

THE OFFICIAL MAGAZINE OF SLIDELL

# Slidell magazine

Vol. 147 January 2023



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## COVER: "THAT SCANDALOUS KISS"

### ARTIST: KIM BERGERON

The year was 1896 and motion picture technology was in its infancy. Actors May Irwin and John C. Rice were starring in New York stage musical comedy, *The Widow Jones*, by John J. McNally. The duo staged a kiss, and it became the first ever recorded on film.

*May Irwin Kiss* made its way to Vitascope Hall on Canal Street in New Orleans, America's first fixed-seating movie theater, and it became the most popular Edison Vitascope film that year.

It also became America's first movie scandal.

Though benign by today's standards, Victorian-era audiences considered public displays of affection taboo. The 20-second clip was deemed "shocking" and "pornographic."

What a difference a century makes.

This issue of *Slidell Magazine* comes with its own series of "firsts." The cover art brings together a still image from *May Irwin Kiss*, plus a bonus for readers: the magazine's first-ever interactive feature. With a cell phone scan of the cover's QR code, readers will be transported back to 1896.

This issue also marks the first time the cover has incorporated Artificial Intelligence art, with the background image generated via user prompts on Midjourney's AI platform.

Collectively, these technologies of the past and the present have come together with a bit of PhotoShop wizardry in celebration of this issue's cover story: *The Art of the Film: Louisiana Film Industry Expo*. Check out the story, then head to the Slidell Municipal Auditorium for the event on January 20 and 21.

Movie magic is waiting.

Credits: Heise, W., Irwin, M., Rice, J. C., McNally, J. J., Thomas A. Edison, I. & Hendricks. (1896) *May Irwin Kiss*. United States: Edison Manufacturing Co. [Video]

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# Slidell magazine

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## Editor's Letter

Kendra Maness, Editor / Publisher

2023 is going to another exciting year for *Slidell Magazine*!

We're making a few improvements, but nothing really crazy. It's really a cool place to be - if it's not broken, don't fix it. I love the look and feel of the magazine, the positive vibe, the great stories and the community spirit that's produced every month. I love hearing the feedback from all of you and I hope to get more this year. If you have feedback or an idea for a story, shoot me an email, text or call. My info is the same as the magazine's (listed below), and I'm always delighted to hear from you. After all, this is YOUR magazine too!

I wanted to take the opportunity to show you the faces behind the success of *Slidell Magazine*. Along with our advertisers, these LOCAL writers, photographers, artists and friends are the reason this publication is a gem for our community. They are the reason I enjoy my job so much and look forward to many more years of publishing!



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Michael Bell  
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# Extraordinary Slidell Neighbors

A biography by Charlotte Collins



## The Keene Family

*"To the world you may be one person;  
but to one person you may be the  
world." ~ Dr. Seuss*

This month's interview is a modern-day story about two truly extraordinarily athletic kids. It also turns out to be about old-fashioned family ideals like team spirit and commitment. If you are looking for motivation for your own New Year's resolution, I think this might provide a bit of that.

Kyle Keene, Dad, assured me initially that this story was mainly focused on his thirteen-year-old daughter, Grace, who has achieved Junior Olympian status. Brother Phoenix sat politely and patiently by for the entire hour and a half visit, despite his young age as an active ten-year-old. I soon realized that he was an exceptional part of this story in his own right, but I am getting ahead of myself.

The Keene's family home is large and comfortable with two inviting living rooms to choose from. Instead, we gathered in the kitchen, where their family breaks bread and shares their day with each other. There were no cell phones and we focused on each other. Mom, Angelita, had homemade

guacamole, fresh fruit, and lime aid for snacking while the kids related their tales. The smell of chili and cornbread rose from the stove, warming the kitchen on this rainy evening.

Daughter Grace explained that she did not start with a goal to be an athlete. She had recently moved to Slidell from Utah, and simply wanted to meet more kids her age. Mom wanted to become involved in the community, so they thought a fundraiser for breast cancer at her school, Brock Elementary, would be perfect.

Grace sat up tall and related excitedly, "My teacher, Mrs. Guenard, had put the event together. Mom was a weekly volunteer in my class, so I wanted to help, too. I didn't know I was signing up for a race. When I got there, I remember seeing this ribbon and thought, 'Oh, I want to run through and break that ribbon!' I had seen people running through ribbons like that, and I always wanted to do it."

Mom added, "We were kind of near the back, and Grace was suddenly running faster than I could keep up. I called out for her to go for it! And she was just determined. She was just a little girl with no training. She

never stopped. There were all these distractions, but she just kept running and staying with the front of the pack."

Grace nodded enthusiastically, "Everyone else dropped back except this sixth-grade boy. He probably ran track and he took down the ribbon at the end. At the morning meeting in the gym, we'd say the Pledge of Allegiance and hear announcements. They recognized the first-place winner and me! I was so surprised because there were so many older kids there. I gained a lot of confidence that day."

After this, she signed up for girls' soccer, violin lessons, dance and tap, and joined Girl Scouts to keep involved. Then, a group of teachers at Honey Island Elementary started a program called Girls on the Run. They would meet after school for practice drills leading up to a 5K run at the end of the season. Grace described, "It's a neat nationwide running program specifically for girls. It's a fun program that's about more than just running. It was about making friendships in a positive environment. We would work on social skills and principles kind of like Girl Scouts. We had some really good leaders, school counselors, and sweet teachers who volunteered



their time for us. I was loving my new hometown and school!”

When the day of the 5K finally came, her dad ran it with her this time. At the beginning of the race, she tripped in the front, and everyone kept running around her. Grace referred to it as a “flat tire”, which is when someone steps on the back of your shoe. She had to stop and get her shoe back on, then run to find her dad. Grace revealed that, in the end, “Dad did the same thing Mom did, telling me to just go because he couldn’t keep up with me either. Eventually, I broke away from everyone. There was only this one boy in front of me. He was a lot older than me and he beat me. So for the second time, I got beat by a boy and got second place again.”

Dad was now her soccer coach. Looking over at her, he related, “She had a lot of potential and I was definitely starting to see it. I wanted her to feel confident enough to keep trying. Her new school did not have Girls on the Run, so I encouraged her to take her strengths more seriously.”

Grace concurred, “Of course he was harder on me because I’m his daughter. Fourth grade was when soccer became more important to me and I got more serious. But then my dad got replaced as coach, and I thought that was the worst. Actually, my new coaches were amazing. I loved them. I played on a wonderful recreational team called The Quick Shots. We were very positive and super close. My dad was still really supportive, and we began training together. That year was my first tournament ever and we won! I scored the winning goal at the Strawberry Cup in Hammond.”

“In the summer after fifth grade, the whole family went for a jog. I lapped my dad at least twice around our quarter of a mile block! My dad couldn’t believe it. When we were finished, he asked me if I thought I could run another mile. He wanted to time me. So, I ran as fast as I could. When he told me my time, he sounded really impressed, but



I didn’t take it that seriously. I thought it was an average time.”

Kyle couldn’t contain himself any longer, as he announced, “She was just 11 years old, and she ran a five minute and 41 second mile! I knew that was fast, so I tried to find some type of track club in Slidell. That’s when I found the Northshore Track Club run by Jessica Warren. I told her my daughter’s time and she said that would qualify her for the Junior Olympics if she really ran that time. She asked me to bring her to the regional championships in Hammond in May. I only had 40 days to train Grace before the regional championship. There are local races, then state level, and finally regionals. Grace hadn’t experienced any of these.”

Imagine being a little girl walking into a huge stadium full of serious, experienced runners. Only the top six out of regionals would be selected for Junior Olympics. This was also Grace’s first time running in spikes on a track. She was running with older girls because her birthday is toward the end of the year. Kyle decided Grace should run the 800-meter race first. This meant the girl that she would be competing against was the national champion from last year.

Dad described, “Grace took off running like a soccer player. Her arms were splayed out like she was playing soccer, but she was fast!”

Demonstrating, Grace stuck her elbows out and mocked running. “I had the lead the whole time until the girls came around and took off in front. I barely knew any techniques about pacing. But I took second place! When I crossed that finish line, I was proud of myself, but my legs collapsed. It felt like my legs were on fire. It was so bad that I was thinking about not doing the next race.”

The next race was the 1500 meter, twice as far as the last race. Coach Jessica confided to the downcast girl that she herself had her own best runs when she was down and didn’t want to run. Now, here she was an Olympic runner and coach. I think that might have stuck with Grace, because she decided to go for it.

Beaming, she exclaimed, “I did the 1500! The same girl beat me, and she ran a five minute and twelve seconds in that heat. I was okay with second place, because I knew she had been training a long time and she was a national champion. I didn’t even know it but we both had just qualified for the Junior Olympics!”

The Keene’s drove to Humble, Texas for the big event, and grandparents from both sides flew in from Washington and Utah. Once again, they didn’t have a lot of time to train because it was in August, just two months after the regionals. There were 110 kids in her age group, from every region in the U.S., who competed in the Junior Olympics for that event. Grace would now be in a faster heat because of her qualifying time in regionals.

Grace placed first in her heat for the 1500-meter race and thirteenth in the nation!

Returning home to Slidell, Grace said, “I could sense that I was more confident. I decided to join a competitive soccer team, and the trials were only a week after that big win! I remember feeling a little stressed but reminded myself that I competed in the Junior Olympics. So, I went to tryouts and I made the team!”





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The first season her team didn't do very well. But she trained in earnest with her father. "My father has always been my personal trainer. We went to the gym, we'd run around my neighborhood, and we worked on agility. I joined Sports U and was training whenever possible. Phoenix started training with us too."

The ever-patient Phoenix got his chance to speak. "I actually had already started training, all by myself!" This is when I learned that he had tried everything he saw his big sister involved with, including violin, soccer, and track.

Both sister and brother had played striker and winger but prefer the winger position. As winger, players can run more...up and down the field.

Grace added, "I just felt like I could help my team out more that way. Wingers can cut in and out and drop back to help the defenders. We were taught a team mentality. We all like helping our teammates score, especially players that never played soccer before. Our goal during the summer league was to get them to experience scoring a goal. By the end of the season, everyone had scored. It was just so cool to have a happy team."

Phoenix listened to his dad intently as he told me, "Phoenix is really good at soccer, he's just a natural. He's the best ten-year-old soccer player I've ever seen, and not just because he is my son. If you watch him, you will see that he is the real deal. He's very certain and very confident on the field. And he loves it, you can tell! He'd rather be playing soccer than any video game."

Breaking into a shy smile, Phoenix said, "I started training for track also." Mom said proudly, "They've started training almost every day. Grace was looking toward the Junior Olympics again and, this time, we've got Phoenix right there too! There were also track meets in between. Grace started running really well, breaking her old personal records, and she wanted to go to the regionals again. Phoenix said he wanted to compete also. He came out of nowhere and was awesome! He took second in the 1500, which qualified him for the Junior Olympics, and he had just started at 10 years old!"

Now that both of their children qualified, it may sound less challenging to my readers. This is far from reality. The Amateur Athletic Union Junior Olympic Games are the largest national multi-sport event for young athletes in the US. This is where the future World and Olympic champions received their initial experience. The Junior Olympics were in Greensboro, North Carolina for 2022. There were participants from across the entire U.S. and Puerto Rico. Only 28 were from Louisiana, and we now know two of them from our own Slidell.

The first race for Grace was the 800 and she placed number 33 in the whole nation. She was disappointed because she did not beat her own personal record. Dad

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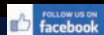


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encouraged her to try the 1500 the next day in spite of her frustration. He recalled his own words, "I know you may be tired and down on yourself, but you came all this way. You only have one more race tomorrow, so focus on that one." Well, she killed it! She ran a five-minute-five, second place and was number 11 in the nation!"

That next day was also the 1500-meter race for Phoenix. Mom could hardly contain herself, "I was really nervous for him because this was new for him. He's never been here, and he only ran one time before regionals. Out of 96 kids, he took number 30! And he was running with the best of the best in the whole nation."

Angelita continued, "Then Grace tried out for the top state soccer team, called the Girls Academy (LATDP) this spring. It is the most elite youth girl's soccer team in the U.S. She made the team, so now I drive her to Baton Rouge for practice. She has games in Texas, Missouri, Kansas, Arizona, Mississippi, New Jersey, and Louisiana. And Phoenix plays on his own competitive team, so Kyle takes him."

I know most of you are wondering what the parents do for a living to be able to be this involved in their kids' activities. Kyle commutes to New Orleans where he is a merchant mariner, Chief Engineer, and Officer in Charge for his ship, *The Cape Knox*. He elaborated a bit, "It is docked in Bywater, New Orleans, right on the Mississippi River. We could supply all the tanks, guns, ammo, food or military contracts of any type. I've done humanitarian relief and was a rescue swimmer for 10 years." Seeing the curiosity on my face, he described, "I helped during the 2004 tsunami in Indonesia, and in the 2011 Fukushima, Japan earthquake. I also worked after the 2010 Haitian earthquake as a rescue swimmer."

So that's where the kids get their athletic abilities! I'm sure he had some interesting stories to tell himself, but he left me with a vivid image of his own strength and endurance. I commented that it also explained how his family understood a strong sense of commitment. Kyle looked at his children across the table and said, "I am pretty hard on them."

Grace interjected, "No, no... in a good way. We just recently volunteered together with Phoenix's soccer team for Keep Slidell Beautiful. My friend commented that my dad is so encouraging and likes the way he pushes me and motivates me. I'm glad I have a dad that will push me to do more, even when I'm trying my hardest. I try to use his techniques to motivate all of my friends. We are lucky to have the parents we do!"

Angelita is now a stay-at-home mom. She explained how busy the family was, traveling frequently. "We try to do everything we can as a family. When Kyle and I met, I travelled for a living. I was a flight attendant for 18 years.

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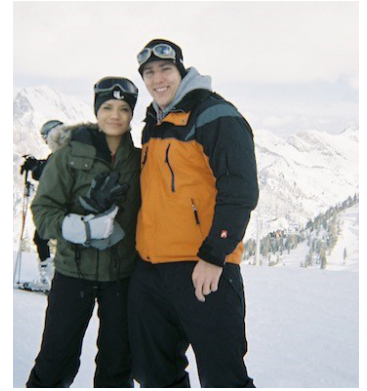
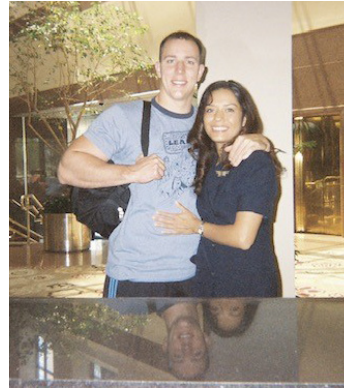


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1.) Angelita in her Navy uniform with a friend in 2010. 2.) Kyle from his Search and Rescue career aboard USNS Rainier, a combat support ship, in 2007 3.) The future Mr. and Mrs. Keene during their dating days, San Francisco 2008, when Kyle served with SAR and Angelita served as a flight attendant. 4.) Angelita & Kyle at Snowbird Resort in Utah, 2008.

During COVID, they offered me an early retirement. It worked out well because otherwise I wouldn't be able to do all this with the family. Before that, I was in the Navy Reserves. I chose not to re-up after I had Grace. I didn't want to be deployed after that. Becoming a mother changed my priorities. I come from a very family-oriented environment. My parents are from Mexico. I'm a first-generation American."

For Kyle, his upbringing was very dissimilar. "I grew up in a really small family in Seattle, Washington with just one brother. My dad moved to Salt Lake City for a change of scenery. I went to spend Christmas with him, because I didn't have anything going on in San Diego where I was working and living. I caught a flight from Salt Lake City to San Francisco, and Angelita was on the flight."

It began with her giving him a free drink. "He was a nice-looking man, very tall, and we were on a small commuter plane, so he really stood out. He waited until everyone else got off the plane and asked me to give him a call. We started by just talking on the phone and getting to know each other. It was a slow courtship because we were in separate states, and both worked and travelled a lot. I was still in the Navy Reserves, and he was working for Military Sealift Command. We had a lot of similarities and interests and hit it off right away."

They dated a few years, but once they married, they decided to expand their family right away. They were living in Utah where Angelita grew up. Kyle was flying back and forth to work on ships in Violet, Louisiana.

Kyle says, "She told me she wanted me home more after we had children and they got older and started having extracurricular activities. So, we sold our home, loaded everything up in a U-Haul and moved to Slidell! It was kind of scary, but my buddies told me Slidell was a nice, pretty area with a reputation as a good place to raise your kids."

I asked the kids how they felt about the move. Grace smiled, "I'm glad we decided to move here. Everyone here is really sweet. However, I do miss family in Utah."

Phoenix added, "If I were in Utah right now, there would be two feet of snow, and I wouldn't be out playing soccer like I am here."

Angelita said, "When you meet one new person here, you also get connected to the people they know. In Slidell,



Left: Phoenix lines up for the 800-meter at the 2022 Junior Olympics. Although he is still new at the sport, he competed against the best in the whole country and placed 30th overall! Right: Grace winning the 1500-meter at the Junior Olympics in Humble, TX in 2021.





1-2.) Grace and Phoenix have always been encouraged by their parents to enjoy outdoor activities and sports. Here they are in Utah, ages 3 and 5, enjoying the change of seasons. 3.) 2021 Strawberry Cup Champions in Hammond, LA. Grace scored the winning goal!

people all seem to know each other. I deeply miss my family and friends in Utah, but at the moment, we are where we are supposed to be."

School is also a big interest for the kids. As a mostly A student, Grace loves science. She loves the science projects and is writing a TED talk presentation on homogeneous and heterogeneous groupings in schools. "I believe that heterogeneous groupings are better, because people tend to do better when there are others at a higher class than them, that can provide an example to rise toward. Being with kids of similar interests might be fun or academically logical, but we could all improve and achieve things together as a whole if we were more dissimilar."

For Phoenix, English, reading, and writing are his favorites. He writes a lot of stories on his Chromebook. His last

writing assignment was about bullying. He sprang to life as he explained, "I am writing about a girl named Sarah who broke her hip. She is bullied but learns to stick up for herself. It is about courage and hope."

Angelita asserted, "We're just really proud of our kids. They both know that injuries could end their sports careers, so grades and other pursuits are important. There is an international soccer team called Real Madrid. And this year their training camp came to New Orleans. They only choose one kid from each age group to tour and train with them in Madrid. Phoenix was invited! It is very expensive, so now Phoenix is thinking about ways to raise money and go when he is 13. I think both of them have a really big future. I encourage and support whatever they decide."

Kyle spoke up, "All we can do as parents is to open doors for kids. They have to be the ones to walk through it. I have been reiterating three things that they have to do to succeed. That is to have fun, stay away from bad influences, and work hard at whatever they choose to do. They can apply that in every area of their lives. My kids seem to have a very different mindset. They know how to stick with something, even when it's hard. Sports have taught them a lot more about life and about themselves."

The inspiration I drew from each of their stories was to be certain to let your spark ignite another flame. You don't have to be a teacher, a coach, or even a grownup. Just be sure to pass that torch!



1-2.) Phoenix and Grace in action as wingers on their competitive soccer teams. 3.) Phoenix takes a break for a picture at the 2022 Junior Olympics. 4.) Phoenix & Grace continue to challenge and inspire each other and those they meet. Kudos to the Keene family!





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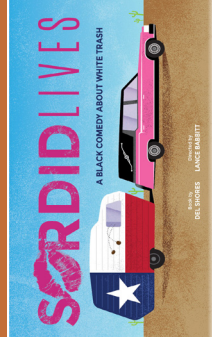
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**10**

**Slidell Council Meeting > 6:30 - 7:30 PM**

**17**

**FREE GREENWOOD CEMETERY TOURS by "The Storyteller" JOHN CASE**  
TUESDAYS - THURSDAYS • NOON - 1 PM • By Appointment • 985-707-8727

**24**

**Slidell Council Meeting > 6:30 - 7:30 PM**  
**BINGO!** Every Tues & Thurs • 3 PM  
Slidell Lions Club • 356 Cleveland Ave.

**31**

**BINGO**  
14 16 44 5 24 34 50 60  
4 10 8 26 38

**4**

**HAPPY BIRTHDAY!**  
Alex Carollo & Charlotte Collins

**11**

**Food for Seniors Distribution Day**  
@ St Luke's • 1 - 3 PM

**18**

**MOVIE POSTER ARCHIVE EXHIBITION • Slidell Cultural Center**  
Wed - Friday / 12 - 4 PM > January 6 - 27 > FREE ADMISSION

**25**

**Installation & Awards Luncheon** ▶ The GreyStone  
Hendeville 11:15 AM

**1** **FEBRUARY**

**BLACK HISTORY MONTH**

**5**

**Last Chance to see Christmas on Front Street • thru January 7th**

**12**

**B2B Networking**  
Covington Chamber  
8:30 - 9:30 AM

**19**

**Member Orientation**  
Covington Chamber  
8:30 AM

**26**

**CRIBS FOR KIDS**  
SP Coroner's Office • 6 PM

**2**

**Business After Hours**  
Hosted by Slidell Magazine & Lowry-Dunham, Case & Vivien  
2001 First St, Slidell  
4:30 - 6:30 PM

**6**

**THREE KINGS DAY**

**13**

**HAPPY BIRTHDAY!**  
Steve Kernahan

**20**

**HAPPY BIRTHDAY!**  
Kelly Luttman

**27**

**August Wilson's JITNEY > Slidell Little Theatre > 8 PM**  
Duck Hunter Shoots Angel > Cutting Edge Theater > 8 PM

**3**

**TITANS PARADE > 6:30 PM**  
Duck Hunter Shoots Angel > Cutting Edge Theater > 8 PM

**7**

**Camellia City Farmer's Market**  
Every Saturday 8 AM - Noon

**14**

**SCOUTS IN SPACE**  
Infinity Science Center • 9 AM

**21**

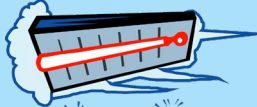
**CARS & COFFEE**  
Slidell Auditorium • 9 AM

**28**

**\$6 PANCAKE BREAKFAST**  
**SLIDELL LION'S CLUB • 8 AM**  
**Krewe of Slidellians**  
Ball 7 PM

**4**

**Camellia City Farmer's Market**  
Every Saturday 8 AM - Noon



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# The Storyteller

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Club of Slidell North Shore



## REVIEW, ACKNOWLEDGE AND RECHARGE

By the end of this writing, you may say that this is my worst story. Maybe you won't, as most of my readers like to read about people they know. Some of you may enjoy reading about how these people have contributed to the way I write and the stories I tell.

Over the past eleven years, *Slidell Magazine* has published 128 of my stories. There have been a few reruns, less than a dozen; and during Covid, we produced a few video presentations. In addition, I have another fifteen or twenty stories that were either deemed unworthy of publication or were of a subject matter not appropriate for the magazine.

I must be honest, stories don't come from my brain to my pen as easily as they did eleven years ago. In addition to that, I have tried to hone my skills and present better written tales. These take more time for development than my previous stories.

I suppose each person that writes has a different method, but I create my stories in my head for weeks before I put them on paper. If I am driving alone, I have the opportunity to not only visualize the story but, in some cases, verbalize them. When I am ready to write, it only takes me about an hour to produce a draft of the story.

In the future, I hope to change my style just a little. In the past, I have written in a rather journalistic style, revealing just the facts, with little character development, then reaching the climax of the story and rapidly descending to the end. I hope to write better developed stories, with more description and less sudden endings. This will require more time.

Now, I am not planning to retire from writing; but I may produce fewer, and I hope better, stories. There will be a rerun here and there, but I think they will be from my early days with the magazine, and maybe you haven't read them. I hope so.

# Rotary

Club of Slidell North Shore



***In Our Community  
In Our World***

Rotary Club of Slidell North Shore  
meets every Tuesday at 7:30AM  
Pinewood Country Club



Rotarian Jim Thomas helped to build a school for the children of Shiashie, Ghana. Jim and his "brother" Seth Ayettey (and grandkids) had just completed building Shiashie Presbyterian Church. What an impact in our world! Thank you Jim!



Our club's Red and Blue Tribute Program celebrates first responders who serve our community. Shown are Cpt. Sean McLain, Dennis Bush, Ben Williams, Joseph Geddes Sr., Brittany French, Joseph Geddes Jr., and Chief Chris Kaufmann. Thank you all!

The stories I have written and whatever success I have had are because of the encouragement of you, the readers. A phone call, a note left on my desk, someone stopping me or Brenda in a store and mentioning my latest story, these things are my reward.

My stories are not just mine; they are ours, inspired by those of you in my community that have a story to tell, but gave me the honor of letting me tell it. Thanks to all of you, but I want to take this opportunity to thank some specifically.

I must start by mentioning my brother, Carroll Case, who is an accomplished writer and painter. His advice was to “always write what you know about.” I have tried to do that; but, when I didn’t know, I made it a point to learn. Even though some of my stories are fiction, I want the details to be accurate. My brother’s advice was the best a writer could have; and giving accurate details in a story is why I am compelled to recognize some people.

In the early days of my writing, I wrote about history, specifically the history of Slidell and St. Tammany Parish. I am not a native and only moved here in 1973, at age twenty-six. I needed a local’s perspective and knowledge, and the one I depended on was John Lamarque. John is now deceased, but he helped me with so much research. I still have stories from John that I have yet to write, such as one about Baldwyn Lodge. He helped me discover the details of my second magazine story, *The Great Train Wreck*. He loaned me old fishing charts and personally knew Arthur Jones, the bigger-than-life, real character in *Faster Airplanes*, *Younger Women*, and *Bigger Crocodiles*. John, you jump started my career. I miss you man.

Keeping it in the family, there’s John’s brother, Jim Lamarque. He posed for me as the character in *Dirty Joe*. I had been searching for a character to photograph for the story. Brenda and I were fishing at the trestle one day and, on the opposite side, a lone fisherman with a bushy beard floats by. I exclaimed, “That’s him!”

Keep your eyes open, there may be another story about Jim someday. We will see. For *Dirty Joe*, my photo models were Jim, my daughter-in-law, Katie Case, and my grandson, Henry. You will find the story and photos in my book, *Saucered Coffee, Blewed and Cooled*.

The first story I wrote for *Slidell Magazine* was *Friday’s Ditch*. It is a true story about a mixed-race man named Friday Porter who dug a ditch across the Honey Island marsh to connect his land to Pearlinton, Mississippi where his girlfriend lived. Mrs. Mary Porter advised me on this story. She comes from the very prominent Porter family

and was the first black teller at a Slidell bank. She is now deceased. Thanks Mrs. Porter.

At some point, I met Eddie Polk. Eddie was a travel agent who specialized in WWII trips to Europe, specifically Normandy. We accidentally met in Our Lady of Lourdes Cemetery. He was accompanied by Floyd Fogg, while I had John Lamarque with me. John and I were looking for the grave of Arthur Chevrolet. That is another story I have told but never written.

Eddie pointed to a marker and told me that, in that grave, was the best story in the cemetery. The result was the story of George Baragona who was murdered by the Nazis in France during WWII.

Eddie and I became friends and he wished to entrust much of his war memorabilia to me. I didn’t think I was worthy to be the caretaker, and refused. Eddie is deceased now, and how I wish I had the trophies he had. Thanks Eddie.

I have known Floyd Fogg since I moved to Slidell. He was my competitor, as he owned an insurance agency just down the street. He was also a fine gentleman. When he retired, we purchased his agency and acquired many fine customers. Little did I know what a source of story material he was. First, he knew George Baragona; secondly, he was a professional baseball player and Marine veteran of Iwo Jima. He also helped me on *Mrs. Grace’s Candle*, a story about Jimmy Goldman, a WWII hero at Tarawa and other sites.

Jimmy Goldman was probably St. Tammany Parish’s most decorated WWII veteran. I could not have written his story without help from his daughters, Kathy and Cindy. Frank Cusimano was also a great source of information, as was Noel Levy.

With Floyd Fogg, the best was yet to come. I wrote a story on his life titled *Greatest Generation: All American Boy*. It is one of my favorite stories. More importantly, Floyd was proud of the story, and that was important to me. Floyd passed shortly after the story was published. Thanks for all the memories, Floyd.

There is a real storyteller in this town. He does not like the limelight and has asked that I never mention his name as a source. I haven’t for eleven years. Finally, for this story only, he said I could. His name is Pat Canulette. I referred to him in one story as a “young Marine.” In another, I referred to him as “a retired law enforcement officer.” I’ve also used many of his ideas where he was not referenced at all. This is the way he wanted it. Pat was Sheriff of St. Tammany Parish for 16 years and was the youngest sheriff ever elected in this parish. He is a decorated Marine Vietnam veteran



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(a loyal Marine, I might add) and, with his knowledge of the military, law enforcement, and politics, he's been an invaluable source. There will be future stories based on ideas Pat has given me, but you won't see his name mentioned. As I said, that is the way he wants it. Somehow, that makes his input more special. Thanks Pat.

Another such person who did not want his name mentioned was Mr. Pete Ouder. That man knew some stuff. I never gave him credit because he didn't want it. He is now deceased but his stories live on through me.

Dr. Ron Francis helped me in recreating the beginning of the boat parades in Coin du Lestin and Palm Lake. I also enjoyed writing a short biography of Dr. Francis. More than writing the stories, I enjoyed the visits I had with him to garner the information. Thanks Doc.

Several of my stories have been based on veterans and the military in general. For sources, I wish to acknowledge Col. Robert Lewis, USMC (Ret), Col. Cal Jumper, USMC (Ret), Lt. Col. Robert Byron Ellis, USMC (Ret) and Lcdr. Bernie Friel, USN (Ret).

I am currently working on a story with Col. Robert Lewis that I hope reflects my new approach to writing. It's a long one, so stay tuned. It may take me six months.

I have a childhood friend that still lives in Bogue Chitto. He knows the terrain and the people of that region like the back of his hand. He has been a fictional character in several stories. Some of my readers refer to them as "the Tommy stories." His name is Tommy Busby, and he is my go-to man in that part of Mississippi.

I have a go-to girl also. Her name is Sherry Waldon. Sixty-four years ago, she was my first girlfriend. That was in the fourth grade. We are still close friends and she is a source of time, place, and fashion of our youth. She is also mentioned in a few stories, *Bullfrogs in the Baptistry*, for one. Thank you Sherry.

Charlie Hewitt, a talent in his own right, was the subject of a non-fiction story I wrote called *Changes in Latitude*. Charlie wrote a song based on some of my stories. It was called *Storyteller*. It was produced by his friend Tyler Bridge. The song was used as the theme for a five-act play written from my stories and performed at Cutting Edge Theater in Slidell. The stories were adapted for stage by Suzanne Stymiest and Grace Marshall. Thanks to all the above. You can hear and purchase Charlie's song *Storyteller* on Amazon.

My first book, *Bogue Chitto Flats*, needed a cover photo. Thanks to Ann Sasser for the photo of the old Warren

Avenue Bridge. I have been told some have bought my book just to get the picture. The bridge was torn down just 3 weeks after it was photographed. Good job, Ann.

Speaking of photography, Slidell's own William Blackwell is responsible for so many photos I have used. He also shot and edited the videos we made during Covid, and he serves as my set-up man for readings, etc. He can make a dead microphone work, and somehow manages to make me sound good. He also did the great cover photo for *Saucered Coffee, Blewed and Cooled*.

Speaking of the book, the title was the creation of my talented nephew Ken Richardson. Now Ken, can you come up with another title for my new book?

My long-time friend from Ole Miss, Leslie Westbrook, has lots of stories to tell. Most I will not write to protect her privacy, but I have used bits of her story in *In Search of Identity*. I expect there is more to come from her in future years. Thanks for everything Leslie, mostly your friendship.

My writing has been blessed with the faithful support and encouragement of my family: Brenda, my wife, Alan and Chris, my sons, and daughters-in-law, Karen and Katie. It takes a village to write 128 stories. I thank each of you.

If it had not been for a lady asking me to write one story for her fledgling magazine, all that I have told you today would not have happened. There would be no story. There would be no *Storyteller*. The loss would be mine. Just think of the above mentioned people that I would have never known. Thank you Kendra Maness.

You may have noticed that many of my sources are now deceased. That has happened in just eleven short years. With their passing went so many untold stories. If you can't write, listen. Listen to the stories of the ones before us. You can tell the stories, and maybe someone like me, or someone with more talent, can write them. Listening is the art of storytelling.

In closing, remember that the happenings of today will be the stories of tomorrow, so you don't have to be old to tell a good tale.



John S. Case  
January 2023



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# "Your Estate Matters" Legal-ease

By Ronda M. Gabb, NP, JD, RFC



## WATCH YOUR FIGURE(s) IN THE NEW YEAR!

HERE IS A LIST of important figures for 2023 that we use regularly in our law practice:

**GIFT TAX:** The amount you are free to give to each person for this calendar year without either party having to file anything with the IRS went up to \$17,000. This means a married couple could give \$34,000 to each recipient. This is called the annual exclusion gift amount. For 2023, the lifetime gift tax exemption amount has been raised to \$12,920,000 per donor. The amount one spouse may gift for free to the other spouse who is not a U.S. Citizen is \$175,000, and an unlimited amount to a spouse who is a U. S. Citizen.

**ESTATE TAX:** The amount you may leave to your loved ones at your death free of any estate taxes or Louisiana state inheritance is now \$12,920,000 per decedent (minus any lifetime gifting made above the annual exclusion amount). This means that a married couple may leave up to \$25,840,000 (yes, almost 26 MILLION dollars!) to their loved ones both estate and inheritance tax free. Presently, the top marginal tax rate for estates that exceed these amounts remains at forty (40%) percent.

**IRAs:** The contribution limit was raised to \$6,500 per year for those under age 50, and an extra \$1,000 "catch-up" contribution, making it \$7,500 per year, for those 50 or older. This now applies to ROTH IRAs too, as this is the first raise in five years! Remember, in order to contribute to a ROTH IRA, you must have equal (or more) "earned" income to offset the contribution. If you were born on or after July 1, 1949, you are not required to take your Required Minimum Distribution (RMD) now, under the SECURE Act, until age 72. There is no longer an age restriction on contributing to your IRA as long as you (or your spouse) have earned income to offset

the contribution, even if you are already receiving your RMDs. You must take your RMD before April 1 of the year following the year you turn 72. The calculations for the 2023 RMD amount will be based on the market close of your account on 12/30/2022 (because the 31st is a Saturday), which should be significantly lower than the 12/31/2021 figure, which was a record high.

Don't forget that you can use some (up to \$100,000) of your Required Minimum Distribution (RMD) amount to pay to your favorite charities directly, in order to reduce your taxable income (called a Qualified Charitable Distribution-QCD). Some of our clients have donated their entire RMD for one year to bring their income down enough to qualify for the Senior Freeze below.

**SENIOR FREEZE:** In 2020, Louisiana voters significantly raised the amount of the "Senior Freeze". In order to have the assessed value of your Homestead "frozen", an owner of the property must be 65 years of age or older, reside in the property, and have an Adjusted Gross Income (AGI) of \$100,000, or less. After December 31, 2024, the figure will be adjusted for inflation. You must provide your assessor proof of your date of birth and a copy of your 2022 tax return. Once you qualify, future years of higher income do not matter.

**SOCIAL SECURITY RAISE:** For 2023, the COLA increase in Social Security checks will be a whopping 8.7%, and the Medicare Part B premium and deductible amounts will both decrease (after an astounding 14.5% increase last year). Part B is now \$164.90 per month (\$170.10 in 2022) and the annual Part B deductible is now \$226 (\$233 in 2022).

**MEDICAID:** For Medicaid (not Medicare) to pay for nursing home care for one spouse,

the "at home" community spouse may retain up to \$148,620 in countable resources. The primary home, with equity not to exceed \$688,000 (this limit does not apply if there is a surviving spouse), is not considered as a "countable" resource, but after the death of both spouses Medicaid may seek estate recovery against the home.

For Medicaid purposes, a single person who is in a nursing home may keep only up to \$2,000 in countable resources, a married couple who are both in a nursing home may keep only up to \$3,000 in countable resources.

For Medicaid purposes, the amount of monthly income the "at home" spouse may keep of the "institutionalized" spouse's monthly income is up to \$3,715.50 per month. This assumes the "at home" spouse has no other income, if they do, it will reduce this figure dollar-for-dollar.

Medicaid will not institute estate recovery against the home if an heir's income is 300% or less of the Federal Poverty Guidelines. The following are annualized 300% figures based on family size for 2023: (1) \$40,770; (2) \$54,930; (3) \$69,090; (4) \$83,250; (5) \$97,410. For example, if ANY heir with a family of four makes less than \$83,250 a year, Medicaid will not seek recovery against the entire home, not just that heir's portion.

**VA AID & ATTENDANCE PENSION:** For 2023, the VA Aid & Attendance Improved Pension Program monthly tax-free benefit for both a qualifying Veteran and Spouse needing care is \$2,642.83; for the Veteran only is \$2,229.33; for the Widow of a qualifying Veteran is \$1,490.63; and for two qualifying Veterans married to each other, is \$3,536.08. The asset resource limit for a qualifying Veteran, either married or single, is \$150,538.



See other articles and issues of interest!

Ronda M. Gabb and Ronald "Chip" W. Morrison Jr. are both Board Certified Estate Planning and Administration Specialists, certified by the Louisiana Board of Legal Specialization. Chip and Ronda combined have devoted over 40 years of practice solely to estate planning, and are Members of the American Academy of Estate Planning Attorneys, National Academy of Elder Law Attorneys, and the Governor's Elder Law Task Force. Ronda is also a Registered Financial Consultant. While Chip and Ronda both reside on the Northshore, Gabb Morrison LLP has offices in Covington and Metairie.

I am happy to announce the opening of my Slidell office exclusively for the treatment of Adult ADD at 112 Village Street, off Brownswitch Road.

The journey back to Slidell, where I originally opened my medical practice in 1979, is an ongoing learning extravaganza. I am an Internal Medicine specialist with additional Board Certification in Nutrition. I have a national reputation in nutrition, publishing scientific articles and books, mostly related to Nutrition.

The organ that governs nutrition, physical activity, and health in general is the brain. I have always been fascinated how quickly I could help remit terrible diseases such as Type 2 Diabetes and Cardiovascular illness simply with changing diet and exercise. I was equally frustrated by constant relapse of patients who simply could not avoid toxic food and drugs - to their detriment and even death. I simply had to understand the brain better and how it was affected by the body.

In the 1990's, we discovered that fat cells make hormones. In fact, over 200 cytokine peptide hormones have since been identified made by fat cells, the intestine, and liver. Most of these hormones have profound effects on the brain, immune system, and other endocrine organs. In 2004, I enrolled in a two year course in psychopharmacology by the Neuroscience Education Institute. I had to choose a subspecialty. The reason I chose ADD for my subspecialty is I had detected a strong link between dietary and exercise behavioral compliance and the ability of the patient to focus, task, and organize their diet, home environment, and exercise program - they simply

could not comply. It became very apparent that hormones are more powerful than willpower and that impulsive behavior is a hallmark of ADD and nutrition-related disease.

ADD children grew into ADD adults with the same life-failures as the adult Internal Medicine patients I was treating: obesity, drug abuse and dependency, failure in school and work, ostracism, and even incarceration. Those kids who were successfully treated with behavioral and medication strategies were markedly less likely to have these experiences. Moreover, ADD kids do not outgrow their ADD - it only morphs into adult life and adult problems.

ADD in adults is much more complex than children as there are limitless illness and drugs that can impair brain function. A short list is obesity, Type 2 diabetes, drugs of abuse, sleep apnea, mental illnesses such as anxiety, depression, and Bipolar disorder. Then there is head trauma and concussion, vitamin, endocrine, and hormone deficiencies. Each are fixable! Each is measurable! Each is usually accompanied by many of the others - very complex!

I can truly say treating Adult ADD and brain dysfunction the last 5 years of my 46 year practice have been the most rewarding. I look forward to 20 more. Please visit my website **[www.addclinics.com](http://www.addclinics.com)** for more information or to make an appointment. Follow me monthly in *Slidell Magazine* for articles on Adult ADD.



Stanford A. Owen, M.D. is Certified by the American Board of Internal Medicine, the American Board of Physician Nutrition Specialists, and the Neuroscience Education Institute as a Master Psychopharmacologist. He is certified in Hyperbaric Oxygen and a Fellow in the Obesity Society.

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# ART OF THE FILM

## LOUISIANA FILM INDUSTRY EXPO

**Story by Kim Bergeron,  
Art of the Film Producer**

Have you ever wondered what it might be like to serve as an extra on a movie set? Do you have visions of someday being a big movie star? Are you a songwriter whose storytelling is made for movies? Or are you interested in learning more about the multitude of career options in the film industry?

You'll find the answers to these questions and more at the upcoming "Art of the Film: Louisiana Film Industry Expo," returning for a second year to Slidell Municipal Auditorium. The event will take place Friday and Saturday, January 20 to 21, 10 am to 6 pm. The event is free and open to the public. Expanded from one day to two this year, Art of the Film will feature

an incredible array of industry professionals sharing insight and information about all things film. While Day One focuses much on the careers within the industry, Day Two will showcase the many ways the public can embrace the industry, whether participating in films and commercials or providing a myriad of services needed to bring productions to life. The event promises to be both informative and entertaining, offering something for everyone.

This story features a few of the many event presenters, and shares how their often unexpected journeys into the industry have changed their lives. Though their experiences vary, their passion for their work is universal and undeniable.

### **VELEKA GRAY, ACTRESS AND MASTER ACTING COACH**

At only 8 years old, Veleka became a professional actress. The choir director at her church recognized her talent and recommended her to a New Orleans production company to sing radio jingles for Dixie Maid Sugar. When she was 10, she was chosen to play Gretel in the school operetta, Humperdinck's *Hansel and Gretel*. The applause was exhilarating, she said, and in that moment, she knew she had found her passion.

She chased that dream to Hollywood and feels fortunate that she was able to quickly rise through the ranks. It wasn't long before she and her co-star, Joel Crothers, were the top romantic couple in daytime television.

In a case of art imitating life, the duo fell in love offscreen, too, and they were engaged to marry. Tragically, he succumbed to lymphoma before they had an opportunity to share their vows.

Following his death, she moved back to New York and a friend suggested that she consider teaching to help toward her healing. In addition to finding her own catharsis, she found it incredibly fulfilling to help other people find and manifest their talents. She had intended to move back to Los Angeles, but when Hurricane Katrina struck New Orleans, she wanted to do everything in her power to help her beloved city come back from the devastation. What she did not anticipate was that the city was about to become the new film hot spot, dubbed “Hollywood South,” and this development rolled out the red carpet for her to build the next phase of her career in the Crescent City. Her focus now is continuing to teach



acting classes while also exploring screenwriting and filmmaking.

As to her students, she is committed to guiding them to delve deeply and access the talent that is usually buried within.

“With every class, they bring up richer, more amazing expressions of their natural talent,” she says. “I just

provide the space and attention they require to do their thing.”

### **ERIC LAMULLE, SAG ACTOR**

Unlike Veleka, Eric did not discover his passion for acting when he was a child.

He lost a bet.



Though the notion of acting had never been on his radar, when he lost a bet to a friend he had known since high school, his resulting obligation was that he had to register at mycastingfile.com, a networking database utilized to connect casting departments with talent.

Just two days later, Eric landed a role as a background actor (BG) on the set of *NCIS New Orleans*, followed by BG roles in *Your Honor* and in a national Cadillac commercial featuring Regina King, a spot which aired during the Academy Awards.

Then came COVID-19, and much of the film industry came to a halt. When productions resumed, Eric was cast in a BG role of Maître d’ in the Hulu miniseries, *Mike*. While waiting for the scene to be shot, he struck up a conversation with an actress on the set. He didn’t know it at the time, but that conversation was about to kick his acting career up to a whole new level.

As it turned out, the actress was Leslie Silva, who portrayed the mother of Mike Tyson’s future bride, Robin Given. When the director approached Leslie to ask how she envisioned the scene,

she gestured toward Eric and stated that in his role as the maître d’, he would direct her party to their table.

Though some of his lines ultimately ended up on the cutting room floor, three words remained: “Right this way.” That single sentence, which he refers to as “a gift,” instantly changed his status from that of BG to professional status with Screen Actors Guild (SAG) eligibility. Along with that speaking role came a boost in pay, increasing his day rate more than ten-fold. A gift, indeed.

Since that time, Eric has added 40 to 50 productions to his acting resume.

“I can finally say that after seven or eight past professional careers, in one single day on a movie set, I found ‘home,’” he says.

So yes, he lost a bet. But in the end, he won a new career.

### **DEANNA CHARETT, PRODUCER, DIRECTOR, FILMMAKER, ACTOR**

In America, we lose 22 veterans every day to suicide.

DeAnna Charett wants to do her part to change that. The U.S. Air Force and U.S. Army Reserves veteran has used the film industry as a therapeutic coping mechanism for her own PTSD and she knows that her fellow veterans can benefit from the same.

She says she “kind of fell into the industry” when she observed the numerous films being shot in New





Orleans. A 5th Degree Black Belt in Taekwondo, she desired to use her martial arts skills to serve as a stunt person. She posted one of her martial arts photos on a website and it was spotted by Dawn Landrum, who with her husband, George, owns Landrum Arts talent agency. Dawn reached out to DeAnna to discuss possible representation.

As it turned out, George is also a veteran, a factor which inspired DeAnna to sign on with the agency. What she learned in the process inspired her not only to commit to a career in the industry but also to try to help others as well.

In 2020, she launched her own Baton Rouge-based production company, Bad Habitz Productions, a 501(c)(3) through which she creates documentaries, feature films, short film and episodics.

In her research prior to the launch, she conducted numerous interviews with veterans, and noted many were noticeably pre-cautious when speaking with non-veterans. DeAnna was also acutely aware that the state's film industry was dealing with film crew shortages, largely due to crews' migration to Georgia when Louisiana's film incentives had been sunsetted.

Recognizing this as an opportunity to help both the veterans and the film industry, DeAnna set a goal of offering free training for veterans toward careers in film. To meet this goal, she set her sights on recruiting local film industry professionals willing to serve as instructors, paid via donations to the non-profit. Upon completion of their training, veterans are able to gain experience working on projects produced by Bad Habitz Productions, paving the way for work in the local and national film industry.

She has filmed veteran organizations' events including the Louisiana Honor Flight and After the Mission

fundraisers, and the State VA has requested that she present a class at next year's Military Order of the Purple Heart's national convention to be held in August in Baton Rouge. She was selected for the honor due to her incorporation of writing and music into her therapeutic efforts.

With Louisiana's continued growth in the film industry, DeAnna has set her sights on helping many of her military brothers and sisters—one veteran, one production at a time.

### **DAN ZWEBEN, LOCATION SCOUT**

As a musician, Dan has spent much of his time amongst creative people, so his transition into the film and television industry felt quite natural. He got his start in New York City as a production assistant at NBC's *Access Hollywood*. Two years later, he became an associate producer at TLC's *Fashionably Late with Stacy London*. Dan then became associate producer at True Entertainment working on shows such as *Mystery*



*Diagnosis* on Discovery and *Personal Justice* on TLC. From there he moved on to Al Roker Productions where he worked on shows for The Food Network with Sunny Anderson. But it wasn't until 2014 when Dan started working on the CBS show *Elementary* starring Lucy Liu that he found his true passion: locations. He worked on 72 episodes of the series, scouting all over New York City. During that time, he learned the art of negotiating with homeowners and businesses and worked closely with the production

designer and the art department.

In the summer of 2020, Dan and his family moved to New Orleans, where he embraced the local culture and found a new home in the local film industry. He became the assistant location manager on Sony's *Heart of a Lion*, then on the David Fincher-directed Netflix feature film *The Killer*, the AMC series *Paris* and the Disney feature *Untitled Sister Comedy Project* starring Sandra Oh, Will Ferrell and Awkwafina. He closed out 2022 as the assistant location manager on the Showtime series *Your Honor*, starring Brian Cranston.

Dan says the last few years have been a whirlwind but he's excited to continue his film work in the state of Louisiana.

"I'm able to take breaks to reconnect with my family," he says, "and that allows me to truly appreciate what I do for a living."

### **BEN REDWINE, CLASSICAL AND JAZZ MUSICIAN AND COMPOSER**

Jazz musician Ben Redwine likes to say that he's never seen a silent film because, within his mind, he "heard" the score as the film rolled. So he was delighted when presented the opportunity to actually create soundtracks that added a whole new dimension to the silent productions.

He was contacted by a company from Chicago that had researched films of Harry Langdon, a contemporary of Charlie Chaplin and all of the early silent film actors. Though all of Langdon's films were presumed lost, the company had collected segments from a number of his films from around the world, and these were spliced together to recreate the films.

Ben and his band were hired to write new scores to the old films. He says this was a contrast to the



process in the 1920s, for which a musician—typically an organist or pianist—would use “set pieces,” music already written for other purposes, to improvise a soundtrack performance in a live theater setting. Only rarely did soundtracks exist specifically for a given film.

“We, the band of composer/performers, would write new music for the films, record the soundtracks, and send them off to Chicago,” says Ben. “We were on very tight deadlines and would often record two or three soundtracks in a single recording session.”

What resulted were three-DVD sets, with the first featuring the works of Harry Langdon, the second featuring Charley Chase, and the third being a mixture of films starring various actors. While the second and third

sets are available for purchase, the Harry Langdon set is now out of print.

“On two occasions, we had so many films to complete that I used my jazz trio as the soundtrack band instead,” says Ben. “In one case, I fully composed the score, and in the second case, my band completely improvised, watching the film as we performed.”

He says the process was exhilarating and he’s pleased with the end products. His band has frequently performed live showings of the films, and the experiences have been met with positive feedback from a diverse array of audiences.

“Adding music to the films transforms them from visual experiences to multi-dimensional experiences,” he says. “The music, if done well, propels the story line, at least subliminally, for the watcher.”

In doing so, he’s bringing the not-so-silent films to entire new generations. And that is the art of films.

In conjunction with the Expo, Movie Poster Archives and Hollywood on the Bayou are presenting *Art of the Poster*, an art exhibition featuring the graphic design of movie posters. The event is hosted by the City of Slidell in the George Dunbar Slidell Cultural Center. Admission is free.

## ART OF THE FILM 2023 FEATURED PRESENTERS

**Christopher Stelly**, Executive Group Director, Louisiana Entertainment & Digital Media

**Trey Burvant**, President, Louisiana Film & Entertainment Association

**Carroll Morton**, Director, Film New Orleans | Mayor’s Office of Cultural Economy

**Ed and Sue Poole**, Hollywood on the Bayou, Film Accessory Researchers

**Linda Thurman**, Hollywood veteran, author and Movie Poster Archives Executive Director

**DeAnna Charett**, Founder, Bad Habitz Organization veterans filmmaker training program

**Reid Wick**, Membership and Industry Relations, Recording Academy/GRAMMYS

**Jay Weigel**, Composer, Producer and Conductor

**Greg Barnhill**, Composer, Songwriter and Master Vocalist

**Donovan Williams**, CTO, JAMM Around music collaboration platform

**Veleka Gray**, Master Acting Coach

**Eric Lamulle**, SAG Actor

**Kody Chamberlain**, Writer and Story Artist

**Hunter McHugh**, CSA, Casting director, On the Hunt Casting

**Dan Zweben**, Location scout

**Mickey Lambert**, Location manager/scout

**Roberta Carrow-Jackson**, St. Tammany Film Commissioner, featuring Reel Scout

**Dr. Ben Redwine**, Classical and jazz musician and composer

*See presenter bios, session information and the complete Art of the Film Expo schedule at [NorthshoreCEC.org/ArtOfTheFilm](http://NorthshoreCEC.org/ArtOfTheFilm)*



# The Business of Film

luncheon featuring  
Lt. Governor  
Billy Nungesser

January 20, 2023  
12:00 to 1:30 pm  
Slidell Municipal Auditorium









# Trusted Lifelong Learning

**Kelly LaRocca**, Director of the St. Tammany Parish Library

Happy New Year! On behalf of every one of us in the St. Tammany Parish Library System, thank you for continuing to allow us to serve you and generations of your family for over 70 years. We look forward to the next 70. We are proud to be at the foundation of our community. We were founded through a grassroots effort in the 1950s by civic, educational, and service organizations to enhance the community's access to books and information and to improve quality of life. 70-plus years later, we continue to carry out this mission. With 12 branch locations throughout our many towns, villages, and cities, the Library is at the heart of literacy, learning, education, and community. Each branch reflects the identity of the community in which they reside.

In 2022, our collection circulation numbers, and the number of patrons we welcomed into our branches, surpassed 2021. We hosted 1,064 classes and events with 20,416 attendees. We have nearly 90,000 card holders. These statistics reflect a community that has great trust in our Library system and the people who work in our branches every single day. I am proud of our staff and their service to St. Tammany. I commend our seven-member Library Board of Control (LBOC), comprised of St. Tammany residents, appointed by

the St. Tammany Parish President and the St. Tammany Parish Council, who work rigorously to continually improve the operations of our Library and provide their guidance, expertise, oversight, and service. And I am grateful to our patrons and future patrons for allowing us to be a part of their lives and the lives of their families.

Our St. Tammany Library System belongs to every person in St. Tammany Parish and goes well beyond the books in our collection. A Parish-wide millage of 6.33 mills currently assessed at 5.78 mills, funds 97 percent of our operations. Here is a small snapshot of what we provide with this funding:

- Over 700,000 items (both physical and downloadable)
- Public computers with free wi-fi, both in the branches during operating hours and in branch parking lots until 10 p.m. each evening.
- We promote lifelong learning for every resident through literacy, STEAM, and STEM-based programs.
- Annual Reading Challenges, Storytimes, Storywalks®, and 1000 Books Before Kindergarten.
- Our Program Coordinators support community gathering with programs like Playdate for parents of babies and toddlers; the Teen Volunteer Council

— a chance for teens to learn about civic involvement, leadership, and compromise; and adult programming featuring arts, physical fitness, and educational topics.

- We are a Certified Funding Information Network. In this capacity, we work to assist non-profits in using our Candid databases to locate philanthropists in our community who are interested in helping their specific cause.
- We provide outreach to children, teens, adults, and senior citizens
- We have countless databases that offer language learning, career resources like practice CDL testing, online tutoring, and several newspapers and magazines.
- We serve the underserved and we work to make St. Tammany a better place.

In 2022, concerns were raised over items in our collection, and the access children could possibly have to materials that are intended for Adult audiences, located in the Adult stacks of the Library. Our policy is that parents are the decision-makers for what their children read. To this end, we worked to give parents additional ways to guide their children's literary choices. Parents now have additional access level options to manage which items their children are able to check out of the Library on their



existing Juvenile library card. Levels for Juvenile Library cards range from Full Restriction to Unrestricted. With these additional access levels, parents and guardians tailor their child's experience, and we ensure it is carried out according to their specific wishes. Complete details of the access options, from Full Restriction — a juvenile cardholder may only check out children's materials — to Unrestricted — a juvenile cardholder may check out any item in the Library, are explained in detail at [www.sttammanylibrary.org](http://www.sttammanylibrary.org). Beginning January 3, all juvenile cards that have not had access specified will require an update, either over the phone, or by coming into a branch. This additional means of guidance is in conjunction with our other long-standing policies regarding minor children.

- Children under the age of 18 and at least age five, may only obtain a Library card and use the computer with the written permission from their parent or guardian.
- Children under the age of 10 must be accompanied by a parent or guardian while in the branches and when using the public computers.
- All public computers have filters in accordance with the Children's Internet Protection Act or CIPA. The CIPA can be found on the Federal Communications Commission website at this link: [www.fcc.gov/consumers/guides/childrens-internet-protection-act](http://www.fcc.gov/consumers/guides/childrens-internet-protection-act).

• Children's Services Librarians and Teen Services Librarians are on-staff to offer parents direction in choosing materials.

- All Storytimes are performed by St. Tammany Parish Library Children's Services Librarians, or small branch managers. The themes are planned well in advance and revolve around animals, nature, seasons, and general similar topics.

Our experienced professionals on staff with advanced degrees ensure a well-rounded and robust collection. They use trusted journals, bestseller lists, professional reviews, and award-winning book lists to select items. Approximately 36% of our items are purchased from patron requests. Every book for children and teens is reviewed before it is added to our collection. After a full review, our staff makes the final determination as to where the item will be placed. Members of the public can review up to 180 days of newly purchased items on our website. Simply scroll down to the bottom of our homepage at [www.sttammanylibrary.org](http://www.sttammanylibrary.org) to review what's new. This feature has been in place for many years.

This is not the first time, nor will it be the last time, someone objects to a book, a display, a movie, or a magazine in the Library. We house over 600,000 physical items. Our [Statements of Concern About Library Resources Policy](#) (use the QR Code at the end of this article to learn more) is in place so that each

and every concern is addressed fairly and equally with professional rigor for every person who chooses to utilize it. To arbitrarily remove an item based on an unvetted objection would certainly erode the decades-long trust our patrons have placed in us to serve our entire community fairly and transparently.

In 2023, we look forward to bringing new programs, events, and opportunities for our patrons. We look forward to finalizing our Strategic Plan, planning for the expansion of our Slidell Branch, and our 2023 Summer Reading Challenge.

The St. Tammany Parish Library is a trusted institution. We value our patrons. We will continue to responsibly serve every family in our community through access to information, the promotion of literacy, and a love of lifelong learning. We are where people come to grow.

Use this QR Code to learn more about our **Statements of Concern About Library Resources Policy**.







# MAKING CENTS OF YOUR MONEY

Read Mike's  
past articles  
online ►



by: Mike Rich, CFP® | Pontchartrain Investment Management

## *It's a New Year* & I Don't Care How You Spend Your Money!



Inflation continues to rage in our country, and, if your wallet is anything like mine, it's a little thinner after leaving the grocery store than it was last year at this time. The pundits tell us that inflation is likely to plague us for a while, so it appears that all of us will have to spend more money than we'd like.

To be honest, I don't care how you spend your money, at the grocery store or elsewhere. It might sound like heresy from a financial advisor, but it's true. I might not agree with how you choose to spend your money, but it's yours and you can spend it as you wish...as long as you consider doing the following things first:

1. Have at least two or three months of living expenses in a savings account. Cash is king and everyone needs an emergency fund to cover unexpected expenses or a short-term job loss.



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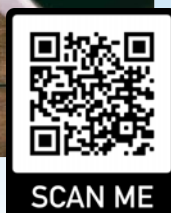
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2. Make sure the working folks at your house are protecting their income. If you are not protecting your income and other assets, you could be one catastrophic event away from, well, catastrophe. If you are not sure about your situation, let me take a look. Don't take chances with your money. Insurance companies are in the business of handling risk. Let them do it.
3. Save and invest at least 15% of your gross income for your future. I can't guarantee investment success, but by saving 15% of your income (which can include your employer's match, if there is one), you will likely make a lot of progress towards building a retirement nest egg. Decisions about how to invest that 15% can get a bit complicated. If you need help, call me.
4. Make sure your estate planning documents are in place. Putting legal documents in order is probably not the most exciting thing on your financial planning list, but it's vital. Just about everyone I know needs a will, a living will, and a

power of attorney that gives someone else the authority to sign legal papers if you can't do it yourself. There are plenty of good attorneys in our community. Find one and get this done now.

So, if you want to spend your money on jet skis and Cheez Whiz, I don't care. But consider doing the important things first. After that, spend away!

Now, pass me the Cheez Whiz. I love that stuff!

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# Woods, Water & BEER

We can all agree that living in Louisiana is about as good as it gets. But sometimes you just want a change of scenery; something a little different, such as a hilly terrain for a hike instead of a flat land full of pine trees; or rushing water instead of a calm bayou.

Come along as I take you to an area of North Carolina that I never tire of exploring. Why North Carolina? It's only a 9-hour drive and I can be in a completely different landscape – hilly and mountainous, white water rather than flat water, Smoky Mountain National Park, Nantahala National Forest, and Asheville for a tasty sampling of craft beers.

One of my favorite spots to visit is Smoky Mountain National Park, which happens to be the most visited National Park in the country. There's no wonder why; the beauty of the area offers many activity choices for all ages. The Park spans eastern Tennessee and Western North Carolina.

Is it really smoke wafting around the mountains? "Foggy Mountains" might be a more correct name. The smoke is actually fog rising from the mountainous vegetation. Plants give off oxygen and volatile organic compounds. What causes the bluish haze of the mountains? The vapor molecules emitted from the vegetation scatters blue light from the sky.

The mountains themselves are estimated to be 200 – 300 million years old, making them one of the oldest ranges on Earth. Once upon a time, prehistoric people inhabited this area. Hunters and gatherers passed through the regions some 12,000 years ago. When European-American settlers arrived in the area, the land was settled by Cherokee Native Americans, one of the most culturally advanced tribes on the continent. With their in-depth knowledge of the land, plants, and animals, along with methods learned from early settlers, they were able to develop complex systems of agriculture and their own written language.

Story and photos by Donna Bush



Sadly, the Cherokee, along with several other indigenous nations, were forced to relocate to lands west of the Mississippi River due to man's greed for gold and the land. This was known as the Trail of Tears and is recreated today by a powerful narrative, *Unto These Hills*, performed at the Mountainside Theater in Cherokee, North Carolina. While there, visit the Oconaluftee Indian Village where you will be transported back in time to the 1760s. A cultural guide leads you through an interactive journey of Cherokee lifestyle and traditions, where you can observe and interact with villagers as they demonstrate building a canoe, sculpting pottery, weaving baskets, and creating beadwork. Delight in watching the cultural dances and a blowgun demonstration.

As with any National Park, you can bet there will be some amazing hiking trails. This park has over 850 miles of them, ranging from easy enough for kids to strenuous. Be prepared and

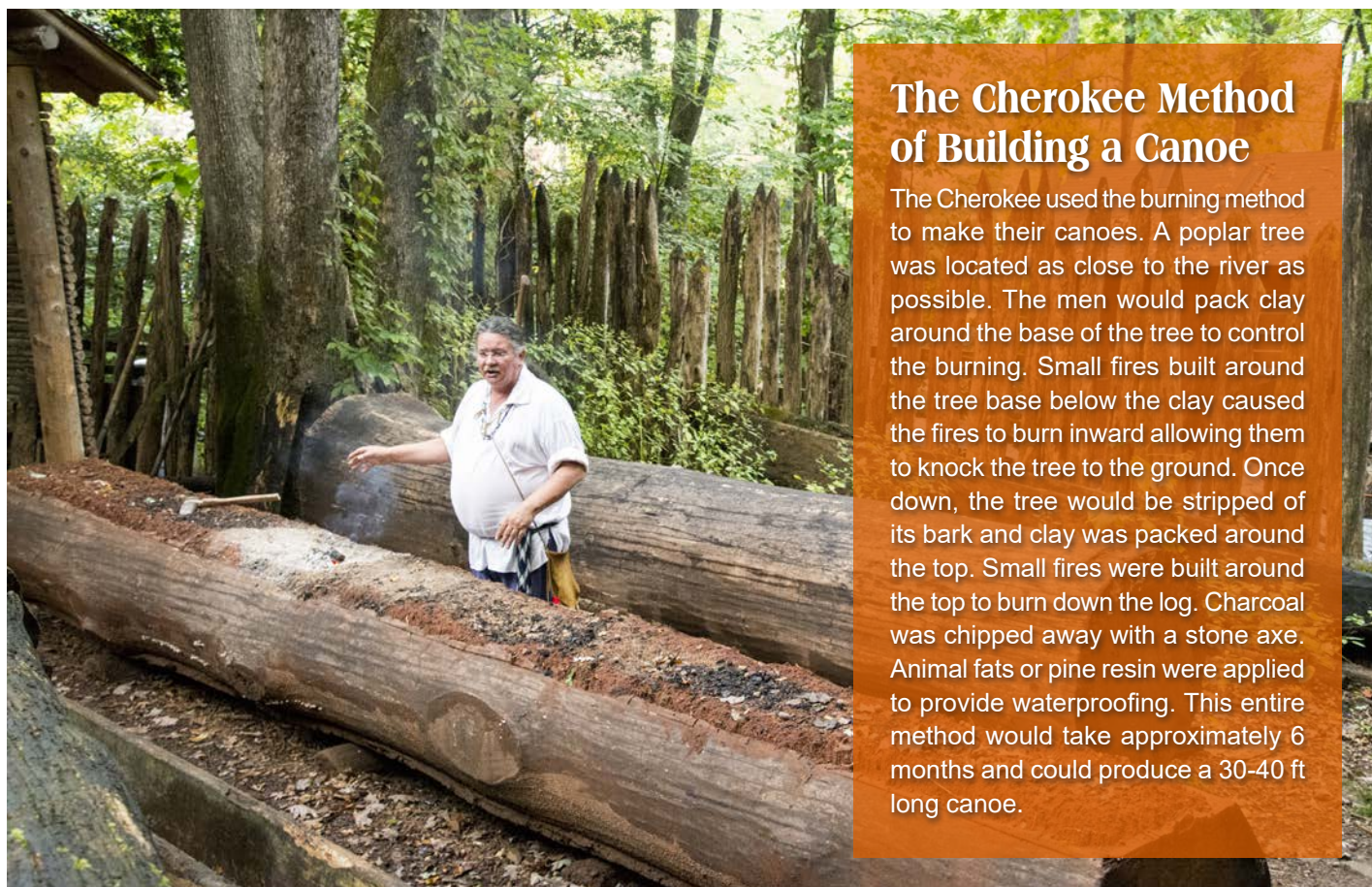
scope out the hike before starting. Along these walks, you may cross many of the park's 2900 miles of streams, all of which allow fishing, mostly trout and small mouth bass. Along with the many streams come over 100 waterfalls and cascades to enjoy.

This Park is considered the most biodiverse in the park system, with more than 19,000 documented species (scientists think there might be an additional 80,000-100,000 species); 1600 types of flowering plants, with 100 native trees and another 100 native shrubs. Don't forget about the 65 species of mammals, more than 200 kinds of birds, 67 native fish species and more than 80 types of reptiles and amphibians.

Cades Cove is the most often visited place in the park. There's an 11-mile one-way loop passing numerous historic buildings, including churches and a working grist mill. It's also a great place to see wildlife – white-tailed deer, black bears, turkey and more.

The John P. Cable Grist Mill in Cades Cove was built in the early 1870s. The main power comes from Mill Creek, but Cable also dug a connecting waterway to Forge Creek so that he could tap both when water levels were low. Water from the ground-level flume continuously pours into the waterwheel's buckets. The pressure and weight of the water in the 40+ buckets turn the wheel to ground the grain. This mill is about ¼ the size of the Mingus Mill found near the Oconaluftee entrance.

The Mingus Mill, built by the Mingus family, is the most premier of the mills in the park. The three-story building still produces cornmeal in the manner utilized in the late 1700s. The current structure was finished in 1886 and boasts a metal turbine, considered an improvement over the wooden waterwheel. You can learn about how the meal is ground and purchase Mingus Mill ground cornmeal along with other "country" items, such as homemade jams and honey.



## The Cherokee Method of Building a Canoe

The Cherokee used the burning method to make their canoes. A poplar tree was located as close to the river as possible. The men would pack clay around the base of the tree to control the burning. Small fires built around the tree base below the clay caused the fires to burn inward allowing them to knock the tree to the ground. Once down, the tree would be stripped of its bark and clay was packed around the top. Small fires were built around the top to burn down the log. Charcoal was chipped away with a stone axe. Animal fats or pine resin were applied to provide waterproofing. This entire method would take approximately 6 months and could produce a 30-40 ft long canoe.





Most people don't associate elk with the Smokies. They succumbed to over-hunting and habitat loss in the area, and were considered extinct in the 1800's. But, in 2001, the Great Smoky Mountains National Park elk reintroduction program kicked off with the release of 25 elk, followed by an additional 27 in 2002. Today, the population nears 200. The elk can be seen on the North Carolina side of the park near Cataloochee.

An adult male, known as a "bull" can weigh 600-700 pounds. The female, called a "cow" averages 500 pounds. As adults, these massive animals are 7-10 feet long from nose to tail and reach 4.5-5 feet tall at their shoulders. Only the males have antlers, which can

reach 5 feet in width. Mating season, also known as the "rut", takes place in September and October. For this reason, the fields at Cataloochee and Oconaluftee are closed to all use from September 1 - October 31. People are not allowed in the fields even if no elk are present. This is to protect people and animals. During this season, males can be heard bugling to attract a mate and to challenge other males. A huge male might mistake a visitor as a challenger or threat to his harem, and charge. Don't let their huge size fool you. A male can run as fast as 40 miles per hour and has outrun horses in a short race.

Clingmans Dome is the highest point in the Smokies and in Tennessee at

6,643 feet. On a clear day, the summit observation tower offers 360-degree views for those willing to make the steep half-mile climb to the top. The view can range up to 100 miles with perfect weather conditions. Unfortunately, air pollution and/or cloudy, foggy weather conditions can limit the view to 20 miles or less.

Another cool place to visit is the Cherohala Skyway, a 43-mile National Scenic Byway from Tellico Plains Tennessee to Robbinsville North Carolina. The Skyway travels 18 miles up and over 5,400-foot mountains in North Carolina and another 23 miles downhill into the deep forest of Tennessee. It is one of those winding, curvy, hilly roads that makes you want to drive a stick-shift







sports car and take those curves just a bit faster. The highway crosses both Cherokee and Nantahala National Forests, hence the name “Chero-hala.” There are no facilities other than an occasional restroom for most of the trip and cell service is very limited.

Sports car and/or motorcycle enthusiasts brag about cruising the Tail of the Dragon with 318 curves in 11 miles. The road is US 129; bordered by the park and the Cherokee National Forest.

While both scenic drives offer astounding views, plan to pay attention to the road as those curves come screaming at you!

Nantahala National Forest is one area that I visit frequently for multiple reasons. For one, this spectacular forest

includes more than a half million acres of pristine woods ranging in elevation from 1200 to 5800 feet. It is rampant with hiking trails, waterfalls, fishing, loads of whitewater rapids, plus some flat water and more. Nantahala is Cherokee for “land of the noon day sun;” where deep down in the Nantahala Gorge, the sun barely reaches the floors of the valley.

One of my husband’s passions is whitewater canoeing and rafting. He’s pursued this adventure for numerous years with Nantahala being one of his favorite destinations. While I’m not as passionate about whitewater as he is, I never tire of the beautiful scenery, hiking and wildlife.

There truly is something for everyone. Whether you want to zipline through the canopy and above the trees; try your hand at whitewater rafting with a group raft experience, a tandem or a single ducky; fishing, biking, horseback riding; or find your fortune at a gem mine, there are tons of choices.

Paddling the lower Nantahala is a great introduction to whitewater, with a combination of Class II and III rapids, intermingled with calm placid pools allowing a break from the exertion. The Class III rapids can easily be avoided by putting in just below the first section and taking out above the final section. This would make your entire paddle Class II as the most difficult.





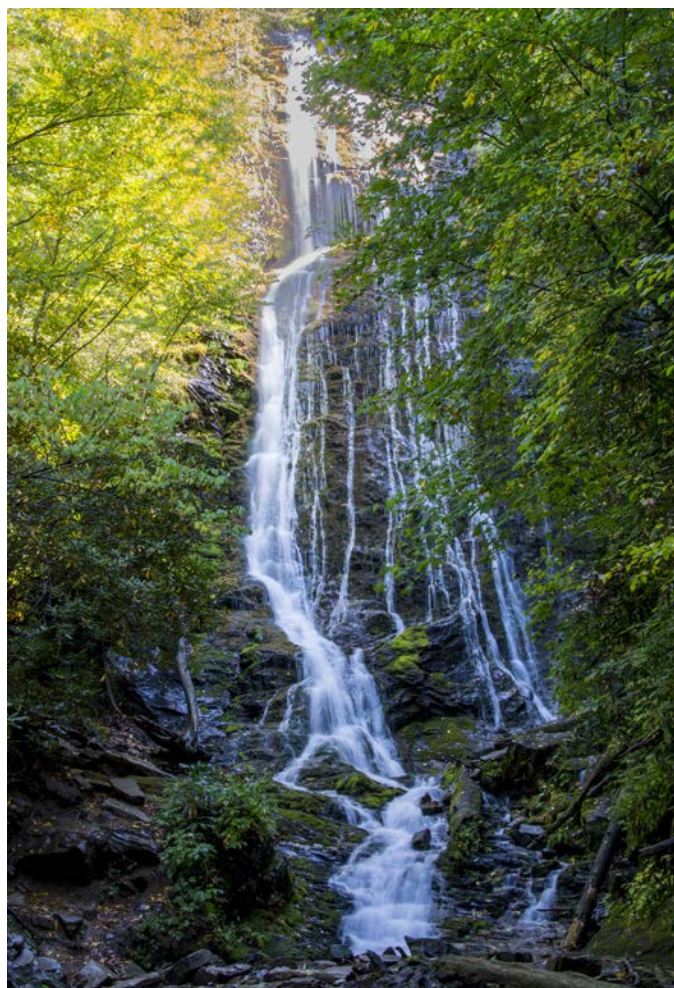
Several times each summer, the upper Nantahala is amazingly transformed into a world class whitewater course with Class III, IV and V rapids. Believe me, this is not for the novice. The couple of times I've seen it, the paddlers were super hard-core serious – think Olympic competition.

The Nantahala is a dam-controlled river managed by Duke Energy. A dam was completed in 1942 to allow control of the water for both power usage and recreational enjoyment. Although power generation happens year-round, from March - October, Duke modifies their generation schedule to allow water releases into the river for kayaking and rafting opportunities.

Nantahala Outdoor Center (NOC) is one of the nation's largest outdoor recreation companies and is kind of the hub of activities around the area. Not only do they offer a paddling school where you can learn to kayak, they also guide kayaking trips all over the world. In fact, 22 Olympians, including 2 gold medalists, call the NOC their home. They had competitors at the 1972 Olympics when whitewater kayaking was introduced for the first time.

Once a year they host their Guest Appreciation Festival (GAF), where attendees can take advantage of special sales on new and used outdoor gear, listen to local music, take part in various whitewater activities, or watch/participate in slalom races. Canoe slalom, once known as whitewater slalom, involves athletes paddling a kayak or canoe through a course of hanging gates on river rapids. The goal is to complete the course in the fastest time possible. Sixteen to twenty-five gates are utilized with six to seven which must be negotiated upstream. Most courses take approximately 80-120 seconds to finish. Penalties are added for a competitor's body, boat or paddle touching any of the poles, missing a gate, or taking the course in the wrong order. This is currently an Olympic event as well as World Championship and World Cup event.

During GAF and many other weekends, you can see a wide gamut of boats on the river: my husband's 4-person lime



green raft (appropriately named "Shrek"), kayaks, canoes, 8-person outfitter rafts, duckies, a stand-up paddle board or two, and one year - a purple dinosaur!

Nantahala Lake is at an elevation of just over 3000 feet, making it one of the highest lakes in the eastern US. The crystal-clear water offers a bevy of water-related activities – boating, skiing, swimming, fishing and more. As I researched the species of fish in the lake, I discovered that in addition



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to the usual fish you would expect in a freshwater lake, they also have a freshwater salmon! As a fan of Alaskan salmon, I was compelled to dig deeper. Kokanee salmon are a landlocked version of sockeye, or red salmon. Since they never migrate, they are smaller than their relatives.

If you are looking for an activity tamer than ziplines and whitewater, take a scenic ride on the Great Smoky Mountains Railroad with an authentic WWII steam locomotive that dates back to 1942. Number 1702 is in the largest engine class and one of only two remaining in the US. They offer 2 different excursions: the Nantahala Gorge (my favorite) and the Tuckasegee River. BTW, if you are rafting on the Nantahala, you might catch a glimpse of the steam engine as it passes through the gorge.

Nearby is the Appalachian Trail (AT), a favorite of hikers seeking to achieve their goal of completing the AT, or even just hiking a section of it. That's easy to do here. You can pick up the trail at Fontana Dam as it enters the Great Smoky Mountain National Park, make your way to the highest peak at Clingmans Dome and eventually work your way to the town of Hot Springs, North Carolina for a well-deserved soak in the springs. This entire portion could take up to 7 days, but feel free to pick any portion of the hike just for the bragging rights! I've day-hiked a portion of the AT, but nowhere near the complete AT, which our Slidell Police Chief accomplished.

I once stayed at Fontana Village Resort, which reminded me of Kellerman's Resort from the movie, *Dirty Dancing*. If you've ever visited any of these areas, you've most likely seen kudzu, known not so fondly as "the vine that ate the south." Not a U.S. native plant, it was introduced here in 1876 and is native to Japan and southeast China. In the 1930's, this green ornamental with sweet smelling blossoms was touted as an effective tool for soil erosion. This came at a great price. An established plant can grow at a rate of one foot per day, with vines growing up to 100 feet. It can quickly overcome anything in sight. In North Carolina, it can be seen growing over existing plants, buildings, utility poles and anything that doesn't move. Typically known for residing in the southeast, it is now making its way to the Midwest, Northeast and even Oregon. In eastern Asia, the dried root has been utilized for thousands of years in traditional Chinese medicine to treat a variety of issues. Leaves, tender shoots, and flowers were eaten raw or cooked. The fiber from the stems has been used to make fabric, basketry, rope, and cushion stuffing. Rumor has it, it has been used as a beer flavoring by microbreweries.

You don't have to spend all your time in Nantahala. There are so many other areas to visit. I've already mentioned Cherokee and Fontana. Nearby is Asheville, roughly about 90 minutes from the Nantahala Outdoor Center and about



an hour from Bryson City. This beautiful town is located in the western part of North Carolina's Blue Ridge Mountains, offering a vibrant art scene, historical architecture, and cultural delights.

Asheville is the location of the magnificent National Historic Landmark, The Biltmore House, home of the Vanderbilts. When George Vanderbilt first visited Asheville in 1888, he was captivated by the natural beauty of the area and began acquiring land. With 125,000 acres, he determined to make this a self-sustaining home. Construction began in 1889 and completed in 1895 with over four acres of floor space, 35 bedrooms, 43 bathrooms and 65 fireplaces! The progress continued with a horse barn and a dairy. After George passed away, his wife, Edith sold 87,000 acres of the estate to the US National Forest Service, known today as Pisgah National Forest.

In 1971, one of George and Edith's grandsons planted the first grape vines on the property, today known as the Biltmore Estate Wine Company. Now there's an inn, hotel, and cottages available for overnight stays, and of course, plenty of tours!



Asheville is quite the scene for craft beer with approximately 26 different craft breweries in the city and another 60 nearby! We signed up with Beer City Brewery for a South Slope tour. Our guide, Evan, was in awe of my husband Eric's brewery skills and his beer brewing t-shirt.



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"She Screams" Julia Spliss

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"A Pirates Life for Me"  
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We visited Burial Beer Company, Green Man Brewery and Eurisko Beer Company. It was a lovely tour with some yummy beer, eclectic sights of the city, and a beer education.

I learned:

- Washington, Oregon, and Idaho provide nearly 100% of the hops in the US, even though hops are grown in almost every other state.
- Germany produces the most hops in the world, followed by the United States.
- Hops are grown on bines, not vines. They grow upwards from the ground to an overhead trellis. Green Man Brewery had their own privacy wall grown of hops on the bine! We picked a hop to smell. Ahhh!
- Citra is the number one hop used. By the way, my husband uses Citra a lot.

• What is "skunked" beer? Lots of people talk about skunked beer – that beer that tastes kind of like a skunky smell. Well, it's a real thing. But it is not from a skunk. It's from UV exposure, with the technical term being "lightstruck." Here's a tidbit of info for my fellow beer drinkers: skunked beer only happens to beer that is bottled in clear glass bottles. Brown bottles offer the best protection; green a little less; and clear are the most often culprits of skunking. While most of us laymen (and women) beer drinkers think this takes a long time to occur, it actually does not. It happens rather quickly. So, if you're drinking one of those clear or green glass beers, keep it out of the sun!



Next time you're looking for a bit of a change of scenery, change of pace or maybe some new adventures, consider visiting one of my favorite places. It's only a nine-hour drive from Slidell but it's a whole new world of wonderful experiences. The only flights involved are the ones you'll be tasting at the breweries!

Cheers!



## Hip Pain

The hip joint is the body's largest ball-and-socket joint that fits together in a way that allows for fluid movement. It can withstand repeated motion and a fair amount of wear and tear. When using the hip joint, by running for example, a cushion of cartilage helps prevent friction as the hip bone moves in its socket. It's quite durable but not indestructible. As you age, the cartilage can wear down or become damaged, muscles and tendons in the hip can get overused, and bones in the hip can break during a fall or injury. Any of these conditions can lead to the common complaint of hip pain.

Underlying causes of hip pain can be predicted by pinpointing the precise location of the hip pain. Pain on the inside of the hip or groin is often caused by problems within the hip joint itself. If pain is on the outside of the hip, upper thigh or outer buttock, it is usually caused by problems with muscles, ligaments, tendons and other soft tissues that surround the hip joint. Hip pain can also be caused by diseases and conditions in other areas of the body, like the lower back. This type of pain is called referred pain.

If your hip pain is not a result of a fracture or serious condition, a visit to the doctor may not be immediately necessary. **These self-care tips can often help with minor, short-term hip pain:**

- **Rest.** Avoid repeated bending at the hip and direct pressure on the hip. Try not to sleep on the affected side and avoid prolonged sitting.
- **Pain relievers.** Over-the-counter pain relievers such as acetaminophen (Tylenol), ibuprofen (Advil, Motrin IB) and naproxen sodium (Aleve) may help ease hip pain.
- **Ice or heat.** Use ice cubes or a bag of frozen vegetables wrapped in a towel to apply cold treatments to your hip. Conversely, a warm bath or shower may help prepare muscles for stretching exercises that can reduce pain.
- **Stretch.** Gently stretching your body may reduce hip pain, especially if the cause is a strain or pinched nerve.

If self-care treatments are not helping to relieve pain, it's important to make an appointment with your doctor. A



physical examination of the hip will allow your doctor to check for redness, swelling, and warmth, which are signs of injury or infection. Your doctor can also check your range of motion by asking you to walk or lift the leg attached to the affected hip.

Seek immediate medical attention if your hip pain is caused by an injury and is accompanied by:

- A joint that appears deformed
- Inability to move your leg or hip
- Inability to bear weight on the affected leg
- Intense pain
- Sudden swelling
- Any signs of infection (fever, chills, redness)

HealthTalk makes available the diverse group of healthcare experts at SMH and Ochsner to bring the community enthusiasm, knowledge and care that extends beyond the physical walls of the hospitals. The free presentations vary in length from 20-60 minutes. To arrange a speaker for your next meeting, call **SMH Community Outreach** at (985) 280-8529 three to four weeks before your event.





Dr Jason Chawla,  
DMD



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For over 50 years, Bob Jones, and now his daughter Robyn Jones Davila, CPA, have served Slidell residents and businesses as accountants specializing in tax preparation and payroll services.

"Dad was from Hammond and attended college at Southeastern in the 1960's," Robyn explains. "He majored in business, and while attending SLU he was hired by NASA as a computer programmer working out of the NASA Computer Complex on the corner of Gause and Robert Blvd in Slidell."

While working for NASA, he also began to prepare tax returns for his fellow co-workers.



Robyn Jones Davila

"Dad applied the programming experience and expertise he had to create custom accounting programs," Robyn said. "He was the first accountant in Slidell using a computer to help people with their accounting and tax prep needs."

He built a steady clientele that allowed him to open his own accounting office on 7th Street in Slidell in 1974. It's the office the business still uses today.

Robyn was born and raised in Slidell. She attended Pope John Paul II High School and graduated with an accounting degree from U.N.O.

"My dream was always to one day work with my dad," she explains. "I am so very proud of my father's reputation as a business owner, his example of community service, and most importantly the values he continues to teach me."

Bob Jones Accounting was not the only business Bob owned in Slidell. Older Slidellians may remember BoJo's - a summertime concession stand. Robyn fondly remembers working at BoJo's alongside her family during the summer months.

"Dad wanted to provide me and my siblings an opportunity to learn business skills, customer service, and have a way to save money for our college educations," she said. "My brother, Tony, my sister, Tyra, and I have benefited from these experiences our entire lives."

Robyn joined her dad at Bob Jones Accounting in 2007. Although Bob is semi-retired, she's quick to say that he still comes in to the office to work with and maintain the relationships (both business and personal) that have been the true secret of his success.

"One of the greatest blessings in my life has been the opportunity to spend nearly every day of the last 15 years with my dad," Robyn admits. "Besides my dad, our clients and staff members have become like family, and I really look forward to seeing them, even if it's only once a year."

"I love catching up with our clients and learning what's going on with them," Robyn explains. "I can often see (on paper) the broad strokes and big events in their lives, but personal interactions help me get the stories behind the numbers."

Bob Jones Accounting is one of the few full-time accounting firms in Slidell.

"We assist our clients year-round with their bookkeeping, payroll and tax preparation needs," Robyn shares. "Working with our clients, financial advisors, and lenders is one of my favorite aspects of the job."

Robyn and the staff at Bob Jones Accounting, Judy, Bridget, Donna, Michelle, and Maryanne - all of whom have been with the company for anywhere from 10 to 40 years - look forward to serving and caring for the Slidell community for many more years to come.





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# OUT TAKES

Christmas in Slidell 2022 was AMAZING! Here are just a few of the memories from our spectacular city celebrations!



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Veteran's Concert • Dec. 15



Santa on the Bayou • Dec. 17



Vince Vance Concert • Dec. 2




Ugly Sweater Gala • Dec. 9



Bayou Christmas • Dec 15-23



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RELENTLESSLY LOSING ITEMS

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UNCONTROLLABLE FIDGETING

SENSORY PROCESSING DISORDER

TROUBLE RECALLING COMMONLY USED WORDS

FORGETTING TO EAT, SLEEP, GO TO THE BATHROOM

INABILITY TO FOCUS EVEN IF  
THERE ARE NO DISTRACTIONS

PROBLEMS FOCUSING ON THINGS EVEN IF  
THEY ARE OF INTEREST

DIFFICULTY SWITCHING TASKS OR INABILITY  
TO STICK TO ONE

DEPRESSION

ANXIETY

MOOD SWINGS

"ALL OR NOTHING"

HYPERFIXATIONS

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