat Kid and Molly Pollywog have started an epic club to teach baby frogs how to make their own comics! manshiptheatre.org

3

White Light Night

Mid City from 6-10 p.m. on November 17. Art festival featuring artists and makers.
[midcitymerchantsbr.org](https://www.midcitymerchantsbr.org)



4

Santa CAAWS

BREC's Perkins Road Community Park at 10 a.m. on November 5.
Bring your pets and/or children to take photos with Santa. [caaws.org](https://www.caaws.org)

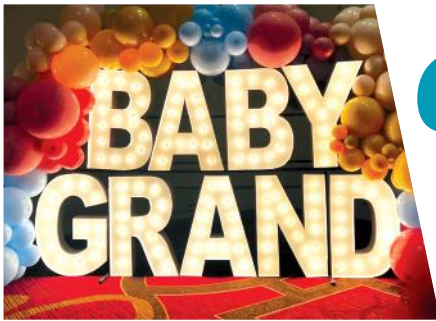


5

Girls on the Run 5K

Blue Cross and Blue Shield of Louisiana at 9 a.m. on November 11. [girlsontherunsola.org](https://www.girlsontherunsola.org)

HEADS UP! Events may change after publication deadline. Please phone ahead to confirm important information and check with locations about individual COVID rules.



- 6 | Baby Grand**
 Renaissance Baton Rouge Hotel
 from 9 a.m.-noon, on November 4. A
 free educational event for expecting
 parents. womans.org/babygrand



- 7 | Zoo Run**
 BREC's Baton Rouge Zoo
 at 8 a.m. on November 18.
 Updated 5K run through
 the zoo. brzoo.org

- 8 | Zoolights**
 BREC's Baton Rouge Zoo
 beginning November 24
 through December 30. Over
 50 illuminated sculptures of
 animals and holiday displays.
brzoo.org



*Trot to the finish
 line this Thanksgiving!*

- 10 | Baton Rouge
 Turkey Trot**
 Enjoy this turkey tradition with your family on
 Thanksgiving Day this year! Before you gobble
 up your turkey dinner with your family, put
 on your running or your walking shoes and
 head to 368 Convention Street at 7:30 a.m.
 on Thursday, November 23 to run, walk, or
 jog the 5K or the one-mile fun run. This race
 helps keep the local community active and fit
 through racing, and the event also partners
 with the March of Dimes as a fundraiser to help
 the organization financially and by spreading
 the word about the work they do.
turkeytrotbr.com



- 9 | Walk to Defeat
 ALS Louisiana**
 Pennington Biomedical Research
 Center at 9 a.m. on November 4.
web.alsa.org

1

WEDNESDAY

ALL SAINTS' DAY
DAY OF THE DEAD
NATIONAL FAMILY
LITERACY DAY
NATIONAL STRESS
AWARENESS DAY

GREATER BATON ROUGE STATE FAIR.

Airline Highway Fairgrounds through November 5. Fun, food, rides, and games. gbrsf.com

GROCERY STORE

TOUR. Rouses Market Zachary at 10 a.m. Learn how to choose fresh and healthy foods and understand food labels. brgeneral.org

SWEET TOOTH

DESIGNS. BREC's Highland Road Community Park at 6 p.m. brec.org

YOGA ON THE LAWN.

Tin Roof Brewing Company at 6:30 p.m. facebook.com/tinroofbeer

2

THURSDAY

BIRTH CENTER TOUR.

Baton Rouge General Bluebonnet at 6 p.m. Tour the birth center. brgeneral.org

BODY BASICS FOR

BOYS. Woman's Hospital at 6:30 p.m. womans.org

CHILDBIRTH PREPARATION.

Baton Rouge General Bluebonnet at 9 a.m. Learn the basics of labor and birth. brgeneral.org

FÊTE DU VIN. The Trademark on Third at 6:30 p.m. Baton Rouge Epicurean Society's premier wine tasting. eventbrite.com

ORCHESTRAL SERIES

II. River Center Theatre at 7:30 p.m. Features

Maestro Adam Johnson and Thomas Yu.

brso.org

RED DRAGON PRESENTS: SONNY LANDRETH TRIO.

Manship Theatre at 7:30 p.m. manshiptheatre.org

RED STICK FARMERS

MARKET. Pennington Biomedical Research Center at 8 a.m.

breada.org

ROCK N ROWE FT.

CHASE TYLER BAND.

Perkins Rowe at 6 p.m. perkinsrowe.com

ROE. Reilly Theatre through November 12. lsu.edu/cmda

SIP & SPIN: POTTERY

CLASS. Cary Saurage Community Arts at 6:30 p.m. Instructor-guided pottery class. artsbr.org

TODDLER THURSDAY.

LSU Museum of Art at 10 a.m. lsumoa.org

3

FRIDAY

CAFÉ FRANÇAIS.

West Baton Rouge Museum from 1-3 p.m. wbrmuseum.org

CRAFT CORNER AT

THE SWAMP.

BREC's Bluebonnet Swamp Nature Center at 9 a.m. Features crafts for you to enjoy at the swamp or to take home.

brec.org

DISNEY JUNIOR LIVE

ON TOUR: COSTUME

PALOOZA. Raising Cane's River Center at 6 p.m. raisingcanesrivercenter.com

FAMILY DINNER IMPROV COMEDY.

Hartley/Vey Studio Theatre at 7:30 p.m. manshiptheatre.org

FAMILY NIGHT. Tin Roof Brewing Company from 5-8 p.m. facebook.com/tinroofbeer

GREAT GATSBY WINE

GALA. L'Auberge Casino from 6-9 p.m. Serving 80+ wines and



GREATER BATON ROUGE STATE FAIR. See November 1.

heavy hors d'oeuvres. ralphsag.com

MISS VS BTR. Raising Cane's River Center at 7:30 p.m.

brprohockey.com

4

SATURDAY

NATIONAL CANDY DAY
NATIONAL PLAY OUTSIDE DAY

ALL STRIDES HORSE

SHOW. BREC's Farr Park Equestrian Center at 8 a.m. gaitway.org

ANTIOCH ARTISANS @ THE ARTIST'S LOFT.

The Artist's Loft Gifts & Antiques at 9 a.m. antiochartisans.com

BABY GRAND.

Renaissance Baton Rouge Hotel from 9 a.m.-noon. A free educational event for expecting parents. womans.org/babygrand

BATON ROUGE ARTS

MARKET.

Main Street Market from 8 a.m.-noon. Venue for local artists to bring quality, handmade goods to the public. artsbr.org

BEYOND BODY

BASICS FOR BOYS

AND GIRLS. Woman's Hospital at 9:30 a.m.

Separate classes. womans.org

BLACKWELLNESS COMMUNITY HEALTH

EXPO. Dr. Martin Luther King Jr. Community Center at 11 a.m.

Vendors, food trucks, health screenings, and cooking demos.

eventbrite.com

CONSERVATION VOLUNTEER

PROJECT. Location TBA at 9 a.m. Help make healthier habitats in EBR. brec.org

CRAFT CORNER AT THE SWAMP.

BREC's Bluebonnet Swamp Nature Center at 9 a.m. Features crafts for you to enjoy at the swamp or to take home. brec.org

DINNER DETECTIVE INTERACTIVE TRUE

CRIME DINNER

SHOW.

4848 Constitution Avenue at 6 p.m. Solve a murder mystery while enjoying a delicious dinner. eventbrite.com

FALL FESTIVAL.

Reames Road Recreation Center at 9 a.m. Pumpkin scavenger hunt, sack races, pumpkin patch, games, and music.

brec.org

FLEA MARKET-

GARAGE SALE.

Friendship Acres Farm in Addis from 8 a.m.-4 p.m. facebook.com/fafarms.us

FLOWER SHOW

& TEA. Baton Rouge Garden Club through November 5. facebook.com/batonrougegardenclub

FOOTBALL ON

POINTE. Pointe-Marie at 10 a.m. Ultimate tailgating experience for LSU fans.

eventbrite.com

GARDEN

DISCOVERIES: BEES AND POLLINATION.

EBR Main Library at 10 a.m. Free event with Baton Rouge Botanic Garden Foundation. ebrpl.com

LSU VS ALABAMA.

Bryant-Denny Stadium at 6:45 p.m. lsusports.net

SOUTHDOWN FALL MARKETPLACE

CRAFT SHOW.

Southdown Plantation & Museum at 8 a.m. Handmade crafts, petting zoo, food, and music.

southdownmuseum.org

SOW GOOD

Find things to do by visiting us online at brparents.com or by downloading our app.



VETERANS ON PARADE. See November 5.

SATURDAY. Baton Roots at 10 a.m. Workshop on gardening and farming. facebook.com/batonroots
STARGAZING IN THE IRENE W. PENNINGTON PLANETARIUM. LASM at 10 a.m. lasm.org
SWAMP BIRD WALKS. BREC's Bluebonnet Swamp Nature Center at 7 a.m. brec.org
WALK TO DEFEAT ALS LOUISIANA. Pennington Biomedical Research Center at 9 a.m. webala.alsa.org
WINTER WONDERLAND FUNDFEST AND TOY DRIVE. Independence Community Park at 9 a.m. Hot chocolate, sweet treats, snow, activities, and door prizes. fhfgbr.org

5 SUNDAY DAYLIGHT SAVING TIME ENDS NATIONAL DONUT DAY

BEHIND THE BARN DOORS. West Baton Rouge Museum at 2 p.m. wbrmuseum.org
CAP CITY BEER FEST. Downtown Baton Rouge from 2-5 p.m. capcitybeerfest.org
CAT KID COMIC CLUB THE MUSICAL.

Manship Theatre at 2 p.m. manshiptheatre.org
CREATIVES FOR THE CULTURE. Cary Saurage Community Arts Center from 3-5 p.m. Showcases talent from all art forms. artsb.org
FIRST FREE SUNDAY. BREC's Magnolia Mound from 1-4 p.m., LSU Museum of Art from 1-5 p.m., and LSU Center for River Studies from 1-5 p.m. brec.org, lsumoa.org, and coastal.la.gov
KIDS' NIGHT. First United Methodist Church of Baton Rouge at 5 p.m. Dinner, music, games, and missions. facebook.com/fumcbrchildren
GUIDED TRAIL RIDE. BREC's Farr Park Equestrian Center at 9 a.m., 10 a.m., and noon. One-hour ride through the park. brec.org
MEAN GIRLS. Raising Cane's River Center at 7 p.m. Hilarious hit musical. raisingcanesrivercenter.com
PREPARING FOR DELIVERY. Woman's Hospital at 1 p.m. womans.org
SAINTS VS BEARS. Caesars Superdome at noon. neworleanssaints.com
SANTA CAAWS. BREC's Perkins Road Community Park at 10

a.m. Bring your pets and/or children to take photos with Santa. caaws.org

VETERANS ON PARADE. Downtown Port Allen at 1:30 p.m. Pays tribute to all servicemen and women for their dedication to our nation. westbatonrouge.net
WINE & ROSES RAMBLER. LSU AgCenter Botanic Gardens at 2 p.m. facebook.com/lsuagbotanicgardens

6 MONDAY NATIONAL NACHOS DAY

IRON FLAME MIDNIGHT RELEASE PARTY. Barnes & Noble Perkins Rowe at 10 p.m. bn.com
PREGNANCY 101. Woman's Hospital at 6:30 p.m. womans.org
TROLLS WORLD TOUR. River Center Library at 4 p.m. Poppy and Branch discover that they are but one of six different troll tribes. ebrpl.com

7 TUESDAY

FATHERHOOD CLASSES. 1120 Government Street at 12:15 p.m. and 6:30 p.m. fathersonamission.com
LECTURE BY MEL BUCHANAN/KATHERINE CHOY: RADICAL POTTER IN 1950 NEW ORLEANS. LSU Museum of Art at 6 p.m. lsumoa.org
ZOO + ME MORNINGS. BREC's Baton Rouge Zoo at 9:30 a.m. Ages three to five and their guardian. brzoo.org

8

WEDNESDAY NATIONAL STEM/STEAM DAY

CRD VS BTR. Raising Cane's River Center at 7:30 p.m. brprohockey.com
DEAR SIRRS (FILM). Manship Theatre at 5 p.m. The film immerses viewers into the story of a soldier. manshiptheatre.org
GROCERY STORE TOUR. Rouses Market Bluebonnet at 10 a.m. Learn how to choose fresh and healthy foods and understand food labels. brgeneral.org
NATIONAL MENTAL HEALTH ALLIANCE DAY. Home 2 Suites by Hilton Baton Rouge Citiplace from 8 a.m.-1 p.m. eventbrite.com
WEIGHT LOSS SUPPORT GROUP. Baton Rouge General Bluebonnet at 6 p.m. brgeneral.org
YOGA ON THE LAWN. Tin Roof Brewing Company at 6:30 p.m. facebook.com/tinroofbeer

9 THURSDAY NATIONAL LOUISIANA DAY WORLD ADOPTION DAY WORLD FREEDOM DAY

CRD VS BTR. Raising Cane's River Center at 7:30 p.m. brprohockey.com
RED STICK FARMERS MARKET. Pennington Biomedical Research Center at 8 a.m. breada.org
RED, WHITE & BLUE WITH BRQ: THE BATTLE OF THE BRANCHES. Louisiana Culinary Institute at 5 p.m. Charity cocktail challenge and cochon

de lait. eventbrite.com
SIP & SPIN: POTTERY CLASS. Cary Saurage Community Arts at 6:30 p.m. Instructor-guided pottery class. artsbr.org
STORYBOOK SOIRÉE. Knock Knock Children's Museum at 7 p.m. A grown-up gala. knockknockmuseum.org
THE ORIGINAL KING BEE DOCUMENTARY. Manship Theatre at 7:30 p.m. manshiptheatre.org
WEIGHT LOSS SURGERY: WHAT YOU SHOULD KNOW. Woman's Hospital at 6 p.m. womans.org

10 FRIDAY

BASIC WOODWORKING: BUILD A TOOL TOTE. West Baton Rouge Museum at 9 a.m. wbrmuseum.org
CRD VS BTR. Raising Cane's River Center at 7:30 p.m. brprohockey.com
CRIBS & CAR SEATS WORKSHOP. St. George Fire Department at 9 a.m. Hosted by The Safety Place. facebook.com/safetyplacela
FOOTBALL FRIDAYS AT THE COOK. LSU Lod Cook Alumni Center at 11 a.m. Featuring Former LSU & NFL Legend Eddie Kennison and Jordy Culotta, host of the *Jordy Culotta Show*. lsualumni.org
RENT. Theatre Baton Rouge through November 12 and November 16-19. theatrebr.org
SPOOF NIGHT! WITH HARRY POTTER - ORDER OF THE PHOENIX. Manship Theatre at 7:30 p.m. manshiptheatre.org
ST. FRANCISVILLE

FOOD & WINE FESTIVAL. The Myrtles through November 12. stfrancisvillefoodandwine.com

SWAMP FLASHLIGHT NIGHT. BREC's Bluebonnet Swamp Nature Center at 5 p.m. brec.org

SYMPHONY OF FLAVORS - HOLIDAY PREVIEW. Martin Wine Cellar at Studio Park at 5 p.m. Wine and cheese tasting fundraiser. brso.org

THE EDGE OF NIGHT-FALL. BREC's Highland Road Park Observatory at 4:45 p.m. brec.org

11 SATURDAY VETERANS DAY

ANTIOCH ARTISANS @ THE ARTIST'S LOFT. The Artist's Loft Gifts & Antiques at 9 a.m. antiochartisans.com

ART FOR ANIMALS FESTIVAL AND EXHIBITION. BREC's Baton Rouge Zoo at 10 a.m. Engage with wildlife through the arts. brzoo.org

BEAUTY & THE BEAST EXPERIENCE. Baton Rouge. Hunt for clues, solve puzzles, and complete challenges to reverse the curse. cluedupp.com

BIRDING AT BURDEN. LSU AgCenter Botanic Gardens at Burden at 7 a.m. eventbrite.com

BODY BASICS FOR GIRLS. Woman's Hospital at 8:30 a.m. womans.org

BOOK SIGNING WITH LOCAL AUTHOR CLARE CASTLEBERRY. Barnes & Noble CitiPlace at 2 p.m. bn.com

BREASTFEEDING BASICS. Woman's Hospital at 1:30 p.m. womans.org

CHILI COOK-OFF

TAILGATE PARTY. Faith Crossing UMC at Friendship Campus at 11 a.m. Chili cook-off and dessert bake-off. facebook.com/faithcrossingumc

GIRLS ON THE RUN 5K. Blue Cross and Blue Shield of Louisiana at 9 a.m. girlsontherunsola.org

HANDMADE CHRISTMAS MARKET. Trinity Baptist Church in Hammond at 9 a.m. Features 20-30 booths. facebook.com/trinitychurchla

LSU VS FLORIDA. Tiger Stadium at TBA. lsusports.net

MERRY MARKET. Lamar-Dixon Expo Center through November 12. 150+ vendors. Family-friendly shopping event. merrymarket.shop

NOEL ON THE PRAIRIE. Eunice through November 12. Shopping gala. (337) 550-4727

POUND THE PAVEMENT 5K AND FUN RUN. Kidz Korner Playland at 8 a.m. facebook.com/pilotclubds

RENT. Theatre Baton Rouge through November 12 and November 16-19. theatrebr.org

SATURDAYS IN THE PARK. BREC's Lovett Road Park at 10 a.m. Pop-up sensory activity. brec.org

SWAMP ART SHOW FIELD DAYS. BREC's Bluebonnet Swamp Nature Center, all day. Visit the swamp for inspiration for the art show. brec.org

THE HORNET MARKET. St. Alphonsus Family Center at 10 a.m. Food, crafts, activities, and raffles. stalphonsusbr.org

VETERANS DAY PARADE. Walker at 11

a.m. Line up starts at Walker High School. walker.la.us

VETERANS DAY AT THE ZOO. BREC's Baton Rouge Zoo. Free admission for military veterans and active military and up to five guests. brzoo.org

12 SUNDAY

AFTER BABY COMES. Woman's Hospital at 12:30 p.m. womans.org

KIDS' NIGHT. First United Methodist Church of Baton Rouge at 5 p.m. Dinner, music, games, and missions. facebook.com/fumcbrchildren

NEW ORLEANS WATER LANTERN FESTIVAL. Louis Armstrong Park at 3:30 p.m. Family-friendly event. waterlanterfestival.com/neworleans

OLD TIME MUSIC OPEN JAM. West Baton Rouge Museum at 3 p.m. wbrmuseum.org

RENT. Theatre Baton Rouge through November 12 and November 16-19. theatrebr.org

SAINTS VS VIKINGS. U.S. Bank Stadium at noon. neworleanssaints.com

SWAMP ART SHOW FIELD DAYS. BREC's Bluebonnet Swamp Nature Center, all day. Visit the swamp for inspiration for the art show. brec.org

THE RAINBOW FISH. Manship Theatre at 2 p.m. Mermaid Theatre of Nova Scotia brings the story to life with enchanting puppetry. manshiptheatre.org

13 MONDAY WORLD

KINDNESS DAY 14 TUESDAY NATIONAL SEAT BELT DAY WORLD DIABETES DAY

FATHERHOOD CLASSES. 1120 Government Street at 12:15 p.m. and 6:30 p.m. fathersonamission.com

HIP HOP CLASSICS: A CONCERT WITH CANDLES. Cary Saurage Community Arts Center at 6:30 p.m. and 8:30 p.m. brso.org

15 WEDNESDAY AMERICA RECYCLES DAY

HIP HOP CLASSICS: A CONCERT WITH CANDLES. Cary Saurage Community Arts Center at 6:30 p.m. and 8:30 p.m. brso.org

RIVER CITY JAZZ MASTERS: WHEN YOU WISH UPON A STAR. Manship Theatre at 7:30 p.m. A jazz tribute to 100 years of Disney. manshiptheatre.org

YOGA ON THE LAWN. Tin Roof Brewing Company at 6:30 p.m. facebook.com/tinroofbeer

16 THURSDAY

RED ROOSTER BASH. LSU Rural Life Museum at 6:30 p.m. Culinary delights and live music. lsu.edu/rurallife

RED STICK FARMERS MARKET. Pennington Biomedical Research Center at 8 a.m. breada.org

RENT. Theatre Baton Rouge through November 19. theatrebr.org

SIP & SPIN: POTTERY CLASS. Cary Saurage Community Arts at 6:30 p.m. Instructor-guided pottery class. artsbr.org

WEIGHT LOSS SURGERY SEMINAR. Baton Rouge General Bluebonnet at 6 p.m. Learn about the surgeries and what to expect. brgeneral.org

17 FRIDAY WORLD PREMATURITY DAY

CAVIES & COOKIES. Boba ParTea from 5-8 p.m. Visit the guinea pigs and browse the fundraiser items. facebook.com/magichappensrescue

HOLIDAY MARKET AT THE MILL. Historic Cottonseed Mill from 10 a.m.-7 p.m. marketatthemillnewroads.com

PTH VS BTR. Raising Cane's River Center at 7:30 p.m. brprohockey.com

RENT. Theatre Baton Rouge through November 19. theatrebr.org

STAND UP COMEDY WITH TODD BARRY. Manship Theatre at 7:30 p.m. manshiptheatre.org

SUNSHINE SOCIAL: S'MORE FUN. BREC's Milton J. Womack Park Ballroom at 6 p.m. Social for adults and teens with intellectual and developmental disabilities. brec.org

WHITE LIGHT NIGHT. Mid City from 6-10 p.m. Art festival featuring artists and makers. midcitymerchantsbr.org

18 SATURDAY MICKEY MOUSE BIRTHDAY NATIONAL ADOPTION DAY NATIONAL



RUNNING OF THE ELVES 5K & PANCAKE COOKOFF. See November 18.

PRINCESS DAY

ANTIOCH ARTISANS @ THE ARTIST'S LOFT.

The Artist's Loft Gifts & Antiques at 9 a.m. antiochartisans.com

ARTS & CRAFTS FESTIVAL.

Amite Church from 9 a.m.-3 p.m. facebook.com/acacrusaders

DINNER DETECTIVE INTERACTIVE TRUE CRIME DINNER SHOW.

4848 Constitution Avenue at 6 p.m. Solve a murder mystery while enjoying a delicious dinner. eventbrite.com

FAMILY FUN FEST.

BREC's Zachary Community Park at 1 p.m. Carnival games, prizes, live entertainment, food, crafts, and inflatables. brec.org

FREE FARM HOLIDAY MARKET.

Goula Paradise Farms Alpacas at 9 a.m. Visit the animals and shop the vendors. facebook.com/goulaparadise farmsalpacas

HOLIDAY MARKET

AT THE MILL. Historic Cottonseed Mill from 10 a.m.-5 p.m. marketatthe millnewroads.com

HOLIDAY PIES. LCI at 9 a.m. Learn how to make sweet potato, coconut cream, and chocolate bourbon pecan pies. lci.edu

HOOPER HUSTLE.

BREC's Hooper Road Park at 9 a.m. Mountain bike race. brec.org

LAMAZE: A LABOR OF LOVE.

Woman's Hospital at 9 a.m. womans.org

LSU VS GEORGIA

STATE. Tiger Stadium at TBA. lsusports.net

PLUS NIGHT.

BREC's Highland Road Park Observatory at 7 p.m. Science demos and a marshmallow roast. brec.org

PRINCESSES

SAVE THE WORLD STORYTIME. Barnes & Noble CitiPlace at 2

p.m. bn.com

PTH VS BTR. Raising Cane's River Center at 7 p.m. brprohockey.com

RENT. Theatre Baton Rouge through November 19. theatrebr.org

RUN THE RUNWAY.

Helix Aviation Academy at 8:30 a.m. 5K and one-mile run/walk with an after party. facebook.com/helixaviationacademy

RUNNING OF THE ELVES 5K AND PANCAKE COOKOFF.

Wildcat Stadium at 7:45 a.m. Sign up for the run and enjoy free pancakes. facebook.com/centralchamberofcommerce

SAFE SITTER. Women's Hospital at 9 a.m.

womans.org

SMALL BIZ HOLIDAY MARKET.

Gonzales Tanger Outlets from 10 a.m.-4 p.m. Vendors, giveaways, and face painting. eventbrite.com

THANKSGIVING ON THE FARM.

CM Farms through November 19. \$4 off admission with three non-perishable food items. cmfarmsllc.com

ZOO RUN. BREC's

Baton Rouge Zoo at 8 a.m. Updated 5K run through the zoo. brzoo.org

19 SUNDAY

100 BLACK MEN PRESENTS: GOSPEL ON THE RIVER.

Raising Cane's River Center at 7 p.m. raisingcanes rivercenter.com

OAK STREET PO-BOY FESTIVAL.

Oak Street in New Orleans at 10 a.m. poboyfest.com

RENT.

Theatre Baton Rouge through November 19. theatrebr.org

SMALL BIZ HOLIDAY MARKET.

Gonzales Tanger Outlets from 10 a.m.-4 p.m. Vendors, giveaways, and face painting. eventbrite.com

THANKSGIVING ON THE FARM.

CM Farms through today. \$4 off admission with three non-perishable food items. cmfarmsllc.com

20 MONDAY

BREASTFEEDING

BASICS. Baton Rouge General Bluebonnet at 6 p.m. brgeneral.org

21 TUESDAY NATIONAL

GINGERBREAD COOKIE DAY

FATHERHOOD CLASSES.

1120 Government Street at 12:15 p.m. and 6:30 p.m.

fathersonamission.com

PARENTS/ CAREGIVERS NETWORKING MEETINGS.

Conference call at 5 p.m. Phone number is (605) 313-4819 and access number is 546755#. fhfgbr.org

SIDEWALK

ASTRONOMY.

Perkins Rowe at 6 p.m. Get a glimpse of the sky. perkinsrowe.com

22 WEDNESDAY

YOGA ON THE LAWN.

Tin Roof Brewing Company at 6:30 p.m. facebook.com/tinroofbeer

23 THURSDAY THANKSGIVING

BATON ROUGE TURKEY TROT.

368 Convention Street at 7:30 a.m. Run, walk, or jog the 5K or the one-mile fun run. turkeytrotbr.com

RED STICK FARMERS

MARKET. Pennington Biomedical Research Center at 8 a.m. breada.org

24 FRIDAY BLACK FRIDAY

WYT VS BTR. Raising Cane's River Center at 7:30 p.m. brprohockey.com

ZOOLIGHTS.

BREC's Baton Rouge Zoo through December 30.

Over 50 illuminated sculptures of animals and holiday displays. brzoo.org

25 SATURDAY SMALL BUSINESS SATURDAY

ANTIOCH ARTISANS @ THE ARTIST'S LOFT.

The Artist's Loft Gifts & Antiques at 9 a.m. antiochartisans.com

CHRISTMAS ON THE

FARM. CM Farms from 10 a.m.-5 p.m. Take photos with Santa, the Grinch, and Cindy Lou Who. Enjoy hot cocoa and food. cmfarmsllc.com

FALL CRAFT MARKET.

Abita Brewing Company at 11 a.m. Local vendors, petting zoo, and brewery tours. abita.com

LOCAL POP-UP MARKET.

Electric Depot at 10 a.m. facebook.com/localpopshop

LSU VS TEXAS A&M.

Tiger Stadium at TBA. lsusports.net

MOVIE SHOWING:

POCAHONTAS. Eden Park Library at 10:30 a.m. Ages 2-11. ebrpl.com

OLDE TOWN

CHRISTMAS MARKET.

Olde Town in Slidell through November 26. Shopping, antiques, food, and crafts. facebook.com/auntbquiltz

PICTURES WITH SANTA AND MRS. CLAUS.

Ascension Equipment from 9 a.m.-noon. Free events. Pictures will be emailed. facebook.com/ascensionequip

SMALL BUSINESS

SATURDAY. West Baton Rouge Parish at 9 a.m. facebook.com/wbrsmall



CHRISTMAS ON THE FARM. See November 25.

businesscouncil SOLAR VIEWING.

BREC's Highland Road Park Observatory at noon. See the sun via projection. brec.org

THANKSGIVING CELEBRATION

STORYTIME. Barnes & Noble CitiPlace at 2 p.m. Reading of *Pete the Cat and the First Thanksgiving* with a craft and snack to follow. bn.com

WYT VS BTR. Raising Cane's River Center at 7 p.m. brprohockey.com

ZOOLIGHTS. BREC's Baton Rouge Zoo through December 30. Over 50 illuminated sculptures of animals and holiday displays. brzoo.org

26 SUNDAY

CHRISTMAS ON THE FARM. CM Farms from 10 a.m.-5 p.m. Take photos with Santa, the Grinch, and Cindy Lou Who. Enjoy hot cocoa and food. cmfarmsllc.com

SAINTS VS FALCONS. Mercedes-Benz Stadium at noon. neworleanssaints.com
ZOOLIGHTS. BREC's Baton Rouge Zoo through December 30. Over 50 illuminated

sculptures of animals and holiday displays. brzoo.org

27 MONDAY CYBER MONDAY

ZOOLIGHTS. BREC's Baton Rouge Zoo through December 30. Over 50 illuminated sculptures of animals and holiday displays. brzoo.org

28 TUESDAY NATIONAL DAY OF GIVING

FATHERHOOD CLASSES. 1120 Government Street at 12:15 p.m. and 6:30 p.m. fathersonamission.com
LSU SCIENCE CAFÉ: DEMYSTIFYING SCHOOL LUNCH.

Varsity Theatre & Facebook Livestream at 5 p.m. eventbrite.com
THE BOOK OF MORMON. Raising Cane's River Center through November 29. raisingcanesrivercenter.com
YOGA WORKSHOP. West Baton Rouge Museum at 6 p.m. wbrmuseum.org
ZOOLIGHTS. BREC's

Baton Rouge Zoo through December 30. Over 50 illuminated sculptures of animals and holiday displays. brzoo.org

29 WEDNESDAY

GUIDED TOUR OF "GROUNDS FOR GREATNESS: LOUISIANA AND THE NATION." Capitol Park Museum at 10 a.m. eventbrite.com

GROCERY STORE TOUR. Rouses Market Juban Crossing at 10 a.m. Learn how to choose fresh and healthy foods and understand food labels. brgeneral.org

THE BOOK OF MORMON. Raising Cane's River Center through today. raisingcanesrivercenter.com

YOGA ON THE LAWN. Tin Roof Brewing Company at 6:30 p.m. facebook.com/tinroofbeer

ZOOLIGHTS. BREC's Baton Rouge Zoo through December 30. Over 50 illuminated sculptures of animals and holiday displays. brzoo.org

30 THURSDAY

ALEX WINTER FÊTE.

Alexandria through December 2. Free, family-friendly festival with exciting activities. facebook.com/officialalexfete

CHAMBER SERIES - HOLIDAY BRASS. Our Lady of Mercy Church at 7:30 p.m. Brass renditions of holiday favorites. brso.org

OPERA LOUISIANE'S COCKTAILS WITH KATHRYN. City Club of

Baton Rouge at 5 p.m. operalouisiane.com
ZOOLIGHTS. BREC's Baton Rouge Zoo through December 30. Over 50 illuminated sculptures of animals and holiday displays. brzoo.org



Editor's Note

Occasionally the date or location of an event may change after publication.

Always phone ahead or check the website to confirm important information.

Submissions

Baton Rouge Parents Magazine welcomes submissions of events of interest to families. Send all calendar submissions to calendar@familyresourcegroupinc.com. Include dates, times, location with address, recommended ages, cost, public phone number, website, and photos.

Deadline

Submit information for the December calendar by November 10, 2023.

No part of this calendar can be reproduced in print or web.



Photo by freepik.com



THIS MONTH

[NOVEMBER]



BREC

SWAMP ART SPECTACULAR:

A CALL FOR ARTISTS Bluebonnet
Swamp Nature Center
Nov. 1-Dec. 28

SWEET TOOTH DESIGNS

Highland Road Community Park
Nov. 1
Church St. Park Nov. 15
6-7 p.m.

ART UNWINED

Drusilla Lane Park
Nov. 3 | 6:30-8:30 p.m.

EDGE OF NIGHT

Highland Road Park Observatory
Nov. 10 | 4:45-6:45 p.m.

VETERAN'S DAY AT THE ZOO

BREC's Baton Rouge Zoo
Nov. 11 | 10 a.m.-4 p.m.

ART FOR ANIMALS FESTIVAL

BREC's Baton Rouge Zoo
Nov. 11 | 10 a.m.-4 p.m.

SATURDAY MORNING STUDIO

Milton J. Womack Park
Nov. 11 | 10:30 a.m.-noon

FAMILY GAME NIGHT

Perkins Road Community Park
Nov. 14

Cedar Ridge Drive Park Nov. 17
6-7:30 p.m.

GLOW IN THE PARK: 9 SQUARE

North Street Park
Nov. 15 | 6-7:30 p.m.

GLOW IN THE PARK: VOLLEYBALL

Anna T. Jordan Community Park
Nov. 16 | 6-7:30 p.m.

SUNSHINE SOCIAL: S'MORE FUN

Milton J. Womack Park
Nov. 17 | 6-9 p.m.

ZOO RUN

BREC's Baton Rouge Zoo
Nov. 18 | 8-10 a.m.

NOW HIRING APPLY TODAY!

 brec.org/careers

HOOPER HUSTLE

Hooper Road Park
Nov. 18 | 9 a.m.-1 p.m.

FAMILY FUN FEST

Zachary Community Park
Nov. 18 | 1-4 p.m.

ZOOLIGHTS

BREC's Baton Rouge Zoo
Nov. 24-Dec. 30 | 5:30-8 p.m.

STEM EXPANSION

Highland Road Park Observatory
Nov. 25 | 3:30-7:30 p.m.



BREC.ORG/THISMONTH



BREC does not discriminate on the basis of race, creed, color, national origin, sex, disability, age, religion, veteran status or sexual orientation in its programs and activities.

things we love

Turkey & Thanks

Make your space a little cozier this month while also preparing for a thankful season.

1



2



3



5



4



1 GOBBLE TIL YOU WOBBLE SHIRT
Enjoy your turkey time this month while you and your family wear this adorable tee. Available in a variety of colors and sizes. \$14.99, [amazon.com](https://www.amazon.com)

2 COZY LUMBAR PILLOW
Add the perfect fall touch to your couch, bed, or sofa with this cozy pillow, perfect for chilly evenings at home. \$24.99, [kirklands.com](https://www.kirklands.com)

3 SHERPA FLEECE THROW
This double-sided buffalo checkered blanket features fleece on one side and sherpa on the other for extra warmth. \$25.99, [amazon.com](https://www.amazon.com)

4 HOLIDAY WREATH SASH
Spice up your holiday wreath with this personalized sash featuring a monogram of your last initial and a pumpkin. \$49.99, [etsy.com](https://www.etsy.com)

5 THANKSGIVING WREATH
Add some decor to your front door with this festive holiday wreath that will make your home stand out in the neighborhood. \$29.99, [amazon.com](https://www.amazon.com)

A Guide for Teens on the Dangers of
E-CIGARETTES and **VAPE DEVICES**

DO YOU KNOW
WHAT YOU ARE
VAPING?

VAPES
CONTAIN
NICOTINE

LET'S TALK ABOUT VAPING

A HEALTHY ME IS SMOKE FREE

- Many vapes contain nicotine making them addictive.
- Vape aerosol is not water vapor.
 - Vapes can contain many harmful chemicals-they just don't put it on the pack.



ICARE
EDUCATION · PREVENTION · ADVOCACY



SCAN HERE
FOR MORE INFO

LEARN ABOUT **ICARE'S** DRUG AND ALCOHOL PREVENTION EFFORTS ONLINE AT:
ICARE.EBRSCHOOLS.ORG | (225) 226-2273 | @icareebr   

the last word

The Fast and the Fearful

BY CHERYL MAGUIRE
PHOTO BY STORYSET AT FREEPIK.COM

“Your body has transitioned into survival mode—you know that whole “flight or fight” response thing you learned in high school.”

Before you become a parent, you hear all about (or witness first hand) the horror stories of the terrible—two tantrums in the middle of Target. Or the endless potty training tales that cause your face to grimace and emit sounds like “eewwww.”

But what no one warns you about is having to sit in the passenger seat while your newly-permitted teen driver goes from 0 to 60 faster than when they hurled their poop diaper like an Olympian shot-put athlete.

I suppose it makes sense though. I mean the human race would cease to exist if people knew that one day, they would be required to allow their child to operate a 4,000 pound moving vehicle while they sat next them, bracing for an impending impact, gripping the sides of their seat as if their life depended on it (because it does).

I totally get it. These stories need to remain clandestine. So instead of sharing my woes of teaching my twin teens to drive, I'll share some signs that should be conveniently placed next to actual road signs—for all those parents like me that need some support along with a paper bag to control their hyperventilation.

STOP Slamming on Your Imaginary Brake

It would have been really helpful if I saw this sign at least once when I was teaching my twin teens to drive, because now I need to replace the car floor mat.

The habitual motion of my foot pressing down has worn away the fabric rendering the mat useless like my imaginary brake. At the very least, seeing this sign could have saved me \$20, but then when you add in the visit to the doctor for the foot sprain and then the costs really start to add up, and don't even get me started on the pain factor. I'm just saying—this sign could save lives or definitely some feet and floor mats.

DANGER, You Are Going to Pass Out If You Don't Breathe

I get it. Your body has transitioned into survival mode—you know that whole “flight or fight” response thing you learned in high school.

You want to “flight” right out of that car, but you are strapped in with a seat belt, and let's face it, you have



zero control over what will happen next. All you see is the sidewalk is way too close to the car and you know that you are in the “death seat,” which for the first time in your life, you are truly understanding why it is referred to with this lovely title.

But it's really important to breathe because if you pass out then your teen driver will definitely be distracted and end up crashing.

SPEED LIMIT Is Way Too High

I'm not sure if my twin teens have watched too many high speed chase movies or played too many video games like *Mario Kart* or *Rocket League*, but both of them feel the need to go from 0 to 60 in less than 2 seconds.

I'm going to have to find some more calming activities for them like reading, yoga, or better yet, they can buy me a spa gift certificate to help calm me down.

U-TURN It's Okay to Go Home

If you survived more than five minutes in the passenger seat, it's okay to call it a day and go home. Most roller coaster rides are only five minutes because the people that created them know that if it were any longer, you would probably die of a heart attack or stroke from pure fear.

Those roller coasters also have safety harnesses and all sorts of other safety measures. But you are at the mercy of your teen driver who can't seem to figure out how to hang up their wet towel that they leave on the floor, and now you are expected to trust that they will stop in time to not hit that pedestrian. I'm just not buying it—are you?

I know I said that these stories should remain secret so all of the above mentioned is merely hypothetical—I swear.

If you are wondering why I got a new floor mat in my car, it is simply because there was a great deal on floor mats—it's true—you should go check it out. I'm guessing that if you are reading this, then you are likely going to need at least one new floor mat for the passenger side of the vehicle you are using for the driving lessons.



**Emergency Drain Cleaning
Emergency Plumbing
Grease Trap Pumping
Available 24-7**

**225-925-8710
www.rotobrr.com**

LMP 5430

IN EVERY ISSUE

snapshots



NORA B.
is buckled in and ready to go.



AIDAN S.
is ready to go
in his camo!



DANIEL G.
is looking festive
in his overalls.



AUDRINA F.
is unbe-leaf-ably adorable.

WANT TO SEE YOUR
CHILD'S PICTURE HERE?

Visit brparents.com, click on "Promotions," and then, click on "UPLOAD SNAPSHOTS" to submit photo(s). All photos must be at least **5MB** in size, and photos are chosen at random. Photos become property of Baton Rouge Parents Magazine, a division of Family Resource Group Inc.



RESERVE AIRPORT PARKING ONLINE

Give yourself the gift of less stress. Book airport parking now.

Short-Term	\$22/day
Long-Term	\$20/day
Surface Lot	\$18/day
Economy	\$12/day

**\$2 convenience fee applied to all online reservations.*



Louis Armstrong New Orleans
International Airport

Scan to
reserve parking



park.flymsy.com

LOUISIANA TECH

AT THE TOP OF THE CLASS



1
Online
College in
Louisiana
BestColleges, 2023

1
Public
University in
Louisiana
*BestColleges, 2023
& Niche, 2024*

1
College Value
in Louisiana
Niche, 2024



LOUISIANA TECH
UNIVERSITY



LATech.edu



TOP TIER
National
University
13 straight years

*U.S. News and World
Report, 2024*