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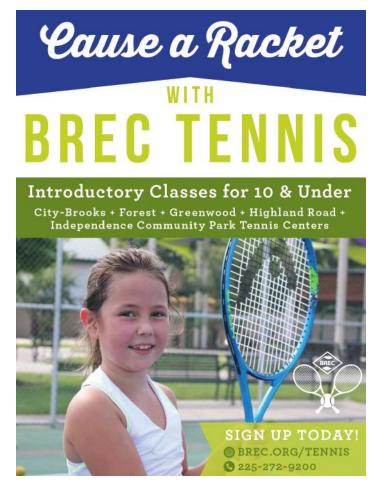








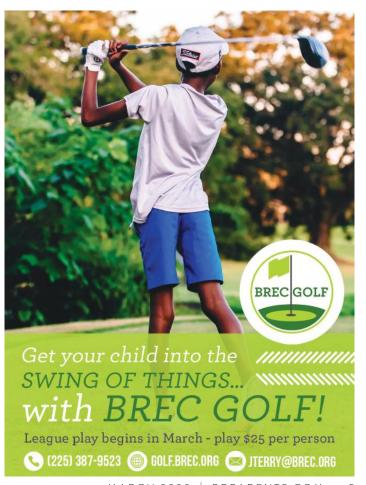








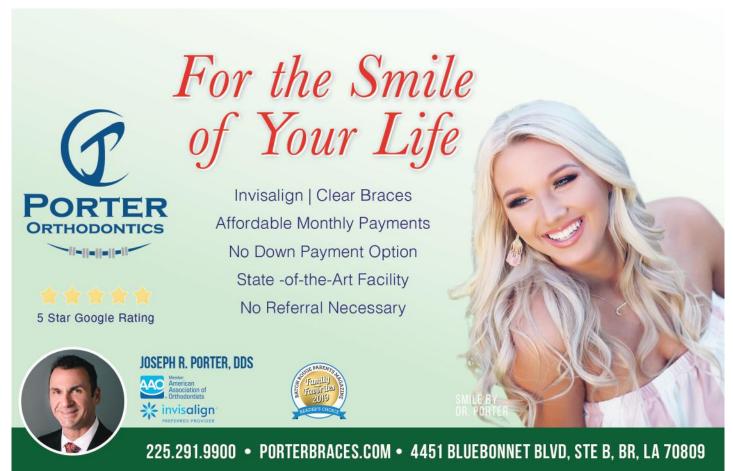








or talmadgejanet@icloud.com



Congratulations,

Gavin Kocen, Brittany Glover and Ty'Tianna Holmes!

WINNERS OF THE "SPEAK OUT" POSTER CONTEST



Gavin Kocen Westdale Heights Academic Magnet 5th Grade Artwork focused on drug prevention



Brittany Glover
Sherwood Middle Academic Magnet
6th Grade
Artwork focused on equality



Ty'Tianna Holmes Broadmoor High 10th Grade Artwork focused on bullying





ON THE COVER

2019-20 Cover Kid Samuel H., III, or "Lito" as his family calls him, put his climbing skills to the test as he took on the rock wall at Uptown Climbing for his cover shoot. After a quick video to learn how to climb safely, Samuel was ready for his photos! Samuel was nervous at first, but by the end of the shoot, he was climbing to the top of the rock wall with ease. Samuel enjoys playing football and basketball and running track at his school. He's also a great big brother, very easygoing, and he's always willing to lend help to those in need. Every now and then, he likes to show off his techy side by playing video games and creating videos for YouTube. This was Samuel's first photo shoot, but he hopes to have many more as he has aspirations to become a model.

Thank you to Uptown Climbing for showing us the ropes and helping make this cover shoot possible.

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SUGAR OVERLOAD

Why you should be taming your toddler's sugar rush

LET IT GEAUX

7 things you should stop worrying about, mama

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2020 OVERNIGHT CAMPLISTING

Discover the many in-state and out-ofstate options

WHATTYPE OF CAMP SHOULD YOUR CHILD ATTEND?

Take the guiz to find the best fit for your young camper

(50⁾

HANG IN THERE, CAMPER!

Tips for helping anxious campers enjoy summer camp

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THERE, CAMPER



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SUMMER CAMP May 18 – August 14



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The Legend Returns to Mentor in a Legacy

In 1987, a 3x Olympian, 5x World
Championship Team Member, AllAmerican LSU Graduate, and later to
become a USA Gymnastics Hall of Fame
Member Johnny Moyal began a gymnastics
program in Baton Rouge.

His aim was simple — to serve the Baton Rouge area and the state of Louisiana with the best possible gymnastics and fitness for youth. Following his heart, experience, and gut, and with being very smart, he found that renting space for his program wasn't going to work long-term. He identified a property that was in an area of town that many felt over the years would build, grow, and thrive, and with this property, he could design and build an amazing gymnastics facility to fulfill his vision.

For many years, Elite Gymnastics, located at 8321 Bluebonnet Boulevard, was almost the only other building on Bluebonnet. In 1991, Johnny went to work to achieve his goal. From 1991 to 2011, Elite Gymnastics was known as The Gymnastics Training Center in Baton Rouge and Louisiana, earning National recognition and achievement. If you wanted your child to learn, grow, and excel in the sport of gymnastics, you went to Elite!

During that period, between the broad range of competitive, recreational, and gymnastics-fitness classes, Elite served over 50,000 of Baton Rouge's youth, ages 18 months to 18 years old. In addition, Johnny produced State, Regional, and National Champions as well as the only International Elites from Louisiana. He had numerous Jr. National Team Members and even identified and developed the gymnastics fundamental foundation of 2004 Olympic Champion Carly Patterson (who still calls Elite Gymnastics her home) and LSU Super Star and USA National Team Member Rheagan Courville. Johnny

has enjoyed seeing 23 of his athletes signing scholarships to major universities, with the latest one signing to Centenary just this year!

In 2011, Johnny sold Elite to Bulgarian World Championship Team Member Radoslav Stefanov, and now in 2020, Johnny, still leading the Elite Track Home School Program, fully endorses and supports Radoslav selling it to Bryan Kiser.

With the same goals, minds, vision, and core values, Bryan takes over with Johnny as his mentor. Bryan is not new to running businesses or to the sport of gymnastics, having had many similar successes to Johnny during his over 30-year career.

So as Johnny steps into a role of mentorship, the legend that created the Internationally-known and USA National Team Training Center we all know as Elite Gymnastics, Bryan focuses on recreating those successes of the past and surpassing the excellence that has produced not only world class athletes, but amazing people, as they have come through the programs at Flite

Bryan has hired an "All Star" Staff, many returning former gymnasts of Johnny's that found out that the program and the gym was bought by Bryan, and that he was pushing hard to revitalize the legacy and rebuild a world-class gymnastics program for Baton Rouge, Louisiana, and the USA.

Bryan has a phenomenal track record that speaks volumes. His experience in sports, his passion, and dedication (sound familiar?) is what he is bringing again. With a legendary mentor by his side for guidance, a returning, home-grown Champion staff, and a lot of effort, it's a clear WIN-WIN situation for all!

IN EVERY ISSUE FREEBIES

Win Freebies!

Visit brparents.com and click "Register for Freebies." Deadline to enter is March 20, 2020.



Last Month's WINNERS

Look who won February's Freebies! Liz Akur won TheCrunchCup and Amanda Hartley won Tinkering Labs's Electric Motors Catalyst.



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IN EVERY ISSUE A MOTHER'S VOICE

Spring Fever...

It's finally here! It's flower planting season. I've missed planting flowers and tending to my garden. The last few springs have been filled with flowerbed neglect, but this year will be different.

I know that I need to hop on this mood quickly before it passes...or something else comes up. Usually my to-do list becomes filled with home repair projects, but I'm determined to make this spring all about growth—flower growth, that is.

Spring has always been my favorite time of the year. The sounds of children playing outdoors, the smell of the grass, and the afternoon showers that certainly contribute to the growth of my garden always put a smile on my face. I always loved seeing my own children when they were little with dirty faces, smelling like the yard or sometimes a new puppy. It's a nostalgic feeling.

Unfortunately, there's always an endless list of things I want to do, but the time aspect always seems to be an issue. However, it's important that we make the time to do the things we want. It's good for the soul, good for the mind! I may need to add my gardening as a to-do list item, if I am being honest, because that seems to be where I find myself actually completing things. While I'm at it, I think I will add bike riding and going on a fishing trip, too. Getting outdoors and soaking in the sunshine is precisely what I am in need of.

I hope that all of you will make a list of things you want to do this spring. While we have some of the hottest weather, we also have some of the most beautiful days. Get outdoors this month. Start a garden. Go on a bike ride. Grab your rod and reel and head to the pond. It's what I plan to do, and I can assure you that every minute will be worth it.

Amy Foreman-Plaisance
Publisher/Editor in Chief

Happy spring!

Have ideas? I'd like to hear from you.

By mail: Amy P., 11831 Wentling Ave., Baton Rouge, LA 70816 Email: editorial@brparents.com. Be sure to include your name, address, and daytime phone number.



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IN EVERY ISSUE LAGNIAPPE

BUNNY ON A BUDGET

The Easter Bunny will be hopping into town next month, and with his arrival often comes a wide range of treats and gifts for your little bunnies to enjoy. When it comes to filling the baskets, how much money does the Easter Bunny spend per child at your house?



"\$0. I don't believe in lying to my kid about Easter bunnies, tooth fairies and all that other foolishness. I let her enjoy the holiday without the lies."

−Mis S.

"\$15-20 at the most."

 $-\mathsf{Amanda}\;\mathsf{P}\!.$

"\$0. Church has a free easter egg hunt and I normally get hand me down clothes."

 $-\mathsf{Jessica}\ \mathsf{M}.$

"\$20 a piece.'

-Brittney D.

"Around \$20. Kids want more candy than anything."

—Angela A.

"\$25 a piece (including the basket). I love watching them run to their baskets in the morning. They are usually filled with things other than candy. The Easter Bunny gives them toys, clothes, etc. They already get too much candy from school and the rest of the family."

-Amy F.

./

"About \$30 per kid."

–Joyce M.

"It depends. It's usually \$20-40 per kid."

—Kayla V.

"\$50 per child, but I usually do a theme each year and not just get them candy. One year, I did a gardening theme."

—Savannah L.

"\$80-100, but I always get her things she needs for summer, like a new swimsuit, a cute pair of flip flops, chalk, new toothbrush, a little bit of candy and a water bottle and outdoor things like a hula hoop, a hat, stuff like that. I try to stay away from candy."

−Ryn W.

"I'm not entirely sure how the Easter Bunny did it, but growing up, I received at least one outside toy (bike, scooter, chalk set, etc.) every year for Easter as well as a basket full of candy!"

—Lauren L.



Camp Fair and Summer Fun Expo with Touch-a-Truck

Get ready for camp with us at this year's Camp Fair and Summer Fun Expo on Saturday, March 21 from 9 a.m.-3 p.m. at BREC's State Fairgrounds. Not only will you get to meet face-to-face with in-state and out-of-state camps, but you will also get to check out the Junior League of Baton Rouge's amazing Touch-a-Truck event. It's two events in one! Your crew can explore the trucks, play games, and enjoy live entertainment at this family-friendly event.

Touch Fair and Summer Fun Exportance Fundament Funda

It's important to separate things so that you can really focus. You don't want to be spending time with your kids while having one eye on your phone. You want to be able to have undivided attention with them."

—Lauren Conrad



CONNECT COMMUNITY

TEENS CAN EXPLORE TECH CAREERS AT NOLA EXPO

A career in video games, smartphone design or social media may seem like the stuff of dreams, but technology careers are a viable option for today's teenagers. Tech-2-Talent Youth Expo New Orleans is a new play-and-learn expo and speakers forum designed to help young people explore those career pathways. The 2020 theme is Inspiring the Next Generation of Tech Leaders, and exhibitors include Microsoft, Tech Talent South, Cybersecurity Innovation Center, Electric Girls, PR Solutions and My College Fit. The event will be March 14 from 1-5:30 p.m. at the Mel Ott Multi Purpose Center in Gretna and tickets are \$35.



RECYCLE OUTGROWN BABY CLOTHES

All the adorable baby clothes that are lovingly selected for your little tot eventually become piles and piles of outgrown garments that fill her dresser in her nursery, and it usually happens so fast in baby's first year. However, you can now empty out the dresser for a good cause. All The Babies, a California-based company founded by entrepreneur Jenny Drew Garabedian and her mom, Elkin, provides another option for outgrown baby wear with its wear, grow, give model. Once your little one has outgrown her clothes, the brand's clothes can be returned to the company for free, and they will then be passed along to children who are in need of them. All The Babies' clothes are made from 100 percent organic cotton using low impact dyes.

■ allthebabies.co



LPB SEEKS YOUNG HEROES NOMINATIONS

Louisiana Public Broadcasting is currently accepting nominations for its Louisiana Young Heroes program. In its 25th year, the Louisiana Young Heroes program honors exceptional young people who have excelled academically, given significantly to their communities through public service, overcome adversity, exhibited extraordinary heroism, or inspired others through their character. For a chance to win, nominees must be Louisiana students in ninth to twelfth grades, who are enrolled in an academic institution or homeschool program, and they must be 18 years old or younger. The deadline for nominations is Monday, March 16. The winners will be announced during Louisiana Public Broadcasting's weekly news and public affairs program, Louisiana: The State We're In, and on their social media channels.

■ lpb.org/heroes

THE CALL FOR KINDNESS CHALLENGE SEEKS TEEN APPLICANTS

A national contest that awards grants to teen-led projects to inspire kindness, strengthen communities and bring people together is seeking applications. Riley's Way Foundation has launched its second annual Call for Kindness Contest, and 15 winners will receive up to \$3,000 each to fund their projects. Working with their school or a nonprofit partner, teens can submit a brand new idea or an idea to improve or expand an existing teen-led initiative. "An idea can take shape and grow into a movement," says Dr. Christine O'Connell, Riley's Way executive director. "Who better to lead a national kindness movement than our youth? They have the ideas, passion and drive to make it happen." To enter the contest, all applications are due by March 31.

■ rileysway.org/call-for-kindness



INFANTS TYLENOL PACKAGING SETTLEMENT

If you have had a baby in the last five years, chances are you purchased Infants' Tylenol at some point. Following a class-action lawsuit about package design that misled consumers that the medicine was made for infants, when in fact, it's the same liquid acetaminophen marketed as Children's Tylenol, Johnson & Johnson has agreed to pay up to \$6.3 million in settlement. If you have purchased Infants' Tylenol between October 3, 2014, and January 6, 2020, you can request a refund of up to \$2.15 per bottle without proof of purchase. Claims must be completed by April 13, 2020.

■ kccsecure.com



TOUCH-A-TRUCK & CAMP FAIR TEAM UP

Celebrating a whole hand of years, the Junior League of Baton Rouge's Touch-A-Truck event will take over BREC's Fairgrounds on Saturday, March 21. This hands-on, interactive event will provide a "wheelie" good time with construction equipment, fire trucks, police cruisers, and a helicopter. Baton Rouge Parents Magazine's Camp Fair joins the fun. Meet with out-of-state and local camps to get a jump start on planning your child's summer. Tickets are \$10, and babies younger than one are admitted free. Quiet hours are from 9-11 a.m. Regular noise and light levels will last until 3 p.m.

juniorleaguebr.org



CHILDHOOD TIME IN NATURE INCREASES ADULTHOOD HAPPINESS

Spending more time in nature while growing up makes for happier adulthood, according to a new study published in the *Proceedings of the National Academy of Science of the United States of America*. The authors followed more than 900,000 Danish people for nearly 30 years and found that living near and spending time in nature is better for mental health. Those with the least access to green spaces had up to 55 percent higher risk of developing psychiatric disorders. Those growing up in Baton Rouge have access to 6,624 acres of green space in 182 BREC parks.



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CONNECT COMMUNITY

PICK YOUR FAMILY VACATION CLIMATE PREFERENCE ONLINE

If it's time to start planning your summer vacation, you will likely consider the climate when making your location decision. Whether you want blazing heat or cool breezes, Nomad List's Climate Finder can help find the right spot for your next family getaway. The tool allows searches for cities around the world by temperature, humidity, rain, and air quality in a month or season, and the results are based on historical data (so no guarantees on perfect weather, unfortunately). Originally designed for people relocating to learn more about their future homes before they make the move, the Climate Finder is useful for those of us who are only dreaming of a quick getaway.

■ nomadlist.com/climate-finder



NEW TREATMENT MAY REPLACE NEED FOR EYE PATCH

Although wearing an eye patch can be great for pirate street cred, for most with amblyopia, or lazy eye, the treatment can be a real drag. The eye condition affects millions whose eye movements aren't synced, but it can be cured and vision loss avoided if treated early. A new treatment from NovaSight may replace the typical eye patch with an hour of daily screen time. Called CureSight, when viewed with red-and-blue colored glasses, the special screen selectively blurs content to make the affected eye work while the other rests. Correcting lazy eye by being lazy zoned out to a screen sounds ideal.

nova-sight.com



CELEBRATE PI DAY AND ALBERT EINSTEIN'S BIRTHDAY WITH YOUR FAMILY ON 3/14

"Oh my, here comes Pi, 3.1415!" This little ditty is designed to help young mathematicians learn the first digits to the constant ratio of the circumference of a circle to its diameter, a number that goes on and on infinitely. Pi Day is celebrated each year on March 14, which also happens to be the day that Albert Einstein was born. While eating a slice of pie is a perfectly appropriate way to mark the occasion, patrons of the Livingston Parish Library can come together and celebrate with events throughout the month at its branches. Fun events and programs at the branches include a puppet show, stories and a craft. Registration is required at each library.

mylpl.info

NEW STUDY SHOWS THAT THERE ARE STILL BREASTFEEDING ACCESS GAPS IN WORKPLACES

Pumping breast milk while you are working away from your little one can be a challenge even with federal guidelines that are ensuring that nursing mothers should be given unpaid break time and a space, other than a restroom, to pump while they're at work. A new study from researchers at the University of Georgia published in Workplace Health and Safety found that there are still significant "gaps in access to workplace breastfeeding resources." Of returning to work while breastfeeding, Rachel McCardel, doctoral student at the University of Georgia's College of Public Health and lead study author, says, "There is a collective experience that we wanted to explore and learn how can we make this better." The authors recommend better communication and more support from employers is needed in order to help reduce these breastfeeding disparities.

NEW PEANUT ALLERGY TREATMENT APPROVED

Peanut allergies can be terrifying for families who are navigating life while they are also avoiding peanut products. Even with strict avoidance, accidental exposures do occur. A new drug aimed at reducing the severity of allergic reactions has been approved by the U.S. Food and Drug Administration for children ages 4 through 17. Palforzia from Aimmune Therapeutics may help increase tolerance to small quantities of peanuts, reducing the risk of a reaction in case of accidental exposure. About one million American children have peanut allergies, in which their bodies' immune systems mistakenly see even small amounts of peanut as harmful. Reactions can include hives, digestive problems and constricted airways. At first, Palforzia will only be available through specially certified health care providers.





1920S-THEMED FUNDRAISER TO SUPPORT BATON ROUGE BALLET THEATRE

Dancin' at the Mansion, the annual fundraiser for Baton Rouge Ballet Theatre, returns to the Old Governor's Mansion with a 1920s theme on Friday, March 20 at 7 p.m. With a champagne flight speakeasy and Charleston lessons, the event will feature musical entertainment by The Issue. Local vendors will provide refreshments, and a silent auction will raise funds for outreach programs bringing dance to underserved communities. "Just one of our community engagement programs provided free tickets to the 2019 Nutcracker to bring a little Christmas spirit to over 300 children and adults," says Molly Buchmann, BRBT associate artistic director. ■ one.bidpal.net/brbt2020



AUDUBON ZOO WELCOMES LION CUBS

Welcome to ROAR-some new babies! Two African lion cubs have been born at the Audubon Zoo. The cubs' parents Kali and Arnold are both four years old, and the cubs are healthy and active while being kept behind the scenes for bonding. "The cubs' birth is a huge success for the Lion Species Survival Plan, which ensures healthy, genetically diverse populations of lions within Association of Zoos and Aquariums institutions," says Steve Marshall, vice president and managing director of the zoo and Audubon Park. Born on January 11, the cubs will be kept behind the scenes for at least 12 weeks.



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CONNECT COMMUNITY

GIRL SCOUTS SELL COOKIES UNTIL MARCH 15

Girl Scout Cookies almost sell themselves, and their limited time availability adds to their appeal. Girl Scouts Louisiana East's cookie season ends March 15, so the clock is ticking to purchase Thin Mints, Caramel deLites, and Peanut Butter Patties. "Everyone loves Girl Scout Cookies, but the program is about so much more than cookies," says Rebecca Pennington, GSLE CEO. "Girls learn about entrepreneurship as they run their own cookie businesses. The important business and financial literacy skills girls learn through the program are proven to build their leadership skills and position them for success in the future." Find Girl Scouts selling in your area at girlscoutcookies.org.





LIBRARY VISITS TOP AMERICAN ACTIVITY POLL

What's your go-to place to visit for a bit of culture? If you answered the library, you're in the majority. A recent Gallup poll found going to the local library is "the most common cultural activity Americans engage in." Americans visited their library more than 10 times per year on average, and the second place activity, seeing a movie at a theater, was done an average of five times annually. The numbers are similar for households with kids under 18, which makes sense. Libraries are free and offer many services and activities beyond books for patrons of all ages. With WiFi, storytime and knowledgeable staff, libraries are the place to be.



AS SIMPLE AS ONE A DAY: THE IMPORTANCE OF PRENATAL VITAMINS

Girl, take your vitamin! That's the message from Pamela Simmons, MD, maternal fetal medicine physician at Woman's Hospital. Prenatal vitamins with folic acid are important for women, pregnant or not. "We recommend all women ages 15 to 45 take a daily prenatal vitamin," Dr. Simmons says. Neural tube birth defects affecting baby's brain or spine are present in about two of every 1,000 pregnancies, and about half can be prevented with daily folic acid intake starting before pregnancy. Unplanned pregnancies may not be discovered until one to three months after a last menstrual cycle. "By this time, the birth defect can already be present and cannot be prevented," Dr. Simmons says. Speak with your doctor about your specific vitamin needs.

NEW WAY TO PREDICT GESTATIONAL DIABETES RISK

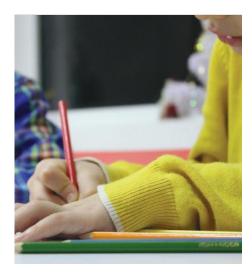
Chugging that orange glucose drink is a right of passage for most pregnant people when it comes time to test for gestational diabetes (GD). That screening wouldn't go away entirely, but the number who test positive could decline with nutritional and lifestyle changes before for those who are at high risk. New research from the Weizmann Institute of Science analyzed pregnancy data and found nine parameters that could predict GD risk. A survey is available to assess the risk, and with their doctor's consultation, those who have a low risk could be spared the cost and inconvenience of the glucose testing. ■ weizmann.ac.il/sites/gd-predictor



FOOD TOPS KID SPENDING HABITS

Ca-ching! Ca-ching! Your children can earn pocket money by doing chores or saving up birthday gifts or holiday gifts they received each year, and the decisions of how much to save and what to spend it on are important to develop financially healthy kids. Greenlight, a financial resource that allows parents to use an app to control a kid- and teen-friendly debit card, tracked how its users spent and saved. On average, the young users spent \$91 per month, and 30 percent of that was on food and groceries. Greenlight also gives kids the chance to give back, and users donated \$2.6 million of the \$150 million managed in the year.

■ greenlightcard.com



FIND PENPALS FOR YOUR LITTLE SCRIBBLERS

Getting a real letter in the mail, addressed and written just to you, is an exciting treat, especially for children who don't have the digital alternative of quick texts or emails. Regular correspondence with far-flung family may be the answer to a desire for mail, but getting to know someone new can be fun and provide more motivation to write. Consistent letter writing promotes reading, writing and penmanship skills as well as helping build friendships through reciprocation, empathy and mutual concern. Several organizations can help you match your budding letter-writer with a penpal their age such as Global Penfriends, Penpal World and International Pen Friends. Write on!



CAPTURE MEMORIES WITH A LIVING PLAYLIST

Making family memories is a constant, as nearly every day with little ones includes something worth remembering. But capturing those to review later takes work that sometimes doesn't get done. One fun way to remember is to create a living playlist to enjoy. From the song you played during birth and the go-to lullaby to your family's favorite dance tunes, together they create the soundtrack of childhood. Streaming music services make it easy to make playlists, but there is a risk that today's services won't be dominating when your little music lover is ready to reminisce. A written list, complete with notes about why songs were included, may be the best way despite being low-tech. Mixtape, anyone?





CONNECT EDUCATION

SCOTLANDVILLE MAGNET HIGH SCHOOL HOSTS GUMBO RUN

Will run for gumbo! The second annual Gumbo Run was recently held in north Baton Rouge, beginning at Scotlandville Magnet High School. Sponsored by the Scotlandville Professional Academy Consortium with presenting sponsor Geaux Get Healthy, a project of Healthy BR, the event was held to help raise funds for the high school's academies of finance, health science, and information technology. Support from the funds includes teacher professional development, student materials and supplies, and work-based learning initiatives such as internships. After finishing the 5K race, runners and walkers celebrated their victories together and replenished their energy with plenty of good gumbo.



FIFTH GRADERS CREATE CARDS FOR MILITARY SERVING OVERSEAS

People who are serving in the military overseas miss a lot about being back home in the United States. Baton Rouge Soldier Outreach, a nonprofit organization, regularly blesses those who are serving in the U.S. Armed Forces overseas by sending them comfort items from home. The organization recently put out a call for handwritten cards to be included in the packages being sent over to them. Christine Pousson, a fifth grade teacher at St. Jean Vianney Catholic School, answered the organization's call, and her students created cards as part of their religion class. They practiced their cursive writing skills and colored "My Heart Salutes You" graphics for the packages. BR Soldier Outreach sends care packages quarterly to soldiers who are deployed from the Greater Baton Rouge area.

■ brsoldieroutreach.com





DUNHAM STUDENTS CONSTRUCT CHAIRS FROM NEWSPAPER

Turning flat, fragile newsprint into a chair capable of holding an adult for at least 30 seconds was the challenge set to Dunham School fourth graders working in the school's Innovation Lab. Working in teams, the students employed the engineering design process and created their chairs with unlimited newspaper and one roll of masking tape. Middle School science teacher Ed Van Haute sat in each of the chairs and served as judge, directed by fourth grade science teacher, Valerie Jaques, and Nikole Blanchard, director of innovation and technology. The winning chair design was created by Noah Anders, Lauryn Bellizaire and Faith Gardner.



EPISCOPAL STUDENTS PLANT TREES TO SUPPORT COASTAL RESTORATION

After studying ecosystems, biomes and the importance of wetlands, high school AP environmental science students and fifth graders from Episcopal School worked together to plant 250 persimmon trees in wetlands near the Bonnet Carrè Spillway. The annual planting field trip is part of Episcopal's partnership with the LSU Coastal Roots program. LSU Professor Pam Blanchard, PhD, directed the planting process at the coastal habitat restoration project. The Coastal Roots program helps students become environmental stewards of their natural resources, and the older students grew the trees that will grow and absorb fertilizer as it travels downstream.

■ Isu.edu/coastalroots

WILDWOOD ELEMENTARY PRESENTS SLEEPING BEAUTY

Can 30 elementary students learn and perform an hour-long musical in just one week? Students at Wildwood Elementary School did just that with the help of Missoula Children's Theatre. The young actors auditioned on a Monday and were ready to perform the musical on Friday. The students held after school rehearsals in between to help them get ready for their performance. The original production of Sleeping Beauty told the tale of a young princess put under a spell that puts her to sleep for 500 years. MCT's Lindsay Abrams directed, and Cassandra Feldt performed with the local cast. The show was made possible by talented theatre teacher Cara Waring with support from gifted teacher Alyssa Schexnayder.

mctinc.org



Math and music are **Niles Babin**'s two main focuses. Niles, 16, began participating in math competitions in fourth grade and has been playing music for nearly a decade, starting with piano then tuba and guitar.

A sophomore at University Laboratory School, Niles earned second place at the National Beta Club Convention's math competition last summer. "It was a lot of recall for me," Niles says of the test that featured a lot of algebra and geometry.

Niles was a member of his school band and has acted and served as assistant music director for many Theatre Baton Rouge productions. Those experiences helped shape his Eagle Scout project creating a musical garden at Belfair Montessori Magnet School. "I wanted to spark interest for those who are not as privileged, allowing them to play as much music as possible without having to learn to read music first," says Niles, a Boy Scout in Troop 14 at St. Luke's.

Niles has already amassed nearly 50 college credits. "I decided over the summer I wanted to pursue college after my sophomore year," Niles says. He has been accepted to LSU and is waiting to hear back from others.

Parents Terri and Dreaux Babin, brother Remy, and grandparents Billy and Phyllis Babin and Pal Autrey, are his biggest fans. "His dad and I are just amazed at how much he can take on," Terri says. "He's an amazing kid because of all his diverse interests. And I like the fact that he stays humble."

DO YOU HAVE ONE AMAZING KID?

Email editorial@brparents.com.





CONNECT EDUCATION

LIVINGSTON EDUCATORS INSPIRED AT PROFESSIONAL LEARNING DAY

In-service days for school employees can be less than exciting, but teachers, administrators and staff with Livingston Parish Public Schools recently enjoyed a professional learning day with a nationally acclaimed author. Employees crowded Walker High School to hear Thomas Murray, director of innovation for Future Ready Schools, share ways they can make a difference in the lives of their students. "The intent of my presentations is to encourage every school employee to recognize the talents, passions and strengths inside each child," Murray says. "It's important that we see them as more than their test scores." Employees also participated in workshops called EdCamps and shared creative ideas about their own learning programs.



RUNNELS FIFTH GRADERS RESIST DRUG USE

Learning about the consequences of illegal drug use and how to resist using such substances was the core of an 18-week Drug Abuse Resistance Education (D.A.R.E.) course completed by fifth graders at Runnels Elementary School. D.A.R.E. instructor Cpl. Amie Genola of the East Baton Rouge Parish Sheriff's Office, announced the winners of the D.A.R.E. essay contest: Andrew Hart, 1st place; Dana Badawi, 2nd place; and Derek Houk, 3rd place. Andrew is eligible to move forward in further essay competition. Emma Smith received an award for good character.





CULTURAL NIGHT BRINGS INTERNATIONAL FLAVOR TO KENILWORTH SCHOOL

Kenilworth Science and Technology School hosted the annual International Cultural Night, welcoming the Baton Rouge community to experience performances of dances and songs of many cultures and to sample cuisine from around the world. Student and faculty artwork was on display and sold via a silent auction. Joey Strickland, Louisiana Department of Veterans Affairs secretary, was guest speaker at the event, which drew 300 and was designed to expose students to other cultures. "Many of our students don't have a chance to experience the world outside of the city they live in," says Hasan Suzuk, the school's executive director. "This is a way to expand their outlook."



GIRLS EXPLORE STEM CAREERS AT WORKSHOP

Girl Powered, a hands-on workshop from chemical company BASF, introduced 100 ninth grade girls to careers in science, technology, engineering and math. The students, from Ascension Parish's high schools, built robots, learned coding basics and heard from women working for BASF. The event was presented through a partnership with the Robotics Education and Competition Foundation and VEX Robotics. "We are grateful for this opportunity for our students and hope it provides them opportunities to explore their own talents and interests that perhaps match the exciting careers available for their postsecondary pursuits," says Ascension Superintendent David Alexander.

CENTRAL MIDDLE SCHOOL NAMED SAMSUNG CONTEST STATE WINNER

A project to help people have access to clean water in times of disaster enabled Central Middle School to be named a state winner in the Samsung Solve for Tomorrow contest. STEM (science, technology, engineering and math) teacher Michelle Jones's class was one of the classes who were honored, along with 100 other state winners. They were the only class from Louisiana from more than 2,000 entries nationally. Central Middle School receives \$15,000 for classroom resources, and the students' next steps are to use STEM to design and create a prototype in hopes of becoming one of 20 national finalists. That comes with a \$50,000 prize package and trip to New York to present the project for a chance to win one of five \$100,000 classroom resources grand prizes.

■ samsung.com/us/solvefortomorrow



CATHOLIC HIGH SCHOOL SENIOR NAMED PRESI-DENTIAL SCHOLAR CANDIDATE

Catholic High School senior Nicholas Fanguy has been selected as one of about 4,500 candidates for the 2020 United States Presidential Scholars competition. Nicholas is also a National Merit Semifinalist, among the top one percent of American high school seniors. Presidential Scholar candidates are chosen based on standardized test scores and will be evaluated on academic achievement, personal characteristics, leadership and service activities, and an essay. From there, 600 semifinalists will be chosen for further review, and up to 161 U.S. Presidential Scholars will be announced this spring and then honored at a June event that will be in Washington, DC.

■ www2.ed.gov/programs/psp



PARKVIEW BAPTIST STUDENTS TO PERFORM BEAUTY & THE BEAST

A tale as old as time will be presented on stage by the Parkview Baptist School's Fine Arts Department. The Disney Broadway production of Beauty & The Beast will feature a cast of 89 student actors in grades 4-12 and a behind-thescenes crew of 30 high school students. The campus-wide event features exciting staging, special effects, classic Disney songs, and showstopping dance numbers. Presented in the high school gym, the family-friendly show will run March 24 through 28 nightly at 6:30 p.m., plus a 1 p.m. matinee on Saturday. Tickets range from \$10 to \$25 depending on seat location.

■ parkviewbaptist.com



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CONNECT PATHWAYS TO PARENTING

Viral Conjunctivitis (pink eye)



healthy eyes







late-stage infection

Pink Eye

Pink may be perfect, but when it comes to eyes, it's never a color you want to see. Pink eye, or conjunctivitis, is an inflammation of the lining of the eye's white and eyelid, and it is common, especially among children. There are three main types: bacterial, viral and allergic, says Joshua Davidson OD, FAAO, FSLS, optometrist with Williamson Eye Center.

"Bacterial presents with a typical kind of crusty, matting of the eyelids. You tend to get this white yellow discharge," Dr. Davidson says. Bacterial pink eye is an infection and would be treated with antibiotic eye drops. These take about 24 hours to get in the system and start working, and bacterial pink eye resolves between three and ten days. "As soon as symptoms appear, and as long as the eye is weeping, you're contagious," Dr. Davidson says.

Viral pink eye is the most contagious type and can spread with the lightest touch. "Even before your eye is pink, you're contagious," Dr. Davidson says. It can be spread as long as symptoms are present, and the virus lasts about a month in young healthy kids. "There's really no FDA-approved treatment for viral, but a steroid eye drop can speed up the healing process." Some doctors will do an eye wash to kill the virus.

Pink eye due to allergies is not contagious and can be treated with allergy eye drops. "Those don't go away until the allergies do," Dr. Davidson says.

Proper pink eye treatment requires a doctor, and delaying is never a good idea. "That's when we see the really bad cases," Dr. Davidson says. Warm compresses and lubricating eye drops can make eyes feel a little better temporarily.

When pink eye is diagnosed, the first thing to do is clean everything. "Clorox wipes are a good thing to have," Dr. Davidson says. Clothes and bedding should be washed separately on hot cycles. And unless it's allergies, your pink-eyed little one needs to stay home.

Pink eye prevention comes down to good hygiene and washing hands with soap and warm water on the regular. Don't share personal items, including hand towels, and keep hands away from eyes to avoid spreading bacteria and viruses.



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What causes ear infections?

Middle ear infections are the result of fluid buildup behind the eardrum that becomes colonized with bacteria. The underlying problem is the eustachian tubes (ETs), which connect the ears to the back of the nose. In children, the ETs are more prone to swell shut (from cold viruses, allergens, etc) because of their size and orientation. This swelling ultimately causes a vacuum within the middle ear space that leads to fluid accumulation and pulls bacteria into the ear from the nose, creating an ear infection.

How do ear tubes help with ear infections?

Ear tubes sit within the eardrums and provide a passageway for airflow inand-out of the middle ear. This prevents the vacuum effect (discussed above) from occurring, making ear infections much less likely. Additionally, ear tubes provide a channel for infections, when they do develop, to drain out of the middle ear and ear drops to get into the middle ear for treatment.

How do I know if my child needs tubes?

The primary clue that ear tubes might benefit your child is frequency of ear infections. Generally, if there have been 3 ear infections within a 6 month





The Bella Bowman Foundation

By Melanie Forstall Lemoine

n the first day of 2011, after months of unexplained illness, Trey and Kim Bowman were told that their daughter, Bella, was diagnosed with an ependymoma brain tumor. Bella's doctors determined that surgery, followed by several months of radiation treatment were necessary to treat her. Bella came through the surgery successfully but developed brain stem necrosis after eight months of proton radiation treatment. Almost a year after her initial diagnosis, Bella began choking and having trouble swallowing. Physicians at Our Lady of the Lake Children's Hospital determined that Bella had a stroke and the damage from the necrosis was irreversible. Bella passed away in her father's arms with her mother by her side.

After such an unthinkable loss, the Bowmans focused their energies into the development of the Bella Bowman Foundation. "Bella taught us courage, faith, belief, and strength," says Kim Bowman. "Everything we do is because of Bella," she continues. In 2012, the Bowmans created the Bella Bowman Foundation, a nonprofit organization, to support research, provide education, and offer comfort care to children and families battling pediatric cancer or terminal illness. "We have found our purpose in life, to help others and give comfort to children and their families going through pediatric cancer," says Kim. The mission of the Bella Bowman Foundation is to support research initiatives for pediatric brain cancer, fund new and continuous education, and offer Comfort Care.

The Bella Bowman Foundation hosts events such as Bella's Ball as a fundraiser in order to live out the foundation's mission and to provide direct care to children and families. The foundation is unique in its ability to address the specific needs of families who are facing pediatric illness. They are known for the Bella Bowman Foundation Comfort Care Bags which are given to families with children recently diagnosed with cancer. The bags include comfortable blankets, small toiletries, socks, and journals. The Foundation was instrumental in the development of the new, free-standing Our Lady of the Lake Children's Hospital. "We donated two playrooms on the Oncology/Hematology Floor," says Kim. "We also sponsored the only palliative/ hospice end-of-life care room in the hospital, named Bella's Room."

The foundation has had a profound impact on the community. Trey and Kim, along with foundation supporters, have provided over 400 Comfort Care Bags to OLOL Children's Hospital, donated 12 iPads to pediatric oncology patients, hosted "No Mo Chemo" parties for children in the hospital, provided free back-to-school haircuts, and sponsored retreats and seminars.

While the foundation focuses on several areas, Trey and Kim have a passion for the Comfort Care aspect, as Bella's last days of life were so special. The long-term goal is to fully support pediatric end-of-life care in Baton Rouge. "Our future goal is to build Bella's House, a free-standing palliative/hospice house for children," says Kim. ■

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LIVE MOM NEXT DOOR

Rachael Pearson

By Amanda Miller

OCCUPATION • Owner of Louisiana Cheer Force
HUSBAND • Kevin
DAUGHTER • Nora, 6 months
HOBBIES • Cheerleading and coaching

For Rachael Pearson, becoming a mom was a 10 year journey. Due to a congenital heart defect, Rachael had undergone three separate openheart surgeries when she was little. However, when she got older and wanted to start a family, Rachael's doctor recommended that she should not carry a pregnancy on her own.

Although the journey wasn't an easy one, Rachael and her husband relied on their faith until they finally received the happy news that the fertility cycle had worked. And now, as a mom to sweet little Nora, Rachael never lets a minute of their time together go to waste.

How would you describe raising your daughter?

R: It's the best thing that ever happened to me in 10 years. I love every minute. I have the luxury of staying home with her, and we're together all day. She's an answered prayer.

What do you like to do together as a family?

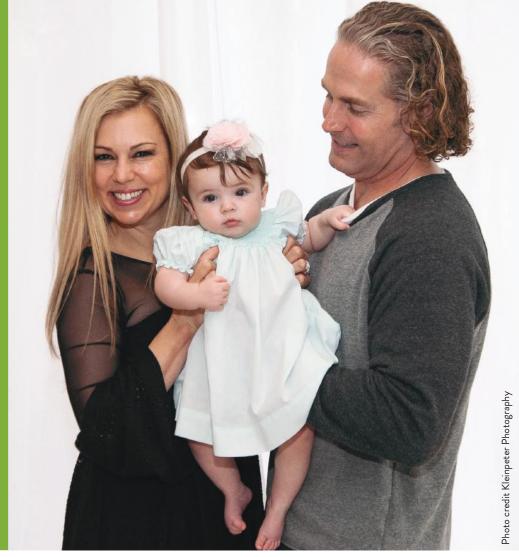
R: Travel and go on vacation. The beach is our favorite. We love the Florida beaches and going to Orange Beach.

What's the greatest thing about being a mom?

R: I have someone who is mine forever–she's mine! I always have someone there in my corner.

What was your latest mom win?

R: Making her laugh out loud. With her, everything is new and exciting, but making her laugh was my most recent mom win.



How has parenthood changed you?

R: I don't know that it has a lot. As a coach, it felt like all of these kids were my kids. It's like I was a mom before I became a mom.

What do you love most about your job?

R: Working with the kids, seeing them progress in skills, and seeing them go on stage and feel successful.

How do you make time to relax?

R: When it is late at night and everyone is asleep, that's when I relax. And, I sleep in since I don't work a normal 9-5.

What's your favorite date night?

R: I work nights, so we have a lot of lunch dates.
I remember we once went to Ruth's Chris for lunch because we had practice that night. Since

we both own businesses, we do have flexibility to do something if we want to. That's the key to our relationship.

What kind of mom are you?

R: I'm a relaxed mom. I've had lots of experience with my cheer kids. We do try to do everything for her, but I'm not an uptight mom.

What's something you hope to instill in your daughter?

R: Christian faith. I hope she has a relationship with God and says her prayers every day.

What is the best parenting advice you have ever received?

R: I've learned a lot from my little sister who had just had her baby. I took her with me to do the registry because things change over the years.

What's your biggest pet peeve?

R: Kids who don't finish something they start. Parents have such an important job on how their children react to being coached. Also, mean people! I can't stand a mean hearted person.

What personality trait of yours do you hope she also has?

R: I would like for her to be like me in my friendships and relationships with other people. I'm a very nice person and I see the good in people. I'm forgiving. I hope she can be as well.

Which family member has been your greatest role model in life?

R: My mom and dad in different ways. To this day, I still call them to ask for advice. They're also always at the gym. My mom works at the gym and my dad is always fixing things at the gym.

What's your biggest goal in life right now?

R: To be able to continue to be successful in my business. To raise my daughter the right way and to give her a great childhood.

Do you have any advice for other parents?

R: I have lots of advice for people who are struggling to get pregnant. Just keep trying, keep praying. I know how hard it is. I think for other parents, they could probably give me more advice than I could give them.

Q&A

The parenting item I couldn't live without...Doona stroller.

In my fridge, you will always find...milk.
Favorite movie growing up...Pretty
Woman.

My guilty pleasure is...chocolate.

Music I'm loving...cheer music because we're always practicing.

I feel my best when I...have plenty of sleep.

My favorite television show is...Survivor.
My favorite ice cream is...chocolate.
My dream travel spot is...on an exotic
beach, somewhere beautiful.





LIVE EXCEPTIONAL LIVES



Unlimited Independence Despite Physical Limitations

By Mari Walker

Not many kids receive bicycles as gifts from their school friends, but most don't face the physical challenges Camilla "Cami" Rios does. She was recently surprised with a pink specially made adaptive bike.

A third grader at Seventh Ward Elementary School, Cami deals with many physical limitations.

When she was only two years old, a severe meningitis infection led to both her legs being amputated above the knees, and her left arm was amputated above the elbow. Her right upper arm was also damaged, and Cami also has a deviation in her hand and damaged fingers. Despite this, Cami has remained in high spirits.

"She's always had the best attitude," says Cheryl Cooner, Cami's grandmother.

"She takes everything in stride and never stops to feel sorry for herself."

Cami, who will turn 10 in April, has prosthetic limbs that allow her to walk, and about six months ago, she graduated to prosthetic legs with knee joints to allow stair climbing and to provide a smoother stride.

"Her biggest challenge right now is getting used to the knee joints," says Tessa Walters, Cami's paraprofessional who helps with daily routines at school.

Although her range of motion is severely limited, the knee joints allow Cami to use the new bike. Tessa's eight-year-old daughter Piper raised the \$4,000 to buy it for Cami, who is one of the school's most popular students.

"Everybody loves her, and she's got so many friends," Tessa says. "She's not treated any differently than any other child." Tessa also notes that Cami is very smart and makes good grades.

Cheryl says that the Livingston Parish School System has been very supportive of Cami, who has attended two different schools since the family moved from Greenville, Mississippi.

Cami travels to her school by bus and is part of a regular classroom with adaptive P.E. and physical and occupational therapy. "My favorite school subject is art," Cami says. "I like to draw, paint and color."

Cami assumed that her pink bike was another bike for her to use at school, and she was amazed by the news that she could take it home with her.

"Now she has a bike like her other siblings," Cheryl says. "It does so much for her self esteem."

In addition to her grandma, Cami also lives with mom, Amanda, brother Javi, and sisters, Liliana and Khristyn. When the family goes to places like the zoo that require a lot of walking, the bike will help give her dignity and independence.

Her determination and achievements have not gone unrecognized, as Cami was a recipient of the Council for Exceptional Children's 2019 "Yes I Can" award in the self-advocacy category. The award honors children who are living with exceptionalities who have demonstrated determination and achievement.

Sarah Lambert, adaptive physical education teacher at Cami's previous school, Freshwater Elementary, nominated her.

Cami gets her positive attitude at least in part from her grandma. "I've always told her there's nothing you can't do," Cheryl says. "It may take you a little bit longer and you may have to do it in a different way, but there's nothing you can't do. She listened and believed it."

Cami has set high goals for her future. She'd like to be a cheerleader, and when she grows up, she'd like to be a teacher and a dancer.

"She does work very, very hard to be independent," Cheryl says. "She is just such a good little girl." ■





LIVE FAITH









Faith and Culture: Who Are You Listening To?

By Rev. Robin McCullough-Bade of Interfaith Federation of Greater Baton Rouge

People of faith are called to live "in" the world, but not "of" the world. That is far easier said than lived. Each day, we are bombarded with savvy and effective marketing campaigns to convince us to purchase products which promise to fix life's problems. Social media adds additional leverage to a highly pressurized campaign intended to shape our values and opinions. Children and youth are especially vulnerable to the trends and fads of our current culture.

Do not underestimate the pressure on your children and family to adopt cultural values—which may not be yours. We cannot isolate children and teens from the times we live, nor do we want to do so. As parents, we equip our children to know right from wrong, to have compassion for others and the inner strength to live their faith.

So once the hoopla of Mardi Gras is over, take time during the month of March to pause, breath, and listen. Take a personal inventory of the major influences on your family and prayerfully consider new patterns.

Questions might include: How is faith nurtured within your family? What draws you and your family away from the One who created you and all that exists? What values do you want for your children? How is your family exposed to those values?

The results of this inventory may be overwhelming. Remember, you are not alone. Whether or not we have an extended biological family nearby to nurture faith and teach the values of our faith tradition, we can seek out and surround ourselves with a family of faith—those who walk the walk. In doing so, your family will be able to witness: Not all victories happen on a sports field. Not all winners are rock stars with megamoney. Heroes can be found in those who face illness, death, disappointment, and setbacks, and yet their faith gives them a deep inner capacity for joy and hope—despite it all. Heroes are those who daily bloom with the fruits of God's Spirit. These humble champions of faith show us how to live "in" the world, but not "of" the world. So, who are you listening to?



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Mardi Gras, Easter, birthday celebrations, class parties, Halloween, Christmas-the excuses for consuming unhealthy amounts of sugars knows no limits! Many New Year's resolutions are totally derailed by the January introduction of king cakes into the bakery section of every grocery store. We all know that, as adults, we should be limiting our sugar consumption, but how is the sweet stuff affecting our little ones? A study by the Centers for Disease Control and Prevention found that children consume an unhealthy amount of added sugars every day. Toddlers eat an average of seven teaspoons of added sugar daily!

Added Sugar vs. Natural Sugar

Not all sugars are served up equally! Natural sugars are the sugars that occur naturally in our foods. Foods like fruits and vegetables contain natural sugars, but also contain water, fiber, vitamins, and nutrients that our bodies need.

Added sugars are additional sugar carbohydrates that are added to our foods during their production. Added sugars are used to sweeten foods and provide no nutritional value. In fact, they can make otherwise healthy foods an unhealthy choice. You can identify added sugars by looking for the following on the label: corn syrup, sucrose (table sugar), dextrose, fructose, glucose, high-fructose corn syrup, and malt sugar among others.

Slippery, Sugary Slope

Dr. Rodger Elofson, with Associates in Pediatric and Adolescent Medicine, shares, "The American Heart Association's newest recommendation for children 2-18 years old is NO more than 25 gm, or 6 tsp, of added sugar per day and no more than 8 ounces of sugar-sweetened drinks per week. This reduces

heart disease risks by helping prevent obesity, hypertension, and diabetes. For infants and toddlers under two years old, there should be no added sugar. It is hoped that this will change future taste preferences in those individuals, so they enjoy less sugary items as they age."

Sugar and Oral Health

While sugar may taste pleasant, the effects on our mouths are anything but! "Added sugar in the diet, especially in high frequency consumption, can put children at a higher risk for dental caries (cavities)," reports Dr. Paige Sigsworth with Associates in Pediatric Dentistry. "If dental caries are left untreated, the risk is possible rapid involvement of the nerve of the tooth, leading to infections, and possibly life-threatening fascial space involvement. Such infections may result in a medical emergency requiring hospitalization, antibiotics, and extractions of the offending tooth.

Other consequences of dental caries are high treatment costs, loss of school days, diminished concentration and learning, and diminished oral health-related quality of life. Prevention is best through avoiding frequent consumption of high sugar containing foods and drinks, maintaining routine dental checks, fluoride applications, and maintaining proper oral hygiene."

Everything in Moderation

Don't misunderstand the professional advice to mean that your kid will have to pass on that yummy slice of birthday cake at his friend's next birthday party. But, there are some changes that can be made to help toddlers eat sugars in a healthier manner. For instance, trade those fruit snacks for real fruit. Pair natural sugars with protein, such as apples with some peanut butter.

When making decisions about the foods kept on hand, Dr. Elofson urges, "Understand that one 3/4 cup serving of Lucky Charms or two chocolate chip cookies contain 2 1/2 (10 gm) of sugar."

Dr. Elofson continues, "The worst offenders of added sugar are sports drinks, sodas, desserts and fruit juices. These are full of 'empty calories' with little nutritional value. Many younger children are often rewarded for appropriate behavior with food, many of these sugar-laden sweets. A better way to reward children for proper behavior is with sticker charts. If you use food, use dried fruit or trail mix instead of M&M's. Children should eat five servings of fruits and vegetables every day, along with whole grain products. Proper nutrition helps our children live longer and healthier."

Low Sugar Options Your Kid Will Actually Eat

Vanessa Richard, who is a registered dietitian with Eat Fit BR, realizes that most parents will choose snacks for their children based on what is most convenient for them at the time. "Parents look for quick snacks that they know their kids will eat. Kids want the sweet and salty snacks."

When asked what snacks she keeps on hand for her own three children, Richard shares, "My go-tos are raisins, individually wrapped 100 percent fruit leathers or pressed fruit, dried fruit bites, popcorn, whole grain crackers such as Triscuits, Cheerios, dehydrated cheeses such as cheddar crisps and parmesan crisps. Figgy Pops are also pretty good. They have nice dried fruits, nuts, and seeds. I usually also have a fold-over sandwich with seed or nut butter."

If she is feeling a little more prepared, Richard will pack a small cooler bag with cheese or Greek yogurt. She also favors fruit that comes in its own skin, such as mandarins or satsumas and bananas. Richard shares that snacks with protein will help will the feeling of fullness and reduce the "I'm hungry!" chants.

The Bottom Line

When asked what foods she absolutely avoids, Richard says, "There are not good foods and bad foods, but better choices. We think in terms of everyday choices and sometimes choices."

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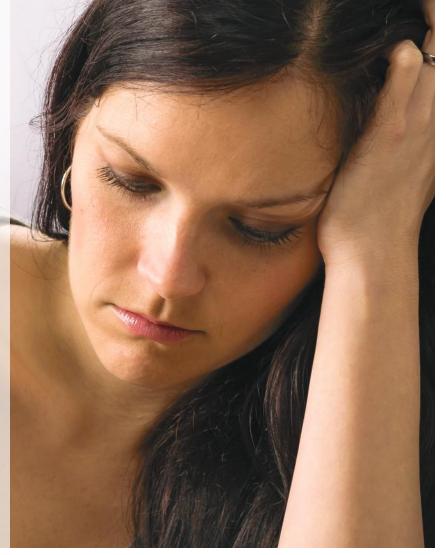
Let it Geaux

7 Things to Stop Worrying About

By Sarah Lyons

Worrying, it's something all parents do. I am guilty of it, especially when I lie awake at three a.m., with the silence of the house ringing in my ears. I worry about what I forgot to do, what I need to do, what I should have done, and what I already did.

Parenthood is hard. There is always something to be done, someone who needs assistance, and multiple things to worry about. The list is endless but may include everything from feeding your kids healthy foods, to your child's friendships, to what others think about your choices. Some worries are valid, but many are not worth the time and effort. What if we could learn to let them go?



Personal Expectations

Before I became a parent, I had high expectations for myself as a mother. I had things I wanted to do and things I declared I would never do. After my first child was born, I quickly realized that I would change my perspective on most pre-child declarations. "Let go of the idea that you will be the perfect parent because it won't happen." says twin mother Aly Ridgeley. When parents accept that they are doing the best they can, at that moment, for their kids, they will be able to cross this worry off their list.

Guilt

Do you worry that you don't spend enough time with your child? Do you feel guilty you were not able to breastfeed your child or that you missed a soccer game? Do you feel bad you forgot to remind your son to grab his lunch on the way out the door? The guilt of these things and more can weigh heavily on a parent, but you have permission to let it go. It is okay if you miss a game or a school party. We all have to make choices

and sometimes those choices cause unnecessary guilt. Once a decision is made, move forward and let go of the feelings of guilt. They will only rob you of being able to enjoy the present.

Outward Appearances

A tidy house; a perfectly decorated home; an amazing wardrobe; all organic, homecooked meals; the perfect marriage; smart, athletic, creative children; and a partridge in a pear tree. We want it all and we want it to be perfect, or at least appear that way. This picture is lovely, but it is not a realistic, reachable goal. It is easy to get caught up in what our families look like to others. It does not matter if your children wear perfectly coordinating outfits. Is your child dressed in weather appropriate clothing? Great. Does it match? It's your lucky day. Social media puts so much pressure on us to keep up with what we believe others are doing. I have a secret for you: Pinterest is not real life and what is posted on Facebook is typically the best of what is going on in reality. Embrace the fact that no one is

perfect and nobody's expecting you to be, even though you may think they are.

What Ifs

Parents often worry about things that haven't even happened yet. What if he gets sick? What if she falls and gets hurt? What if I forget something important? What if he doesn't make the team? What ifs are not worth the energy they use. Acknowledge they are unnecessary and decide not to waste time on them. Face the problems in front of you rather than worrying about issues that do not exist.

Comparisons

"Don't compare yourself to other parents. Your family is unique. Your circumstances are unique. It would be like comparing apples and oranges." says mom, Lacey Rodriguez. "Do the best you can for your family and forget the rest." Comparing yourself to other parents is never a good idea. Your parenting style for your children will always be different from others, but doesn't mean it is bad. Another pitfall is

comparing your children to their siblings or other children their age. Each child has his or her own unique personality and will develop at his or her own rate. If you feel your concerns are valid, consult your child's doctor for peace of mind.

Mistakes

Every parent makes mistakes and it is easy to spend time worrying about what should have been done differently. The past cannot be changed, and although not easy to do, we must let go of things we cannot change. We can learn from our mistakes and continue to do our best in the future. Parents have permission to let go of their past mistakes and teach their children to do the same.

Control

I am a recovering control freak. With each child we added to our family, I was worn down a little more. When our triplets arrived, it finally dawned on me that I am not in control. Once I realized (and accepted) this fact, a weight was lifted off my shoulders. Yes, my husband and I are still in charge of the household, but I cannot control what happens in life. It's a roller coaster. Instead of trying to steer, throw your arms up in the air and enjoy the ride.

Learning to let go of these worries usually leads to feelings of relief.

Remember that each family is unique and each parent handles situations differently, and it is easier to relax and enjoy your family more.

Don't Let Go 6 Things Parents Should Hold Onto

- Parenthood changes you and while it's freeing to let go of unnecessary worry, there are some things parents should still hold onto.
- 2. Interests and hobbies
- 3. Your relationship between you and your significant other
- 4. Maintaining a healthy diet and daily exercise routine
- 5. Friendships
- 6. Encouragement of others
- 7. Who you both are outside of your role as parents





OVERNIGHT CAMPS 2020

It's almost time for your campers to pack their suitcases and head off to camp. If you haven't found an overnight camp for your child just yet, you're in luck! We've compiled the need-to-know information to help you and your child find a summer camp that he or she will love.



CAMP NAME LOCATION DIRECTOR	PHONE WEBSITE	GENDER	AGES	DATES	RATES
Acadia Institute of Oceanography Seal Harbor, Maine Sheryl Christy Gilmore	(800) 375-0058 acadiainstitute.com	Coed	10-18	June 14-August 14	\$1,125-2,350
Alpine Camp for Boys Mentone, Alabama Glenn & Carter Breazeale	(256) 634-4404 alpinecamp.com	Boys	Grades 1-9	May 26-July 28	\$2,995-5,700
Animal Camp: Cub Creek Science Camp Rolla, Missouri Anna Ulrich	(573) 458-2125 mosciencecamp.com	Coed	7-17	May 31-August 8	\$1,065-2,090
Asbury Hills Camp Cleveland, South Carolina Sarah Moseley	(864) 836-3711 asburyhills.org	Coed	7-17	June 7-August 7	\$250-1,095
Camp Aldersgate Little Rock, Arkansas Ali Miller *For Children with Special Needs	(501) 225-1444 campaldersgate.net	Coed	6-18	Varies	Varies
Camp Arrowhead for Boys Zirconia, North Carolina Max & Alli King	(828) 435-0591 camparrowhead.com	Boys	6-15	June 14-July 31	\$1,400-3,100
Camp Barney Medintz Cleveland, Georgia Jim Mittenthal	(706) 865-2715 campbarney.org	Coed	Grades 2-10	June 7-July 31	\$3,170-6,140
Camp Bear Track Drasco, Arkansas Jack and Olivia Dowell	(501) 825-8222 campbeartrack.com	Coed	6-16	May 31-July 21	\$2,100-2,800
Camp Blue Ridge Mountain City, Georgia Joey & Lori Waldman	(706) 746-5491 blueridgecamp.com	Coed	6-16	June 14-August 1	\$5,900-7,900

CAMP NAME LOCATION DIRECTOR	PHONE WEBSITE	GENDER	AGES	DATES	RATES
Camp Cedar Cliff Asheville, North Carolina Tim Brady	(828) 450-3331 campcedarcliff.org	Coed	Grades 2-10	June 13-August 7	\$400-1,560
Camp Chatuga Mountain Rest, South Carolina Angela Gordon Sullivan	(864) 638-3728 campchatuga.com	Coed	6-16	June 7-July 25	\$945-3,930
Camp Chehaw Albany, Georgia Jackie Entz	(229) 430-5275 chehaw.org	Coed	8-14	TBA	ТВА
Camp Chosatonga Brevard, North Carolina David Trufant	(828) 884-6834 chosatonga.com	Boys	8-18	June 6-August 4	\$3,850-\$6,450
Camp Covington Covington, Louisiana Rebecca Wagner	(504) 733-8220 gsle.org/camp	Girls	5-17	May 31-July 10	\$250
Camp Dixie Clayton, Georgia	(678) 701-3052 campdixie.org	Coed	6-15	June 7-August 1	\$950-6,670
Camp Dovewood O'Brien, Florida Roberta Richmond	(386) 935-0863 campdovewood.org	Girls	7-16	June 7-July 18	\$625-1,025
Camp Evergreen Clarkesville, Georgia Katie Grady	(706) 947-1459 campevergreen.org	Coed	7-14	June 14-August 1	\$575-1,330
Camp Fern Marshall, Texas Margaret Lee	(903) 935-5420 campfern.com	Coed	6-16	May 31-August 1	\$1,545-4,840
Camp Fire Camp Toccoa Toccoa, Georgia Elaine Brinkley	(706) 886-2457 campfirega.org	Coed	6-17	June 7-July 23	\$325-620
Camp Highlander Mills River, North Carolina Bryan & Melissa Fitzgerald	(828) 891-7721 camphighlander.com	Coed	5-16	June 7-July 31	\$1,750-5,050
Camp Hollymont for Girls Black Mountain, North Carolina Missy Roper	(828) 686-5343 hollymont.com	Girls	7-15	June 14-July 31	\$1,775-7,980
Camp Juliette Low Cloudland, Georgia Nancy Brim & Kappy Kelly	(706) 862-2169 cjl.org	Girls	7-17	June 7-August 1	\$980-1,930
Camp Kahdalea Brevard, North Carolina Anne Trufant	(828) 884-6834 twofuncamps.com	Girls	7-18	June 6-August 4	\$3,850-\$6,450

CAMP NAME LOCATION DIRECTOR	PHONE WEBSITE	GENDER	AGES	DATES	RATES
Camp Kanuga Hendersonville, North Carolina David Schnitzer	(828) 692-9136 campkanuga.org	Coed	7-15	June 4-August 3	\$585-2,195
Camp Kesem LSU Pollock, Louisiana Peyton Simons and Julia St. Pierre	(225) 366-8707 campkesem.org/lsu	Coed	Varies	July 26-July 31	Free
Camp Kiowa Gainesville, Texas Kristin Hillestad	(940) 665-3800 campkiowa.com	Coed	6-17	ТВА	TBA
Camp Laney for Boys Mentone, Alabama Rob Hammond	(256) 634-4066 camplaney.com	Boys	7-15	June 7-July 31	\$2,050-3,600
Camp Lurecrest Lake Lure, North Carolina Dan Bragdon	(704) 841-2701 camplurecrest.org	Coed	Grades 3-12	June 10-July 30	\$650-755
Camp Marydale St. Francisville, Louisiana Rebecca Wagner	(504) 733-8220 gsle.org/camp	Girls	5-17	May 31-July 10	\$50-465
Camp Masterchef Jr. Various Locations	campmasterchef.com	Coed	8-16	Varies	Varies
Camp Nakanawa Crossville, Tennessee Ann & Pepe Perron	(931) 277-3711 campnakanawa.com	Girls	8-17	June 14-July 26	\$2,050-3,750
Camp Pinewood Hendersonville, North Carolina Chris Coloson & Sue Lyons	(828) 692-6239 camppinewood.net	Coed	Grades 1-11	June 9-July 30	\$4,900-7,900
Camp Pinnacle Flat Rock, North Carolina John Dockendorf	(855) 378-1928 camppinnacle.com	Coed	Grades 1-9	June 7-August 7	\$3,495-7,495
Camp Rockmont Black Mountain, North Carolina Mike Peckham	(828) 686-3885 rockmont.com	Boys	6-16	May 31-August 7	\$1,700-6,500
Camp Skyline Mentone, Alabama Sally & Larry Johnson	(800) 448-9279 campskyline.com	Girls	Grades 1-11	June 7-July 31	\$2,287-4,195
Camp Southern Ground Fayetteville, Georgia Scott Hicok	(678) 561-9600 campsouthernground.org	Coed	7-17	June 7-July 31	\$1,086-1,812
Camp Stanislaus Bay Saint Louis, Mississippi Sam Doescher	(228) 467-9057 campstanislaus.com	Coed	8-15	June 7-July 4	\$795

CAMP NAME LOCATION DIRECTOR	PHONE WEBSITE	GENDER	AGES	DATES	RATES
Camp Tekoa Hendersonville, North Carolina John Isley	(828) 692-6516 camptekoa.org	Coed	7-17	June 7-August 7	\$335-1,425
Camp Truett Hayesville, North Carolina Kenny Adcock	(828) 389-8838 truettcamp.org	Coed	7-17	June 8-July 31	\$150-285
Camp Wayfarer Flat Rock, North Carolina Mary Kenson & Wilson Lewis	(828) 696-9000 campwayfarer.com	Coed	6-16	June 7-August 8	\$1,500-6,950
Camp Westminster Conyers, Georgia Andy Rogers	(770) 483-2225 campwestminster.org	Coed	6-16	May 31-July 25	\$300-665
Camp Whispering Pines Independence, Louisiana Rebecca Wagner	(504) 733-8220 gsle.org/camp	Girls	5-17	May 31-July 10	\$50-465
Camp Woodmont Cloudland, Georgia Alyson Gondek	(423) 472-6070 campwoodmont.com	Coed	6-14	May 31-July 31	\$950-1,575
Cedar Lake Camp Livingston, Tennessee Ryan Higgins	(931) 823-5656 cedarlakecamp.org	Coed	8-14	June 7-July 18	\$395
Cohutta Springs Youth Camp Crandall, Georgia Jonathan Montes	(706) 602-7346 cs-yc.com	Coed	7-18	June 7-July 26	\$445-900
Deer Run Camps & Retreats Franklin, Tennessee Fred Reyes and Zack Stroup	(888) 794-2918 deerrun.camp/camps	Coed	5-17	May 31-July 25	\$769
Eagle's Nest Camp Pisgah Forest, North Carolina Paige Lester-Niles	(828) 877-4349 enf.org	Coed	Grades K-11	June 13-August 16	\$1,765-4,875
Falling Creek Camp Tuxedo, North Carolina Yates & Marisa Pharr	(828) 692-0262 fallingcreek.com	Boys	Grades 1-10	June 7-August 14	\$1,700-6,750
iD Tech Camps New Orleans, Louisiana	(888) 709-8324 idtech.com	Coed	7-17	June 8-July 17	\$829-1,279
Mo-Ranch Summer Camps Hunt, Texas Richard Bombach	(800) 460-4401 summercamp.moranch.org	Coed	8-15	June 7-July 18	\$835
Pali Adventures Running Springs, California Daniel Hammond	(909) 867-5743 paliadventures.com	Coed	8-16	June 14-August 15	\$2,299-20,691

CAMP NAME LOCATION DIRECTOR	PHONE WEBSITE	GENDER	AGES	DATES	RATES
Pinto's Extreme Adventure Sabana de la Mar, Dominican Republic	(809) 533-4915 pintoscamp.com	Coed	7-15	June 22-July 12	\$1,650
Redeemed Ranch Camp Heflin, Louisiana Joe Robinson	(318) 470-7917 redeemedranch.org	Coed	8-15	June 8-July 17	\$500
Riverview Camp for Girls Mentone, Alabama Dr. Larry and Susan Hooks	(256) 634-4043 riverviewcamp.org	Girls	6-16	May 31-July 31	\$2,175-3,990
Rockbrook Camp for Girls Brevard, North Carolina Jeff and Sarah Carter	(828) 884-6151 rockbrookcamp.com	Girls	6-16	June 7-August 13	\$1,900-6,600
SAS Youth Folk Camp Sewanee, Tennessee	(931) 463-2119 sasweb.org/summer	Coed	11-17	July 6-11	\$600
Smith Stearns Tennis Academy Hilton Head Island, South Carolina B.J. Stearns	(846) 363-4789 smithstearns.com	Coed	8-18	June 1-August 31	ТВА
SOAR Camp Various Locations John Wilson	soarnc.org	Coed	8-18	June 6-August 12	\$3,350-5,600
Strong Rock Camp Cleveland, Georgia James Himstedt	(706) 348-1533 strongrockcamp.com	Coed	Grades 2-11	June 7-July 31	\$950-1,950
Tiger Challenge Camp Baton Rouge, Louisiana Tiffany Bacon	(225) 578-2500 online.lsu.edu/continuing-ed- ucation	Coed	Grades K-8	June 1-July 31	\$295-550
Twin Lakes Summer Camp Florence, Mississippi Andrew Vincent	(601) 845-6858 twinlakescamp.org	Coed	6-12	June 15-July 25	\$599
Valley View Ranch Equestrian Camp Cloudland, Georgia Nancy Jones	(706) 862-2231 valleyviewranch.com	Girls	8-17	June 7-July 31	\$2,050-3,600
WB Surf Camp Wrightsville Beach, North Carolina	(910) 256-7873 wbsurfcamp.com	Coed	10-12	June 7-August 6	\$1,295-3,479
YMCA Camp Chandler Wetumpka, Alabama Jeff Reynolds	(334) 229-0035 ymcamontgomery.org/camp	Coed	5-15	May 31-July 24	\$600-1,300
YMCA Camp Thunderbird Lake Wylie, South Carolina Brad Rippetoe	(704) 716-4100 campthunderbird.org	Coed	6-16	June 7-August 8	\$1,075-4,040



WHAT TYPE OF CAMP SHOULD YOUR CHILD ATTEND?

By Sandi Schwartz

When we were kids, life was simpler.

Many of us just hung around the house during the summer and played with neighborhood friends or maybe attended a local day camp sponsored by our school or city.



Well, nowadays there are camps for everything you can imagine! It can be quite confusing, and even stressful, trying to find the right camp for our kids. Sometimes we even have to choose different camps for each child based on their interests.

Finding the best camp is essential for our children's comfort and growth. Camps can offer them experiences and tools to go out in the world and discover who they are.

If you are struggling to find the right camp for your child this summer, take this fun and easy quiz. You'll be able to discover which type of camp is the best fit for your child.

Only choose one answer.

1. How would you best describe your child in one word?

- A. Artistic
- B. Athletic
- C. Brainy
- D. Adventurous

2. What is one of your child's favorite subjects in school?

- A. Music
- B. Physical education
- C. Math or science
- D. My child likes a variety of classes

3. What is your child's favorite activity after school?

- A. Music lessons
- B. Playing a sport
- C. Robotics or science club
- D. Participating in a bunch of different activities with friends

4. Which type of birthday party would your child most likely choose?

- A. Dance party
- B. Indoor soccer or gymnastics
- C. Science museum
- D. Every year it's different

5. What does your child usually do on weekends?

A. Goes to theater rehearsal

- B. Has a game
- C. Competes in a robotics or math tournament
- D. Mixes it up with bike rides, art projects, and shooting hoops

6. What is your child's favorite role in a group project?

- A. Presenter
- B. Collaborator
- C. Researcher
- D. Fills in wherever needed

7. What's your child's favorite rainy day activity?

- A. Listening to music
- B. Running around the house
- C. Playing a video game
- D. Inviting a friend over to hang out

8. Which would be your child's dream vacation?

- A. Seeing Broadway shows
- B. Touring sports stadiums

- C. Visiting science museums
- D. Doing something different every day, including hiking, playing on the beach, and amusement parks

9. What would your child hope to achieve at summer camp?

- A. Starring in a musical
- B. Being team captain
- C. Creating an app
- D. Trying new things

10. What does your child want to be when he/she grows up?

- A. Movie star
- B. Coach
- C. Engineer
- D. No clue

Tally up your answers and match the letter you mostly chose to the type of camp below.

A. Creative/Performing Arts Camps

Specialty art and musical theater camps focus specifically on the arts. Some may offer a variety of art forms to choose from, such as pottery, woodworking, painting, and photography. Others focus solely on one type of art, such as sewing camp or band camp. Musical theater camps are popular and showcase a production after weeks of rehearsals. Art camps come in all lengths and locations. You can sign your child up for a one-week art camp at your local recreational center or find multi-week overnight art camps where they can truly hone their craft.

B. Sports Camps

Sports camps usually consist of only one sport that a child plays throughout the day. The main goal is for participants to improve their skills by focusing extensively on a sport they love. You can find all types of sports camps like tennis, golf, soccer, baseball, lacrosse, or gymnastics. It is also a way for your child to try a new sport or something only offered during the summer.

C. Science/Tech Camps

If your child loves to code, build, and tinker, then a tech camp may be the right

fit. These types of camps make learning about science and technology fun and exciting for kids. They also provide an opportunity for kids to dive deeper into a subject they love, such as working on a science experiment, designing a website, or programming a robot.

D. Traditional Camps

Traditional camps are what you think of when you envision summer campcanoeing, hiking, archery, relay races, swim lessons, and crafts. They can be considered "jack-of-all-trades" camps because they offer all types of activities for children to try. If your child enjoys exploring and experiencing new things and has not yet found one specific activity that they are passionate about, then a traditional camp is a wonderful choice. Some are day camps, while others are overnight experiences where your kids can also learn more independence skills. Overnight camps also offer a more rustic, outdoorsy experience that includes campouts, cabins, campfires, and activities on the lake.



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We are very excited to organize another community event which promotes health, fitness and fun in our community! Grab your running or walking shoes and join us on Saturday, March 28th!

The course will be a classic route through the middle of Gonzales beginning and ending at Jambalya Park next to City Hall.

Registration includes t-shirt and swag bag for first 300 to register!

In addition to top 3 overall prizes, a trophy will be given to the top finisher, in each category and THE FIRST 300 PARTICIPANTS WILL RECEIVE A MEDAL! An awards ceremony and Jambalaya Social with our sponsors will immediately follow the 5K.

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EVENT DETAILS AND SCHEDULE

Advance Packet Pick-Up - Ascension Chamber Office, 1006 W Highway 30 in Gonzales Thursday, March 26- Friday, March 27th, 8am to 2pm Race Day March 28th - Jambalaya Park next to City Hall 7am- 8am - Registration 8am- 5K Start 9:30am- Awards & After Party









DIVISIONSINDIVIDUAL RUNNING - 5K

- Male 19 & Under Female 19 & Under
- Male 20-29 Female 20-29
- Male 30-39
 Female 30-39
- Male 40-49
 Female 40-49
- Male 50+
 Female 50+
- Clydesdale 225+

Saturday, March 28th

Ascension Chamber of Commerce

ascensionchamber.com

(225) 647-7487

Join The Group

"Video visits with my doctor — I love it!" — Molly

Between studying and going to classes, college student Molly doesn't have time for much else. That includes going to see her long-time physician, Dr. Ashley Lucas of Our Lady of the Lake Physician Group and Our Lady of the Lake Children's Health.

When Dr. Lucas told Molly about video visits, she was thrilled. Using an app on her phone or computer, Molly now connects with Dr. Lucas via video in a fraction of the time it takes for an in-office visit. And unlike other virtual visit apps, Molly is able to connect with her own doctor, not a third-party provider who doesn't know her and her medical needs well.

Dr. Lucas knows Molly will need to move to an adult primary care provider soon, and she has a specific doctor in mind that will be a great fit for her. That's another benefit of joining The Group — her medical records and care coordination are easily transitioned. And because providers know each other well, when referrals are required, patients can be matched with providers according to their unique needs.

More than 180 providers with Our Lady of the Lake Physician Group now offer video visits. Visit OLOLPhysicianGroup.com today to make your next doctor's appointment a time-saving video visit.







HANG IN THERE, CAMPER!

TIPS FOR HELPING ANXIOUS KIDS ENJOY SUMMER CAMP

By Emily Egan

As May approaches, school children typically have one thing on their mind, summer break. Thoughts of school are replaced with what they are going to do or where they are going, with some going on vacation; some visiting relatives; and some staying home, hanging with friends, and enjoying their break.

For others, they look forward to summer camp where they can reunite with friends, explore the outdoors, and do activities they had been waiting for. Children going for the first time, however, could be frightened. They aren't just going, but going without parents, possibly even by themselves without friends. Because of this, parents may worry about sending their children to summer camp, however, there are ways to calm them if they feel anxious.

Signs of Anxiety

Before camp, parents may notice their children's behavior changing and wonder if it is making them anxious. As a National Certified Counselor focusing on child and adolescent therapy with specialized training in treatment for

anxiety, Cheryl Brodnax informs parents on how to detect signs of anxiety in their children. "Common signs include excessive worrying, fearfulness, clinginess, not wanting to be away from their parents, or acting out over small things," she says. "Less obvious are often masked as illness, like fatigue, upset stomach, headache, muscle tension, and eating or sleeping changes."

Reassurance is Key

Concerning camp, parents can reassure children that everything will be okay once they get there. In his 19 years with Twin Lakes Summer Camp, director Andrew Vincent notices anxious children arriving at camp but reassures parents they can help through encouragement and saying how fun camp will be. "Framing camp as something they can do and assuring they will have a great time is important," he says.

Brodnax also reassured her children. "A big game changer was helping them adjust to what scared them about going, like meeting new people or sleeping away from home for the first time, and

planning in advance reduced fear of the unknown," she says. "Knowing how the camp was being run, and who was in charge helped with my own anxiety and gave me greater confidence to address my kids' concerns."

Build a Relationship

Though calming children beforehand, anxiety may return once arriving. Vincent has seen many children who were anxious about starting camp but found the best way for them to calm children was to build relationships to get to know them better. "Without relationship and connection, the rest of our efforts can fall flat," says Vincent. Through this, he encourages counselors to obtain information from children to see what they like to make them more comfortable. "By asking questions, counselors get to know children better and find out general information and their interest level in camp. The more we get to know each child, the more we can reassure them and direct their thoughts to positive aspects of camp and areas of interest."

Keep in Touch

While children are getting attention, parents can still keep in touch. "Letters and one-way emails are great to receive," says Vincent. "We encourage connecting with them this way. However, parents should keep it positive and about the child's enjoyment, rather than lots of questions that could produce fears or emotions they haven't considered."

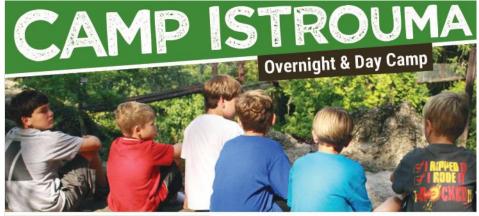
With her own children, Brodnax connected similarly. "Sending letters and care packages helped them feel connected to home," she says. "However, phone calls were discouraged because it could trigger homesickness."

Supportive Staff is Important

If parents are unsure about sending their children to camp, Vincent reassures parents that while they may be nervous at first, children generally do open up more "One of the most common differences seen and comments received is that campers becoming more confident and independent from their experiences," says Vincent. "Camp encourages kids to be themselves and work through the intricacies of relating to and getting along with others. Having supportive staff supervise and assist, as needed, alo helps guide them, but it does not get in the way of this process."

Both Vincent and Brodnax ultimately saw camp as a positive experience for their children. "Although nervous before, they followed through and returned with many stories, new friends and confidence. Worries they had were replaced with fun experiences. Facing fears and trying something new helped develop new skills and learn that many anxieties aren't grounded in reality. They developed increased self-esteem and efficacy to draw from next time they face anxiety," says Brodnax.

Similarly, Vincent also noticed positive changes in his children. "All three had great experiences at camp," says Vincent. "There were plenty of things each worked through, but as a result, we noticed increased maturity, self-confidence, and relational skills as a result of camp experiences. I believe that each experience built on the others. Success builds confidence and each week helped them add more 'tools in their tool belt' to deal with many situations that may come their way in the future."





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WEEK 4: JULY 6-10

WEEK 5: JULY 13-17

WEEK 6: JULY 20-24

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Questions? Visit: www.BengalGymnastics.com

WHAT TO BRING

Each child should bring a lunch, and be ready to have a great time learning new things and having fun!

PLAY A DAY IN THE LIFE OF DAD



Road Trip 2.0

By Brandon Foreman

ad, do you have a charger for my phone? How about my iPad?" "Do we have the thing that charges my computer?" "Where are my headphones? Do we have all the iPads?" "Who has my headphone cable in case my batteries die?" "Can someone turn on their hot spot?" "Why is the Internet so slow?" "What's the wifi password?" "Can I download a new game?" In case you are wondering, these are all questions that start flying around just before a road trip and shortly after starting the trip.

Is this the new normal for 2020 and beyond? I don't know if this is a good thing or a bad thing. As we got into the car, my oldest even made the joke about herself that she was like Mary Poppins with her bag, as she pulled out iPad after iPad, handed out headphones and chargers, and snacks and waters. It really was funny to wonder what else she had in that bag; she really was the modern-day Mary Poppins.

What I am not telling you was that this was all for a one-and-a-half hour road trip to Slidell. You would have thought that we were going to the West coast, taking the Oregon trail via mule. When I was little, you grabbed some snacks and maybe some magazines, and you were headed off. We all played the alphabet game or the license plate game, and your biggest problem was talking your parents into stopping so you could go to the bathroom.

We don't need to entertain our little ones ALL the time. Sometimes, we just need to let them stare off into nothing; let them wonder about life; and build on the excitement of going on a trip, wondering and asking, "Are we there yet?" So, next time you hit the road, try and spend some time playing the games you played on road trips.

Road Trip Pro Tip

It does not matter how old you are, buying snacks for a road trip should always look like an unsupervised nine year old was given \$100 and sent into the gas station.

STAY CONNECTED

If you would like to read more of Brandon's adventures from A Day in the Life of Dad, visit us online at brparents.com.

GEAR UP

Make yard work a lot less work with the **EZ Leaf Hauler Clean-Up Tarp**. With reinforced sides, sturdy ground stakes and six built-in handles, this tarp can hold and drag up to four times more than a wheelbarrow can. • thegrommet.com



FROM THE MOUTHS OF DADS

"Fatherhood is a huge challenge, but it's the one thing I'm really proud of."

—Kevin Costner

PIC OF THE MONTH



Shane M. and his legend in the making (his daughter,) Addison.



TITLE SPONSOR



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PARADE SPONSOR

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2020 EVENT SCHEDULE

FRIDAY, APRIL 3, 2020

NORTH STAGE

5:15 Introduction of Strawberry Royalty

5:30-7:30 Vidalia

8:15-10:15 Category 6

SOUTH STAGE

5:00-7:00 Dirty Work

7:45-9:45 Mothership

SATURDAY, APRIL 4, 2020

NORTH STAGE

11:30-11:45 Egg Toss

11:45-1:45 61 Suns

1:45-2:15 Strawberry Eating Contest

2:15-4:15 Ivory White

4:14-5:30 Strawberry Auction

5:30-8:00 The Dominos

8:30-10:30 MoJEAUX

SOUTH STAGE

12:30-2:30 Lindsey Cardinale

3:00-5:00 Waylon Thibodeaux

5:45-7:15 Bulletproof

8:00-10:00 Chase Tyler

SUNDAY, APRIL 5, 2020

NORTH STAGE

11:00-11:15 Egg Toss

11:15-12:45 Hunter Morse

12:45-1:30 Strawberry Eating Contest

1:30-3:30 The Wiseguys

4:00-6:00 The Phunkey Monkeys

SOUTH STAGE

11:00-1:00 Katie Kenney

1:30-3:00 Ryan Foret & Foret Tradition

3:30-5:30 Todd O'Neill

P.O. BOX 446 PONCHATOULA, LA 70454 | LASTRAWBERRYFESTIVAL.COM | (800) 917-7045

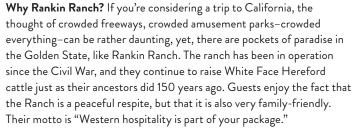
PLAY GET OUT OF TOWN

RANKIN RANCH CALIENTE, CALIFORNIA

By Julie Engelhardt

Coordinates: 35.28965° N, -118.62876° E Baton Rouge to Rankin Ranch: 1,854 miles Driving Time: 28 hours, 30 minutes

Flying Time: 3 hours, 48 minutes





Lodging is provided in comfortable, cozy mountain cabins situated in Walker's Basin, deep in the heart of California's Tehachapi Mountains. Each of their regular rooms sleep five and have queen, twin and day beds, plus a sitting area. They also have two deluxe rooms which accommodate six people, with two queen beds and a day bed that pulls out into two twin beds. The larger rooms have a small kitchenette area with a microwave.

WHERE TO EAT

DINING AT RANKIN RANCH

You'll certainly work up a hearty appetite while you're at the Ranch, so be prepared for some really great "grub." Their delicious, home-cooked meals are included in the nightly rate.

HOME-COOKED BREAKFAST

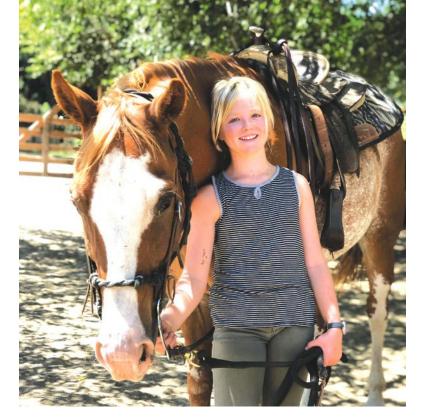
Breakfast is served between 7:30 a.m. and 9 a.m., and you have a choice of waffles, pancakes, eggs and hash browns, and mouth-watering bacon and sausage. If you're a light eater, there's cereal and fruit available.

BUFFET-STYLE DINNER

Dinner and lunch are served buffet style, with different selections at each meal. Lunch items include main dishes such as spaghetti, hot dogs, macaroni and cheese, or BBQ meatballs. Side selections vary daily offering fruit, salads, cheese, rolls, oatmeal raisin cookies, and vanilla ice cream. Dinner options include baked chicken, tri tip, BBQ beef, beef brisket or baked turkey, with sides such as baked beans, potatoes, stuffing, a veggie platter, or buttermilk biscuits.

WHAT TO DO

Horseback riding is a must at the Ranch for both adults and children, ages six and older. Don't worry if you've never saddled up before—their horse wrangler is there to help you, and he will select the perfect horse for you then guide you through their beautiful trails. You'll explore the lush meadows and marvel at Walker's Basin Creek and the mountain ridges surrounding the valley.



After a long day on the trail, take a plunge in the Ranch's invigorating inground swimming pool. The pool is the perfect place to take a dip, and it's heated from May to September, so you and your kiddos can do some laps whenever you please. Lovely shade trees surround the pool, making it the ideal place to sip an icy drink or read your favorite book.

Lake Julia, a small man-made pond, is the perfect spot to cast your line and go fishing for rainbow trout for the day. Guests are welcome to catch and release, or you can clean your catch and they'll cook it up for dinner for you to enjoy. Walker Basin Creek flows through the pond year round and the kids love wading in the creek to catch frogs and play in the mud.

If you visit during spring break or the summer months, the Ranch has a great supervised **children's program**. Camp counselors are on duty from 9:30 a.m. to 3:30 p.m. and then join the children again in the evening with planned activities for ages 4-11. Kids can enjoy **arts and crafts, nature hikes, scavenger hunts, treasure hunts, talent shows**, and **swim meets**. Weekly boat races are a ranch favorite, and children can enjoy building creative toy boats to be raced at the creek or spillway.

Your kiddos will also love going to **Sarah's Farm**. They can help bottle feed the baby animals, throw hay to the lambs and goats, and hold the chickens. The pigs are always a hit as they "recycle" the left over fruits and vegetables from the kitchen. Following the excitement at the farm, children can then meet up with their parents for the family-style evening activities they can do together.

Indoor and outdoor fun and games are available at the Ranch. Their recreation room offers fun activities including a pool table, a foosball table, card and board games. Head outside and you'll find plenty of room for archery, volleyball, soccer and football. All equipment for the activities is available for use at the Ranch office.

Evening activities are lots of fun and they include the **meadow BBQ**, **bingo**, and even **square dancing**. Get out there and bust a move with your family! Or, take a peaceful stroll down their quiet country road and enjoy the fresh mountain air and star-filled skies.



Sprinter Executive Class



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PLAY THINGS WE LVE

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Magazine!

BRPARENTS.COM



Former Win Wednesday winner Grace with her new Zoocchini Kids Plush Terry Hooded Bath Towel!



Carry all your essentials with the stylish Donna Hobo Bag from Jonathan Simkhai. This market-style tote is crafted from soft Italian pebbled leather, and it features a hidden magnetic closure.

■ jonathansimkhai.com

Add a little green to your space with the **Moonlear Glass Planter Bulb Vase**. Featuring a wooden stand metal swivel holder, this three bulb vase holder is perfect for your desk at work or a decoration in your home.

■ amazon.com







Celebrate St. Patrick's Day with **Luck of the Stylish Nail Strips**. The strips come in shimmery emerald and mint plaid, polka dot, and shamrock designs.

■ colorstreet.com

Show off just how lucky you are this St. Patty's Day with this "Not Lucky, Simply Blessed"
T-shirt from Etsy. Wear it for the day as your something green or throughout the year for extra cheer.

etsy.com

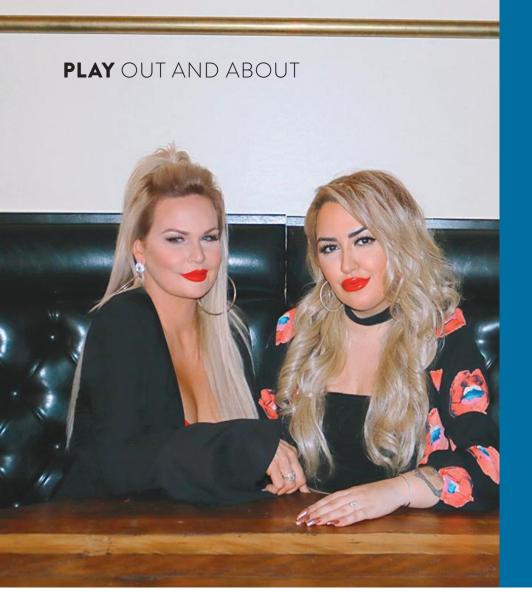






*Offer expires 10/31/18. Free day trial period offer is valid for new families only. Offer is good for one day, beginning on your first day of usage at center. No purchase or registration necessary for free day trial period. Offer is subject to center participation, age acceptance, and space availability. Limit one free day trial period per child. Offer has no cash value and is not available for transfer or refund. Additional restrictions may apply. See Center Director for details.

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Out and About

with Jami & Katrina

Baton Rouge's very own dynamic duo, Jami Redmond and Katrina Liza, are the Capital's most sought-after influencers. Through video, live reports, and tutorials, Jami and Katrina are going exploring to share what's new in Baton Rouge and the surrounding areas.

Together, Jami and Katrina take Baton Rouge by storm. They hunt to find you the latest and greatest in food, fashion and fun, and this year, they plan to bring you one-on-one interviews by going "out and about" to find the juicy inside information on their favorite people and places, right here in Baton Rouge. For them, getting to know the faces behind these local establishments help to bring them a sense of what a brand is as a whole. Forming that trusted connection is exactly how Jami and Katrina determine who and what they decide to share with the readers of *Baton Rouge Parents Magazine*.

Baton Rouge can sometimes feel like a small city in comparison to other larger cities. However, Jami and Katrina want to show you just how booming Baton Rouge is with new and flourishing ideas and establishments that seem to be popping up around town daily!

The duo is relatable and real. You can count on them to tell you what's hot and what's not. The two have also been

racking up followers by being their truest selves on social media and showcasing just how special living in Louisiana is, along with providing real reviews. They wouldn't recommend anything to you that they would not use themselves. So, without further ado, it's time to finally meet Jami and Katrina!

Jami Redmond

Jami is a slay-at-home mom and 225 socialite. If we had a Housewives of Baton Rouge, she would be starring in it! She is married to Coy, of Coy's Diesel, and has a vibrant five-year-old son named Cash Coy. Jami has been a business owner for most of her life. She studied journalism at LSU and is a trusted influencer in the community. She has had businesses ranging from boutiques and multiple Merle Normans, and she currently co-owns Coy's Diesel. She loves the finer things in life like luxurious travels, but she truly enjoys spending time with her friends and family at home. Instagram: @Coys_Wifey

Katrina Liza

Katrina is a three-time award winning makeup artist, hailing from New York. She is engaged to be married this year, and she has an eight-year-old daughter named Charli Rose. Her incredible work has allowed her to travel all over the country, and her work can be viewed anywhere from *Seventeen Magazine* to Netflix. Katrina has grown a dominant social media presence that has accrued a large following for her avant-garde makeup and fashion forward looks. Instagram: @_TheMakeupDoll

We're happy to have Jami and Katrina sharing all of Baton Rouge's fun with you. Get ready to go out and about with Jami and Katrina each month. Jami and Katrina are always searching for great Baton Rougeans to feature and places in Baton Rouge that can't be missed. If you have ideas, be sure to reach out to editorial@brparents.com, and follow the fun at #jamiandkatrina on social media.

BATON ROUGE PARENTS MAGAZINE
& MOMPRENEUR NATION PRESENT





Save the Date!

May 2, 2020 - 10 a.m. - 6 p.m. Mall of Louisiana

Promoting and Supporting Local Moms



PARENTS S

IN EVERY ISSUE CALENDAR



ROCKIN' AT THE SWAMP

BREC's Bluebonnet Swamp from 9 a.m.-4 p.m. on Saturday, March 7 with a rockhound market, a treasure trail, gold mine, a craft corner, a fossil quarry, and rock and gemstone activities. Admission is \$4-5. • brec.org

1 SUNDAY

CANE RIVER. Manship

Theatre at 2 p.m. Features a pre-show reception and post show Q&A with the film's actors. Tickets are \$9.50. manshiptheatre.org FIREPOWER. Port Hudson State Historic Site, Jackson, from 1-2 p.m. Visitors will experience the sights and sounds of Civil War-Era weapons. (888) 677-3400 FREE FIRST SUNDAY. Free admission to the LSU Museum of Art, LASM, the Old State Capitol, USS Kidd, Capitol Park Museum and BREC's Magnolia Mound Plantation. visitbatonrouge.com FRICTION FARM CON-CERT. EBR Main Library at 4 p.m. Friction Farm is a husband and wife team who will perform their music at a free concert that combines storytelling, social commentary and humor to

create songs about everyday life, local heroes and quirky observations. (225) 231-3750

LHSRA SOUTHEAST LA JUNIOR AND HIGH SCHOOL RODEO.

Lamar Dixon Expo Center, Gonzales, through today. tourascension.com

PREPARING FOR
DELIVERY. Woman's
Hospital from 1-5 p.m.
Learn basic information so
you can recognize signs of
labor and practice comfort
measures. (225) 231-5475
RODS RUN. Gerry Lane
Cadillac Dealership. Annual
street rods show hosted by
Ramblin' Oldies of Denham
Springs. ramblinoldies.com
SENSORY SENSITIVE

SUNDAY. Chuck E. Cheese's at 9 a.m. Opens two hours early with reduced lighting and games for children who are living with autism and other special needs. chuckecheese.com

TÄBLETOP GAM-ING NIGHT. Denham

SINGLE PARENT SUN-

DAY. Java Mama from 10:30 a.m.-noon. Meet other single parents, offer support, and enjoy some me time with free open play. facebook.com

2 MONDAY

DR. SEUSS DAY/READ ACROSS AMERICA DAY

LINE 4 LINE. O'Neils Barber and Beauty Salon. Free haircuts to boys ages 2-16 who read to the barbers. (225) 389-7207

MOMMY AND ME.

Baton Rouge General Hospital, Bluebonnet, from 11 a.m.-noon. A continued breastfeeding support and education group designed to help mothers and babies learn about successes and challenges with breastfeeding. brgeneral.org Springs-Walker Library at 5 p.m. Ages 12 and up can play roleplaying, adventure, strategy, or board games. (225) 686-4140

THE COMPOSER FORUM SERIES. LSU School of Music Recital Hall at 7:30 p.m. Free performance by the Louisiana Sinfonietta featuring String Quartet and Student Works. louisianasinfonietta.org

3 TUESDAY

2020 HEALTH SUMMIT: ADVANCING HEALTH EQUITY FOR CHIL-DREN AND FAMILIES.

C.B. Pennington Jr.
Conference Center from 9
a.m.-5:30 p.m. Conference
on health. eventbrite.com
AFTER BABY COMES
(ABC): BABY CARE AND
PARENT CARE. Woman's
Hospital from 6:30-9 p.m.
Plan to take this class in the
sixth month of pregnancy.

For new parents, grandpar-

ents, adoptive parents or other caregivers. (225) 231-5475

BREASTFEEDING BA-

SICS. Baton Rouge General Hospital, Bluebonnet, from 6-9 p.m. Course on the advantages of breastfeeding, how to care for yourself while breastfeeding, and proper techniques. brgeneral.org

CPR FOR FRIENDS AND FAMILY. Baton Rouge General Hospital,

Bluebonnet, from 6-8 p.m. Learn CPR and foreign body airway obstruction techniques for infants and children. brgeneral.org DR. SEUSS DAY. Watson Library at 5:30 p.m. In honor of Read Across America Day, also known as Dr. Seuss Day, children ages three to seven will celebrate with stories, games, and crafts.

(225) 686-4180 HANKIES2HOPE SUP-PORT GROUP. Bistro

CALENDAR IN EVERY ISSUE

Byronz, Zachary, at 6 p.m. Monthly ministry held for moms who have lost a child. facebook.com

HOPE CHESTS BREAST CANCER SUPPORT

GROUP. Ochsner Hospital, High Grove, from 6-7 p.m. Support group with speakers and light refreshments. ochsner.org

LSU SYMPHONIC WINDS.

LSU Student Union Theater at 7:30 p.m. Tickets run \$11-18. cmda.lsu.edu

PARENTS/CAREGIVERS BEHAVIORAL HEALTH NETWORKING. Con-

ference call at 10 a.m. These networking meetings provide parents/caregivers across the state an opportunity to gather and share information and resources related to behavioral health services. (605) 313-4819 / Access Number: 546755#

SIDEWALK ASTRON-

OMY. Perkins Rowe Town Square at 6:30 p.m. Join the Baton Rouge Astronomical Society and get a glimpse of the sky. facebook.com

TEEN HANGOUT.

Denham Springs-Walker Library at 5 p.m. Teens can enjoy video games, crafts, activities, and snacks. (225) 686-4140

4 WEDNESDAY

NATIONAL GRAMMAR

AFTER BABY COMES (ABC): BABY CARE AND PARENT CARE. Woman's Hospital from 6:30-9 p.m. Plan to take this class in the sixth month of pregnancy. For new parents, grandparents, adoptive parents, or other caregivers. Cost is \$35. (225) 231-5475

CASA ORIENTATION.

CASA office at 11 a.m.
Capital Area Court Appointed Special Advocate
(CASA) Association holds orientation. Registration required. casabr.org
GREATER BATON

GREATER BATON
ROUGE REGIONAL NATIONAL HISTORY DAY
CONTEST. West Baton

Rouge Museum. Annual competition with finalists competing in April at the National WWII Museum. The theme is "Breaking Barriers in History." west-batonrougemuseum.com

HOPPING TOWARDS SPRING HEART STORY/

CRAFT. Carver Library at 4 p.m. Children ages five to seven will listen to *Frog On A Log* and make a 3D floating frog on a lily pad. (225) 389-7450

I CARE LIVE. Webinar series at noon by the I CARE program with various guest speakers who promote personal safety, drug prevention and selfhelp educational resources. icare.ebrschools.org PARENTS/CAREGIVERS

BEHAVIORAL HEALTH NETWORKING. Conference call at 10 a.m. These networking meetings will provide parents/caregivers across the state an opportunity to gather and share information and resources related to behavioral health services. (605) 313-4819 / Access Number: 546755#

TOUR FOR TWO (OR

MORE). Baton Rouge General Hospital, Bluebonnet, from 6-7 p.m. Free tour of the Birth Center. brgeneral.org

5 THURSDAY

BODY BASICS FOR

GIRLS. Woman's Hospital from 6:30-8 p.m. Preteen girls ages 9-12 will learn how their bodies grow, what changes to expect during puberty, and how to take care of themselves. (225) 231-5475

NIGHT AT THE MU-SEUM: FISHES. LSU

Museum of Natural Science from 6-7:30 p.m. Program focusing on a specific research collection each month. Scientists working with that collection will give engaging talks about their research and then take guests on a tour of their focus collection. Isu.edu

TEEN ADVISORY BOARD. Watson Library at 5:30 p.m. Teens can suggest programs, volunteer at the branch, and help choose books. (225) 686-4180

6 FRIDAY

(225) 686-4180

BOOK BABIES. Watson Library at 10:30 a.m. Activity held for infants through age five with stories, music and games.

BREASTFEEDING SUP-PORT GROUP. Woman's

Hospital from 9:30-11 a.m. Learn from a certified lactation nurse and other moms about their own successes and challenges with breastfeeding. (225) 231-5475

FAMILY FRIENDLY CON-

CERT. New Orleans Jazz National Historical Park at 11 a.m. Children's storyteller and musician, Johnette Downing, performs. johnettedowning.com FAMILY FRIDAY. Tin Roo

FAMILY FRIDAY. Tin Roof Brewing Company at 5 p.m. Features entertainment for the kids, including inflatable bounce houses, face painting, treats, live music and balloons. There will also be a rotating food truck. facebook.com

LIFE AS A SINGLE MOM SUPPORT GROUP.

Healing Place Church from 6:30-8:30 p.m. Includes a free meal and childcare for ages six weeks to sixth grade. (225) 341-8055

PONCHATOULA AN-TIQUE TRADE DAYS.

Downtown Ponchatoula from 9 a.m.-5 p.m. Festival featuring antique and collectible vendors, arts and crafts, and a petting zoo. ponchatoulachamber.com

THE EDGE OF NIGHT.

BREC's Highland Road Observatory from 5:30-7:30 p.m. Learn about twilight. brec.org

TRASH AND TREASURE

SALE. Former Royal
Furniture Store, 1900 Main
Street, from 9 a.m.-4 p.m.
This annual sale is by the
Inner Wheel Club of Baton
Rouge, and it benefits
various charities.
innerwheelbr.org

7 SATURDAY

AMAZING HALF MAR-ATHON. North Boulevard Town Square with the Half Marathon and 5K at 7 a.m. and a Kids' mini-marathon and a fun run at 7:30 a.m., followed by a Finish Festival. amazinghalf.com

ANGLING AGAINST AUTISM. Doiron's Landing with weigh in at 4 p.m.

at the Lamar Dixon Expo

Center. emergela.org

A WALK IN THE PÄRK.

Parker Park, St. Francisville, from 10 a.m.-4 p.m. Annual arts and crafts fair with music and food. facebook.com

BATON ROUGE ARTS

MARKET. Farmers Market downtown from 8 a.m.noon. Features special art activities for kids. artsbr.org BMX BEGINNER DIRT

BMX BEGINNER DIRT TRACK CLINIC. BREC's

Perkins Road Extreme Sports Park from 9-10 a.m. Clinic for beginners who have no to minimal riding experience to intermediate riders. brec.org

CHILDBIRTH PREPARA-

TION. Baton Rouge General Hospital, Bluebonnet, from 8 a.m.-noon. Learn the basics of labor and birth from certified RNs. \$40 per couple. brgeneral.org

CLINTON MARKET DAY.

Downtown Clinton in front of Courthouse from 8 a.m.-1 p.m. Monthly open market. (225) 683-5531 **COLOR RUN**. Lamar Dixon Expo Center at 9 a.m. Part of the South Louisiana Family Festival. Cost is \$20

lafamilyfestival.com
FIRST SATURDAY OF

admitted free.

with children five and under

THE MONTH HIKE. Port Hudson State Historic Site. Join a park ranger on a guided hike. There is a \$4 tour fee in addition to the park entrance fee. (888) 677-3400

FRISCO FEST. San

Francisco Plantation from 9 a.m.-5 p.m. Includes arts and crafts, car show, bike tour, music, pony rides, petting zoo, Euro Bungee

and food to enjoy.
sanfranciscoplantation.org
GARDEN OF STORIES
WITH AUTHOR AND ILLUSTRATOR WILL HIL-

LENBRAND. EBR Main

Library from 10 a.m.-2 p.m. Families with children ages two to nine are invited to BREC Gardens at Independence Park to enjoy reading stations. Hillenbrand will read from his book, *Down by the Station*.

(225) 924-9389

JEFF FOXWORTHY.

L'Auberge at 8 p.m. See the largest-selling comedy-recording artist perform. lbatonrouge.com

KIDS' FISHING RODEO.

Lamar Dixon Expo Center. Free event sponsored by the South Louisiana Family Festival.

lafamilyfestival.com

LAMAZE: LABOR OF

LOVE. Woman's Hospital from 8 a.m.-5 p.m. for couples wanting to learn how Lamaze techniques assist in labor and birth. womans.org

MEET THE HARMO-

NY. Java Mama from 4-6 p.m. Meet local blogger Harmony Hobbs of Modern Mommy Madness. facebook.com

OLD SOUTH JAMBOREE.

9554 Florida Boulevard, Walker, at 7 p.m. featuring Carlton Jones and His Red Hot Country Band. livingstontourism.com

ONE BOOK ONE COMMUNITY KICKOFF

PARTY. EBR Main Library from 6-8 p.m. Celebrate Americanah by Chimamanda Ngozi Adichie with local organizations, games, prizes, refreshments and a performance. readonebook.org

PONCHATOULA ANTIQUE TRADE DAYS.

Downtown Ponchatoula from 9 a.m.-5 p.m. Outdoor free festival featuring antique and collectible vendors, arts and crafts, food, free petting zoo and family activities. ponchatoulachamber.com

PRACTICE ACT TEST.

Ascension Parish Libraries at 9 a.m. Free test at all locations courtesy of the

IN EVERY ISSUE CALENDAR

Princeton Review of Baton Rouge. myapl.org **READ ACROSS AMERI-CA: YERTLE THE TURTLE.**

Jones Creek Library at 2:30 p.m. Children ages seven to nine will hear Dr. Seuss' Yertle the Turtle, make egg carton turtles, and play a turtle game. (225) 756-1160

REPOUSSE ART CLASS FOR CHILDREN. Arts

Council of Livingston Parish from 10:30 a.m.-noon. Free classes for children ages 8-12 on Repousse, a method of decorating metal. The end result will be a beautiful, decorative mask. artslivingston.org

ROCKIN' AT THE SWAMP. BREC's

Bluebonnet Swamp from 9 a.m.-4 p.m. with a rockhound market, a treasure trail, gold mine, a craft corner, a fossil quarry and rock and gemstone activities. Admission is \$4-5. brec.org

SOUTH LOUISIANA FAMILY FESTIVAL. Lamar

Dixon Expo Center from 10 a.m.-10 p.m. Rodeo, rides, craft fair, car show, AG farm and petting zoo, fair, food and music. lafamilyfestival.com

SPECÍAL SATURDAYS: ANCIENT ANTARCTIC

POLLEN. LSU Museum of Natural Science, Foster Hall, from 10-11 a.m. with the exhibit area open from 11 a.m.-noon, A STEM program that focuses on introducing children ages 5-12 and their parents to the world of natural science. Isu.edu

STORY TIME IN THE GARDEN.Burden Center from 9-11:30 a.m with readings and imagination-themed activities every 30 minutes for ages three to eight.

burdengardens.com SWAMP BIRD WALK.

BREC's Bluebonnet Swamp from 7-9 a.m. Hike led by a volunteer of the Baton Rouge Audubon Society. (225) 757-8905

TRASH AND TREASURE

SALE. Former Royal Furniture Store, 1900 Main Street, from 8 a.m.-4 p.m. Annual sale by the Inner Wheel Club of Baton Rouge benefitting various charities. innerwheelbr.org TRISHA YEARWOOD

WITH THE BATON ROUGE SYMPHONY.

Raising Cane's River Center at 8 p.m. Trisha Yearwood and the Baton Rouge Symphony Orchestra perform. brso.org

UNTOUCHABLE SERIES BATTLE OCR. Lamar

Dixon Expo Center at 8 a.m. Three to four mile long course filled with ninja and crossfit style obstacles. battleocr.com

8 SUNDAY

DAYLIGHT SAVING TIME & INTERNATION-AL WOMEN'S DAY

AFTER BABY COMES (ABC): BABY CARE AND PARENT CARE. Woman's Hospital from 12:30-5:30 p.m. (225) 231-5475 CAT VIDEO FEST 2020.

Manship Theatre at 2 p.m. A compilation reel of the best cat videos. manshiptheatre.org

CIVIL WAR WOMEN PERSPECTIVES. EBR

Main Library at 3 p.m. Interactive performance by the West Baton Rouge Museum. (225) 231-3751 **CRAWFÊTE.** Perkins Rowe at 2 p.m. Regional restaurants and caterers will compete for either the best gourmet crawfish dish or the best boiled crawfish. facebook.com

FRISCO FEST. San

Francisco Plantation from 9 a.m.-5 p.m. Arts and crafts, car show, bike tour, music, pony rides, petting zoo, Euro Bungee and food. sanfranciscoplantation.org OLD TIME COUNTRY

JAM. West Baton Rouge Museum from 3-5 p.m. Anyone with an acoustic instrument is welcome. westbatonrougemuseum.org

TRASH AND TREASURE SALE. Former Royal

Furniture Store, 1900 Main Street, from 10 a.m.-3 p.m. Items will be 50 percent off. innerwheelbr.org

9 MONDAY

HOSPITAL ORIENTA-TION. Woman's Hospital from 6:30-7:45 p.m. or 8-9:15 p.m. Tour the labor birth suites, family waiting areas and Transition Nursery while learning what you can expect. (225) 231-5475

PARENTS NIGHT OUT FOR SPECIAL NEEDS **REGISTRATION DEAD-**

LINE. St. Jean Vianney Church on March 13 from 6:30-9 p.m. for children with special needs ages 2-12. parentsnightout@ stjeanvianney.org

10 TUESDAY

CHECK YOUR BATTER-IES DAY

HANKIES2HOPE **SUPPORT GROUP.** New

Life Church, New Roads, at 6 p.m. Ministry held for moms who have lost a child. facebook.com

INTRODUCING SOLIDS TO YOUR BABY. Woman's

Center for Wellness from 5:30-6:30 p.m. Join a dietitian and occupational therapist as they discuss introducing solid foods to your baby.

womans.org
LEARN MY NAME IN **BRAILLE STORY/CRAFT.**

Eden Park Library at 4 p.m. Children ages 6-11 will listen to A Picture Book of Helen Keller, learn about Braille, and learn how to write their names using this system. (225) 231-3250

LIVINGSTON CASA TRAINING. Hammond from 5:30-8:45 p.m. Become an advocate to change a child's story in foster care. childadv.net

LSU SYMPHONIC BAND.

LSU Student Union Theater at 7:30 p.m. cmda.lsu.edu SWAMP SCHOOL.

BREC's Bluebonnet Swamp from 2-4 p.m. Nature-based education with different themes for each class for ages 6-10 and an adult. webtrac.brec.org

TEEN VIDEO EDITING.

Denham Springs-Walker Library at 5 p.m. Teens can do a video editing challenge and learn to shoot and edit footage for a YouTube or TikTok video.

(225) 686-4140

THE HOTTEST AUGUST.

Manship Theatre at 7 p.m. A complex portrait of a city and its inhabitants, the film gives us a window into the collective consciousness of the present.

manshiptheatre.org ZOO AND ME MORN-ING: WEARIN' OF THE GREEN. BREC's Baton Rouge Zoo from 9:30-11:30 a.m. Children's program for ages three to five.

11 WEDNESDAY

BREASTFEEDING EX-

(225)775-3877

PRESS. Woman's Hospital from 11:30 a.m.-1:30 p.m. Small group class for women only. Recommended as a refresher class or for women who prefer a fast-paced class. (225) 231-5475

EPILEPSY ALLIANCE LOUISIANA Q&A. EBR Main Library at 5:30 p.m.

Pediatric neurologist, Dr. Charlotte Hollman, will speak at the discussion. epilepsylouisiana.org

GROCERY STORE TOUR. Rouses, Bluebonnet, from 10-11 a.m. Join Baton Rouge General's

dietitians for a grocery tour to learn how to choose fresh and healthy foods and how to understand confusing nutrition labels. brgeneral.org



SOUTH LOUISIANA FAMILY FESTIVAL. Lamar Dixon Expo Center from 6-10 p.m. Midway carnival rides. Hot air balloon rides from 4-8 p.m. are \$20 for adults and \$15 for children ages 12 and under. ■ lafamilyfestival.com

WEEKLY EVENTS



A DOLL'S HOUSE: PART TWO. Theatre Baton Rouge from March 13-22. This production follows Nora after she leaves her husband and children. ■ theatrebr.org

COMPLETE CHILDBIRTH CLASS SERIES. Woman's Hospital starting Monday, March 30 from 6-9 p.m. for six weeks of classes. Class combines information from Preparing for Delivery, Breastfeeding Basics, After Baby Comes, and Lamaze classes.

womans.org

DISCOVER NEW STORIES WITH CULTURAL GUMBO. EBR Main Library on Mondays at 6:15 p.m. Program designed to encourage families to read and discuss books together. ■ (225) 924-9389

EUROPEAN FILM MONTH. Manship Theatre from March 11-27 in partnership with LSU Film and Media Arts and LSU Libraries. Each screening will offer drink pairings based on the country being featured.

manshiptheatre.org

LIVE AFTER FIVE. North Boulevard Town Square from 5-8 p.m. from March 27-May 8. ■ liveafterfive.downtownbr.org

LOUISIANA SPORTSMAN SHOW. Lamar Dixon Expo Center from March 12-15. Acres of boats, fishing and hunting equipment, ATVs, tractors and lawn equipment and activities for the entire family. ■ tourascension.com

MIRACLE LEAGUE AT CYPRESS MOUNDS SPRING BASEBALL. Season will run March 3-May 7. Miracle League is a non-competitive offering for children with physical or mental disabilities. ■ facebook.com

PLANETARIUM FAMILY HOUR AND STARGAZING. LASM on Saturdays at 10 a.m. Gather around the campfire and learn about stars and constellations before enjoying a planetarium show. ■ lasm.org

ROCK 'N ROWE. Perkins Rowe on Thursdays from March 19-May 7 from 6-9 p.m. Free concert. Lawn chairs are welcome. ■ perkinsrowe.com

STORYWALK IN THE GARDEN. LSU AgCenter Botanic Gardens. Stroll through the gardens and read the pages of a book along the path. ■ Isuagcenter.com

TRAIL TIME FOR TODDLERS. BREC's Bluebonnet Swamp. Four-week sessions on Wednesdays or Thursdays from 9:30-11:30 a.m. beginning March 4-5 or April 1-2. For children ages two to five and their parents with trail walks, storytelling, animal encounters and snacks. ■ (225) 757-8905

CALENDAR IN EVERY ISSUE

JAZZ LISTENING ROOM SERIES. Chorum Hall at 7:30 p.m. Brad Walker vs Extended Trio performs. Tickets are \$25. artsbr.org JEREMIAH TEACHES ORAL HYGIENE. Bluebonnet Library at 11:15 a.m. Children up to age six can meet Smile Star's mascot, Jeremiah. This lovable bullfrog will teach children about proper oral hygiene and healthy eating habits. (225) 763-2260

LEGAL ASSISTANCE.

West Baton Rouge Library from 10 a.m.-noon. A representative from Southeast Louisiana Legal Services will answer legal questions. (225) 342-7920

LUCKY SHAMROCK NECKLACE STORY/

CRAFT. Fairwood Library at 4 p.m. Children ages 7-11 will listen to *St. Patrick's Day* and make a shamrock necklace/garland. (225) 924-9385

12 THURSDAY

ADVENTURES IN FA-THERHOOD. Knock Knock Children's Museum at 5:45 p.m. Designed for fathers/ father figures with children ages 0-8 years. knockknockmuseum.org

BABY CARE BASICS. Baton Rouge General Hospital, Bluebonnet, from 6-9 p.m. Learn how to prepare for your baby's arrival, what to expect on the big day, and how to survive the first two weeks. brgeneral.org

BODY BASICS FOR

BOYS. Woman's Hospital from 6:30-8:30 p.m. Boys ages 10-13 and their dads/moms will learn how their bodies grow, what changes to expect during puberty, and how to take care of themselves. (225) 231-5475 CRAWFISH BOIL

FUNDRAISER. Southern University Lab School from 3-5 p.m. \$21 ticket gets four pounds of boiled crawfish, two potatoes and one corn. sulabschool.com

LADY BIRD. LSU Quad Lawn from 8-10 p.m. Free rated-R film and popcorn sponsored by the LSU Libraries. facebook.com LIGHT PAINTING. Zachary Library at 4 p.m. Teens in grade six and up can explore science, technology, engineering and math-related concepts, and test out cool photographic special effects with the Library's LED lights and iPads. (225) 658-1850

13 FRIDAY

FLASHLIGHT EGG HUNT. BREC's Highland Road Community Park from 6-9 p.m. Bring your flashlight and hunt for eggs.

FOSTERING RACIAL HEALING, ONE RELA-TIONSHIP AT A TIME.

EBR Main Library at 6 p.m. As part of the One Book One Community celebration of Americanah by Chimamanda Ngozi Adichie, adults are invited to hear Dr. Tina M. Harris give a talk. ebrpl.com

JAMBALAYA CUP. Cajun Industries Soccer Complex through March 15. This tournament is open to all competitive and recreational soccer teams.

soccer.sincsports.com

PARENTS NIGHT OUT FOR SPECIAL NEEDS.

St. Jean Vianney Church from 6:30-9 p.m. for children who are living with special needs, ages 2-12, and their siblings. Registration required. parentsnightout@ stjeanvianney.org

TIGERS FOR AUTISM AWARENESS FRIDAY NIGHT OUT. LSU Women's Center from 6-9 p.m. Social gathering between LSU students and teens and adults who are living with special needs. Registration is required. autismawarenessl-su@gmail.com

WIGGLE WORMS. Denham Springs-Walker Library at 10:30 a.m. Children up to age five and their caregivers will participate in music and dance activities that enhance life-long learning and neural development. (225) 686-4140

IN EVERY ISSUE CALENDAR

14 SATURDAY

BARKS-N-BRUNCH PET ADOPTIONS. The

Pub on Sherwood from 11 a.m.-3 p.m. rrrofsouthla.

BATON ROUGE SPRING GARDEN SHOW. LSU John M.

Parker Coliseum from 9 a.m.-4 p.m. Vendors, information booths, plant health clinic and children's activities. (225) 578-1205

BREASTFEEDING BA-

SICS. Woman's Hospital from 1:30-5 p.m. Learn the benefits of breastfeeding, how to prepare for breastfeeding, how to get the baby on the breast properly, the father's role, and how to avoid common problems. (225) 231-5475

BRECFLIX TEEN MOV-

IE NIGHT. BREC's Anna T. Jordan Park from 5-9 p.m. Movie trivia, music, refreshments and the movie, Jumanji: Welcome to the Jungle. brec.org

BULLS, BANDS AND

BARRELS. Lamar Dixon Expo Center at 7 p.m. with Frank Foster with Kendall Shaffer Band.

bullsbandsandbarrels.com CASA ORIENTATION.

CASA office at 10 a.m. Capital Area Court Appointed Special Advocate (CASA) Association holds orientation. casabr.org

CHILDBIRTH CLASS.

Ochsner Medical Center from 8 a.m.-3:30 p.m. Free class covers pregnancy, pain theories, pre-labor signs, postpartum/newborn procedures and basic breastfeeding. (225) 755-4854

ENGINEERING DAY.

LASM from 10 a.m.-3 p.m. This festival features as many as 30 interactive stations showcasing a wide variety of engineering specialties for all ages. lasm.org

EXPLORE CIRCUIT-RY WITH LITTLEBITS.

Gonzales Library at 10:30 a.m. Children in grades two and above can make

connections and create machines with easy and swappable circuit boards. (225) 647-3955

FLASHLIGHT EGG

HUNT. BREC's Plank Road Park from 6-9 p.m. Bring your flashlight and hunt for eggs. brec.org
GARDEN DISCOVER-IES SERIES. EBR Main Library at 10 a.m. Led by Louisiana Master Gardener Claire Fontenot who developed the Louisiana Iris collection at BREC Independence Park Botanic Gardens. ebrpl.com

GHOST SHIPS ON THE RIVER. Port Hudson State

Historic Site at 7 p.m. A ranger-lead tour to Fort Desperate.

(888) 677-3400 **GROWING UP: BOYS.**

Our Lady of the Lake Ascension from 9-10:30 a.m. Class on puberty for boys ages 10-12 and their dads/ moms. (225) 621-2906

JAMBALAYA CUP. Cajun Industries Soccer Complex through March 15. This tournament is open to all competitive and recreational teams.

soccer.sincsports.com LOUISIANA SEW AND

SOW. LSU Rural Life Museum. Join the Museum celebrating the start of the spring planting season with unique demonstrations. Families can participate in hands-on activities. lsu.edu/rurallife

MODEL TRAINS.

Republic of West Florida Historical Museum from 11 a.m.-3 p.m. Free indoor and outdoor model train displays by the Greater Baton Rouge Model Railroaders. (225) 634-3473

SATURDAY SCIENCE: PHYSICS IN SPORTS.

EBR Main Library at 1 p.m. Science lovers of all ages are invited to explore physics concepts with LSU Department of Physics and Astronomy Professor of Physics, Dr. David Young. ebrpl.com

SHAMROCK 5K RUN.

Starts and ends at Moreau

Physical Therapy, Perkins Road, prior to the St. Patrick's Day Wearin' of the Green Parade at 8 a.m. paradegroup.com

SPRING GREEN AT THE ZOO. BREC's Baton

Rouge Zoo from 9:30 a.m.-4 p.m. Celebrate Being Green and learn how you can help wild animals and wild places through special amphitheater programs and games. brzoo.org

STORIES IN ART. LSU Museum of Art at 10:30 a.m. Free program for

children from birth to age six and their caregivers with a Spanish and English reading of a children's book and an art activity. (225) 389-7207

ST. PATRICK'S DAY

STORY/CRAFT. Greenwell Springs Road Library at 2:30 p.m. Children ages five to seven will listen to The Luckiest St. Patrick's Day Ever and make a shamrock using craft tissue. (225) 274-4450

TEEN STEAM: REMOTE CONTROL MACHINES.

Jones Creek Library from 3-4:30 p.m. Build motorized vehicles and machines and pilot them through challenges with remote controls. (225) 756-1170

V. WATTS TRADE MART TRADE DAY. V. Watts

Trade Mart, Livingston, from 8 a.m.-3 p.m. outdoors and 8 a.m.-6 p.m. indoors. 100 indoor vendors and acres of outdoor vendors. facebook.com

WEARIN' OF THE

GREEN PARADE. Starts at the corner of Hundred Oaks and S. Acadian Thruway by the Catholic Life Center at 10 a.m. Annual parade. paradegroup.com

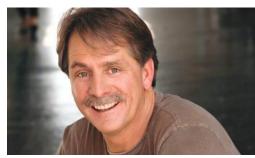
15 sunday

NATIONAL POISON PREVENTION WEEK

BASF KIDS' LAB. LASM at 1:30 p.m. and 3 p.m. Create chemistry during

these 45-minute hands-on

DATE NIGHT



JEFF FOXWORTHY

Laughter is the best addition to any date night with your special someone, and what is better than seeing one of the world's most respected comedians? Jeff Foxworthy, the largest-selling comedy-recording artist, will be at L'Auberge on Saturday, March 7 at 8 p.m. Tickets are on sale now, and they start at \$70. Must be 21 to enter. Doors open at 7 p.m.

■ Ibatonrouge.com



TRISHA YEARWOOD WITH THE BATON ROUGE SYMPHONY

With over three decades of hits, Trisha Yearwood will take to the stage with The Baton Rouge Symphony on Saturday, March 7 at 8 p.m. at Raising Cane's River Center Arena. Timothy Muffitt will serve as Music Director for what is surely to be a memorable evening, as this is Trisha's first ever appearance with the Symphony. ■ brso.org



GABRIEL IGLESIAS

This is surely one date night that will have you laughing until you're crying. Comedian Gabriel Iglesias will be performing at Raising Cane's River Center in Baton Rouge on Sunday, March 22, as part of his Beyond the Fluffy World Tour-Go Big or Go Home. Tickets are available now and can be purchased at fluffyguy.com. ■ raisingcanesrivercenter.com



THE BUNNY EARS

EDGE OF THE NIGHT Highland Road Park Observatory March 6 | 5:30-7:30 p.m.

DEVELOPMENTAL DISABILITY AWARENESS MONTH ROLL WALK RUN Forest Community Park March 7 | 7 a.m.

SATURDAY MORNING STUDIO: SHAMROCK SHENANIGANS Milton J. Womack Park March 7 | 10:30 a.m.-noon

4-BALL CHALLENGE TOURNAMENT Beaver Creek Golf Course March 7 | Tee Time TBD

ROCKIN AT THE SWAMP Bluebonnet Swamp **Nature Center** March 7 | 9 a.m.-4p.m.

REVIVE YOUR MIND HIKE Kendalwood Conservation Area March | 9-11 a.m.

SPRING GREEN AT THE ZOO BREC's Baton Rouge Zoo March 14 | 9:30 a.m.-4 p.m.

BRECFLIX TEEN MOVIE NIGHT Anna T. Jordan Community Park March 14 | 5-9 p.m.

FLASHLIGHT EGG HUNT Highland Road Community Park March 13 | 6-9 p.m.

Zachary Community Park March 14 | 6-9 p.m.

HOOPER HIKE Hooper Road Park March 18

SUNSHINE SOCIAL Milton J. Womack Park March 20 | 6-9 p.m.

BREC JUNIOR TENNIS TOURNAMENT Independence Community Park Tennis Center March 20-22 | 3 p.m.

ART UNWINED: HARLEM NIGHTS North Sherwood Forest Community Park March 20 | 6-8 p.m.

HOOPER HOOPS CHALLENGE Hooper Road Park March 26 | 6 p.m.

OUTDOOR COOKING 101 Zachary Community Park March 26 | 5:30-7 p.m.

BRECFLIX TEEN MOVIE NIGHT Gus Young Park March 28 | 5-10 p.m.

JUNKYARD JAM

Perkins Road Extreme Sports Park March 28 | 3-7 p.m.

CITY PARK GOLF COURSE CHAMPIONSHIP City Park Golf Course March 28 | Tee Times TBD

EGG-STRAVAGANZA Anna T. Jordan Community Park March 28 | 10 a.m.-1 p.m.

ZIPPITY ZOO FEST BREC's Baton Rouge Zoo March 28-29 | 9:30 a.m.-5 p.m.

ART UNLEASHED City-Brooks Community Park March 29 | 2-6 p.m.

REGISTRATION March 21

TO VOLUNTEER AT THESE OR OTHER EVENTS (VOLUNTEER.BREC.ORG

BREC.ORG/THISMONTH











IN EVERY ISSUE CALENDAR

workshops for scientists ages 6-12 and their accompanying adults. kidslab@lasm.org
BATON ROUGE SPRING

GARDEN SHOW. LSU

John M. Parker Coliseum from 9 a.m.-4 p.m. Vendors, information, plant health clinic and activities. (225) 578-1205

BOYS TO MEN. Baton Rouge General Hospital, Bluebonnet, from 2-3 p.m. Class for ages 10-13 and a parent or trusted adult that focuses on how a boy transitions through puberty. brgeneral.org

JAMBALAYA CUP. Cajun Industries Soccer Complex. Tournament is open to all competitive and recreational teams.

soccer.sincsports.com LE JAM. West Baton Rouge Museum Barn from 3-5 p.m. with live music, singing and dancing. westbatonrougemuseum.org

16 MONDAY

ASCENSION CASA TRAINING. Gonzales. Time is 5:30-8:45 p.m. Become an advocate to change a child's story in foster care. childadv.net **TABLETOP GAM-**ING NIGHT. Denham

Springs-Walker Library at 5 p.m. Ages 12 and up can play roleplaying, adventure, strategy or board games. (225) 686-4140

TUESDAY

ST. PATRICK'S DAY

HANKIES2HOPE **SUPPORT GROUP.** La

Madeleine, Perkins Rowe, at 5:30 p.m. Ministry for moms who have lost a child. facebook.com

HAPPY ST. PATRICK'S DAY STORY/CRAFT.

Carver Library at 4 p.m. Children ages 8-11 will listen to The Leprechaun Who Lost His Rainbow and make a sensory bottle craft. (225) 389-745

HELPING HANDS SUP-PORT GROUP. Families Helping Families of Greater Baton Rouge office from 6-7:30 p.m. A support group for parents, caregivers, self-advocates and family members of those with autism and related disorders. fhfgbr.org MATH ART. Watson Library at 5:30 p.m. Children ages 8-11 can make beautiful yet methodical art. (225) 686-4180 ST. PATRICK'S DAY. Java

Mama from 10 a.m.-noon.

Free crafts and special treats. facebook.com **TEEN ADVISORY BOARD.** Denham Springs-Walker Library at 5 p.m. Teens can suggest programs, volunteer at the branch, and help choose books. (225) 686-4140

18 wednesday

BUGS IN THE AFTER-NOON. Pride-Chaneyville Library from 2-5 p.m. Children ages 6-11 can make insect bookmarks and

listen to the book. Small Wonders: Jean-Henri Fabre and His World of Insects. (225) 658-1560

I CARE LIVE. Webinar series at noon by the I CARE program with various guest speakers who promote personal safety, drug prevention and selfhelp educational resources. icare.ebrschools.org

19 THURSDAY

FIRST DAY OF SPRING

BODY BASICS FOR GIRLS. Woman's Hospital from 6:30-8 p.m. Girls ages 9-12 will learn how their bodies grow, what changes to expect during puberty, and how to take

care of themselves. (225) 231-5475 **BRAHMS FOURTH SYMPHONY.** First Baptist Church of Baton Rouge at 7:30 p.m. Baton Rouge Symphony Orchestra performs. brso.org CASA ORIENTĂTION. CASA office at 5 p.m. Capital Area Court Appointed Special Advocate (CASA) Association holds orientation. casabr.org

FEEDING YOUNG MINDS. Denham Springs-Walker Library at 5

p.m. Free meal sponsored by Mighty Moms in partnership with LPPS School Food Services.

(225) 686-4140 **PFLAG SUPPORT**

GROUP. Unitarian Universalist Church at 6:30 p.m. Support group for friends and family of LGBT people. unitarianchurchbr.com

PI DAY CELEBRATION. Denham Springs-Walker Library at 5:30 p.m. Celebrate Pi Day and Albert Einstein's Birthday with a puppet show, stories and a craft. (225) 686-4140

RIVER CITY JAZZ MAS-TERS SERIES: JAZZMEIA **HORN.** Manship Theatre at 7:30 p.m.

manshiptheatre.org TEEN THURSDAYS. East Iberville Library on the third Thursday from 3:30-5 p.m. Arts and crafts class for teens. myipl.org

20 FRIDAY

AUDUBON PILGRIM-

AGE. Felicianas through March 22 with historic home and garden tours, costumed re-enactors, living history demonstrations, cemetery tours, night festivities, period music, and dancing. audubonpilgrimage.info

CAILLOUX THE MOVIE WITH FILMMAKER

Q&A. Manship Theatre at 7:30 p.m. A short documentary about Andre Cailloux, a man who was born enslaved and died a hero of the Union Army. manshiptheatre.org

DANCIN' AT THE MAN-SION. Old Governor's Mansion from 7-10 p.m. Live music, food and drinks, a silent auction, tours of the Mansion and dancing. batonrougeballet.org LIFE AS A SINGLE MOM SUPPORT GROUP.

Healing Place Church from 6:30-8:30 p.m. Includes a free meal and childcare for ages six weeks to sixth grade. (225) 341-8055

SUNSHINE SOCIAL: A SEUSS CELEBRATION.

BREC's Womack Ballroom from 6-9 p.m. Dance for ages 16 and up with special needs and their friends and families. (225) 216-7474

21 SATURDAY

AUDUBON PILGRIM-

AGE. Felicianas through March 22 with historic tours, demonstrations, cemetery tours, night festivities, and dancing. audubonpilgrimage.info **AUTHORS AFTER HOURS WITH SARAH** M. BROOM AND MAR-**GARET WILKERSON** SEXTON. EBR Main Library at 7 p.m. The authors will speak to adults. (225) 231-3750

BATON ROUGE ARTS MARKET: JEFFERSON **HIGHWAY.** ARC Baton

Rouge from 10 a.m.-2 p.m. artsbr.org **BIG BIRD'S BIRTHDAY**

BASH. LASM from 10 a.m.-1 p.m. Learn about astronomy with Big Bird and friends with stargazing at 10 a.m. and noon, hands-on astronomy activities from 10 a.m.-noon, and special showings of One World, One Sky: Big Bird's Adventure. lasm.org

BMX BEGINNER SKATE-PARK CLINIC. BREC's

Perkins Road Extreme Sports Park from 9-10 a.m. Clinic for beginners who have no to minimal riding experience. brec.org **BUILD THE BEST**

BURGER COOKING CONTEST. We Are the Difference, Plaquemine, from 10 a.m.-1 p.m. Fun



BASF KIDS' LAB. LASM at 11 a.m., 1 p.m. and 3 p.m. Create chemistry during these 45-minute hands-on workshops for scientists ages 6-12 and their accompanying adults. ■ kidslab@lasm.org

burger cooking contest. wearethedifference.org **BUTTERFLY WINGS.**

Jones Creek Library at 11 a.m. Children ages 6-11 will listen to Glasswings: A Butterfly's Story and make a clothespin watercolor butterfly. (225) 756-1160 CAJUN DANCE. UCT

Hall at 7:15 p.m. with free dance lessons and the band at 8 p.m. St. Patrick's Day dance with the band, Wallace Trahan with Rice and Gravy.

batonrougecajundance.com CAMP FAIR AND SUM-MER FUN EXPO. BREC's

State Fairgrounds from 9 a.m.-3 p.m. Baton Rouge Parents Magazine has partnered with Junior League of Baton Rouge's Touch-a-Truck event to provide even more fun this year. Meet face-to-face with camp representatives to plan a summer to remember. brparents.com

CAT SHOW. Lamar Dixon Expo Center from 9:30 a.m.-5 p.m. Presented by the Greater Baton Rouge Cat Club. Includes vendors, food and rescue groups. facebook.com

CODING WORKSHOP.

EBR Main Library at 2:30 p.m. Children ages 7-11 can attend a workshop on coding led by Ajayi Anwansedo. (225) 231-3750

CORPORATE CUP 5K.

North Boulevard Town Square at 9 a.m. Annual run for charity. providencecorporatecup.com

DEEP SOUTH STOCK HORSE SHOW ASSOCI-ATION HORSE SHOW.

The Clinton Arena from 9 a.m.-6 p.m. Showmanship, speed events, Western riding, barrels and an arena race. dsshsa.org

DOG DAY AT THE

SWAMP. BREC's Bluebonnet Swamp from 9 a.m.-5 p.m. Bluebonnet Swamp drops its "no pets" policy and opens its doors and trails to pets. brec.org

EASTER EGG HUNT. The

Dunham School from 9 a.m.-noon. Age-divided egg hunts, food, kid-friendly

swag, the Easter Bunny and a local DJ. eventbrite.com **HOLI FESTIVAL OF**

BATON ROUGE. Repentance Park from 2-5 p.m. Food, drinks, Indian cultural dances, color powder for purchase, and a kids' tent. facebook.com

LEGO CLUB. Dutchtown Library at 10:30 a.m. Club for children to try to construct the Lego Challenge or make their own creation. Legos provided. (225) 673-8699

LET'S COOK TOGETH-**ER WORKSHOP.** East

Iberville Library from 10 a.m.-noon. Learn to prepare healthy and tasty meals. (225) 385-5355

LIGO SCIENCE SAT-**URDAY: GOOD VI-BRATIONS.** The Laser Interferometer Gravita-

tional Wave Observatory, Livingston, from 1-5 p.m. Tour the facility, talk to a LIGO Scientist or science specialist and explore and interact with over 40 LIGO Science Concept exhibits. ligo.caltech.edu/la

LOUISIANA SATURDAY **NIGHT VARIETY SHOW.**

Suma Crossing Theatre, Satsuma. Grand Country Junction show.

grandcountryjunction.com MID CITY MAKERS MARKET: VALENTINE'S

EDITION. 541 South Eugene Street from 4-8 p.m. Makers' booths, food, a bar, a kids' area and music. midcitymakers.market

SAPPHIRES 'N SPURS.

LSU Parker Coliseum from 3-6 p.m. A Western benefit for Family Service of Greater Baton Rouge with music, space walks, mechanical bull rides, pony rides, petting zoo and silent auction. fsgbr.org

SOLAR VIEWING.

BREC's Highland Road Park Observatory from noon-2 p.m. See the sun in three manners. hrpo.lsu.edu **SQUASH BOOKS**. Jones Creek Library from 3-4:30 p.m. Teens can learn bookmaking techniques and then personalize their "squash" books with fun drawings and unique collages. (225) 756-1170

STUDIO SATURDAY.

LASM at 2 p.m. Artist-led workshop for children ages 6-14 with the theme of Egyptian Art. lasm.org TŘÍVIAL NONSENSĚ: AN

IMPROV PANEL SHOW.

Manship Theatre at 7:30 p.m. Live entertainment in a fun atmosphere. manshiptheatre.org

22 sunday

NATIONAL GOOF OFF DAY

ANNA'S GRACE QUAR-TER MARATHON. L'Auberge Casino and Hotel at 7:30 a.m. Includes a onemile fun run, a 5K, and a special Quarter Marathon.

annasgrace.org AUDUBON PILGRIM-

AGE. Felicianas with historic home and garden tours, costumed re-enactors, living history demonstrations, cemetery tours, and period music.

audubonpilgrimage.info
BEYOND BODY BASICS FOR BOYS. Woman's

Hospital from 2-4 p.m. Staff will help ages 13-17 years with the transition into young adulthood. womans.org

GABRIEL IGLESIAS. Rais-

ing Cane's River Center. Comedian Gabriel Iglesias will be performing at the River Center, as part of his hilarious tour.

raisingcanesrivercenter.com HOSPITAL ORIENTA-

TION. Woman's Hospital from 1:30-2:45 p.m. or 3-4:15 p.m. Tour the labor birth suites, family waiting areas and Transition Nursery while learning what you can expect when delivering at Woman's Hospital. (225) 231-5475

WHAT DO YOU DO WITH AN IDEA? Manship Theatre at 2 p.m. Presented By Playhouse Square and Inlet Dance. Told through movement, music and narration, an ensemble of dancers creates a magical world where ideas grow and take flight.

23 monday

manshiptheatre.org

NATIONAL PUPPY DAY

PREGNANCY 101. Woman's Hospital from 6:30-9 p.m. Learn how you can provide your baby with the best possible environment for his or her growth and development. (225) 231-5475

24 TUESDAY

CALENDAR IN EVERY ISSUE

RANDOM FANDOM.

Denham Springs-Walker Library at 5 p.m. Teens can celebrate their favorite movie, TV show or book series with discussions, trivia, games, crafts and snacks. (225) 686-4140

SWAMP SCHOOL.

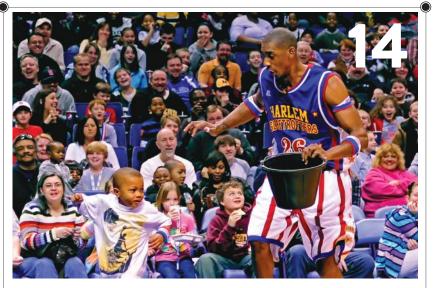
BREC's Bluebonnet Swamp from 2-4 p.m. Nature-based education with different themes for each class for ages 6-10. webtrac.brec.org

25 WEDNESDAY



BEYOND BODY BASICS FOR GIRLS. Woman's

Hospital from 6:30-8:30 p.m. Professional staff will help ages 13-17 years old with the transition into young adulthood. womans.org



HARLEM GLOBETROTTERS. Raising Cane's River Center at 2 p.m. New thrills, surprise moments and more player interaction than ever. Tickets run \$20-55.

■ raisingcanesrivercenter.com

IN EVERY ISSUE CALENDAR

GROCERY STORE

TOUR. Rouses, Juban Crossing, from 10-11 a.m. Join Baton Rouge General's dietitians for a grocery tour to learn how to choose fresh and healthy foods and how to understand confusing nutrition labels. brgeneral.org

HISTORICAL HAPPY **HOUR**. West Baton

Rouge Museum from 6-8 p.m. Enjoy the museum after hours and the musical stylings of the Oasis Jazz Combo-Band. westbatonrougemuseum.org

THE BIG UMBRELLA STORY/CRAFT. Zachary Library at 10 a.m. Children ages 6-11 will listen to The Big Umbrella and make a 3D Umbrella. (225) 658-1850

26 THURSDAY

DRUM TAO: JAPANESE DRUM ART. Manship Theatre at 7:30 p.m. The latest production from TAO, internationally-acclaimed percussion artists. manshiptheatre.org

FEEDING YOUNG

MINDS. Watson Library at 5 p.m. Free meal sponsored by Mighty Moms in partnership with LPPS School Food Services. (225) 686-4180

GRANDPARENTS RAIS-ING GRANDCHILDREN.

Family Roads of Greater Baton Rouge at 9 a.m. Support group for grandparents and others raising children not their own. lagrg.org LEGO CLUB. Watson Library at 5:30 p.m. Children ages 5-11 can enjoy this club with different monthly themes. (225) 686-4180 MATH ART. Denham Springs-Walker Library at 5:30 p.m. Children ages 8-11 can make beautiful yet methodical art.

OUTDOOR COOKING

(225) 686-4140

101. BREC's Zachary Community Park from 5:30-7 p.m. Ages 12 and up can learn how to operate outdoor camping stoves and try out new recipes. brec.org

SIPS AND SUDS AT THE STABLES. Live Oak Arabians from 6:30 p.m-9:30 p.m. Includes food, drinks, live music, live and silent auctions, wine pull and whiskey toss. mcmainscdc.org

27 FRIDAY

ANNIE. LSU Shaver Theatre at 7:30 p.m. The comic strip heroine takes to the stage.

newventuretheatre.org **ASCENSION ICON**

2020. Gonzales Civic Center at 7 p.m. Singing competition between Ascension Parish students between grades 6-12. eventbrite.com

CASA ORIENTATION.

CASA office at 9:30 a.m. Capital Area Court Appointed Special Advocate (CASA) Association holds orientation. casabr.org

COOKIN' IN CENTRAL.

The Amazing Place with gates open at 4 p.m. Seafood extravaganza starts at 5 p.m. Hamburgers and hotdogs also sold. Music, dancing, pony rides, games, auctions, crawfish boil competition, and raffles. cookingincentral.com

FAMILY DINNER IMPROV **COMEDY SHOW.** Manship Theatre at 7:30 p.m. Rated R-ish. manshiptheatre.org

FOOD TRUCK ROUND-UP. Perkins Rowe from 6-9 p.m. Includes live music by 2 Domestic 1 Import. facebook.com

HIGH SCHOOL MUSI-

CAL. Brown-Holt Chapel Arts Center, The Dunham School, at 7 p.m. Fans of the hit movie won't want to miss this high energy show. dunhamschool.org

JACKSON ASSEMBLY ANTIQUES SHOW.

Downtown Jackson from 10 a.m.-5 p.m. with a free Open House with the Model Trains from 10 a.m.-3 p.m. Art show and sale, native plants and herbs for sale, and lunch served at the Gumbo Kitchen. jacksonassemblyantiquesshow.com **PULL FOR KIDS: BLAST**

PEDIATRIC CANCER.

Bridgeview Gun Club at 9 a.m. Lunch, live auction, raffles and awards. ololchildrens.org

28 SATURDAY

A BABY IS COMING.

Woman's Hospital from 11 a.m.-12:30 p.m. for children ages four to eight. womans.org

ACT PRACTICE TEST.

Denham Springs-Walker Library at 9 a.m. Students can take a practice ACT for free. (225) 686-4140 ANNIE. LSU Shaver Theatre at 7:30 p.m. The comic strip heroine takes to the stage.

newventuretheatre.org BASF KIDS' LAB. LASM

at 11 a.m., 1 p.m., and 3 p.m. Create chemistry during these 45-minute hands-on workshops for scientists ages 6-12 and their accompanying adults. kidslab@lasm.org

BIG BASS RODEO AND

FISHTIVAL. Popp's Bandstand from 6:30 a.m.-noon. 73rd annual event with various contests and events. neworleanscitypark.com

BODY BASICS FOR GIRLS. Woman's Hospital

from 9:30-11 a.m. Girls ages 9-12 will learn how their bodies grow, what changes to expect during puberty, and how to take care of themselves. (225) 231-5475

BRECFLIX TEEN MOVIE

NIGHT. BREC's Gus Young Park from 5-10 p.m. Movie trivia, music, refreshments and a teen movie. brec.org

BUNNY BOTTOM MAG-

NET. Jones Creek Library at 2:30 p.m. Children ages three to seven will hear Wolfie the Bunny and make a bunny bottom magnet. (225) 756-1160

CAPITAL AREA HEART WALK. City Hall Plaza at 9

a.m. for the 5K. capitalareaheartwalk.org CHILDREN'S WORLD

FAIR. Louisiana Chil-

dren's Museum with Early Explorer Admission at 9:30 a.m. and General Admission at noon. A journey that explores the people, natural landscapes, customs and achievements of eight destinations. lcm.org

DASH FOR DEAF KIDS AND RUN-WALK-SIGN. Louisiana School for the

Deaf at 7 a.m. Includes mu-

sic, a raffle and jambalaya lunch for \$5. deaffocus.org **GREAT FUTURES GALA.** Shaw Center for the Arts from 7:30-11:30 p.m. The Boys and Girls Club honors young professionals in the local community. Black tie gala includes an open bar, catered food, live band and a silent auction.

greatfuturesgalabr.com HIGH SCHOOL MUSI-

CAL. Brown-Holt Chapel Arts Center, The Dunham School, at 7 p.m. Fans of the hit movie won't want to miss this high energy show. dunhamschool.org

HOGS SAUCE PIQUANT COOK OFF AND CAR

SHOW. Tanger Outlets from 8 a.m.-4 p.m. with judging at 11 a.m. and awards at noon. Includes jumbo yard games, face painting, DJ, Ascension Bookmobile, and food. louisianahogsonhogs.com

JACKSON ASSEMBLY ANTIQUES SHOW.

Downtown Jackson from 10 a.m.-5 p.m. with a free Open House with the Model Trains from 10 a.m.-3 p.m. Art show and sale, native plants and herbs for sale, and lunch served daily at the Gumbo Kitchen. jacksonassemblyantiquesshow.com

JUNKYARD JAM.

BREC's Perkins Road Extreme Sports Park from 3-7 p.m. The Bring a Part BMX Jam is a contest designed to help beginner bikers while building up the BMX community. brec.org MARCH MADNESS

VIDEO GAMES. Jones

Creek Library from 3-4:30

p.m. Teens can play NBA games through multiple gaming systems. (225) 756-1170

stone Golf and Country Club. Benefits Louisiana Special Olympics. laso.org RECYCLED READS.

POLAR PLUNGE. Grey-

3434 North Blvd. at Acadian Thwy., behind Baton Rouge General. Enter on Westmoreland Drive from 9 a.m.-2 p.m. Book sale sponsored by the EBR Library system. (225) 231-3741

SEIZE THE DAY. LSU Old Front Nine at 9 a.m. Onemile fun run and then a 5K, food and entertainment, benefiting the Epilepsy Alliance Louisiana. epilepsylouisiana.org

TUNICA HILLS MUSIC FESTIVAL AND JAM.

Parker Park, St. Francisville, from 10 a.m.-10 p.m. Music all day. Also includes impromptu jams throughout the park. Bring picnic foods or enjoy food vendors. adrianpercy@bellsouth.net WINGS FOR AUTISM. BR Metro Airport from 7-10 a.m. Airport rehearsal which allows people with intellectual and developmen-

and gain confidence with air travel. arcbatonrouge.org ZAPP'S INTERNATION-

tal disabilities to practice

AL BEERFEST. LSU Rural Life Museum from 3:30-6 p.m. Features more than 200 beers available for tasting. lsu.edu/rurallife

ZIPPITY ZOO FEST.

BREC's Baton Rouge Zoo from 9:30 a.m.-5 p.m. Annual festival featuring a children's village, face painting, entertainment and special keeper chats.

brzoo.org

29 SUNDAY

ANNIE. LSU Shaver Theatre at 3 p.m. newventuretheatre.org ART UNLEASHED. BREC's City-Brooks

Community Park and Cane's Dog Park from 2-6 p.m. Vendors, food, dog costume contest and crafts for adults, kids and dogs. brec.org

BASF KIDS' LAB. LASM at 1:30 p.m. and 3 p.m. Create chemistry during these hands-on workshops for scientists ages 6-12 and their accompanying adults. kidslab@lasm.org

BUNNY HOP BRUNCH.

L'Auberge Hotel Ballroom from 10:30 a.m.-1 p.m. Annual Cystic Fibrosis Foundation event with brunch, a fashion show, an Easter Egg hunt, pictures with the Easter Bunny, Frozen characters' performance and a silent auction. events.cff.org/bhop

FRIENDS OF THE AN-IMALS TEN YEAR AN-NIVERSARY. LSU John M. Parker Coliseum from noon-3 p.m. This free event includes dog coursing; training exhibitions; music, food and beverage vendors; a children's area, and raffles for a chance to win prizes. (225) 239-7368

JACKSON ASSEMBLY ANTIQUES SHOW.

Downtown Jackson 10 a.m.-4 p.m. Art show and sale, native plants and herbs for sale, and lunch served daily at the Gumbo Kitchen. jacksonassemblyantiquesshow.com

LACHADD SUPPORT GROUP. Families Helping Families of Greater Baton Rouge office at 2:30 p.m. lacachadd.org

LILY'S TEA PARTY. The Venue, St. Amant, from 2-4 p.m. Tea, a silent auction, a photo booth and entertainment in honor of cancer survivor Lily Raffray. facebook.com

LOUISIANA YOUTH
ORCHESTRA. Broadmoor
Baptist Church from
5-6:30 p.m. The LA Youth
Orchestra showcases students ages 5-21 in a variety

of different ensembles. brso.org

SOUNDS OF COMMU-NITY CONCERT. Shiloh

Missionary Baptist Church at 4 p.m. Concert by the Interfaith Federation of Greater Baton Rouge. ifedgbr.com

ZIPPITY ZOO FEST.

BREC's Baton Rouge Zoo from 9:30 a.m.-5 p.m. Zippity Zoo Fest includes a children's village, face painting, entertainment, and special keeper chats. brzoo.org

30 MONDAY

PARENTS NIGHT OUT FOR SPECIAL NEEDS REGISTRATION DEAD-

LINE. St. Jean Vianney Church on April 3 from 6:30-9 p.m. for children with special needs and their siblings. parentsnightout@ stjeanvianney.org

31 TUESDAY

HEALTHY MOM, HEALTHY BABY. Woman's Center for Wellness from 5:30-7:30 p.m. Learn all about healthy eating and safe physical activity you can do during your pregnancy. womans.org

LSU SCIÉNCE CAFÉ.

Varsity Theatre from 5-7 p.m. This free lecture will be on "Smarter and Safer—The Science Behind Second Chances." eventbrite.com

PI DAY CELEBRATION.

Watson Library at 5:30 p.m. Celebrate Pi Day and Albert Einstein's Birthday with your family, with a puppet show, stories, and craft. (225) 686-4180

SIDEWALK ASTRON-

OMY. Perkins Rowe Town Square at 6:30 p.m. Join the Baton Rouge Astronomical Society to see the night sky. facebook.com

EDITOR'S NOTE

CALENDAR IN EVERY ISSUE

Occasionally the date or location of an event may change after publication. Always phone ahead or check website to confirm important information.

SUBMISSIONS

Baton Rouge Parents
Magazine welcomes
submissions of events of
interest to families.
Send all calendar
submissions to:

calendar@brparents.com.

Include: dates, times, location with address, recommended age, cost, public telephone number, website address, and photos.

Submit information for the April calendar by March 5, 2020.







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my favorite scenes is when Princess Giselle is peacefully sleeping on the couch. She awakens in a graceful manner, donning a white puffy ball gown, reminiscent of an eighties wedding dress. The camera pans to show the viewer a disorganized NYC apartment; dirty clothes are strewn across the floor, papers are scattered on the table and food-encrusted dishes are dispersed throughout the kitchen. I cringe with the realization there is an uncanny resemblance to my humble home, most mornings.

She declares, "This just won't do!" I shout at the screen, "I know! It's like we're living in a frat house!"

Here's where it gets interesting. She opens the window, sings a magical chant and suddenly pigeons, mice, rats, flies, and cockroaches gather in the apartment. Instead of calling an exterminator, Princess Giselle dances while belting out a song about the joys of housework as the critters clean the place spotless. They even did the laundry and brought her a bouquet of flowers.

All I could think is, "How can I inspire pests to become my personal cleaning crew?"

I probably had visions of this movie, or maybe *Snow White*, when we went searching for a home to buy. The realtor showed us a house, surrounded by woods. As she was pointing out the large backyard, she mentioned how the other day she saw wild turkeys roaming about. My husband and I looked at each other in disbelief thinking, "This must be a rustic, wonderful and possibly magical place to live because we have never witnessed real live wild turkeys roaming anywhere." In unison, we inquired, "How soon can we buy it?"

After signing, almost a thousand documents, the house was finally ours! Sure enough, we saw those turkeys, in fact, they seemed to like the house as much as we did. But instead of helping us clean the house, they enjoyed depositing their droppings on the walkway for us to step in while leaving the house.

We've encountered many other woodland creatures since taking up residence in our suburban abode. One day while I gazed out the window, dreaming of Princess Giselle's cleaning crew, I saw a large furry cuddly looking critter wobbling by the playset.

I said to my daughter, "Look there are some kind of interesting animals outside".

Grabbing the camera, we darted onto the deck to get a closer view. The brown fuzzy animal was crawling around the grass, unaware of our presence. As we were "oohing and ahhing" at our new found friend, we must have "ohhed" a little too loud since the animal started to run. But instead of returning to the woods as I would expect, I watched in horror as the varmint sprinted straight for our house.

"Run!" I shouted to my daughter. I had no idea what type of creature it was and suddenly it felt more like a scene from a Stephen King novel rather than a Disney movie.

A few days later, I got up the nerve to inspect around the deck to see what happened to our newest inhabitant. I discovered at least three deeply dug holes. I'm guessing it was either a groundhog or gopher. I considered finding a hose to fill the holes with water, but then recalled it didn't work out too well for Bill Murray in *Caddyshack*.

Mr. Gopher/Groundhog must have sent out a rodent message, equivalent to a teen Tweet-

ing, "party at my
house" because
soon after, he took
up residence in my
residence and a family,
or more likely a colony
of mice, decided our minivan
would be a great new dwelling.

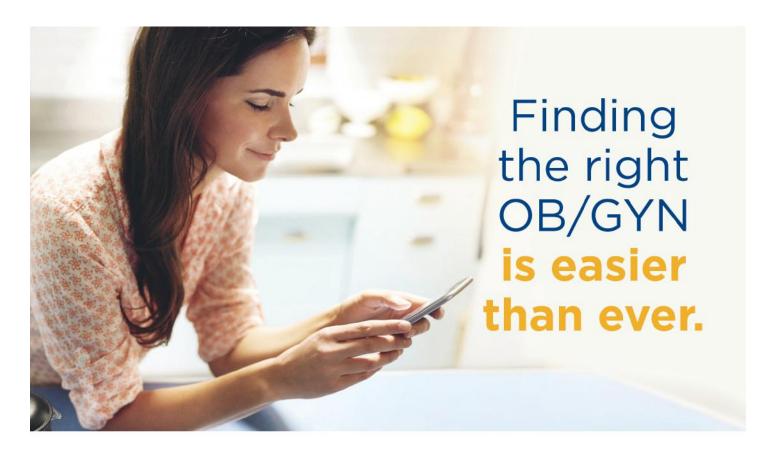
I can only imagine the great contion between the mice upon discovering our minivan. "Oh my gosh! We hit the motherlode. There is enough food here to feed us for the next five years. I mean, everywhere you look there are juice boxes, Goldfish, Cheerios, and Cheez-Its."

After high-fiving one another, the mice probably broke down with tears of joy knowing that they would not have to search for food anymore. They had finally found what they have been seeking, food they can live on for the rest of their lives.

The only cleaning I witnessed from the rodents, however, was eating tissues, air conditioning wires and leftover food remnants. This hardly compared to Giselle's band of incredible domestic workers who helped her. It was becoming abundantly clear these animals shared little resemblance to the ones in the movie, *Enchanted*.

At this point, I would merely settle for cleaning assistance from the small humans who also reside in this household. I wonder if I wore a ball gown, tiara and pranced around the living room, would it inspire them to pick up a broom or even a mop?

If nothing else, it would hopefully motivate all these cantankerous critters to go find Princess Giselle.■



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IN EVERY ISSUE SNAPSHOTS





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Go to brparents.com and click on the blue "Upload Snapshots" button to submit photos for consideration. All photos must be at least 1MB in size. "Pic of the Month" photos are chosen at random and must be at least 5MB in size.

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