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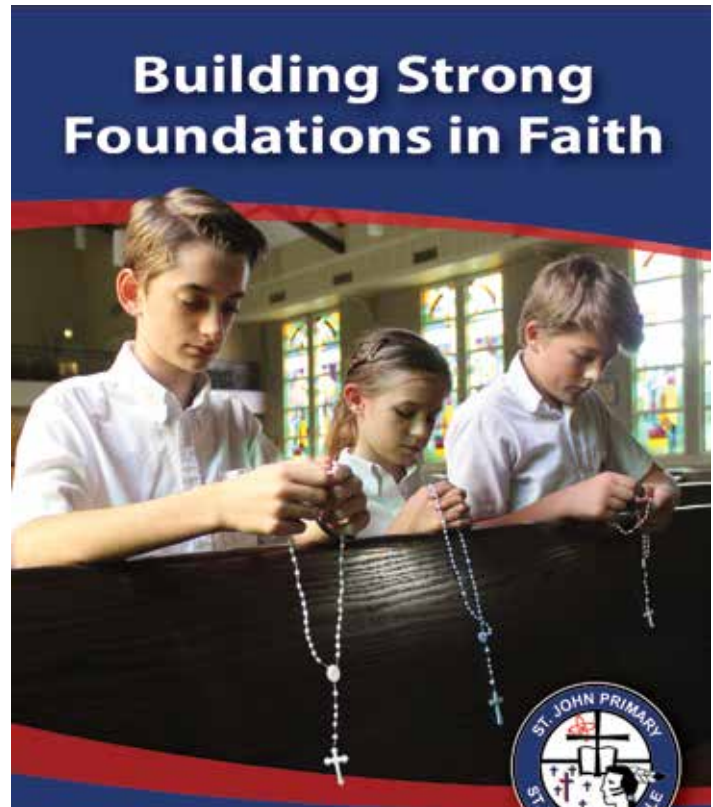
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## ON THE COVER

2017-18 Carissa M. posed with her very own violin for our cover this month. Carissa has been taking violin lessons for over a year now, and she really loves to play! She's looking forward to returning to school, especially reading class, and she will be turning 11 years old, too. Her mom describes her as silly and shy. In fact, she surprised everyone last year when she decided to participate in The Cover Kid Event because it's way out of her norm. Carissa is hard of hearing and has to wear hearing aids, but she makes the most of it by changing the colors and designs of her hearing aids and blinging them out with jewels and stickers to showcase her bright and friendly personality.

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2017-18  
Cover Kids  
Phenix W. and Maya V.



# Expecting? Have Questions?

Having a newborn at home is a time of great joy and excitement but can also bring lots of questions and concerns. The pediatricians at the Baton Rouge Clinic understand your worries as parents with a newborn, and we would love to help ease some of those concerns.



*How much should she eat? How much should he sleep? Is this normal?*

Join us at the Baton Rouge Clinic for a **FREE** prenatal class with our pediatricians to discuss things to do before baby comes, what you can expect at the hospital, what to expect for your baby in the first days to weeks after birth, and more.

Classes will be held at the Baton Rouge Clinic pediatric building. For more information and to register please visit: [batonrougeclinic.com/prenatal-classes/](http://batonrougeclinic.com/prenatal-classes/) or call Jeanne at (225) 246-9290.



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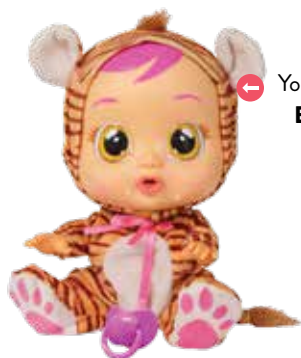




IN EVERY ISSUE FREEBIES

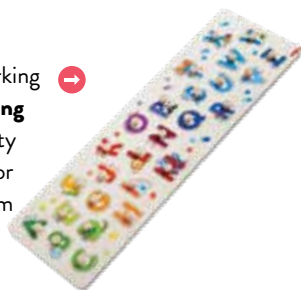
# Win Freebies!

Visit [brparents.com](http://brparents.com) and click "Register for Freebies." Deadline to enter is **August 17, 2018**.



→ Your little one will enjoy playing "Mama" to these adorable **Cry Babies**. Cry Babies are interactive dolls that cry real tears. Each doll comes with a uniquely designed onesie and a colorful pacifier. The baby dolls provide children with fun and teaches them nurturing skills. ■ [imctoys.com](http://imctoys.com)

Toddlers can become acquainted with the alphabet while working on their puzzling skills with **HABA My First ABC Clutching Puzzle**. This illustrated puzzle is made from high quality plywood, and features easy-to-grab knobs that are perfect for tiny hands. ■ [habausa.com](http://habausa.com)



→ Your kiddos will have a ball mixing and matching a variety of adorable plush animals to create their own unique "species" with **Animoodles**. Animoodles are soft magnetic toys which let kids pull apart and reassemble them into unique cuddly creations. ■ [theanimoodles.com](http://theanimoodles.com)

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**Special Giveaway!** This month, you can register to win a **gift card to REfinery Children's Consignment Boutique**.

## Last Month's WINNERS

Look who won July's Freebies: **Alison Fayard** won the Code to Canvas necklace; **May Wong** won the Sesame Street Feed Me Cookie Monster Toy; **Carmen Avans** won the Crayola Tree House Play Set; **Lauren Guitreau** won the Plus-Plus Learn To Build Set; and **Rachel Abadie** won the REfinery Children's Consignment Boutique Gift Card.

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**PARENTS**  
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## ● Back to School, Back to Fun

**A**ugust has always stood out in my mind as an exciting month, with the close of summer and the beginning of a new school year. I know many individuals who would mourn the end of summer, but as a child, I was always ready for the first day of school. Purchasing school supplies, picking out the first day outfit (we didn't have uniforms then), and getting my schedule.

By this time, kiddos are usually saying "I'm bored" every day, most likely have sunburns, and are tired of attending day camps. Luckily, school time is here, and with school time comes new and exciting after-school activities to try.

There's no better time than now to talk with your children to determine what their expectations are for after-school activities. Every year, you vow, "This year, things will be less chaotic." You promise yourself that the number of activities will be controlled, and the pace at which your family speeds through fall will be manageable. So, schedule some time to sit down with your family and discuss the activities your children want to attempt this year. The single most important component to selecting their after-school activities is to allow them to make the decision. So, while football may not be your first choice for your son, if it's his, grin and bear it.

Regardless of the activities selected, your child will need your support and encouragement throughout it all. Even if she is not playing the piano like Mozart, your praise for her effort and skill is critical to building her self-confidence. And most importantly, don't forget that many class sizes are limited, and early registration is critical.

Be sure to plan plenty of family time in between your child's after-school activities, too. While things get busy this time of year, having time when the family can come together to unwind will be beneficial for everyone.

Have a great school year!

 **Amy Foreman-Plaisance**  
Publisher/Editor in Chief

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

There are tons of ways to reach me. By mail: Amy P., 11831 Wentling Ave., Baton Rouge, LA 70816 Email: amy@brparents.com. Be sure to include your name, address, and daytime phone number.





# Back to School

## Is a check-up on your back-to-school list?

Back-to-school time means making sure your kids are up to date with immunizations, screenings and sports physicals. Get ahead this year by scheduling an appointment online with our pediatricians.

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## IN EVERY ISSUE LAGNIAPPE

### We Asked, You Answered AT BEDTIME, MY KIDS TURN INTO...

"The most dramatic three year old, who is starving for a PB&J and attention."

—Allicen V.

"Wild animals. They start acting silly and running all over the place instead of settling down for the night."

—Angela W.

"Scaredy cats! 'I can't go to sleep without the light from the TV, so please keep it on!'"

—Belinda D.

"Little conversationalists who repeat, 'I love you, Mama' over and over."

—Joy H.

"Perfect angels. The nine year old is used to the process and the three year old is getting the hang of it. We lay her in her crib, lights out, door ajar and she literally lays until she falls asleep. Mind you, her dad laid down with her every night the first two and a half years. But hey, new process has been working."

—Brandi W.

"The kid with the best hearing. 'Mom, I hear something outside my window.' (It's the wind, son, the wind!)"

—Kristin A.



"The offspring of the Energizer Bunny and a hypochondriac."

—Nichole E.

"Talkers! My son needs to tell and ask me all the things. 'Why do cows moo?' 'Why do mommy and daddy sleep together, but I have to sleep alone?' 'Mommy, when I was outside, I found a frog.' 'Mommy, let me tell you something...' 'But mommy, what kind of car does Jesus drive?' And of course, 'I love you, mommy!'"

—Emily B.



### THE COVER KID EVENT & SHOPPING EXTRAVAGANZA

If you want to see your child on the cover or in the pages of *Baton Rouge Parents Magazine*, this is the place you will want to be. Your kiddos can meet with the judges for a chance to be named a 2018-19 Cover Kid from 10 a.m. - 3 p.m. Make it a family fun day on Saturday, August 18 at the Belle of Baton Rouge Atrium from 8 a.m. - 6 p.m. There will be face painting, balloon animals, door prizes, arts and crafts, princesses, food, and shopping galore, all leading up to the announcement of the 2018-19 Cover Kids. ■ [brparents.com](http://brparents.com)

### 2018 FAMILY FAVORITES

We all have our favorites. Help us to recognize them by voting in this year's Family Favorites. Vote for your favorite local businesses, restaurants, doctors, camps, and educators so we can put the spotlight on those who go above and beyond. The deadline to cast your vote is Friday, August 31.

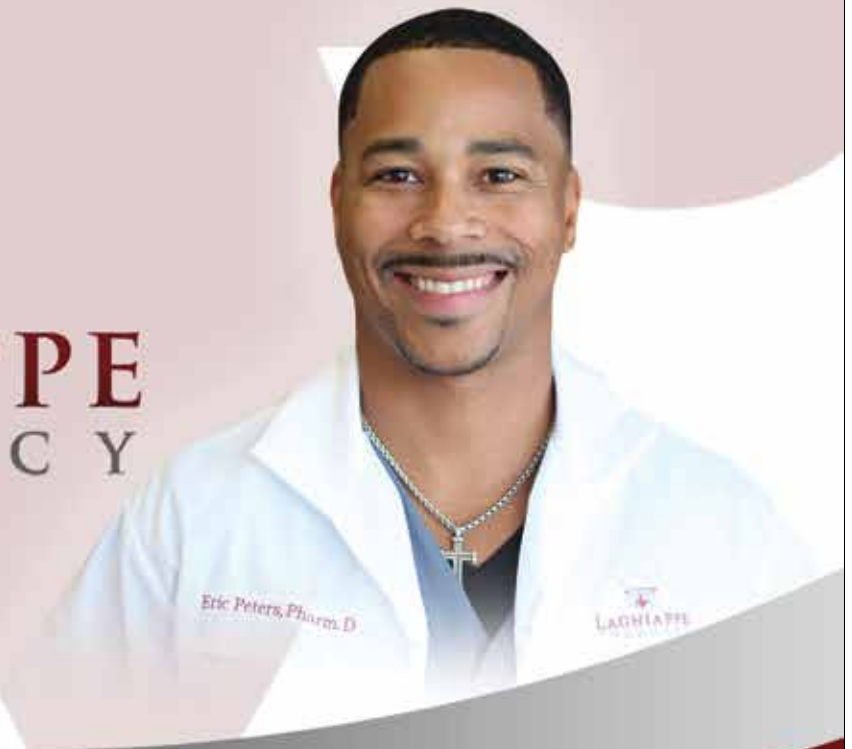
■ [ff.brparents.com](http://ff.brparents.com)

“There’s something really empowering about going, ‘Hell, I can do this! I can do this all!’ That’s the wonderful thing about mothers, you can because you must, and you just do.”

—Kate Winslet



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## KELLI'S PARTY FOR OVARIAN CANCER AWARENESS

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Kelli's Kloset and Kelli Leigh Richmond Ovarian Cancer Foundation will host their annual Gala & Auction on Saturday, August 4 at Boudreaux's from 6:30-10 p.m. with music, cocktails, dinner, and live and silent auctions. Kelli's Kloset supplies all women cancer patients and some critical or chronically ill women with free clothes to fit. All proceeds from the event will go to support Kelli's Kloset and their monthly birthday wishes for Ovarian Cancer patients.

■ [kelliskloset.org](http://kelliskloset.org)



## FALL FASHION FEST

Get ready for football season by filling your wardrobe with all things purple and gold at Fall Fashion Fest. Tiger fans are invited to shop with men, women, and children's boutiques and vendors, and see a tailgate-style fashion show at Tin Roof Brewing Co. on Saturday, August 25 from 4-7 p.m. Hosted by the Baton Rouge Fashion Council, the event will feature food trucks, drinks, music, tailgating games, a Miss LSU meet & greet, a complimentary braid bar, and a free pop-up barre class. The event is free and open to the public.

■ [batonrougefashioncouncil.com](http://batonrougefashioncouncil.com)



## BREW AT THE ZOO

Get your tickets now for a date night you and your special someone surely won't forget full of food tastings, beer tastings, and live music. Friends of the Baton Rouge Zoo is set to host the annual Brew at the Zoo on Friday, October 5, from 7-10 p.m. Tickets will go on sale on Wednesday, August 1. In honor of the fifth anniversary of the event, 200 VIP tickets are being added. These VIP passes offer perks such as: express entry, one-hour earlier access to the event, a special hangout zone, exclusive food & drink, and VIP restrooms. ■ [brzoobrew.org](http://brzoobrew.org)

## JOIN THE BEEKEEPING CLUB

This unique activity is for youth between ages 9-19 who live in East Baton Rouge Parish. The club will meet once a month. At meetings, members will learn about safety in beekeeping, the biology of bees, and history of beekeeping and why beekeeping is needed. Participants also have the opportunity to gain hands-on experience in beekeeping. The annual fee is \$5-10. ■ [lsuagcenter.com](http://lsuagcenter.com)



## BATON ROUGE AREA VOLUNTEER ACTIVISTS NOMINATIONS

Nominations are open for the Baton Rouge Area Volunteer Activist awards. Nominations can be completed online and are due by Friday, August 10. Hosted by The Emerge Center, the awards luncheon honors those who give their time and talents to organizations across the community. These individuals possess a sense of service and community that impacts the Greater Baton Rouge area in a positive and meaningful way. This year's event will honor an Emerging Activist, a young individual who has made contributions to the Baton Rouge community. Individuals must be 18 years of age or younger to be considered. The event will be held on Friday, November 16 at the Renaissance Hotel. ■ [emergela.org/events](http://emergela.org/events)

## BABYANDTODDLER

### NEW MOMS GET FREE GIFTS FOR BABIES

Quota International presented Baton Rouge General's Birth Center with 70 Infant Starter Kits to provide new moms with some of the items they need in their first days at home. Each kit includes an infant blanket and two one-piece baby outfits. Studies show that parents greatly underestimate the cost of the first year of a baby's life, expecting to spend \$5,000 or less. In reality, potential costs range between \$20,000 and \$50,000 for the first year alone. Quota International of Baton Rouge is an organization that raises funds and provides support to local healthcare and education initiatives.

■ [brgeneral.org](http://brgeneral.org)

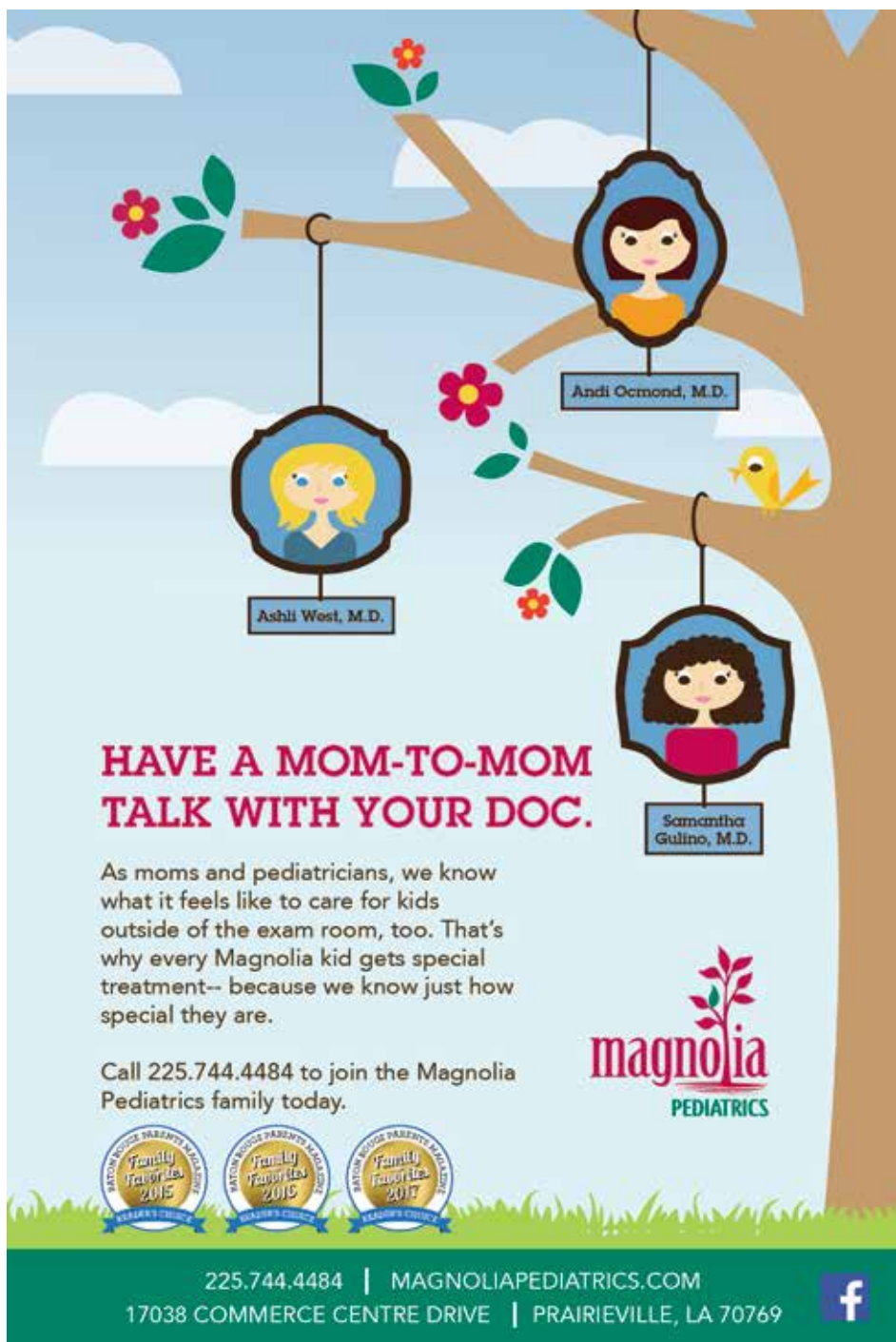
### SENSE A LIFE

The Louisiana heat is real. Within minutes, a car sitting in a parking lot can exceed temperatures that are far too much for little ones. And, if they are forgotten in the car, it can quickly turn to tragedy. Sense a Life is a dad-invented device that helps prevent hot car deaths. It combines two sensor parts: one part goes beside the child as he sits in his car seat and the other part sits under the driver's seat. These sensors work with the Sense A Life smartphone app. For example, when the driver opens the car door, an audio reminder reminds him to remove his child from the back seat. If the child isn't removed from his seat, an alert is sent to the driver's phone. If the child still remains in his seat, an alert is sent to the driver's chosen emergency contact. ■ [sensealife.com](http://sensealife.com)

### SMARTPHONE BABY PHOTOGRAPHY CLASS

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■ [mother.ly](http://mother.ly)



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## CONNECT COMMUNITY



### ZOO RUN RUN

Run like a cheetah to BREC's Zoo Run Run 5K and ½ Mile Kids' Fun Run. At the run, you and your kiddos can enjoy the scenery as you scamper, trot or gallop your way through BREC's Baton Rouge Zoo on Saturday, August 25. All proceeds from the race support the Zoo and international cheetah conservation efforts. There will be food and refreshments for the whole family to enjoy after the race. And, anyone who participates in the race or is there to support gains free admission to the Zoo as long as they're on site before admission gates open at 9:30 a.m. Registration begins at 6:30 a.m. with the ½ Mile Kids' Fun Run at 7:45 a.m. and the 5K at 8:15 a.m. ■ [brzoo.org](http://brzoo.org)

### AMAZON IN BATON ROUGE

Baton Rouge could soon be home to an Amazon distribution center. Amazon.com has applied for a permit to build a 21,306-square-foot distribution center for small packages just off Airline Highway, near Costco. Amazon has been constructing distribution centers across the U.S. to accommodate the growing demand from customers and help get packages to them faster.



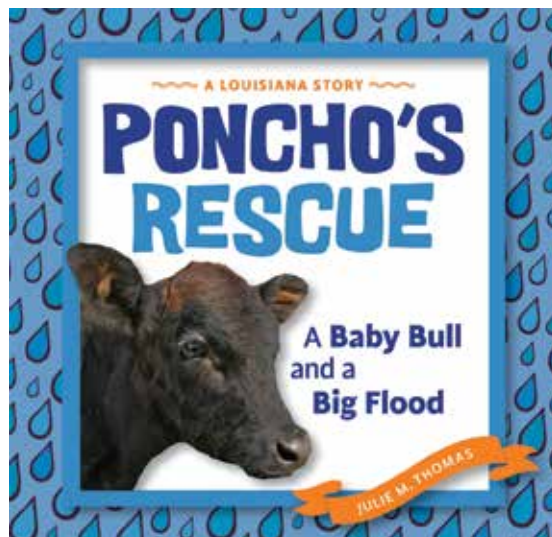
### LEGO DUPLO STORIES

Users of Amazon Alexa now have a new interactive skill to try with their kiddos. Just say, "Alexa, open LEGO Duplo Stories," to gain access to an interactive experience that combines storytelling with LEGOs. There are multiple scenarios to choose from involving animals like rabbits, cows, cats, and dogs, and transportation like trucks, planes, cars, and trains. The stories are designed to develop skills including social and cognitive skills, roleplaying, color recognition, choosing directions, and identifying characters. The LEGO Duplo Stories are intended for children ages two to five. ■ [lego.com](http://lego.com)



### FÊTE ROUGE: FOOD & WINE FÊTE

Watch as 40 local chefs go head to head to prepare their best dishes for a chance to win the Gold Medal, People's Choice, or Best in Show awards at Fête Rouge: Food & Wine Fête on Friday, August 17 at 7 p.m. at the Renaissance Baton Rouge Hotel. Before they crown the winners, you and your special someone can enjoy the wine and food tastings, take a chance at winning a door prize, or participate in the silent auction, all while listening to great live music. ■ [bresbr.org](http://bresbr.org)



### A LOUISIANA STORY

This month marks two years since The Great Flood of 2016 and many families are still trying to get back into their homes. However, during the difficult time, families near and far have united to rebuild with compassion and generosity across neighborhoods, regions, and even species. The inspiring true story of Poncho's rescue celebrates the bravery and kindness shown by volunteers. Poncho's journey in *Poncho's Rescue* by Louisiana native, Julie M. Thomas, navigates a complicated and frightening event through the lens of a resilient community. This book is a worthy addition to any child's library, and it reminds readers that good things can happen even during disasters. ■ [lspress.org](http://lspress.org)

## YOUTH

### ALLERGY MYTH BUSTERS

Learn how to separate the myths from the facts when it comes to children's allergies during the ParentingU seminar on Wednesday, August 8 from 6-8 p.m. The session will feature pediatrician Brett Hutchinson, M.D., and pediatric allergy and immunology specialist Sandhya Mani, M.D., and takes place at the LSU Health Medical Innovation Center. The seminar is free and open to the public. Light refreshments will be served. Space is limited, so parents are encouraged to register.

■ [parentingu.eventbrite.com](http://parentingu.eventbrite.com)

### PARENTS' CHILDHOOD EXPERIENCES CAN PASS TO CHILDREN

Traumatic events such as abuse, neglect or household dysfunction experienced by parents can carry over into their children's lives. A study in *Pediatrics* found that children of parents who experienced four or more adverse childhood events before age 18 had an increased risk of behavioral problems themselves, including ADHD and emotional disturbance. Researchers state that this information raises the possibility that these events can influence children's behaviors through learned parenting styles, and that this could help clinicians identify children who are at higher risk for behavioral health problems and help to target preventive interventions early. ■ [aap.org](http://aap.org)

### TRAUMA SUPPORT GROUP

Gain strength through difficult times and learn tools for how to move on from abuse with help from the Baton Rouge Children's Advocacy Center Support Group. Experience the healing power of being in a group setting where you will practice new skills and provide support to others who are in need. Weekly group sessions are available for children ages 4-12, teens ages 13-18, and caregivers of trauma survivors at the Baton Rouge Children's Advocacy Center on Thursdays from 4:30-5:30 p.m. Refreshments will be served.

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## STATE RECEIVES FUNDS TO TACKLE TEEN DRIVER SAFETY

The Governors Highway Safety Association and Ford Driving Skills for Life have awarded the state funding to support teen safe driving programs. The Louisiana Highway Safety Commission plans to provide teens the opportunity to produce traffic safety videos tailored to their region. Winners in each region will receive a mini-grant to develop a peer-to-peer training model and a campaign utilizing their video to educate their peers. ■ [lahighwaysafety.org](http://lahighwaysafety.org)



## BELLA'S ROYAL CELEBRATION

Be a superhero to others during Bella's Royal Celebration on Sunday, September 9 at The Renaissance. This one-of-a-kind family event is hosted by the Bella Bowman Foundation, an organization that helps raise awareness of pediatric cancer. Princesses and superheroes entertain the Royal Celebration guests. Families can get a glimpse into ways the Bella Bowman Foundation helps local sick children and their families. Guests can also enjoy a special performance by Theatre Baton Rouge, and have an opportunity to send well wishes to sick children. The evening wraps up with a touching balloon release in honor of Bella.

■ [bellabowman.org](http://bellabowman.org)



## FREE HEART SCREENS FOR ATHLETES

Making sure your children are ready for school is on the top of your to-do list this month. However, don't forget to make sure they are ready to play sports, too! In the US, a young athlete dies suddenly every three days, and in most cases, this is due to undiagnosed heart conditions. Louisiana Pediatric Cardiology Foundation (LPCF) offers free heart screens to athletes in an effort to detect underlying cardiac issues. Parents can contact LPCF to schedule a free heart screen for their teen athlete. ■ [lpcf.com](http://lpcf.com)

## TALKING ABOUT PUBERTY

Right before your very eyes, your daughter is growing into a woman. As she develops, your daughter is bound to have questions about the physical and emotional changes of puberty. Woman's Hospital and Baton Rouge General offer one-day classes for girls to discuss these changes with your daughter. Baton Rouge General offers Girl Talk on Sunday, September 16 from 2-3:30 p.m. for girls ages 9-11, and Woman's Hospital hosts Body Basics for Girls on Wednesday, October 17 at 6:30-8 p.m. for girls ages 9-12 years old. They also offer Body Basics for Boys who are ages 10-13. Cost is \$10-15, and registration is required. ■ [womans.org](http://womans.org) or [brgeneral.org](http://brgeneral.org)



## HEAR 'EM ROAR! MIKE'S KIDS CLUB

Do you have a young tiger fan? Let him show he is a part of the purple and gold fan club by joining Mike's Kids Club. Mike's Kids Club is the official Kids Club of LSU Athletics, and is for young Tiger fans who want to show their support of LSU's fighting tigers. Members receive a membership ID card, a Mike's Kids Club T-Shirt, collectible autograph book, an autographed picture of Mike the Tiger, a Birthday E-Card, and can attend club member only events which includes a Tiger Stadium Campout. Join before Monday, August 27 to participate in a halftime activity, "Goals Against Mike the Tiger." Open to children under the age of 12. Cost is \$20. ■ [lsumkc.com](http://lsumkc.com)



## TWEENANDTEEN

### TEENS & CARDIOVASCULAR RISKS

Teens who do not get enough quality sleep have more cardiovascular risk factors, according to the American Academy of Pediatrics. Researchers found inadequate sleep was highly prevalent with 31 percent of the teens sleeping less than seven hours each night and 42 percent with sleep efficiencies that were as low as 85 percent. Those with shorter sleep durations had the least healthy cardiovascular and metabolic profiles including increased body fat, higher systolic blood pressure, and lower HDL-cholesterol. ■ aap.org

### PBRC TO STUDY OBESITY TREATMENTS

In Louisiana, 34 percent of children ages 10-17 are overweight or obese. Pennington Biomedical Research Center will begin evaluating two treatments for children with obesity to determine which is more effective: counseling by a primary care provider focusing on healthy eating and activity or a combination of provider counseling and family-based treatment. "This project will provide the data and research necessary to drive improvements in care delivery and quality outcomes for obesity-related illnesses and chronic diseases," says Dr. Stewart T. Gordon, chief medical officer for Louisiana Healthcare Connections. ■ pbrc.edu

### YOUTH HOOKAH SMOKING AT HOME

Use of any tobacco product by teens and adolescents, including hookah, is unsafe, according to the American Academy of Pediatrics. A study in *Pediatrics* suggests that parents can help decrease its use with no-smoking rules at home. Researchers found that youth hookah smoking is a social behavior, with the majority of use happening in homes. Researchers share that it is important to consider the social aspects of hookah smoking when counseling youth on the risks and that encouraging adoption of smoke-free home rules could help de-normalize hookah use among youth.

■ aap.org



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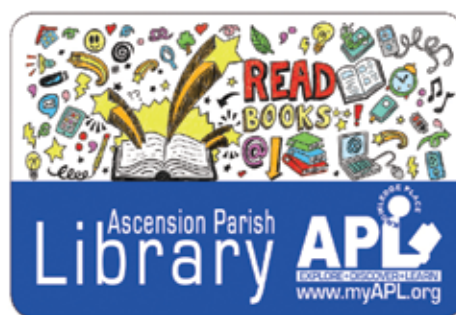
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## YOUNG ENTREPRENEURS ACADEMY OF BATON ROUGE

The Young Entrepreneur Academy of Baton Rouge (YEA) transforms area high school students into confident entrepreneurs. This 30-week after-school program helps students generate business ideas, write business plans, pitch to an investor panel, and launch their very own companies. The YEA Baton Rouge application deadline is Thursday, August 30.

■ [yeabr.org](http://yeabr.org)



## FORUM 35 PARTNERS WITH CHILDREN'S CHARTER SCHOOL

Forum 35 announced its partnership with Children's Charter School for the 2018-19 Public Education Project (PEP) which supports education initiatives in the Baton Rouge area. PEP's purpose is to partner with one school each year to support opportunities that enhance the school environment, as well as provide resources and opportunities for students. The partnership includes a summer renovation and cleanup project at the school, access to young professional volunteers, a spring renovation and cleanup project, and one Learning on Location grant each semester. The project will kick off with the first school beautification project on Saturday, August 4 from 8 a.m. to noon.

## FIRST LA CHARTER SCHOOL FOR CHILDREN WITH AUTISM

The Emerge School for Autism will welcome its first class of students on Thursday, August 16 as the first tuition-free school for children with Autism Spectrum Disorder (ASD) in the state of Louisiana. The curriculum will be tailored to each child's individual needs and provide special education instruction using ABA, Speech-Language, and Occupational Therapy to prepare him or her for future education settings. Beginning with 20 children in kindergarten for the 2018-2019 school year, The Emerge School plans to serve children ages 5-11 and grow to serve up to 120 students. ■ [emergeschool.org](http://emergeschool.org)



## EPISCOPAL SENIORS ATTEND SUMMER INTENSIVES

Four seniors from Episcopal School of Baton Rouge spent two weeks at pre-college musical theater intensives at three of the nation's top musical theater schools. Maggie Ewing and Ethan Wax trained at the University of Hartford and Ethan Massengale attended an intensive at Florida State University. In addition, Kate Oliver received a scholarship to attend an intensive at the American Musical and Dramatic Academy in New York City. Summer intensives are an opportunity for high school students who are interested in musical theater to train in short, focused sessions, leading up to a production at the end of the intensive.



## THE DOW RED STICK RUMBLE

Watch as drivers of 120lb robots go head to head to prove themselves the master of their domain at The Dow Red Stick Rumble on Saturday, August 25. The Dow Red Stick Rumble is Louisiana's premiere off-season FIRST Robotics Competition Event and will be at Woodlawn High School from 8 a.m.-4:30 p.m. This fun day of competition includes food and a chance to tour the pits with your kiddos to come face to face with the builders as they prepare their bots. Free. ■ [eventbrite.com](http://eventbrite.com)





## ONE amazing kid

Eight-year-old **Brynn Catalano** enjoys soccer, gymnastics, and acrobatics, and always looks forward to science class, but what she really loves is CrossFit. At a young age, Brynn was in the gym with her dad, Chase, mimicking the moves he would teach his clients. Noticing her interest in the sessions, he gave her a plastic barbell one day to see what she could do, and it turns out, Brynn had great form. Without a single class, Brynn was already excelling, and even now, she still wants to keep learning more.

"She's eager to learn, she's very humble, and she has a lot of grit. She doesn't fully understand her skill-set yet, but she's always cheering people on in the gym, encouraging them to finish their workouts. That camaraderie is something you can't teach," says Chase.

Brynn is already lifting more than her body weight, is competing on the national level, and is looking forward to the USA Weightlifting Youth Nationals next year. While it may seem like a lot of work to some, to Brynn, it's exciting.

When she's not at the gym, she's never too far from CrossFit. One of her favorite things to do is watch CrossFit journeys on YouTube. Annalise Moore, a CrossFit athlete, is Brynn's role model because "she's really strong and really nice," she shares.

Brynn enjoys spending time with her dad and hanging out with her two dogs: a great dane named Bacchus and a french bulldog named Porkchop. With hopes to one day open her own gym and teach people how to workout, Brynn will continue to strive and achieve that dream because she's friendly, passionate, and one amazing kid.

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## LIVINGSTON PARISH STUDENTS OPERATE DRONES

Students in Livingston Parish recently took part in camps at Walker High School to learn how to navigate the skies with unmanned aircraft systems (UAS), or drones, as well as learn the basic safety guidelines and applications of the new technology. The class was themed around particular areas of drone and robot technology and included topics such as flight, movement, film, photography, mechanics, and even virtual reality. The students learned how to operate the drones safely and ethically by gaining an understanding of the technology itself, as well as some of the laws and regulations surrounding drones.



## UT AUSTIN ENGINEERING COURSE TO LAUNCH AT ST. MICHAEL

St. Michael the Archangel High School will add the Engineer Your World Curriculum to its class offerings this fall. Engineering I (Engineering Design and Analysis) will be offered to interested sophomores-seniors in good academic standing and high marks in math and science. Engineer Your World is an innovative, student-centered curriculum that engages learners in authentic engineering experiences and inspires them to embrace an engineer's habits of mind. Collaborative, student-directed projects build resilient problem-solving skills and empower students to think like engineers, to adopt engineering processes, and to pursue engineering disciplines for the betterment of our world.



## SJA FINISHES THIRD AT CYBER DISCOVERY CAMP

St. Joseph's Academy finished third in the Cyber Discovery Camp, a weeklong experience for high school students. A team of six SJA students learned applicable life skills through instruction, self-creativity, and teamwork. During the week, the students earned points through writing assignments, puzzles, and mini games to buy robot enhancements for the various robotics challenges. SJA finished first in the cryptology treasure hunt competition, and the students also wrote critical essays and papers analyzing readings and lectures on artificial intelligence, acting as a spam email scammer, how to be a strong cyber citizen, and the appropriate use of technology.



## "R" AWARD WINNERS ANNOUNCED AT RUNNELS

Seniors Kaylen Howe and Sam Matthews have been named the 2018 "R" Award winners at Runnels High School. This is the highest honor available to scholar athletes in the senior class. In addition to being top tier runners, both Kaylen and Sam are outstanding students. Sam was named co-valedictorian for his class, and both are National Merit Scholarship winners and AP Scholars with Distinction.



### ASTRONAUT VISITS BATON ROUGE

Dr. Bernard Harris, CEO of the National Math + Science Initiative (NMSI), visited Baton Rouge to kick off NMSI's Laying the Foundation Teacher training at Woodlawn High School. He also took time to meet with students at a local STEM Lab camp. In addition to his role at NMSI, Dr. Harris is the founder of The Harris Foundation, and he has worked at NASA for 10 years. During his career at NASA, Harris became the first African American to walk in space.

### LIVINGSTON SCHOOLS EXPANDING ESL PROGRAM

The Livingston Parish Public School System is expanding its ESL (English as a Secondary Language) program for the coming school year to help manage the district's increased demand. ESL programs are designed to help international students learn English or improve their English language and writing skills. The number of students going through the program has doubled since 2016, according to Supervisor of Instruction Steve Vampran.

Vampran also says the district currently employs five certified ESL teachers and 13 paraprofessionals who work with ESL students, and he anticipates the district having six certified ESL teachers and 14 paraprofessionals onboard for this school year.



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## CONNECT PATHWAYS TO PARENTING



### Hand, Foot, and Mouth Disease

Your child has started acting lethargic and uninterested in his normal activities, and you have noticed he has blisters on his hands, is drooling excessively, and has a fever. Concerned for your little one, you bring him to his pediatrician where he is diagnosed with Hand, Foot, and Mouth Disease, a common children's virus.

The virus that causes Hand, Foot, and Mouth causes blisters around the mouth and throat, on the back of hands, and on the bottoms of feet. These blisters can lead to a sore throat which can lead to drooling and a low appetite. The main way to treat Hand, Foot, and Mouth is to treat the symptoms, not the virus itself. Dr. Aimee Ferrell from Our Lady of the Lake Children's Hospital explains, "This is caused by a virus. Therefore, this illness has to run its course, which is usually 7-10 days." But for parents caring for their sick child, there are still measures that can be taken. Dr. Ferrell offers tips on how to care for your child. "The blisters in the mouth cause moderate pain which can be relieved with cool fluids or popsicles, as well as analgesics such as Tylenol or Ibuprofen. A moisturizer can be applied to the blisters that occur on the skin as well," she explains.

The easiest way to prevent Hand, Foot, and Mouth is to practice good hygiene habits, and teach your children to do the same. Dr. Ferrell advises that, "Children should be kept from daycare for as long as they exhibit lesions and fever (usually a week or so). Caregivers should wash hands when dealing with respiratory secretions or stool (diapers) of children with this illness."

Symptoms can typically be handled at home once a diagnosis has been made. However, if you fear that your child's symptoms are worsening, don't hesitate to contact your doctor again. ■

# The CoverKid Event & Shopping Extravaganza

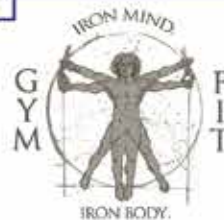
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# IN THE SPOTLIGHT:

## Becoming a Cover Kid

By Amanda Miller

Every year, *Baton Rouge Parents Magazine* hosts The Cover Kid Event to find fresh faces to appear on the cover and within the pages of the magazine for the upcoming year. The Cover Kid Event is not a beauty contest or a talent show—it's simply a great opportunity for kids to come together, be themselves, have some fun, and possibly become next year's new faces for the magazine. This year's family-friendly event will be held on Saturday, August 18 at the Belle of Baton Rouge Atrium at 8 a.m. The Event will be from 10 a.m.-3 p.m. with the Shopping Extravaganza from 8 a.m.-6 p.m. For those interested in learning more about what to expect, we have answered parents' most frequently asked questions.

### What makes a Cover Kid?

A Cover Kid is between the ages of 2 and 17 years old, and is a good role model for all children. We believe that children

who shine come in all shapes, sizes, ethnicities, and abilities. We encourage all children to attend the event and join in the fun at the possibility of becoming a *Baton Rouge Parents Magazine* Cover Kid for the year.

Cover Kids who are chosen will become ambassadors for the magazine as well as appear in the pages of our award-winning layouts. Cover Kids will have the opportunity to attend various events with us throughout the year, participate in fashion shows, and even volunteer in our community.

### How is a Cover Kid selected?

There's no secret method to being selected as a Cover Kid. The best advice that can be given is to allow the child to be themselves. It's not about choosing the right outfit or memorizing lines before meeting the judges—it's about being a kid and having fun.

### What happens at the event?

Once your child is registered, he will receive a time slot for when he will meet the judges. When his time arrives, he will go up to the judges on his own and talk to one of the judges briefly. After the interview, he will know then whether or not to return for callbacks. During callbacks, a total of 40 children will be chosen to become official 2018-19 Cover Kids for *Baton Rouge Parents Magazine*.

To register, visit [geauxgettickets.com](http://geauxgettickets.com).

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## Baton Rouge Children's Advocacy Center

By Joy Holden

“Recently, a child was acting up in school, was suspended, and went from being an A student to a C student. The family thought they just had a child acting out. An interested person, knowing there’s often another layer, started asking questions, and now we have a sex abuse case. What looks like bad behavior may often be something more. We need to be able to ask, ‘What happened to this kid?’” says Toni Q. Bankston, LCSW-BACS and Executive Director of Baton Rouge Children’s Advocacy Center.

When a crime is committed against a child, the Baton Rouge Children’s Advocacy Center (BRCAC) provides a safe atmosphere for children to disclose abuse in a monitored setting. After the interview, the multidisciplinary team creates a therapy plan for each child and

his or her family. “We uniquely do what we do because we have both the investigation and the healing pieces,” Bankston informs. “There are providers out there who work with trauma, but ours is the only agency in the Greater Baton Rouge area that’s linked to law enforcement and DCFS.”

The BRCAC is located in a welcoming two-story house retrofitted with offices and meeting rooms. The space feels like a warm home, and the waiting room contains cozy seating, toys, and books. “The house really pulled me in,” Bankston says. “This is a way to help kids unlike any other thing I’ve ever been a part of.” Every person on staff at BRCAC is committed to the mission of setting children on a solid path of healing and justice.

The forensic arm of the BRCAC is a major component and serves four

parishes: East Baton Rouge, West Baton Rouge, Iberville, and Pointe Coupee. Law enforcement (the FBI, Attorney General’s office, city police, sheriff, and state troopers) initiates an investigation. They call the BRCAC to schedule a forensic interview, which is a recorded single session where a child shares information about experiencing possible abuse or witnessing violence against another person. These interviews are conducted by a specialist on staff and are observed by law enforcement in another room through video. Bankston explains that BRCAC interviews result in a better prosecutorial outcome. She adds, “Alleged offenders are not allowed in the building.”

The other major component of BRCAC is therapy. In addition to following up with every child interviewed, BRCAC also opens their therapy to children in the community. Bankston explains, “We recognized that there were children who had been traumatized who never came to a CAC. We allow for people to call in. We will triage the case, but the priority is given to forensic interview. At the very minimum, we can help them come to one of our six support groups.” The BRCAC offers flexibility and accessibility with their support groups. “We make them drop-in. All you have to do is show up, get a snack, come to group. You don’t have to talk. You can just listen,” Bankston shares. In addition to individual and group therapy, BRCAC also has a mobile trauma recovery program for kids who cannot get to the BRCAC because of transportation barriers.

Through forensic interviews, therapy, family advocacy, education, and a multidisciplinary team approach, the BRCAC devotes all of their energy to justice and healing children. Bankston shares, “Our tagline is hope is here. Trauma is devastating, but there is hope. Through the vast network of people who work together here, tragedy can be transformed. When children are able to work through trauma, they often become leaders with resilience and wisdom.” To learn more, visit them online at [batonrougecac.org](http://batonrougecac.org). ■



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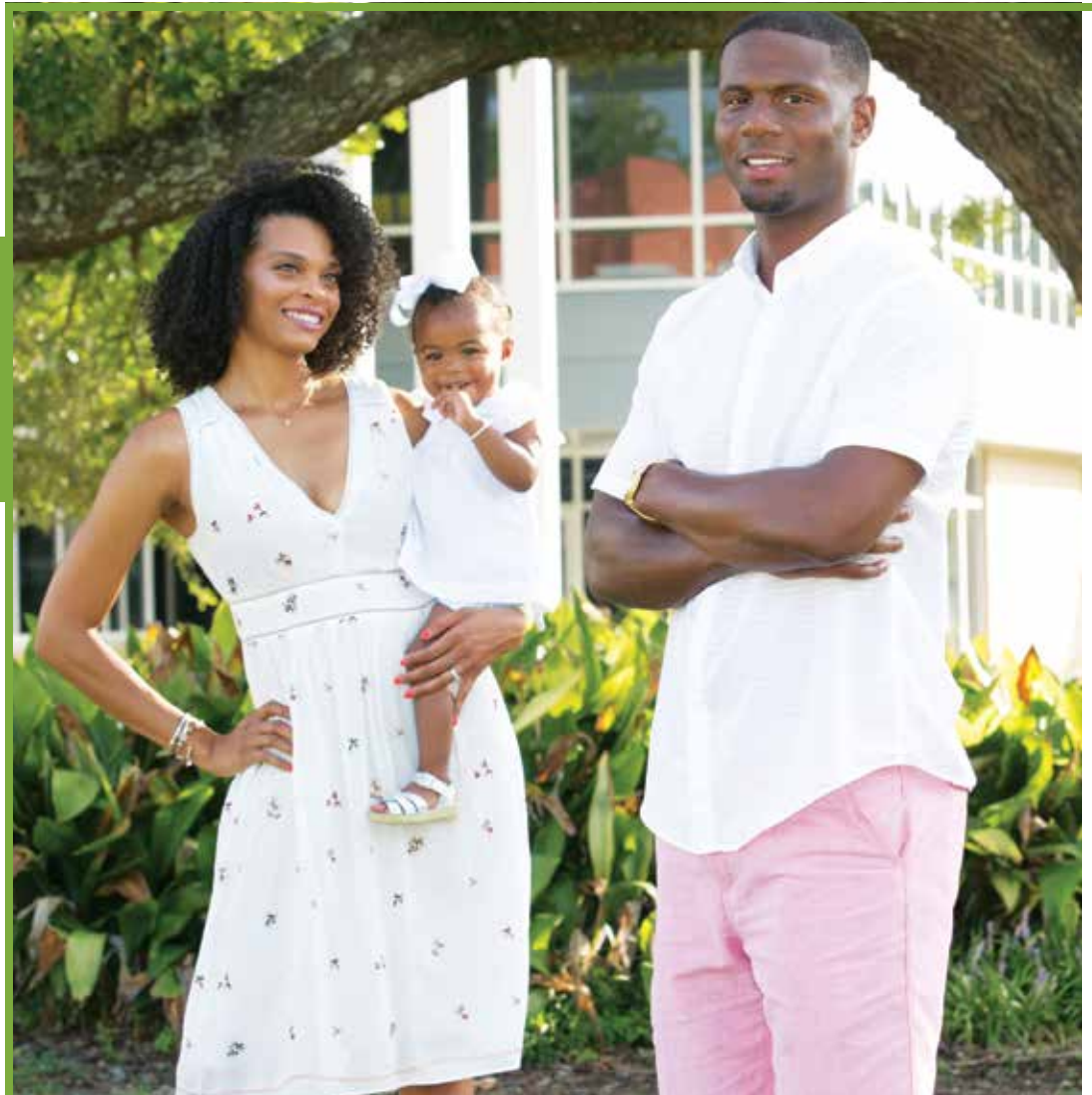


## Brandon White

By Joy Holden

**OCCUPATION** • Athletic director and boys basketball coach at Lee Magnet High School  
**WIFE** • Laranda  
**CHILDREN** • Presley, 18 months  
**HOBBIES** • playing basketball and working out with friends

**B**randon White has dedicated his life to coaching young men to become their best selves both on and off the court. Now, his greatest challenge is raising a precious daughter to be a bright light in the world. This father puts family first no matter how much coaching demands of him and even has found time to pursue his doctorate in Educational Leadership. Brandon is a father worth recognizing.



### How did you meet your wife?

**B:** We met in high school through a mutual friend. I was a senior, and she was a junior. We were really good friends, and we started dating in 2011.

### Tell me about your daughter.

**B:** Very energetic, loves to laugh and play, and she loves Mickey Mouse.

### How would your friends describe you?

**B:** All I talk about is basketball.

### Most recent proud parenting moment?

**B:** Just hearing Presley say, “Da” and “Daddy.”

### How do you keep it all balanced?

**B:** What I do is prioritize my family first. If your house is happy, everything else falls in place. When I come home, I spend time with my family and put everything else aside. Some days work may linger. Weekends are

for sure dedicated family time. I have a very understanding wife. She was a college athlete.

### Greatest thing about being a dad?

**B:** Knowing that somebody is depending on you. She is depending on me to make the right choices.

### If you could invite anyone over for dinner, who would you invite?

**B:** LeBron James.

### What’s something parents shouldn’t feel guilty about?

**B:** Disciplining their child.

### What good habit do you have that you would like to pass on to your daughter?

**B:** Being kind and genuine with people.

### Bad habits you would not want to pass on?

**B:** Always being on the phone.

### What would people be surprised to learn about you?

**B:** A lot of people don’t know I’m working on my doctorate.

### How did you react when you found out you were going to be a dad?

**B:** I was shocked. I was really happy, nervous, and scared—all those emotions in one. Parenting is one of those things you don’t want to mess up.

### What advice would you give to other parents?

**B:** Make sure you understand that what you do as a parent affects your child not only as a child, but also as an adult. Love your kid. Love is the greatest quality in life.

### How does coaching impact your family?

**B:** My family is pretty supportive of me coaching. My wife and daughter come to most of my games.

### What's your parenting style?

**B:** I'm pretty laid back, but I would consider myself more the disciplinarian. It's a balance.

### What has teaching and coaching taught you about parenting?

**B:** Kids don't just know, they have to actually be taught. Especially with coaching, I may want to get on kids when they're not doing things the right way, but I can't get on to them for not doing the right things if they've never been taught.

### Why do sports matter in the lives of children?

**B:** Sports matter, because they teach you a lot of life lessons, time management, and how to work with other people. One thing I always tell my players is you have to give everything you have even when you're not playing sports. In life, things won't always go your way, but you have to persevere during the hard times.

### In what ways does being a father affect the way you coach?

**B:** Before I was a father, I guess I didn't really consider their feelings as it relates to the parent side of things. I want to positively affect all the kids, but still coach them hard.

### What do you feel at the start of the new school year?

**B:** Kids are excited, and teachers are excited, too. Being able to see kids grow is exciting. ■

## QUICK Q&A

I like my coffee... with cream and lots of sugar.

I can't stop listening to... Kevin Gates and Lukas Graham.

My guilty pleasure is... Starbucks.  
Before kids, I never thought I would... have a daughter.

Parenting item I couldn't live without... pacifier.

Growing up, I knew I wanted to... have a family.

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## Anything is Possible

By Amanda Miller

**K**'Von Albert is no stranger to overcoming obstacles. Born with Femoral Hypoplasia Unusual Facies Syndrome, a rare condition characterized by the underdevelopment of the thigh bone and characteristic facial features, K'Von spent five and a half months in the NICU and underwent several surgeries. His mother, Kindera Hilliard, shares, "He had heart surgery and surgery to repair his palate when he was just a few months old, but he has adapted well. The doctors tried to use prosthetics, but they didn't work because he was born without hip sockets. So, he was moved to a wheelchair. It was stressful, but God got us through it."

The journey hasn't been easy, but K'Von has remained resilient with the

help of his friends who encourage him to never give up. That mentality has kept him strong in his daily life, but also has lead him to winning gold medals in the Special Olympics. When he was six years old, K'Von began competing in the Special Olympics after Michelle deVeer, a teacher at Oak Grove Primary, asked his parents if they would consider getting him involved. K'Von committed and has since competed in track and field, bowling, and most recently, powerlifting.

To get ready for a competition, K'Von trains with Coach Paul Fletcher in Baton Rouge, and his hard work has certainly paid off. Over the years, K'Von has won gold medals in the 100m, 200m, and 400m wheelchair races, the softball throw, and in the shot put throw—all on the national level.

He also claimed a gold medal in bench press powerlifting, even though it was his first time ever competing in the event.

To K'Von, the Special Olympics is the best thing that has ever happened to him. He enjoys competing alongside his friends and cheering them on in their events, too. Recently, the Louisiana Sports Hall of Fame reached out to him and asked if they could display his racing wheelchair as a part of the *Brave in the Attempt: Special Olympics in Louisiana* exhibit. His response to the cool recognition? "God just keeps blessing me," he says.

Now 18 years old, K'Von is looking forward to his senior year at Dutchtown High School. He is also hoping to visit Tennessee this fall so he can see the seasons change. While he enjoys competing in the Special Olympics (track and field is his favorite event), it's music that is his greatest passion. He plays drums and writes his own

music, and his favorite music to listen to is hip hop and rap. K'Von is quite the entertainer and has the ability to light up any room.

"He's a very outgoing, funny, and talented young man. He motivates and pushes us as a family. We often look at his journey and how far he has come. He is the living example that confirms anything is possible," Hilliard adds.

The Special Olympics play an important role in K'Von's life, and both he and his mother hope that more people will get involved and volunteer because they know everyone will fall in love with it as they have. For anyone who may want to start competing, K'Von shares that there's a motto he and his friends lived by when they were competing in Nebraska and needed encouragement, and it's the same advice he is offering to everyone now: Go for the gold! ■

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## LIVE FAITH



## New School Year, New You in Christ

By Rev. Brady S. Whitton, Senior Pastor

Let's face it, the beginning of the school year can be a stressful time. There are new routines, places to see, people to meet, and skills to learn! And, it's not just the children who are anxious. Parents are, too. So, with the new school year upon us, what resources do we have, as people of faith, to help our children (and us!) during this exciting but anxious time?

One of the most important things we need to remember is the new identity we've been given in Christ. Those of us who live "in Christ," as the Apostle Paul calls it, are "new creations. The old has passed away and everything has become new," (2 Cor. 5:17). Without Christ, we were people of darkness. With Christ, we are children of light. Without Christ, we were slaves to sin. With Christ, we are slaves to righteousness. Without Christ, we lived with worry and fear. With Christ, we are more than conquerors.

I find the most helpful thing I can do is immerse myself in that new identity, which is something I have to do constantly—through prayer, through studying scriptures, and through worship. When I am living out of this new identity, I am my best self. I am who God created me to be.

It's no surprise that one of the most helpful things we can do for our children is remind them of the same thing. Find ways in the morning to help your children stay centered in who they are "in Christ." It could be as simple as a prayer before heading to school or an encouraging send off like, "Remember, you are a child of God!"

There are days my son wakes up and within a few minutes is fussing, fighting and complaining. I take him by the hand the moment he wakes up, and sit him down. I ask him to breathe with me. After a few breaths, I ask him to "check in" with himself about how he's feeling. We practice breathing in the presence of God and breathing out those unhelpful feelings.

The most important thing you can do is immerse yourself in your new identity in Christ. The most important thing you can do for your children is to teach them and remind them of the same. ■





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# Skills Your Kindergartener Needs to Know

By Lauren Labbé Meher

**W**ith the first day of school right around the corner, parents are rushing around hurriedly, checking off their list of “must dos” before the start of the new year. Freshly sharpened pencils, blank notebook pages, starched uniforms, and new shoes become symbols of the clean slate of a new school year. For kindergarten parents, everything is new.

If you have a little one starting kindergarten, you may be asking yourself if you’ve done everything necessary to prepare your child for her big first day. You’ve bought flashcards and lined paper for daily preparation at home to help her get ahead, but you still find yourself wondering if that’s enough. Here’s what local kindergarten teachers want your child to know before the bell rings.

## 1. NARRATE YOUR LIFE

Simply by talking to your child, you’ve been preparing her for kindergarten. Oral language skills and a robust vocabulary will help students communicate their thoughts and needs in class. Jennifer Nguyen, a kindergarten teacher at Mayfair Laboratory School, shares, “Avoid using ‘baby talk.’ It’s important to speak to your child like you would speak to any person.” By using the same language you would with your child as an adult, you expose her to an immense vocabulary, which greatly impacts her speaking skills. Nguyen says, “Just narrate your life. Describe everything you do as you are doing it and simply think out loud.”

## 2. READ A BOOK A DAY

Children start kindergarten at different levels. Some may be able to read somewhat independently, while others may be more comfortable reading a few simple words. Emily Zeringue, a teacher at BASIS Baton Rouge Charter School, says, “Children cannot learn to read properly without first hearing how words and sentences should sound.” By reading one story a day, you relieve any pressure your child may have about her reading level, while enhancing her ability to recognize and understand a variety of concepts.

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### 3. JUST THE FACTS

Counting to 30, matching uppercase to lowercase letters, knowing basic colors and shapes, left vs. right, positional words (above, below, first, last), and writing numbers are essential in helping your child be prepared for school.

### 4. FINE MOTOR SKILLS

Ideally, kindergarten teachers would like your child to be able to write her name. Before she can do that, she has to develop fine motor skills. Zeringue emphasizes that pencil grip is of utmost importance in kindergarten. To help develop these fine motor skills, Nguyen suggests doing activities like picking up small objects with tweezers (or any other activities using a pincer grip), practicing with scissors, and lacing activities like sticking a shoelace through a hole. These exercises will help develop your child's writing skills.

### 5. WRITING PRACTICE

The more practice your child has with holding a pencil and with writing, the better she will become. That being said, never pressure your child when she is practicing her letters or numbers, and encourage any writing and drawing. Zeringue notes, "It is important to correct any letters or numbers that are written backwards. As with anything, once the habit is formed, it is difficult to undo. Don't be alarmed if your child often writes numbers or letters backwards though, as she is learning several new skills, it is easy for her to get confused."

Parents can easily fall into the trap of panicking if their child hasn't mastered every academic skill from counting to reading and writing. At the kindergarten level, social and emotional readiness and self-care are far more important than how neatly your child can write her name.

### 6. SOCIAL SKILLS

It is helpful for your child to know her name, her parents' names, and her birthday. This is not only beneficial to provide her teacher with this, but also may be useful in practicing conversation and teaching your child how to introduce herself.

### 7. SELF-CARE SKILLS

The keyword here is independence. Help your child become more confident with going to the bathroom by herself including unbuckling a belt, wiping herself, washing her hands, etc. Show her how to open her lunch containers and insert a straw into a drink, and teach her to tie her shoes. Nguyen says, "Work on this skill at home as this is not usually a skill covered in the classroom." If your child is unable to tie her shoes, Velcro shoes will make her teacher very happy. Similar to the varied pace that children develop academic skills, every child is also different when it comes to developing social skills. The important thing is that you practice these skills daily.

The first day of school is hard, sometimes more so for the parent than the child. Remember that everything you've done up to this point has prepared her for this day. You've held your child's hand for so long, sometimes it's hard just letting go. But when you're watching that little backpack walk away, trust that she is walking into the open arms of her new kindergarten teacher, who wants you to know that everything is going to be okay. ■

## Off to Kindergarten: Getting Mom Ready

By Sarah Lyons

The pencils are sharpened, the backpack has been chosen, and you have thought of everything to prepare your child for the first day of kindergarten, and then it hits you: your baby is going to kindergarten! There are plenty of resources parents use to prepare their child for that first day, but no one tells mom what to do when she lets go of the child who has been by her side for five years. From a mom who has sent three kids to kindergarten, so far, here are some tips to get yourself ready.

- **Get social.** You will feel more comfortable sending your child off to school if you know his classmates and their parents. Set up a playdate at a park and invite everyone to come. Also, consider starting a kindergarten playgroup a year or two prior to kindergarten so you and your child have time to make friends before school.
- **Volunteer.** Just because your child is away at school doesn't mean you have to be far. Consider joining the PTO, becoming a Scout leader, serving as a room parent, or asking where you can be helpful in your child's school. Serving at your child's school helps you become familiar with the staff, students, and families.
- **Use reinforcements.** It can be hard, especially the first day of school, to let go. Try to keep your fears, nerves, and sadness under wraps as you drop your child off. Kids can sense your feelings and may feed off of them, making drop off even more stressful. Ask dad, an aunt, uncle, or grandparent to tag along to help you stay positive and keep your fears at bay. Sometimes a voice of reason and later a shoulder to cry on is just what you need. Some schools host a coffee or breakfast after drop off the first day to connect you to other parents who are missing their little ones, too.
- **Make the best of it.** I miss my kids terribly when they are at school, but I also make the best of it. When your child is away, use the time wisely to clean, work out, shower, cook, run errands, or to recharge your own battery. In no time, you will settle into a new normal and after seeing the growth and maturity in your child as he thrives in kindergarten, sending him off to first grade should be easier...maybe.



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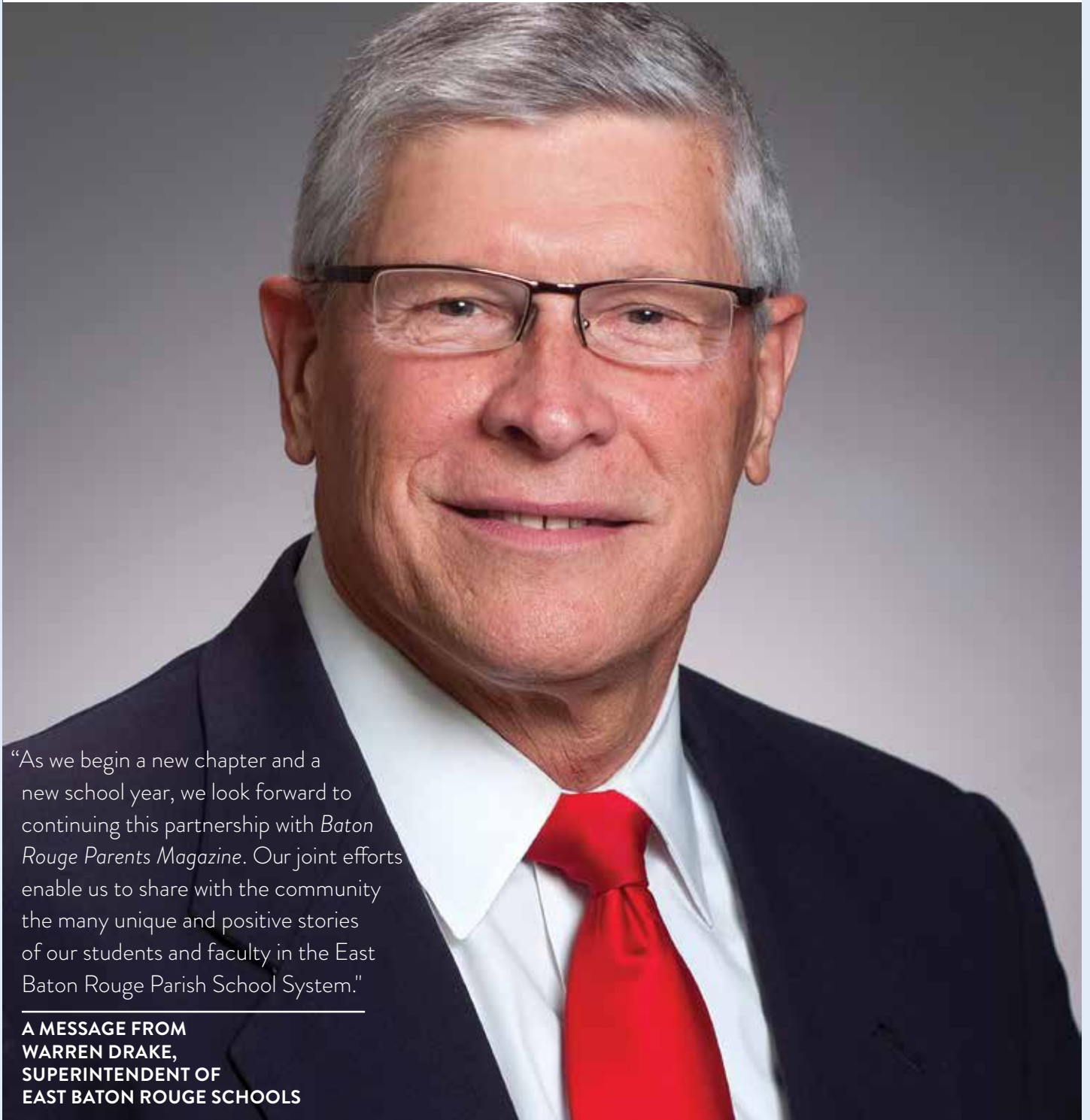


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# *Building the Future of Baton Rouge*



"As we begin a new chapter and a new school year, we look forward to continuing this partnership with *Baton Rouge Parents Magazine*. Our joint efforts enable us to share with the community the many unique and positive stories of our students and faculty in the East Baton Rouge Parish School System."

**A MESSAGE FROM  
WARREN DRAKE,  
SUPERINTENDENT OF  
EAST BATON ROUGE SCHOOLS**



# DOING GREAT THINGS

*A Special Report from East Baton Rouge Parish School System*

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## Southeast Middle Students Win at Global Student Voice Film Festival



**C**aleb Rackley, Madison James, and Trinity Schley were on hand to receive first prize for the middle age bracket at the Global Student Voice Film Festival for their film, *In Another's Shoes*, in Chicago in June. Their film was selected out of hundreds of entries for the honor by a team of nearly three dozen judges.

Created by six students from Southeast Middle Magnet School, the short film encourages viewers to empathize with other students who are often overlooked. The film follows the stories of two students who face uncommon obstacles, yet remain optimistic about school.

The students worked on the film in early March and were notified about their winnings in May. Global Student Voice provided scholarships for travel costs for the students who were able to attend the award ceremony.

Madison James, the video editor for the film, accepted the award on stage. "This film was new to us because we don't usually get the chance to tell stories like this. We really wanted to get their stories out there in the world," she shares.

Caleb Rackley, who wrote most of the script and performed the voiceover, agrees, "This was a challenge for us because we are used to filming a daily broadcast. Telling a story in a different format was new to us and made us think outside of the box."

The president of Global Student Voice, Jenny Magiera, presented the students with the award. "It is hard to be able to watch this film without tearing up a little. All of the judges cried while watching this film," says Magiera.

The award ceremony was held at the annual International Society for Technology in Education Conference (ISTE) in Chicago at McCormick Place. The students were among six groups to receive awards for their efforts.



## Greenbrier Elementary Returns To Campus After the Flood

During the Great Flood of 2016, Greenbrier Elementary School took in up to 30" of flood water. However, the school has undergone renovations to return the school to pre-flood conditions, and is scheduled to reopen this month.

Principal Shayla Hollins shares, "We are super excited to return to our home campus to be able to serve our community more effectively and efficiently. Our community is looking forward to our return as well."

In addition to the restoring of the building and flood repair, there are several new additions the school and faculty have to look forward to this school year. There is now a new secure entry added, a new admin space, and a media center. The school will provide a 21st century learning space for children.

This month, the school will be hosting a Color Run and Homecoming Celebration on Saturday, August 4 from 8 a.m.-noon at the school. For more information, visit [schools.ebrschools.org/greenbrierelementary](http://schools.ebrschools.org/greenbrierelementary).



## EBR Convocation to Celebrate Upcoming Year

East Baton Rouge Parish Schools teachers and administrators are coming together to get everyone ready for the school year. East Baton Rouge's annual Convocation will be held on Wednesday August 8 at 9 a.m. at Southern University F.G. Clark Activity Center, and will be attended by all East Baton Rouge teachers, elected officials, and guests.

This great event brings everyone together to share the excitement for the upcoming school year. Throughout the event, they will also highlight accomplishments that have been made in the parish as well as discuss ways they can keep growing and improving in the upcoming year.





# Broadmoor Elementary and CTEC's Grand Openings



**E**ast Baton Rouge Parish School System (EBRPSS) will be home to two new school buildings this month.

## **East Baton Rouge Career and Technical Education Center**

East Baton Rouge Career and Technical Education Center (CTEC) is brand new to EBRPSS, and is located off Lobdell Boulevard. At CTEC, students will be transported from their home schools to receive technical training in classes such as manufacturing, mechanical/electrical, carpentry, EMT, nursing, and cyber security. The building features four adaptive and convertible career and technical bays with three bays including connecting classrooms. There will also be an additional three classrooms, administration offices, conference and meeting rooms, and a commons/dining space. The site is built to accommodate 150 students during morning classes and 150 students during afternoon classes. The site will open at the beginning of the 2018-19 school year.

## **Broadmoor Elementary School**

While Broadmoor Elementary School is no stranger to the EBRPSS, it has been completely revamped from the ground up. The new and improved Broadmoor Elementary School is now an 85,000-square foot building constructed to accommodate 700 students from PreK through fifth grade.

During the construction, students were attending classes at the old Valley Park. Classrooms at Broadmoor will include new 21st century furniture that can be used in collaborative learning environments or traditional classroom settings. The site also has collaborative learning spaces and an outdoor reading area, and will also be opening its doors to students for the 2018-19 school year.



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---

**A MESSAGE FROM  
DAVID ALEXANDER,  
SUPERINTENDENT OF  
ASCENSION PUBLIC SCHOOLS**





# EVERY CHILD SUCCESSFUL

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## Ascension Students Soar to #2 Ranking on State Assessments



“We are so grateful for the hard work of everyone who produced results that indicate continued progress toward student mastery in these academic content areas for the second year in a row. We are always confident that our commitment toward excellence exists with a spirit of teamwork, but it is always nice to have that commitment confirmed with positive results,” says Superintendent David Alexander.

Ascension Public Schools outperformed the state on each of the LEAP tests, as well as the overall combined scores. Mastery and Advanced scores were achieved by 60 percent of Ascension students on ELA, 46 percent on math and 45 percent on social studies tests. That is well above the state averages of 43 percent, 32 percent, and 27 percent, respectively.

“Ascension Public Schools continues to commit to the work of supporting student development in multiple areas that include a focus on academics, skill development, and emotional maturity in order to make it certain that each student has the opportunity to pursue a quality life,” says Alexander. “We are Ascension Parish’s public school system that pursues excellence at every level, ascending together with the support of all.”

The Louisiana Department of Education released results of the spring 2018 Louisiana Educational Assessment Program (LEAP) assessments, and Ascension Public Schools not only exceeded state scores on all three subjects, but also achieved the second highest combined scores in the state with 50 percent of students achieving Mastery and Advanced in grades three through eight and 53 percent in grades 3-12.

**To download LEAP score data for Ascension Parish and the state, visit [louisianabelieves.com/resources/library/data-center](https://louisianabelieves.com/resources/library/data-center).**

## “Excellence. Ascending Together.”

Ascension Public Schools’ new Strategic Plan outlines the district’s mission, vision, and purpose, and shares the overall vision of each of the departments. The report also includes Ascension Public Schools’ many achievements and accolades they have been awarded over the past year.

The new Plan embraces the concept of “Excellence. Ascending Together.” to express Ascension Public Schools’ commitment to lift up every department, employee, and student as the schools move forward.

Ascension Public Schools Superintendent David Alexander shares, “For families who want proven excellence when it comes to educating their child, Ascension Public Schools offers comprehensive, innovative PreK-12 education. We also know that it’s not just about the letter grade for a child, school, or district. It’s about excellence at every interaction. That’s why our district has developed a collaborative plan to improve every aspect of learning, growth, and achievement throughout our parish-wide system.”

Ascension Public Schools is a strong, united community with caring professionals who are committed to the overall well-being of their students, parish, and quality of life in their communities.

“It is an honor to serve as superintendent and to be a part of this exciting time in the life and history of our school system,” says Alexander.



## Ascension Students with Disabilities Perform Best in State

Students living with disabilities who attend Ascension Parish schools performed the highest in the state on the spring 2018 Louisiana Educational Assessment Program (LEAP) assessments. The Louisiana Department of Education released the results with 19 percent of students, the highest percentage in the state, earning Mastery or Advanced.

Lynn Hathaway, the Director of Special Education, shares, “We were so thrilled to hear the news. While I am new to this position, this just shows how incredible Ascension’s legacy is and the incredible work they have done over the years.”

Ascension Public Schools and their staff work together to meet the students’ needs and help all of them succeed. “We have a full team of support. It takes everyone to make it work. We work closely with the principals and the vice principals, and address any concerns parents may have. We also work to identify student needs to ensure every student grows,” Hathaway explains.

Ascension Public Schools doesn’t plan on stopping there. Through providing excellent support to their students, they want to make sure each student continues to grow and progress. Hathaway shares, “We want to continue to grow and push that number up to where all students are scoring Mastery. We want to keep pushing the bar.”



# Spotlight on Excellence



Elementary Teacher of the Year  
**Lake Elementary's Hollie LeBlanc**



Elementary Student of the Year  
**Dutchtown Primary's Caleb Barrow**



Elementary Support Personnel of the Year  
**Spanish Lake Primary's Kellie Nickens**



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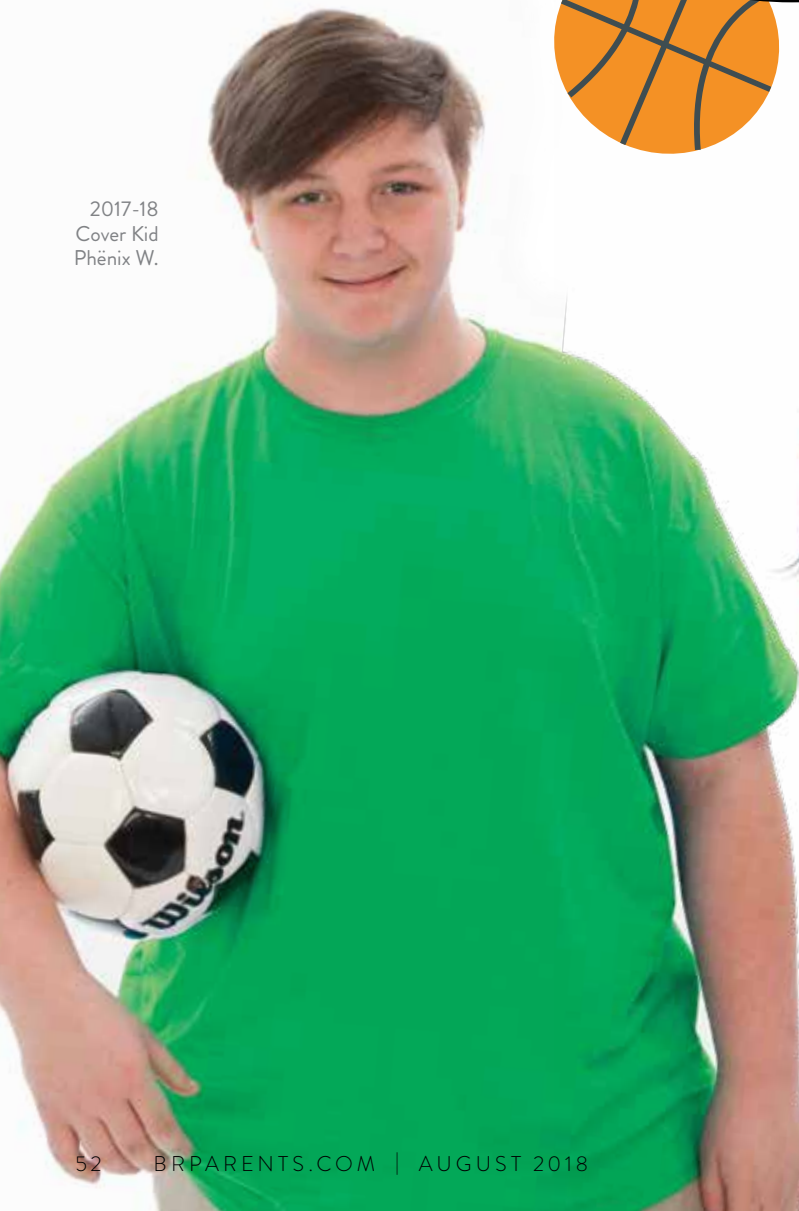




# KICKS OR KEYS?

By Denise Yearian

2017-18  
Cover Kid  
Phenix W.



2017-18  
Cover Kid  
Maya V.



Children's interests and activities are as diverse as the children themselves. Just as the right activity can build a child's self-esteem and provide hours of enjoyment, the wrong one can do just the opposite. So, how do you find the right sport, club, or music program for your child?

This was the dilemma Mark and Susan Benzel were in when their children were younger. "My kids weren't gregarious about asking to participate in an activity," says Susan of her now 16-, 11-, and 10-year-olds. "We exposed them to a variety of things I thought would be developmentally good for them, hoping they would find something they enjoyed."

Kelli L. Ewing, LPC, explains that exposing children to a variety of activities is beneficial. "Parents should encourage their children to participate in a wide range of after-school or extracurricular activities. It serves to enhance childhood social skills, exposes them to diversity, and more importantly, functions as a wonderful way to utilize many different parts of their growing brains."

While doing so, consider your child's temperament. Although it is important for children to have a balance of active and quiet play, some children are more inclined to physical activities; others would prefer to exercise their minds.

This is the reason Frank and Betty Calvetti signed up their son for soccer when he was five years old. "Angelo has always had such a high energy level that we thought moving up and down the soccer field would be a good fit," says Betty of her son. "We had considered baseball, but thought the game moved too slowly for him."

Another consideration is your child's personality. Is he more suited to group or individual activities? "Children who partake in both individual and group activities derive the best of both worlds with these kinds of play. Group activities encourage cohesiveness among its members, much like you might observe in the caring behaviors towards a child's soccer or cheerleading team. Individual activities allow time for a clearing of the



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# 15 Tips for Finding the Right After-School Activity

By Denise Morrison Yearian

**K**ids' interests and activities are as diverse as the children themselves. Just as the right activity can build self-esteem and provide hours of enjoyment, the wrong one can lead to feelings of failure, frustration and fatigue. So, how do you find the right extracurricular activity for your child?

1. **Watch him play.** Consider his interests, temperament and personality. Does he like constant physical activity or quieter experiences?
2. **Look at strengths and weaknesses.** Would she like to fine-tune those strengths or are there areas of weakness that could be improved with instruction?
3. **Explore through exposure.** Expose him to various activities and events. Provide him with a balance of both group and individual activities. Ask for his feedback and follow his lead.
4. **Get a physical.** Before starting any athletic program, take your child for a physical exam to detect vision, hearing, or other medical conditions that may make it difficult to participate in the activity.
5. **Consider time commitments.** How much family time is committed now? How much will this activity entail? Will personal practice time be expected?
6. **Count the cost.** Think about uniforms, trips, and other expenses not covered in the initial fee.
7. **Get recommendations.** Talk with your child's school. If you are looking for a physical activity, the P.E. teacher may have some ideas. If it's music, the music teacher might give you a lead. Also, get feedback from friends and family members regarding programs their children have been in. Are they happy with it? Is there anything they don't like about it? How often are practices or meetings? Is there one-on-one instruction?
8. **Find a good match.** Look for a program that aligns with your goals and objectives. Consider class size; instructors' experience; frequency and duration of lessons, practices, or meetings; and curriculum and philosophy.
9. **Stop in.** If the program has ongoing instruction, ask if you can stop by for a visit. Sit in on a session and observe it in progress. Does the instructor interact with the students? Does he use positive reinforcement? Are the students listening and attentive? Do they seem happy? Is the program geared for the skill and developmental level of the children?
10. **Ask about introductory classes.** Many ongoing programs offer introductory classes with no commitment. This allows your child to become familiar with the program and serves as a screening process to see if the instructor is running the program at the children's level.
11. **Review commitments.** Talk with your child about the commitment she is making to the activity before enrollment. Is she willing to go to games, practices, classes, or meetings? Will she commit to investing personal practice time, if called for? Will she participate in fundraisers?
12. **Persevering points to ponder.** If your child wants to quit an activity, consider your personal view on making him persevere. Is this a repeated pattern that needs to be addressed? Will it affect the rest of the team or group if he leaves? Is it detrimental to your child's health and well-being to continue?
13. **Keep schedules open.** Children need free playtime and downtime as much as they need scheduled activities. Avoid over scheduling your child with too many activities and watch for signs that she may be too taxed. If this happens, reevaluate current commitments and look for ways to cut back.
14. **Rehash unsuccessful endeavors.** If at first you don't succeed, talk it over. Ask your child what he didn't like about the activity, so you don't repeat the mistake when choosing a new activity. Is it the instructor? Other kids in the program? The activity itself?
15. **Try something new.** If your child has taken up an athletic activity, such as soccer, but didn't like it, try a different sport. If he played the saxophone and it wasn't a good fit, try a new instrument. Or, choose something completely different. The point is, give your child a variety of experiences and maybe he will find something he truly enjoys.

child's mind. He can focus on his own creativity and have the space to expand on his own interests," says Ewing.

Benzel found this to be true with her 10-year-old son Brock. "He always loved music and rhythm but had never had piano lessons," she recalls. "One day, his friend came over and started playing our piano. Brock, who was eight at the time, said, 'I can do even better.' I started him in lessons and within months, he had surpassed his friend's skills. I never have to ask him to practice. Lessons are the highlight of his week." But Benzel admits lessons, practices, and commutes whittle away time, which is why she always considers time commitments before enrolling her children in activities.

"My life is one big jigsaw puzzle with work and family responsibilities," she says. "I have to carefully place on the calendar where everyone is going and have an 'a' and 'b' plan in case my husband can't help out."

Equally important to time is finding an organization that matches your goals and objectives with regard to student-teacher ratios, instructors' experience, teaching philosophies, and student expectations. Ask for recommendations from teachers or administrators at your child's school, or talk with family and friends whose children are enrolled in activities if you aren't familiar with local programs near you.

Calvetti found this approach helpful. "When Angelo was in the first grade, a friend told me about a chess club her son was in, so we decided to sign Angelo up for it," she says. "It was a great program and a good experience for him. It taught him to lose graciously and persevere through a game."

Experts agree perseverance is an important lesson children need to learn. For the Calvettis, it was worth repeating on a grander scale. "When he was seven, Angelo took an interest in the piano so we signed him up for lessons," Calvetti remembers. "Two months into it, I realized he didn't like playing, and we still had four months left on the contract. We wanted to see if we could move

him past the learning curve and also felt the need to teach him the value of commitment, so we made him continue until the contract expired. He persevered to the end, but then he was ready to quit and try something new.”

Parents should explain the commitment to their child before enrolling him in a program so he knows what to expect. If the program doesn’t work out, talk with your child about the reasons it didn’t work out to avoid them happening again.


Most importantly, view it as a learning experience, not a failure. Maybe athletics isn’t your child’s thing, but music is. Or maybe it’s art, science, cooking, or sewing. Don’t be surprised if it takes several tries—a few seasons or a couple years to figure out what interests him the most.

“My oldest daughter Meghan didn’t find something she truly adored until she was 16, and it’s volunteering,” Benzel concludes. “Even if my kids don’t ever find their niches, I’ll keep exposing them to different things so they grow up with a storehouse of experiences from which to draw from.” ■

## IS MY CHILD OVERSCHEDULED?

If you can answer yes to any of the following, it may be time to reevaluate current commitments and give your child some much-needed down time:

- Is she tired, anxious or depressed?
- Is she easily irritated?
- Does she complain of headaches or stomach aches?
- Have her eating habits changed?
- Does she have a hard time falling asleep?
- Is she having trouble finishing her school work because of other commitments?
- Is her schedule draining on her or the family?




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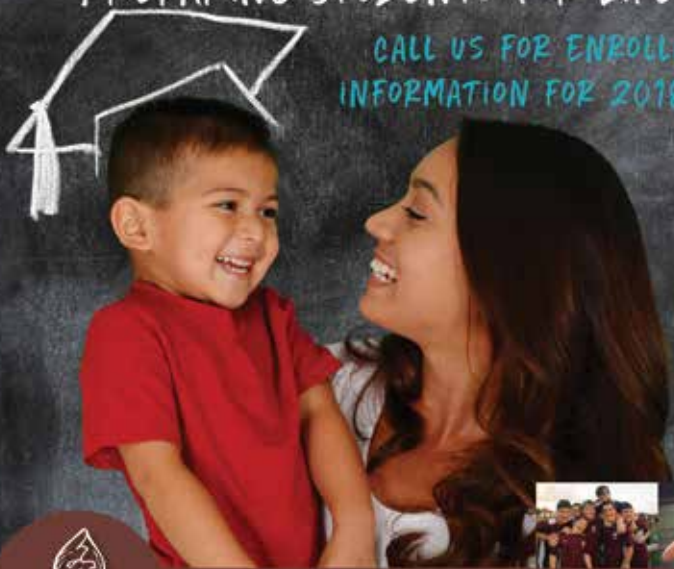
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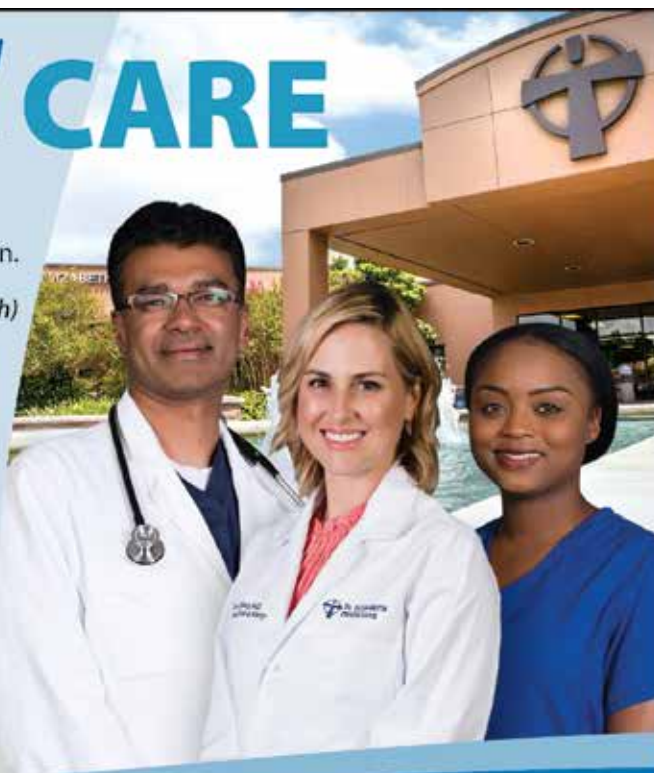


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# 10 TIPS TO PUT A STOP TO BAD BITING HABITS

By Denise Morrison Yearian

Young children bite for a variety of reasons—teething, feeling frustrated, seeking attention, looking for a reaction, or just exploring their world. With a little guidance, however, the behavior can stop. Here are 10 tips to help:

**1. ADDRESS IT IMMEDIATELY.** When he bites another person, explain in simple terms that biting hurts and is unacceptable. Be calm and loving but firm.

**2. RESIST RETALIATION.** Don't bite back; children learn by imitation and this only reinforces the behavior.

**3. TRY TIME OUT.** Remove him to a time out area to calm down. In general, allow one minute per the child's age. Shorter times can be effective, but longer ones may create more frustration and be counterproductive.

**4. HELP HIM ARTICULATE EMOTIONS.** If your child seems frustrated, angry, fearful or overwhelmed, attach words to what he

is feeling so he can communicate those feelings to you in the future.

**5. FIND ALTERNATIVE BEHAVIORS.** If he is frustrated or angry, suggest other ways to express his emotions, such as hugging a stuffed animal or hitting a pillow.

**6. REDIRECT HIS ATTENTION.** If biting is due to boredom or excitability, redirect him to a positive, engaging activity, such as reading a book, coloring, or playing a game.

**7. ADDRESS BASIC NEEDS.** Watch for signals that he is tired, hungry or not feeling well and meet those needs before his behavior spirals out of control. Moreover, if he is teething, provide a cool teething ring or cloth to bite into to relieve tender gums.

**8. PREPARE FOR TRANSITIONS.** Before going into a new situation, tell your child what to expect so he doesn't get overwhelmed.

**9. CONSIDER CHANGE.** Children who are experiencing a change in life or routines (i.e. new baby, new home, new setting) may resort to biting for attention. If so, be proactive by giving your child plenty of attention, so he doesn't resort to biting. If the behavior continues, consider a different setting.

**10. SEEK PROFESSIONAL HELP.** If biting continues past the age of four or five, address it with your pediatrician or behavioral specialist. ■

## Bryan J. Hollis D.D.S.

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While your child's teeth might appear to be straight, there may actually be a problem that needs to be evaluated by an orthodontist. If you recognize any of the following issues with your child, please schedule a check-up with your local orthodontist. It may be one of the most important actions you can take to ensure your child's healthy and happy smile.

- Early or late loss of baby teeth
- Difficulty in chewing or biting
- Mouth breathing
- Jaws that shift or make sounds
- Speech difficulties
- Biting the cheek or the roof of the mouth
- Facial imbalance
- Grinding or clenching of the teeth
- Thumb or finger sucking



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# Small Group of Friends or BIG Popularity?

By Melanie Forstall Lemoine, Ph.D.

Parents may wake one day to find the top three priorities of their children are friends, food, and fun, with family trailing far behind. The same children who once enjoyed being home with family now prefer to spend free time with friends. The need for parental connection is replaced by a search for acceptance and approval within a circle of friends.

Studies suggest that this type of emotional independence begins around ages 9-10 and suddenly the idea of “fitting in” becomes a top priority. Prior to this, socialization is centered around interests or activities (i.e., sports, dance) but now, socialization shifts to peer-led groups; with the leaders often perceived as “cool” or “popular.” While being a member of these friend groups can be important to children, membership may

prove to be emotionally challenging and difficult for them to navigate as this is a time of significant change and transition for children.

According to Lynn Gresham, LPC, Marriage and Family Counselor, this time of development for adolescents comes with many changes in both environment and body. “Academic material increases, they may be at a new school, their bodies are changing (mentally, physically, and emotionally), and their social environment and rules also change.” Additionally, as children slowly detach from their parents and become more emotionally independent, they can be left feeling vulnerable; increasing the need to fit in and be accepted. Gresham continues, “To steady this uncertainty, adolescents look to find balance during this time and often cave to the pressures of popularity.”

## POPULARITY PITFALLS

While many may seek it, popularity may not be all it’s cracked up to be. Pediatrician Shelly M. Martin, M.D., FAAP, shares that social pressures may manifest themselves in multiple ways, and earlier than you may think. “Pressures of popularity can be seen in depression or anxiety, especially in younger ages, and occasionally eating disorders even in younger children.”

The combination of alluring popularity and the vulnerability of new emotional independence can be a volatile mix. Dr. Martin continues, “The pressures of popularity can lead to alcohol and drug experimentation and sometimes unintended sexual interactions.”

## HEALTHY FRIENDSHIPS

As outlined in *Swimming Upstream: Parenting Girls for Resilience in a Toxic Culture* by Dr. Laura H. Choate, there are several questions children can use to guide their thinking when it comes to identifying solid, healthy relationships. Most important to remember, good friends always look out for each other’s best interest, not to gain social status or popularity. Additionally, a true friend is loyal and kind. While the book is geared towards girls, the questions can be applied to both genders. Encourage your children to ask these questions about their own friendships:

- What five things do you want in a good friend?
- Are you getting these things from your current relationships?
- When you think about your current friends, do you have someone you can laugh with? Tell difficult things to? Who believes in you? Who you can trust? Who protects you?

After a thorough assessment of their relationships, children may quickly realize that his/her best relationships are actually with only a small handful of friends. And guess what? That may be just what he or she needs.

Friendships that are built on healthy criteria—loyalty and kindness—and rooted in common interests are more likely to withstand the tumultuous ups and downs of adolescence and beyond. ■

# WHAT PARENTS CAN DO

It may be difficult for tweens and teens to strike a balance between the need to belong, pursuing popularity, and establishing a small group of healthy friendships, which is exactly where parents can help. Open communication and empathy combined with firm parenting may be just what your child needs to successfully navigate this journey.

- Communication is key. Being open and receptive to talking with your child will build a good foundation of open communication. Gresham and Dr. Martin both agree that open lines of communication and support are key. “Be supportive but firm on rules and expectations,” says Dr. Martin. Parents may need to remind kids about personal values and reinforce the qualities of healthy relationships.
- Build confidence. During this time, adolescents are seeking to find balance between fitting in and being a unique individual. According to Gresham, parents can support this by reinforcing their families’ values and encouraging children to pursue their own unique interests. She continues, “Confidence grows when parents become actively interested in their child’s interests.”
- Focus on quality not quantity. Without question, parents want their children to be happy, and happiness is often equated with friends. Studies suggest that the amount of friends a child has does not matter, but the quality of the relationships does. Dr. Choate says, “Parents should not spend their time encouraging their children to be popular.” Instead, she suggests, “A few kids who are authentic friends are far more valuable to a child’s development than forced friends who are superficial and based on social status.” And Gresham agrees, “Remind them of the power of quality over quantity.”





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# Where Are Your Shoes?

## *Get Your Kids to Stop Losing Their Stuff Without Losing Your Mind*

By Sandi Schwartz

“**W**hat do you mean you don’t know where your new shoes are? You haven’t even had them for a week!” I screamed as steam simmered out of my ears.

Did I lose my temper in that moment? Yes. Did I feel badly about it? A little. I was furious that my daughter had no idea where her sneakers were. She went to the store yesterday with them on, but now she had no idea where they were. It is so frustrating to have something you pay money for vanish into thin air. I also discovered they were missing two minutes before we needed to go to school.

My behavior was definitely overblown as a reaction to a five year old losing a material item (I know, it’s just stuff!), but I also know that if she does not learn that this is a big deal, how will she ever learn responsibility for her belongings and the value of a dollar? I joked that she would have to earn the money for new shoes. The look I got in return meant it was time to explore the ways to teach her responsibility so that I do not have to experience that stressful scene again.

### EXPECTATIONS

Are my expectations too high? Dr. Donna Fargason of Family Focus & Associates explains, “Children can misplace things for a lot of reasons. When a child is anxious or distracted, the brain can get a little fuzzy and make it hard to think about where items are being set down. When children are rushing, they are not paying attention to where they place things, and sometimes, children misplace things because they are inattentive and might have an attention problem that ends up being long-standing. It’s hard to know when kids are little so it’s worth trying to establish homes for items and instruct children to place items in their ‘homes.’”

Some children can continue to lose items up to age six. When they enter elementary school, they begin to take on more responsibility and understand consequences for their actions. Set rules about which items you will replace, how many times you will replace them, and any sacrifices they will have to make such as doing chores to “earn” things or giving up certain privileges like screen time.

Some kids may be naturally organized, but for the most part, it is up to us to teach them how to keep track of their things and to realize the importance of responsibility.

### PRACTICAL SOLUTIONS

Here are some practical ways to help children keep better track of their belongings.

**Set reminders based on their schedule.** Talk to your children about their schedules and point out important actions to take throughout the day, such as putting their lunchboxes back into their backpacks after their lunch period, putting their clothes in their backpacks after a swim lesson, and keeping track of their water bottles throughout the day. Ask them to double check that they have all their belongings before they leave school at the end of the day. Forming these habits based on a consistent routine can be very effective and used in many other situations down the road.

**Label everything.** Although it is a time investment up front, labeling your children’s belongings provides an insurance policy in case they do forget or misplace something. Simply use a permanent marker or purchase some labels online.

**Make a checklist.** Work with your children to write a list of their key belongings—such as a lunchbox, sweatshirt, homework folder—that they need to make sure they have before they leave the house in the morning and before they come home at the end of the day. Review this list with them until it is ingrained in their memory.

**Prompt them with specific questions.** Be proactive by asking them questions based on the checklist you created. “Do you have your homework folder and lunchbox for the day? Don’t forget to put them in your backpack when you are not using them.” Eventually, they will hear your questions enough that they will come up with them on their own.

### LESSONS FOR A LIFETIME

My daughter losing her new sneakers prompted some important lessons that she can carry with her for a lifetime.

Although I did not handle the moment as calmly as I should have, my daughter got the message that she was irresponsible and her actions had consequences. My daughter needed to understand that I was not going to hop on Amazon and re-order those same shoes just because she loved them. And when I asked her how she was going to earn the money to order new shoes, she realized that so much of what she has and loves costs money, and that needs to be earned by hard work.

I knew that if I simply “came to the rescue,” my daughter would grow up with an entitled expectation. Entitled children grow up feeling privileged because their parents believe that they should be happy all the time and never face consequences for their actions. However, to help keep this from happening, parents are encouraged to set rules and let the children earn the items back.

Dr. Fargason says, “There are a lot of strategies for helping children establish neatness behaviors. One strategy I found especially helpful was to pick up all of the left out items and put them in a bag and the items had to be earned back by chores or payment.”

I am trying to raise responsible children who understand that there are consequences for their actions. This means my children won’t always be completely happy. They won’t automatically get things just because they want them. It’s not just that I want my kids to be responsible for materials things; responsibility impacts so many aspects of their lives. If they learn to take care of their own toys and clothes now, then they will respect other people and their stuff, too. They will grasp the value of working hard to be able to pay for things, which will help them to manage their time and money more wisely. They will also begin to see the importance of helping people who do not have nearly as much as they do. Finally, they will feel empowered and develop self-esteem because they have control over their own behavior, which can help them achieve their goals and desires throughout life.

I am happy to report that we found the sneakers buried in a toy box. But now, my son lost his sweatshirt... ■



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## PLAY A DAY IN THE LIFE OF DAD



### Lights, Camera, and Action

By Brandon Foreman

**H**ow well do you know you know your children and what they are really thinking about? Well, I found a fun way to get inside the mind of a five year old, and it was all by accident. It is really simple, and you have all the tools you need in your pocket. Trust me, it will be worth it—and priceless—as your children grow up.

We take pictures of our children and we shoot videos of them on game days, birthdays, and every day for that matter, but do we really capture who they are, their personalities, and what they think? I found that a cell phone, a quiet room, and a book to lean the phone against can get you the rawest, unedited, and most personal look into the mind of your child. Not to mention, you will laugh, and at the same time, wonder, “Is this really my child?”

So, it’s simple: go to your desk, set up your phone with the front-facing camera turned on, and prop it up so that your children can see themselves in the screen. Next, explain that you don’t want them to touch the phone, but you do want them to tell the camera about their days, who their friends are, and what they like to do. Then, let them know you’re going to leave the room and let them explain all of this to the camera. Once they get going, the rest is movie magic and will be worth more than any t-ball game or birthday party video.

Since the video can take a lot of space on your phone, make sure to sync it to a service like Google Photos or Apple’s iCloud where you can save them forever. Make it a point to make one every couple of weeks. You will be so happy you did. My wife and I love to watch what they said after they are asleep. Make sure to share the good ones. I already put one online for you to see. Good luck, and be ready, because you never know what will come out of the mouths of your little ones. ■

To watch the video, go to [action.brparents.com](http://action.brparents.com)

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If you would like to read more of Brandon’s adventures from A Day in the Life of Dad, visit us online at [brparents.com](http://brparents.com).

#### FROM THE MOUTHS OF DADS

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—Chris Pratt

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Mike C. and his little burrito, Piper, taking a break at the splash pad.

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### WHERE TO EAT

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6817 Chief of Love Road, Savannah, GA 31419

Visit this renowned seafood restaurant for a great night of family time, and see one of the filming locations of *Forrest Gump*. When you sit down on the outdoor patio overlooking the Ogeechee River, be sure to order the fried catfish or dynamite shrimp. And regardless of what you order, be sure to get a side of hush puppies to round out your Savannah seafood experience.

■ lovesseafood.com

#### Gerald's Pig and Shrimp

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■ leopoldsicecream.com



### THINGS TO DO

Take a stroll to see one of Savannah's most iconic landmarks at **Forsyth Park**. Take photos at the fountain or cool down at one of the nearby splash pads. Also, be sure to swing by the Fragrant Garden, the local cafe, or the two made-for-kids playgrounds. If you're in town on a Saturday morning, the south end of the park is transformed into the Farmer's Market each weekend. ■ visithistoricsavannah.com/forsyth-park

Take in the beauty of the ocean at **Tybee Island**, just 20 minutes from downtown Savannah. If you're looking to sit back and relax, there are plenty of public beaches for your whole family to enjoy. For more high-paced fun, check out Tybee Jet Ski & Water Sports for plenty of surfing, jet skiing, and kayaking. For inside adventures, visit the Tybee Island Light Station and Museum or learn about local wildlife at the Tybee Island Marine Science Center. ■ visittybee.com

At Savannah's **Tri-Centennial Park**, three superb museums bring the past to life and inspire kids in the future. For train fanatics, The Georgia State Railroad Museum gives tours of both old and new trains. Savannah's History Museum & Battlefield Memorial Park walks your children through centuries of history in an afternoon. Lastly, the Savannah's Children's Museum is a great place to explore and play. It's currently located in the old Georgia Railway Carpentry Shop and has over a dozen exhibits and play areas to allow kids to run wild with their imaginations.

■ chsgeorgia.org

If you want fun coupled with a championship-winning minor league baseball team, then head over to the field of **The Savannah Bananas**. Visitors can enjoy the game, win prizes, and even see Daisy, the bat dog. Even if you're visiting in the off-season, the park offers concerts, races, movie nights, pet events, and bike rides. ■ thesavannahbananas.com

Visit this Savannah hotspot and stroll along the iconic cobblestones of **River Street**. Not only will you have a gorgeous view of the Savannah River, but kids will be entertained by the dozens of container ships that sail by each day. If you and your kiddos are looking for more hands-on activities, there are plenty of galleries, restaurants, artists' studios, and boutiques to enjoy. ■ savannah.com

If you want to see the spookier side of Savannah, take a ride with **Hearse Ghost Tours**. The hearse driver will pick up your family (up to nine people per hearse) and give you a driving tour of some of Savannah's most interesting haunts. But, be prepared to laugh, as this company is known for the puns and jokes sprinkled throughout the tour. ■ hearseghosttours.com

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## BACK-TO-SCHOOL TRADITIONS

# Your Kids Will Cherish

By Megan Murray Elesner

**W**ith all the excitement and possible anxiety that the first day of school brings, help your children take on the new school year with enthusiasm. Pick a few of these back-to-school traditions to start and then keep repeating each year.

**School Year's Eve Dinner.** No need to stay up until midnight, instead toast to the new school year the night before with a special "School Year's Eve" dinner. Whether it's a favorite homemade meal or a trip to a local restaurant, celebrate as a family with a delicious dinner to make the kids feel special and gear up the excitement. Talk about what everyone is looking forward to in the coming year.

**Student Survey.** Create a series of interview questions for your kids. Ask what some of their current favorites are, what they are hoping to learn, and what they want to be when they grow up. The interview questions can be fun to repeat on the last day of school to see how their answers changed through the school year, as well as from year to year.

**Height Check.** Each year, it feels like kids grow like weeds. Make it a tradition to mark down everyone's height the night before school starts. Whether it's on a wall in your house, in a doorway, or in a closet, it will be a family heirloom as you watch everyone grow each year.

**Gift of Words.** Gift each child a new book for the new school year. Whether it's the latest best-selling picture book, a new popular series, or one of your own favorites from childhood, it will be something your kids will remember. Go a step further and write a note on the interior cover of the book to your little one.

**Sidewalk Cheers.** Break out that sidewalk chalk after the kids have fallen asleep the night before school starts and get creative on your front stairs or sidewalk. Write sweet messages or draw pictures to help ease any first day nerves.

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2017-18 Cover Kid Evelyn D. is excited and ready to start the school year right.



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Earn the rank of a fun mom with over **40 Ridiculously Funny School Jokes.**

It's good for both you and your kiddos to ham it up, and you will definitely win the hearts of every kid in carpool. Go to [brparents.com](http://brparents.com) and get your copy.

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**Breakfast of Champions.** The first day of school deserves more than cereal and milk. Make a favorite breakfast complete with something that smells delicious to help spring them out of bed. Whip up their favorite muffins and include that for their morning snack to remind them you are rooting for them.

**Strike a Pose.** Get creative with your first-day-of-school pictures. Create a template with the date and school year, and then pick the same spot to take those photos later on to see how much your kiddos are growing. Whether it's a chalkboard, a piece of paper, or a custom t-shirt, make the photos your own.

**Sweet Note.** The first day of school deserves a note of encouragement snuck into the lunchbox. No need to compete with a crazy creative lunch, instead include a note or drawing that will help your kiddo get through the day.

**Post-School Party.** Toast the end of the first day of school with a post-school party with some of their favorite or new friends. Let the kids choose popsicles or their favorite cookie to munch on while they debrief everything that happened on the first day of school. ■

*A sweet celebration of the sugar cane harvest!*



**SUNDAY,  
OCTOBER 7**

11:00 a.m. - 4:00 p.m.

*Featuring food, music, and  
living history demonstrations.*

**FESTIVAL ADMISSION IS FREE!**



WEST  
BATON  
ROUGE  
MUSEUM

(225) 336-2442 | 1 (888) 881-6811  
[westbatonrougemuseum.com](http://westbatonrougemuseum.com)  
845 N JEFFERSON AVE, PORT ALLEN, LA

**RUN LIKE A CHEETAH!** 

**13TH  
ANNUAL  
AUG 25**



**Zoo Run Run**  
5K & KIDS FUN RUN

PRESENTED BY  
**LAMAR**  
ADVERTISING COMPANY

**REGISTRATION  
NOW OPEN!** [BRZOO.ORG](http://BRZOO.ORG)





# August

## BREC'S ZOO RUN RUN

Run like a cheetah to BREC's Zoo Run Run 5K and ½ Mile Kids' Fun Run. At the run, you and your kiddos can enjoy the scenery as you scamper, trot, or gallop your way through BREC's Baton Rouge Zoo on Saturday, August 25. All proceeds from the race support the Zoo and international cheetah conservation efforts. Registration begins at 6:30 a.m. with the ½ Mile Kids' Fun Run at 7:45 a.m. and the 5K at 8:15 a.m. Registration runs \$12-30. ■ [brzoo.org](http://brzoo.org)

## 1 WEDNESDAY

**GRANDPARENTS RAISING GRANDCHILDREN.** Baker-East BR/ East Feliciana Forever Open Arms at 1 p.m. Information and support group for grandparents and others raising children not their own. [lagrg.org](http://lagrg.org)  
**I CARE LIVE.** Webinar series at noon by the I CARE program with various guest speakers who promote personal safety, drug prevention, and self-help educational resources. [icare.ebrschools.org](http://icare.ebrschools.org)  
**MURDER MYSTERY CAFE.** Denham Springs-Walker Library at 5 p.m. Adults can watch a performance by the Livingston Parish Library Mystery Players, enjoy coffee drinks, pastries, and figure out who done it. Registration required. (225) 686-4140

### SUNSET PADDLE.

BREC's Milford Wampold Memorial Park at 6:30 p.m. Visit the University Lakes for a paddle under the setting sun. Register to reserve a kayak or paddle board in advance. [outdooradventure@brec.org](mailto:outdooradventure@brec.org)  
**WINE WALK WEDNESDAY.** Downtown Baton Rouge from 5:30-10:30 p.m. Wine lovers are encouraged to come together to try different wines at different venues in Baton Rouge. Must be 21. [facebook.com/winewalkwednesday](https://facebook.com/winewalkwednesday)

## 2 THURSDAY

**ABSOLUTELY A CAPPELLA AUGUST.** Trinity Lutheran Church at 6:30 p.m. Learn about building a unit sound, breath control, voice placement, and phrasing and dynamics

with Baton Rouge Chorus. [batonrougechorus.org](http://batonrougechorus.org)  
**BACK TO SCHOOL TIME STORY/ACTIVITY.** Fairwood Library at 4 p.m. Children ages three to seven can hear readings of *What George Forgat and Kindergarten is Cool*, and complete activities. Registration required. (225) 924-9385

**GRANDPARENTS RAISING GRANDCHILDREN.** Baker-East BR/ East Feliciana Forever Open Arms at 1 p.m. Information and support group for grandparents and others raising children not their own. [lagrg.org](http://lagrg.org)  
**SPECIAL NEEDS TRUST WORKSHOP.** Denham Springs-Walker Library at 6 p.m. Presented by Morgan T. Allison, JD and sponsored by Families Helping Families of Greater Baton Rouge. Registration required. [fhfgr.org](http://fhfgr.org)

### TEEN ADVISORY BOARD.

Watson Library at 5:30 p.m. Teens can suggest programs, volunteer at the branch, and help choose books. (225) 686-4180  
**TEEN SUMMER FILM CAMP PREMIERE.** EBR Main Library at 6:30 p.m. Watch the films produced by teens in the camps provided by the library and the New Orleans Video Access Center in Baton Rouge. (225) 658-1850  
**THE KING.** Manship Theatre at 7 p.m. Forty years after the death of Elvis Presley, a musical road trip across America in his 1963 Rolls Royce explores how a country boy lost his authenticity and became a king. Cost is \$9.50. [manshiptheatre.org](http://manshiptheatre.org)  
**VAUDEVILLE AT LOUISIANA CULINARY INSTITUTE.** Louisiana Culinary Institute at 6 p.m. This

dinner and a show features a three-course meal along with belly dancing, sword swallowing, opera singing, poetry, and fire dancing performances. [eventbrite.com](https://eventbrite.com)  
**VIRGINIA COLLEGE BACK TO SCHOOL EVENT.** Virginia College in Baton Rouge from 11 a.m.-2 p.m. The event will feature refreshments and candy for kids, a spelling bee, photo booth, campus tours, a scavenger hunt, and school supply giveaways while supplies last. Adults can enter to win gift cards and other prizes. Free. (225) 236-3900

## 3 FRIDAY

**BREASTFEEDING SUPPORT GROUP.** Woman's Hospital from 9:30-11 a.m. Learn from a certified lactation nurse and other moms about their own

successes and challenges with breastfeeding. Free. (225) 231-5475

**LUNCHTIME LECTURE.** West Baton Rouge Museum, Port Allen, at noon. Dr. Paul Paskoff, retired LSU History Department Professor Emeritus and economic historian, will make a presentation of A Brief History of Invention and Patents in the United States followed by a panel of special guests. Free. westbatonrougemuseum.com

**SIP IN STYLE: BYOB WINE GLASS ETCH CLASS.** Create Studios at 6 p.m. Learn the process for etching glass and how to make your own stencils. eventbrite.com

**STORIES IN ART.** LSU Museum of Art at 10:30 a.m. Free program for children from birth to preschool and their caregivers. Enjoy a book and art project designed to make families comfortable exploring in a museum setting. (225) 389-7207

**THE GREAT AMERICAN SONGBOOK.** Manship Theatre today and August 4 at 7:30 p.m. and August 5 at 2 p.m. *The Great American Songbook* was the birth of the most influential American pop songs and jazz standards of the 20th Century. Favorites are performed by a jazz trio and a talented group of local singers. manshiptheatre.org

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**TIGERS FOR AUTISM AWARENESS FRIDAY NIGHT OUT.** LSU Women's Center from 6-9 p.m. Social gathering between LSU students and teens and adults with special needs. Registration required. fhfgbr.org

## 4 SATURDAY

**A PORCUPINE NAMED**

**FLUFFY STORY/CRAFT.** Bluebonnet Library at 10:30 a.m. Children ages three to six will listen to *A Porcupine Named Fluffy* and make a craft. (225) 763-2250

**BACK TO SCHOOL EXTRAVAGANZA.** BREC's Hartley-Vey Park from 8:15-11 a.m. Celebrate the renovations at the park, grand opening, worship service, gospel singing, back-to-school program, and school supplies giveaway. brec.org

**BACK TO SCHOOL: GETTING BACK TO THE BUSINESS OF EDUCATION.** LSU E. J. Ourso College of Business from 8 a.m.-noon. Hosted by Councilwoman Tara Wicker,

with vendors and free school supplies. (225) 389-5140

**BACK TO SCHOOL GIVEAWAY.** Glen Oaks High School at 11 a.m. School supply giveaway. Children must be present to receive school supplies. facebook.com/ebrrsheriff

**BATON ROUGE ARTS MARKET.** Farmers Market downtown from 8 a.m.-noon. The event will feature special art activities for kids. artsbr.org

**BMX CLINIC.** BREC's Extreme Sports Park from 9-10 a.m. Clinic will be on beginner BMX. Must be able to ride a bike without assistance. Registration required. xsports@brec.org

**BODY BASICS FOR BOYS.** Woman's Hospital from 9:30-11:30 a.m. Preteen boys ages 10-13 will learn how their bodies grow, what changes to expect during puberty, and how to take care of themselves. Cost is \$15. Registration required. (225) 231-5475

**CAJUN DANCE.** UCT Hall at 7:15 p.m. with free dance lessons and The Lee

Benoit Family Band at 8 p.m. Admission runs \$10-12. Students with ID get a discount. batonrougecajundance.com

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

**CLINTON MARKET DAY.** Downtown Clinton in front of Courthouse from 8 a.m.-1 p.m. (225) 683-5531

**DISTRICT 6 BACK TO SCHOOL EXTRAVAGANZA.** Baton Rouge Community College (BRCC) Wellness Center from 10 a.m.-noon. Councilwoman Donna Collins-Lewis, BRCC, New Hope Baptist Church, Star Hill Church, and Professional Athletes Supporting Students is hosting this free event with food, school supplies, safety education, and ID badges for kids. brla.gov

**FIRST SATURDAY FAMILY PROGRAM: BIOLOGICAL DIVERSITY.** Capitol Park Museum from 10 a.m.-2 p.m. Free program on the living creatures of Louisiana. Visit hands-on station to touch furs, snakes, and turtles, and see native plants. louisianastatemuseum.org

**FRIENDS AND FAMILY LUAU.** BREC's Liberty Lagoon from 7-9:30 p.m. Individuals of all ages with disabilities and their friends and families are invited for swimming, music, and food. fhfgbr.org

**HANDS-ON HAPPENINGS.** LASM from 10 a.m.-noon. Get creative with this hands-on art workshop for all ages. Regular admission applies. lasm.org

**HOMECOMING CELEBRATION AND**

**COLOR RUN.** Greenbrier Elementary School at 8 a.m. Celebrate the reopening of Greenbrier Elementary School. Registration required. schools.ebrschools.org/greenbrierelementary

**JUMP BACK TO SCHOOL WITH JJ.** Jump-N-Jive at 5 p.m. Learn a dance taught by JJ, meet JJ, and decorate a JJ Bow with When You Wish Entertainment, LLC. There will also be food and drinks. Cost is \$10-50. eventbrite.com

**KIDS FISHING RODEO.** Twin Lakes Park, Dutch-town, with registration at 6:30 a.m. and fishing from 7-9 a.m. Includes donuts, hot dogs, and jambalaya. Hosted by the East Ascension Sportsman League. Ages 2-14. Free. easlonline.org

**LOUISIANA MEN'S HEALTH CONFERENCE.** Pennington Biomedical Research Center from 7 a.m.-1 p.m. Free conference for men to heighten the awareness of preventable health problems and encourage early detection and treatment. Registration required. lamenshealth.org

**MOMMY & ME YOGA AND MUFFINS.** Sixela Kouture at 10 a.m. Sixela Kouture, in partnership with The Yoga Noir Project, will be hosting its first Mommy and Me Yoga Event. Tickets are \$15 for mother and child. eventbrite.com

**MOSAIC STAINED GLASS.** Create Studios at 6 p.m. Create a piece of art with all the beauty of a stained glass window without all the work. eventbrite.com

**OLD SOUTH JAMBOREE.** 9554 Florida Boulevard, Walker, at 7 p.m. featuring Carlton Jones and His Red Hot Country Band. Tickets are \$5-10. livingstontourism.com

**PREPARING FOR DELIVERY.** Woman's Hospital from 1-5 p.m. or on August 21 and 23 from 6:30-8:30 p.m. Learn basic information so you can recognize signs of labor and practice comfort measures. Registration required. Cost is \$35. (225) 231-5475

**SPIRIT OF TOGETHERNESS: GOSPEL FEST.** City of Plaquemine Activity Center from 11 a.m.-6 p.m. Free event features national recording artist, Chester D.T. Baldwin. Hosted by Mt. Cyrene Baptist Church Choir and Pastor Chris Butler. visitiberville.com

**STEAM CLUB: KEVA PLANKS CHALLENGES.** Jones Creek Library at 3 p.m. Teens can use planks to compete in a series of engineering challenges. Registration required. (225) 756-1170

**THE GREAT AMERICAN SONGBOOK.** Manship Theatre at 7:30 p.m. and August 5 at 2 p.m. *The Great American Songbook* was the birth of the most influential American pop songs and jazz standards of the 20th Century. Favorites are performed by a jazz trio and a talented group of local singers. Tickets are \$25. manshiptheatre.org

## 5 SUNDAY

**A TASTE OF TEA AND THEE.** Audubon State Historic Site, St. Francisville, from 1-4 p.m. Sample a selection of carefully-chosen specialty teas from the Colonial and Victorian periods, and discover the roots and etiquette of the afternoon tea. (888) 677-2838

**AFTER BABY COMES (ABC): BABY CARE AND PARENT CARE.** Woman's Hospital from 12:30-5:30 p.m. or August 7 and 8 from 6:30-9 p.m. Plan to take this class in the sixth month of pregnancy. Cost is \$35. (225) 231-5475

**BACK 2 SCHOOL IN STYLE.** Lamar Dixon Expo



# IN EVERY ISSUE CALENDAR

Center from noon-5 p.m. Giveaways, door prizes, face painting, and local barbers and stylists offer free services for children ages 5-15 with service cut off time at 3 p.m. (225) 622-4357

**FREE FIRST SUNDAY.** Free admission to the LSU Museum of Art, LASM, the Old State Capitol, the USS Kidd, Capitol Park Museum, and BREC's Magnolia Mound Plantation. visitbatonrouge.com  
**MAGIC HAPPENS RABBIT RESCUE ADOPTION DAY.**



Millerville Petsmart from 2-4 p.m. Includes rabbits and guinea pigs looking for forever homes.

magichappensrescue.com  
**SENSORY SENSITIVE SUNDAY.** Chuck E. Cheese's at 9 a.m. Opens two hours early with reduced lighting and games for children with autism and other special needs. chuckedcheese.com

**THE GREAT AMERICAN SONGBOOK.** Manship Theatre at 2 p.m. *The Great American Songbook* was the birth of the most influential American pop songs and jazz standards of the 20th Century. Favorites are performed by a jazz trio and a talented group of local singers. Tickets are \$25. manshiptheatre.org

## 6 MONDAY

**CASA ORIENTATION.** CASA office at 3 p.m. Capital Area Court Appointed Special Advocate (CASA) Association holds orientation. Registration required. casabr.org

**LINE 4 LINE.** O'Neils Barber and Beauty Salon. Free haircuts once a month to boys ages 2-16 who read to the barbers. Free food. The salon has a Free Little Library stocked by the LSU Museum of Art. (225) 389-7207  
**MOMMY AND ME.** Baton Rouge General Hospital, Bluebonnet, from 11 a.m.-noon. A continued breastfeeding support and education group designed to help mothers and babies learn about successes and challenges.

brgeneral.org  
**TEEN FILM CLUB.** Scotlandville Library at 3:30 p.m. Teens can watch a Marvel film and enjoy thematic activities and refreshments. (225) 354-7550  
**TOUR FOR TWO (OR MORE).** Baton Rouge General Hospital, Bluebonnet, from 6-7 p.m. Free tour of the Birth Center. brgeneral.org  
**WOMAN'S HOSPITAL ORIENTATION.** Woman's Hospital from 6:30-7:45 p.m. or 8-9:15 p.m. Tour the labor birth suites, family waiting areas, and Transition Nursery while learning what to expect. Registration required. Free. (225) 231-5475

**ACT PRACTICE EXAM SESSIONS.** Carver Library at 10 a.m. and 1:30 p.m. Teens can experience a full-length practice test in one of two sessions. Registration required.

## 7 TUESDAY

(225) 389-7450  
**AFTER BABY COMES (ABC): BABY CARE AND PARENT CARE.** Woman's Hospital today and August 8 from 6:30-9 p.m. Plan to take this class in the sixth month of pregnancy. Cost is \$35. (225) 231-5475  
**AN INTRODUCTION TO PRANIC HEALING.** The Red Shoes at 6:30 p.m. Learn how to use Prana/Life force to accelerate your body's ability to heal itself. You will also have the opportunity to experience intense peace, stillness, and bliss through meditation. eventbrite.com  
**B IS FOR BUS.** Jones Creek Library at 10:30 a.m. Children ages four to six will listen to *Don't Let the Pigeon Drive the Bus* by Mo Willems and make a bus picture. Registration required. (225) 756-1160  
**CPR FOR FRIENDS AND FAMILY.** Baton Rouge General Hospital, Bluebonnet, from 6-9 p.m. Learn CPR and foreign body airway obstruction techniques for infants and children. \$30 per couple. brgeneral.org  
**DECORATIVE PAINTING.** Arts Council of Livingston Parish, Denham Springs, today and August 14 from 6-8 p.m. Class on basic brush strokes of decorative painting with acrylic paints. artslivingston.org  
**HOPE CHESTS BREAST CANCER SUPPORT GROUP.** Ochsner Hospital from 6-7 p.m. Monthly support group with speakers and light refreshments. ochsner.org  
**YOUNG WRITERS CLUB.** Denham Springs-Walker Library at 5 p.m. Open to ages 10-18, members practice writing in many different styles and genres to fine-tune skills and challenge themselves. (225) 686-4140

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## 8 WEDNESDAY

**AFTER BABY COMES (ABC): BABY CARE AND PARENT CARE.** Woman's Hospital. Last of a two day class from 6:30-9 p.m. Second class. Plan to take this class in the sixth month of pregnancy. Cost is \$35. (225) 231-5475  
**GLUTEN FREE SUPPORT GROUP.** St. Elizabeth Hospital, Gonzales, from 6-7 p.m. Dr. Elizabeth Bollinger will discuss gluten free living for patients with celiac disease and non-celiac gluten sensitivity. Free. No registration needed. (225) 621-2906  
**LUNCHTIME LAGNIAPPE: CRAZY ON THE BAYOU.** Capitol Park Museum at noon. Free program by author Humberto Fontava on his book, *Crazy on the Bayou*, a laugh-out-loud book which includes delectable recipes. louisianastatemuseum.org  
**PARENTINGU: ALLERGY MYTH BUSTERS.** LSU Health Medical Education and Innovation Center from 6-8 p.m. Brett Hutchinson, M.D., and pediatric allergy and immunology specialist Sandhya Mani, M.D., discuss allergies and help to decipher the myths from the facts. Free, but pre-registration required. parentingu.eventbrite.com  
**THE KISSING HAND STORY/CRAFT.** Zachary Library at 11 a.m. Children ages four to six will listen to *The Kissing Hand* and decorate handprints. Registration required. (225) 658-1850

## 9 THURSDAY

**BODY BASICS FOR GIRLS.** Woman's Hospital from 6:30-8 p.m. Preteen girls ages 9-12 will learn how their bodies grow, what changes to expect during puberty, and how to take care of themselves. Cost is \$15. Registration required. (225) 231-5475  
**HOME AND PERSONAL SAFETY.** Carver

Library at 2 p.m. Adults and teens can learn about home and personal safety from EBRP Sheriffs. (225) 389-7450  
**LULU AND BEAN STORYTIME.** Lulu and Bean at 9:30 a.m. Babies and toddlers up to age three will enjoy 20-30 minutes of free interactive fun with a storyteller. luluandbeanbr.com

## 10 FRIDAY

**BLACK OUT LOUD CONFERENCE.** Healthcare Gallery & Wellness Spa at 7 p.m. Cocktail affair with live music. The Black Out Loud Conference is a three-day conference dedicated to celebrating Black visibility in the realm of arts, media, and activism. eventbrite.com  
**BREASTFEEDING EXPRESS.** Woman's Hospital from 11:30 a.m.-1:30 p.m. Small group class for women only, and is recommended as a refresher class or for women who prefer a fast-paced class. Cost is \$20 person. (225) 231-5475  
**COAL MINER'S DAUGHTER.** City of Plaquemine Activity Center today and August 11 at 7 p.m. and August 12 at 2 p.m. Performed by the Iberville Community Theatre Productions. Tickets run \$15-20. wearethedifference.org  
**FAMILY DINNER IMPROV SHOW.** Hartley/Vey Studio Theatre at 7:30 p.m. Hang out with Baton Rouge's premier comedy troupe for live, interactive improv games. Cost is \$3. manshiptheatre.org  
**MOVIE IN THE PARK: CARS 3.** BREC's Nairn Drive Park at 7:30 p.m. Grab a blanket or lawn chair and join BREC for a family movie under the stars. Enjoy free popcorn and punch. brec.org  
**SWAMP FLASHLIGHT NIGHT.** BREC's Bluebonnet Swamp from 5-9 p.m. Experience the Swamp after the sun goes down and the nightlife comes out to



**A YEAR WITH FROG AND TOAD.** LSU Reilly Theatre from August 24-September 2. This whimsical show by Playmakers of Baton Rouge follows two great friends, the cheerful Frog and the grumpy Toad, through four fun-filled seasons. [playmakersbr.org](http://playmakersbr.org)

**BASF KIDS' LAB.** LASM on the second and fourth Saturdays at 11 a.m., 1 p.m., and 3 p.m. and Sundays at 1:30 p.m. and 3 p.m. Explore the world of chemistry in hands-on workshops for children ages 6-12 and their parents or caregivers. Participants may preregister Monday through noon Thursday prior to the program. Regular admission applies. [kidslab@lasm.org](mailto:kidslab@lasm.org)

**BLOOMSDAY.** Café Americain on August 10, 11, 17 and 18 at 6 p.m. and August 19 at 1 p.m. Dinner Theatre production of a time-travel love story by the Baton Rouge Irish Club. Tickets are \$15 at Café Americain. [facebook.com/batonrougeirishclub](https://facebook.com/batonrougeirishclub)

**CASAS FOR CASA.** Mall of Louisiana through August 19. The Magnolia Estate playhouse will be on display, and \$5 raffle tickets will be available until the giveaway. Benefits CASA. [casabr.org](http://casabr.org)

**JONES CREEK LIBRARY SCAVENGER HUNT.** Jones Creek Library through August 22. Children will be given a list of books and items to find in the children's room and will write down their answers. Prizes will be awarded. (225) 756-1160

**MISS TRUDY'S TRAVELING TRUNK SHOW.** LASM on Saturdays at 11 a.m. Sing, dance, and share stories in this interactive program that explores the art and science of the seasons. Regular admission applies. [lasm.org](http://lasm.org)

**PLANETARIUM FAMILY HOUR AND STARGAZING.** LASM on Saturdays at 10 a.m. Gather around the campfire and learn about stars and constellations in the local nighttime sky before enjoying a planetarium show. Regular admission applies. [lasm.org](http://lasm.org)

**PLENTY OF TIME.** LSU Studio Theatre from August 24-26. In 1968, a spoiled, southern debutante and a Black Panther fall in love, though forbidden by class and principle in this production by New Venture Theatre. PG-13. Cost is \$20-25. [newventuretheatre.org](http://newventuretheatre.org)

**SAFARI NIGHTS.** BREC's Baton Rouge Zoo. Camping for groups overnight on Friday and Saturday nights. Learn nightlife with a guide and feed breakfast to zoo animals. Cost is \$30 and includes a t-shirt. Pre-registration required. [brzoo.org](http://brzoo.org)

**THOROUGHLY MODERN MILLIE.** Theatre Baton Rouge from August 16-19. Showtimes are at 7 p.m. with matinees at 2 p.m. *Thoroughly Modern Millie* takes you back to the height of the Jazz Age in New York City and tells the story of young Millie Dillmount from Kansas, who comes to New York in search of a new life for herself. Tickets are \$19-30. [theatrebr.org](http://theatrebr.org)

## CALENDAR IN EVERY ISSUE

play. General admission applies. [brec.org/swamp](http://brec.org/swamp)  
**THE HOPE NARRATIVE: I AM.** Hilton Baton Rouge Capitol Center. Two-day conference where women who are walking through infertility and/or loss can come together to be encouraged, inspired, and supported. [hopenarrative.org](http://hopenarrative.org)

### 11 SATURDAY

**A BABY IS COMING.** Woman's Hospital from 11 a.m.-12:30 p.m. for children ages four to eight. Class designed to help siblings learn about their new sibling by talking about what new babies are like. Cost is \$25. Registration required. (225) 231-5475  
**BLACK OUT LOUD CONFERENCE.** McKinley Alumni Center at 10 a.m. Day two of the conference includes workshops, networking, panel discussions, and a keynote address. [eventbrite.com](http://eventbrite.com)

**BLUE DOG YOUR DOG.** Create Studios at 6 p.m. Paint your own pup in the style of the Blue Dog. Must submit your dog's photo to Create Studios 72 hours prior to the class. [eventbrite.com](http://eventbrite.com)  
**COAL MINER'S DAUGHTER.** City of Plaquemine Activity Center at 7 p.m. and August 12 at 2 p.m. Performed by the Iberville Community Theatre Productions. Tickets run \$15-20. [wearethedifference.org](http://wearethedifference.org)

**COOKING WITH GRACE: COUPLES COOKING CLASS.** Grace Church of Central at 9 a.m. Adult cooking class lead by Chef Lawanda Wheeler. The menu includes baked potatoes with seafood cheese sauce and baked fish. Fee is \$15. [eventbrite.com](http://eventbrite.com)

**DECLUTTERING IS MIND OVER MATTER.** EBR Main Library at 10 a.m. Free adult seminar by local designer and personal organizer Sarah Cooper who will share her insights for living a clutter-free life. Registration required.

(225) 231-3750  
**EGGPLANT, EGG-PLANT, WHERE ARE YOU?** Jones Creek Library at 10 a.m. Free live cooking show with author and cooking show host, Loretta Duplantis. Door prizes will be awarded. Reservations are required.

(225) 756-1160  
**GEM AND MINERAL SHOW.** Lamar-Dixon Expo Center, Gonzales, from 10 a.m.-5 p.m. through August 12. Includes gemstones, minerals, fossils, fine jewelry, and door prizes. Cost is \$1-5. [brgemandmineral.org](http://brgemandmineral.org)  
**HOW TO PLAY MAGIC: THE GATHERING.** EBR Main Library at 2 p.m. Adults and teens ages 14 and up can get a beginner's introduction of a card game that combines strategy and fantasy. Registration required. (225) 231-3750

**LAMAZE: LABOR OF LOVE.** Woman's Hospital today or August 25 from 8 a.m.-5 p.m. for couples wanting to learn how Lamaze techniques assist in labor and birth. Plan to take this class during the last 8-10 weeks of pregnancy. Registration required. [womans.org](http://womans.org)  
**PERSEID METEOR SHOWER.** BREC's Highland Road Park Observatory from 10 p.m.-2 a.m. A viewing session during the nighttime period with the best chance of high meteor rates. [brec.org](http://brec.org)

**PRACTICE ACT.** Denham Springs-Walker Library from 9 a.m.-1 p.m. Teens can take a practice ACT test. Registration with Princeton Review required. [princetonreview.com](http://princetonreview.com)  
**SHREDDERS-GIRLS ONLY SKATE CLINIC.** BREC's Perkins Road Community Park at 10 a.m. This beginner skateboarding class teaches girls the basics of skateboarding, safety, and park etiquette, and empowers them with a sense of acceptance in a male-dominated activity. Ages 6-12. Cost is \$25. [brec.org](http://brec.org)  
**SUMMER PLANT SALE**



## IN EVERY ISSUE CALENDAR

### AND GARDEN EXPO.

BREC's Botanic Gardens from 8 a.m.-1 p.m. Members of different plant societies and vendors will be available to answer questions and discuss selecting, growing, and maintaining the plants that they are selling. [brec.org](http://brec.org)  
**THE HOPE NARRATIVE: I AM.** Hilton Baton Rouge Capitol Center. Two-day conference where women who are walking through infertility and/or loss can come together to be encouraged, inspired, and supported.

[hopenarrative.org](http://hopenarrative.org)

### THE RIGHTEOUS SAINTS OF GREATER FAITH.

Upstage Theatre, Cortana Mall Entrance 1, at 7 p.m. and August 12 and 19 at 3 p.m. Play performed by Upstage Theatre. Tickets are \$23.

[upstagetheatre.biz](http://upstagetheatre.biz)

### THE SECRET LIVES OF BUTTERFLIES.

Audubon State Historic Site, St. Francisville, from 1-4 p.m. Explore the wonderful world of butterflies and take home a butterfly craft. (888) 677-2838

**TYKE HYKE.** Woman's Hospital from 9-10:15 a.m. Prepare your three year old for your hospital stay by taking a brief tour of the hospital and through practice with baby dolls. Registration required. Cost is \$25.

[womans.org](http://womans.org)

### V. WATTS TRADEMART.

V. Watts Trade Mart, Livingston, from 8 a.m.-3 p.m. outdoors and 8 a.m.-6 p.m. indoors. There will be 100 indoor vendors and acres of outdoor vendors. Includes food and music. [facebook.com](https://www.facebook.com)

## 12 SUNDAY

### BLACK OUT LOUD

**CONFERENCE.** McKinley Alumni Center at 10 a.m. Day three of the conference includes a closing brunch. The Black Out Loud Conference is

a three-day conference dedicated to celebrating Black visibility in the realm of arts, media, and activism. [eventbrite.com](http://eventbrite.com)

### CHILDBIRTH CLASS.

Ochsner Medical Center from 8 a.m.-3:30 p.m.

Free class covers pregnancy, pain theories, pre-labor signs, postpartum & newborn procedures, and basic breastfeeding. Registration required. (225) 755-4854

**CIVITAN DANCE.** UCT Hall from 4-7 p.m. Dance with live music or DJ and dinner for individuals with disabilities and their caretakers. Free admission. [fhfgbr.org](http://fhfgbr.org)

### COAL MINER'S DAUGHTER.

City of Plaquemine Activity Center at 2 p.m. Performed by the Iberville Community Theatre Productions. Tickets run \$15-20. [wearetheifference.org](http://wearetheifference.org)  
**GEM AND MINERAL SHOW.** Lamar-Dixon Expo Center, Gonzales, from 10 a.m.-5 p.m. Includes gemstones, minerals, fossils, fine jewelry, and door prizes.

Sponsored by the Baton Rouge Gem and Mineral Society. Cost is \$1-5. [brgemandmineral.org](http://brgemandmineral.org)

### THE RIGHTEOUS SAINTS OF GREATER FAITH.

Upstage Theatre, Cortana Mall Entrance 1, today and August 19 at 3 p.m. Play performed by Upstage Theatre. Tickets are \$23. [upstagetheatre.biz](http://upstagetheatre.biz)

## 13 MONDAY

**WORD BASICS.** Denham

Springs-Walker Library at 6:30 p.m. Students ages 12 and up can learn the basic features of Word. Registration required. (225) 686-4140

## 14 TUESDAY

### BREASTFEEDING BASICS.

Woman's Hospital today and August 15 from 6:30-8:30 p.m. or August 18 from 1:30-5 p.m. Learn the benefits of breastfeeding, how to prepare, how to get the baby on the breast properly, the father's role, and how to avoid common problems. Cost is \$35. Registration required. (225) 231-5475

### DECORATIVE PAINTING.

Arts Council of Livingston Parish, Denham Springs. Second of two classes from 6-8 p.m. Class on basic brush strokes of decorative painting with acrylic paints. [artslivingston.org](http://artslivingston.org)  
**KINDNESS ROCKS.**

Jones Creek Library from 10 a.m.-noon. Adults will decorate rocks with inspiring messages that will be delivered to doctors' offices, waiting rooms, and other locations as a comfort to those gathered there. (225) 938-7707

### METAL STAMPING: CHARMS AND BRACELETS.

Create Studios at 6 p.m. Learn the art of metal stamping while using metal stamps to hammer designs and customize your own charms and bracelets. [eventbrite.com](http://eventbrite.com)

### MOMMY AND ME.

Tanger Outlets, Gonzales, from 10-11 a.m. Today will be held in Suite 136 next to Gap with a fun toddler yoga class with face painting, crafts, and a story time by the Ascension Parish Library. Reservations required. (225) 647-9383

### SUNSET PADDLE.

BREC's Milford Wampold Park from 7-8:30 p.m.

## DATE NIGHT



**TAVERN TRIVIA.** Team up with your special someone as you test your wits to win great prizes during Tavern Trivia. Show off your connection and your knowledge while answering questions at Movie Tavern in Juban Crossing on Wednesdays from 7-9 p.m. Prizes will vary, but they often include gift cards to Movie Tavern, movie passes, and limited edition movie swag. Food and drink specials are available. [movietavern.com](http://movietavern.com)



### RECONSTRUCT YOUR FIRST DATE.

Recreate the date that started them all—without all the jitters! Sometimes, we just want a do-over, and this date idea allows you to do that. Go out for dinner, go for a walk, see a movie, do whatever you did the night you and your significant other really started your relationship. It will be a fun walk down memory lane for the both of you, and it will give you each an opportunity to perfect those not-so-perfect moments, if you had any. If you can, try to recreate your outfit from that night for extra fun.



**SHIVER ME TIMBERS!** Ahoy, Matey! Calling all pirates, swashbucklers, and buccaneers! Step to and gather ye mates for a treasure hunt on Friday, September 14 from 6-10 p.m. Don't be a scallywag, be sure to get your tickets early or ye shall walk the plank. Must be 21 to participate. Registration and pre-party will be from 6-7:30 p.m. at The Station. Clues and instructions will be handed out at 7:30 p.m. The hunt takes place in Mid-City, the Perkins Overpass Area, LSU, and Downtown. This is a free event, however registration is required. [1031consortium.com](http://1031consortium.com)



## ACTION- PACKED AUGUST

### SWAMP FLASHLIGHT NIGHT

August 10 | 5–9 p.m.

BLUEBONNET SWAMP NATURE CENTER

### MOVIE IN THE PARK: CARS 3

August 10 | 7:30–10:30 p.m.

TOM “PETE” PURVIS @ NARIN DRIVE PARK

### PERSEID METEOR SHOWER

August 11 | 10 p.m.–2 a.m.

HIGHLAND ROAD PARK OBSERVATORY

### ZOO & ME MORNING: TONS OF TURTLES

August 14 | 9:30–11:30 a.m.

BATON ROUGE ZOO

### STORY COMES TO LIFE

August 17 | 6–7:30 p.m.

KERR WARREN PARK



### MAKE IT A MOVIE NIGHT: THE MUPPETS

August 17 | 7 p.m.

INDEPENDENCE PARK THEATRE

### DUCK DUCK GOOSE DAY

August 18 | 9 a.m.–4 p.m.

BLUEBONNET SWAMP NATURE CENTER

### ZOO RUN RUN

August 25 | 6:30 a.m.

BATON ROUGE ZOO

### END OF SUMMER DOG POOL PAWTY

August 26 | 1–5:30 p.m. (2 sessions)

LIBERTY LAGOON



[BREC.ORG/THISMONTH](https://www.brec.org/thismonth)   

TO VOLUNTEER AT THESE OR OTHER EVENTS, EMAIL [VOLUNTEER@BREC.ORG](mailto:VOLUNTEER@BREC.ORG)



# IN EVERY ISSUE CALENDAR

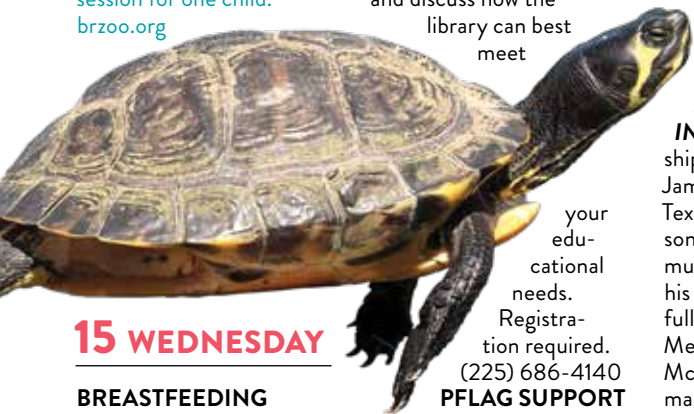
Ages 12 and older can enjoy the University Lakes for a paddle under the setting sun. Pre-registration required. Runs \$10-15. outdooradventure@brec.org

## WASHI TAPE SCHOOL SUPPLIES.

Denham Springs-Walker Library at 5 p.m. Students ages 12 and up can decorate school supplies that they bring from home. Registration required. (225) 686-4140

## ZOO & ME MORNING: TONS OF TURTLES.

BREC's Baton Rouge Zoo at 9:30 a.m. Designed for children ages three to five who are accompanied by a parent or guardian. Programs include a train ride, animal encounters, art projects, and "Zooper" snacks. Cost is \$18 per session for one child. [brzoo.org](http://brzoo.org)



## 15 WEDNESDAY

### BREASTFEEDING BASICS.

Woman's Hospital. Last of a two-day class from 6:30-8:30 p.m. Learn the benefits of breastfeeding, how to prepare, how to get the baby on the breast properly, the father's role, and how to avoid common problems. Cost is \$35. Registration required. (225) 231-5475

**I CARE LIVE.** Webinar series at noon by the I CARE program with various guest speakers who promote personal safety, drug prevention, and self-help educational resources. [icare.ebrschools.org](http://icare.ebrschools.org)

### TALES FROM THE ARCHIVES.

EBR Main Library at 7 p.m. Archivist Melissa Eastin will present three stories from Baton Rouge's past including Baton Rouge's first and only female sheriff.

(225) 231-3750

## 16 THURSDAY

**ANIME CLUB.** Watson Library at 5:30 p.m. Teens can watch anime, discuss what manga they've read, learn about Japanese culture, eat snacks, and play games. Registration required. (225) 686-4180

### CASA ORIENTATION.

CASA office at 9 a.m. Capital Area Court Appointed Special Advocate (CASA) Association holds orientation. Registration required. [casabr.org](http://casabr.org)

### HOMESCHOOLERS MEET AND GREET.

Denham Springs-Walker Library at 6 p.m. See demonstrations of the many resources the library has to offer, meet other homeschooling families, and discuss how the library can best meet

### PFLAG SUPPORT GROUP.

Unitarian Universalist Church at 6:30 p.m. Support group for friends and family of LGBT people. [sh4569@aol.com](mailto:sh4569@aol.com)

## 17 FRIDAY

**BREASTFEEDING SUPPORT GROUP.** Woman's Hospital from 9:30-11 a.m. Learn from a certified lactation nurse and other moms about their own successes and challenges with breastfeeding. Free. (225) 231-5475

**FÊTE ROUGE: FOOD & WINE FÊTE.** Renaissance Baton Rouge Hotel at 7 p.m. Louisiana chefs' competition featuring over 40 restaurants, including wine tastings, door prizes, and a silent auction. [bresbr.org](http://bresbr.org)

**GRANDPARENTS**

**RAISING GRANDCHILDREN.** EBRP Head Start Center, 4523 Plank Road, at 10 a.m. Information and support group for grandparents and others raising children not their own. [lagrg.org](http://lagrg.org)

### HELPING HEAL LITTLE HEARTS.

L'Auberge Event Center at 7 p.m. Fundraiser by the Louisiana Pediatric Cardiology Foundation with a meet and greet with Michael Berry, food, drinks, live auction, and music. [lpcf.com](http://lpcf.com)

### MAKE IT A MOVIE NIGHT: THE MUPPETS.

BREC's Independence Park Theatre at 7 p.m. Enjoy comfortable indoor seating during the monthly free film series. Concessions are available for purchase.

[theparktheatre.com](http://theparktheatre.com)  
**RED DRAGON SONGWRITERS SERIES PRESENTS: JAMES MCMURTRY**

**IN CONCERT.** Man-ship Theatre at 7:30 p.m. James McMurtry is a Texas legend as a singer, songwriter, and actor. His music career started in his early teens but hit full stride when John Mellencamp co-produced McMurtry's first album. [manshiptheatre.org](http://manshiptheatre.org)

**STORY COMES TO LIFE.** BREC's Kerr Warren Park from 6-7:30 p.m. Story reading event with a project that will bring the story to life. (225) 356-5118

**STRIKE.** 212 S. 14th Street from August 17-18. Power Pump Girls, Inc. is hosting its first-ever millennial women's conference. STRIKE is a space where women can come together with the intention to overthrow the status quo. Includes workshops, keynote presentations, and breakout social sessions. [strikebr.com](http://strikebr.com)

**SUNSHINE SOCIAL: FI-ESTA FUSION.** BREC's Milton J. Womack Park at 6 p.m. Wear your best sombrero for this fun social. Ages 16 and up with cognitive and developmental disabilities and their

friends and families are invited to attend. Entry is a \$5 donation. [brec.org](http://brec.org)

## 18 SATURDAY

### BODY BASICS FOR GIRLS.

Woman's Hospital from 9:30-11 a.m. Preteen girls ages 9-12 will learn how their bodies grow, what changes to expect during puberty, and how to take care of themselves. Cost is \$15. Registration required. (225) 231-5475

### BREASTFEEDING BASICS.

Woman's Hospital today from 1:30-5 p.m. Learn the benefits of breastfeeding, how to prepare, how to get the baby on the breast properly, the father's role, and how to avoid common problems. Cost is \$35. Registration required. (225) 231-5475

**BMX CLINIC.** BREC's Extreme Sports Park from 9-10 a.m. Clinic will be on Intermediate BMX Track. Must be able to ride a bike without assistance. Cost is \$25. Registration required. [xsports@brec.org](mailto:xsports@brec.org)

### CRUMB SNATCHERS.

Greenwell Springs Road Library at 2 p.m. Adults and teens will listen to a free book talk and podcast with author Brandi Worley. A Q&A will follow. Registration required. (225) 274-4450

### DREAMS COME TRUE ANNUAL FUNDRAISER DANCE.

Lamar Dixon Expo Center at 5:30 p.m. and the dance from 6:30-10:30 p.m. Help a child's dream come true. Includes a performance by Na Na Sha. [facebook.com/dreamscometrueoflouisiana](http://facebook.com/dreamscometrueoflouisiana)

### DUCK DUCK GOOSE DAY.

BREC's Bluebonnet Swamp Nature Center from 9 a.m.-4 p.m. Get a first-hand look at waterfowl decoy carving while also enjoying the Waterfowl Identification Hike, the Carving Corner, the Duck Box inflatable jump house, live baby ducklings, carnival prize booths, and face painting. Cost is \$2-5. [brec.org](http://brec.org)

**HOW TO DRAW A DRAGON.** Jones Creek Library

at 2:30 p.m. Children ages three to six will listen to *How to Draw a Dragon* and use watercolors to paint creations. Registration required. (225) 756-1160

### KALEIDOSCOPE OF QUILTS PARTICIPATION DAY.

Jones Creek Library from 10 a.m.-2 p.m. The Sassi Strippers Quilting Guild will present quilting demonstrations, stuffing Teddy Bears for OLOL Children's Hospital, and children's activities. (225) 756-1150

### LIGO SCIENCE SATURDAY: ELECTRIFYING SCIENCE.

The Laser Interferometer Gravitational Wave Observatory, Livingston, from 1-5 p.m. Tour the facility, talk to a LIGO Scientist or science specialist, and explore and interact with over 40 LIGO Science Concept exhibits. [ligo.caltech.edu](http://ligo.caltech.edu)

### POLOS AND PEARLS.

Downtown St. Francisville from 5-9 p.m. with unique shops, food, and music. Trolley transportation will be provided with stops on Royal, Ferdinand, and Commerce Streets. [stfrancisvillefestivals.com](http://stfrancisvillefestivals.com)

### READ TO NOLA: THERAPY DOG READING BUDDY.

Zachary Library at 3 p.m. Handler Tina Morgan and therapy dog Nola will be at the library to listen to children read. Registration required. (225) 658-1850

### STRIKE.

212 S. 14th Street from August 17-18. Power Pump Girls, Inc. is hosting its first-ever millennial women's conference. STRIKE is a space where women can come together with the intention to overthrow the status quo. Includes workshops, keynote presentations, and breakout social sessions. [strikebr.com](http://strikebr.com)

### TASTE OF TIGER TAIL-GATING.

Lamar Dixon Expo Center, Gonzales, at 5 p.m. Includes food, drinks, music, shopping, and the Patient Plus Kid Zone. Tickets are \$25. [etix.com](http://etix.com)

**TEEN GAME DAY.** Jones Creek Library at 3 p.m.

## CALENDAR IN EVERY ISSUE

Teens can play Marvel, Madden, and Minecraft on an Xbox 360.

(225) 756-1170

**THE COVER KID EVENT AND SHOPPING EXTRAVAGANZA.** Belle of Baton Rouge Atrium from 8 a.m.-6 p.m. Throughout the day, there will be face painting, balloon animals, door prizes, arts and crafts, princesses, food, and shopping galore, all leading up to the announcement of the 2018-19 Cover Kids. [brparents.com](http://brparents.com)

### 19 SUNDAY

**BREASTFEEDING SUPPORT GROUP.** Ochsner Medical Center from 2-4 p.m. Share stories and tips on what works and what doesn't with moms who are living the experience. Free. (225) 755-4854

**GIRL TALK.** Baton Rouge General at 2 p.m. Taught by OB/GYNs, the classes are informal and interactive, allowing girls ages 9-11 who are accompanied by a parent or trusted adult, to work in groups and ask questions in a comfortable environment. Classes are \$10, and participants will receive a cosmetic bag filled with items discussed in the class. [brgeneral.org](http://brgeneral.org)

**MAGIC HAPPENS RABBIT RESCUE ADOPTION DAY.** Millerville Petsmart from 2-4 p.m. Includes rabbits and guinea pigs looking for their forever homes. [magichappensrescue.com](http://magichappensrescue.com)

**WOMAN'S HOSPITAL ORIENTATION.** Woman's Hospital from 1:30-2:45 p.m. or 3-4:15 p.m. Tour the labor and birth suites, family waiting areas and Transition Nursery while learning what you can expect. Registration required. Free. (225) 231-5475

### 20 MONDAY

**JORDAN WORLD CIRCUS.** Lamar Dixon Expo Center at 4:30 p.m. and 7:30 p.m. Free kids' tickets at local merchants or day

of event tickets for \$18 for adults and \$14 for children. [lamardixonexpo.com](http://lamardixonexpo.com)

**PREGNANCY 101.** Woman's Hospital from 6:30-9 p.m. Learn how to provide your baby with the best possible environment for growth and development. Cost is \$25. Registration required. (225) 231-5475

**THE FIXX BEACH TOUR.** Manship Theatre at 7:30 p.m. Alternative rock and MTV pioneers, The FIXX, embark on their summer-long Beach Tour which celebrates the anniversary of the release of their multi-platinum *Reach The Beach* album. [manshiptheatre.org](http://manshiptheatre.org)

**THE RIGHTEOUS SAINTS OF GREATER FAITH.** Upstage Theatre, Cortana Mall Entrance 1, at 3 p.m. Play performed by Upstage Theatre. Tickets are \$23. [upstagetheatre.biz](http://upstagetheatre.biz)

### 21 TUESDAY

**DISPUTE RESOLUTION WORKSHOP.** Fairwood Library from 9:30 a.m.-12:30 p.m. Free workshop regarding IEPs sponsored by Families Helping Families of Greater Baton Rouge. Registration required. [fhfgr.org](http://fhfgr.org)

**LITERACY TUTOR INFORMATION SESSION.** Donaldsonville Library at 10 a.m. and Gonzales Library on August 23 at 6:30 p.m. Learn how to share your love of reading with an adult in need. Registration required. (225) 473-8052 (Donaldsonville) (225) 647-3955 (Gonzales)

**PAINTING ON RECLAIMED WOOD.** Arts Council of Livingston Parish, Denham Springs, from 6-8 p.m. Class for high schoolers and adults. Cost is \$45. [artslivingston.org](http://artslivingston.org)

**PREPARING FOR DELIVERY.** Woman's Hospital today and August 23 from 6:30-8:30 p.m. Learn basic information so you can recognize signs of labor and practice comfort measures. Registration required. Cost is \$35. (225) 231-5475

**RANDOM FANDOM.** Denham Springs-Walker Library at 5 p.m. Teens can celebrate all things *The Greatest Showman* with discussions, trivia, games, crafts, and snacks. Registration required. (225) 686-4140

### 22 WEDNESDAY

**CASA ORIENTATION.** CASA office at 5 p.m. Capital Area Court Appointed Special Advocate (CASA) Association holds orientation. Registration required. [casabr.org](http://casabr.org)

**WELCOME TEENS.** Bluebonnet Library at 6 p.m. Teens are invited to see what the library has for them. Light refreshments will be served. (225) 763-2250

### 23 THURSDAY

**FAMILY TREE BINGO.** Jones Creek Library from 6:30-8:30 p.m. Family-themed event for all ages. Prizes will be awarded. (225) 756-1160

**GRANDPARENTS RAISING GRANDCHILDREN.** Family Road at 10 a.m. Information and support group for grandparents and others raising children not their own. [lagrg.org](http://lagrg.org)

**LEGO CLUB.** Watson Library at 5:30 p.m. Children ages 5-11 can enjoy this club with different monthly themes. (225) 686-4180

**LITERACY TUTOR INFORMATION SESSION.** Gonzales Library at 6:30 p.m. Learn how to share your love of reading with an adult in need. Registration required. (225) 647-3955

**PREPARING FOR DELIVERY.** Woman's Hospital from 6:30-8:30 p.m. Learn basic information so you can recognize signs of labor and practice comfort measures. Registration required. Cost is \$35. (225) 231-5475

### 24 FRIDAY

**FRIDAY LUNCH LIVE.** Baton Rouge General Hospital, Bluebonnet Cafeteria, at noon. Free performance by Betsy Braud and Friends. [brgeneral.org](http://brgeneral.org)

**OUR LADY OF THE LAKE TRAUMA SYMPOSIUM.** Renaissance Hotel from 7:30 a.m.-4:30 p.m. Brian Boyle, a successful Ironman athlete, trauma survivor, and motivational speaker, will lead off a slate of speakers who will provide the audience with important information on trauma care topics. Registration required. [ololrhc.com/traumasymposium](http://ololrhc.com/traumasymposium)

**SENSORY FRIENDLY HOURS AT KNOCK KNOCK.** Knock Knock Children's Museum from 5:30-7:30 p.m. Features noise cancelling headphones, lower volume levels, quiet & cool down rooms, and secure coverage for all children. [knockknockmuseum.org](http://knockknockmuseum.org)

### 25 SATURDAY

**2018 WELLNESS FESTIVAL.** Walmart, 2171 O'Neal Lane, from 10 a.m.-1 p.m. Features music, refreshments, food, health screenings, vendors, face painting, balloon artist, magician,

photo booth, games, activities, workout demos, and door prizes. [lexleeskids.org](http://lexleeskids.org)

**CASA ORIENTATION.** CASA office at 10 a.m. Capital Area Court Appointed Special Advocate (CASA) Association holds orientation. Registration required. [casabr.org](http://casabr.org)

**FALL FASHION FEST.** Tin Roof Brewing Co. from 4-7 p.m. Hosted

by the Baton Rouge Fashion Council, the event includes shopping, a tailgate-style fashion show, food trucks, music, tailgating games, complimentary braid bar, and a free pop-up barre class. Free. [batonrougefashioncouncil.com](http://batonrougefashioncouncil.com)

**GROWING UP: GIRLS.** St. Elizabeth Hospital, Gonzales, from 9-10:30 a.m. Class on puberty for girls age 9-11 and their moms. Cost is \$15. Pre-registration required. (225) 621-2906

**LAMAZE: LABOR OF LOVE.** Woman's Hospital from 8 a.m.-5 p.m. for couples wanting to learn how Lamaze techniques assist in labor and birth. Plan to take this class during the last 8-10 weeks of pregnancy. Registration required. [womans.org](http://womans.org)

**MOVIES & MUSIC: KIDS NIGHT WITH PIX-AR.** BREC's Baton Rouge Gallery from 8-10 p.m. The kids of Baton Rouge Music Studios will perform original scores for Pixar's short silent films from the last 20 years. Tickets are \$7. [batonrougegalleries.org](http://batonrougegalleries.org)

**MULTICULTURAL FLAG DRAWING.** Greenwell Springs Road Library at 11 a.m. Children ages four to six will learn about facts and history of places in the world



from *Flags of the World* and *Draw the Line*, and draw their own flags. Registration required. (225) 274-4450

**RECYCLED READS.** 3434 North Blvd. at Acadian Thwy., behind the Baton Rouge General. Enter on Westmoreland Drive from 9 a.m.-2 p.m. Book sale sponsored by the EBR Library. Cash

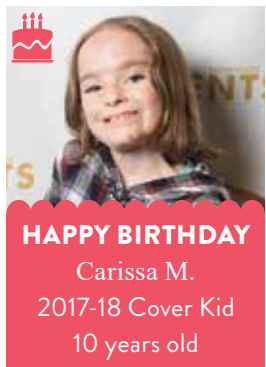


# IN EVERY ISSUE CALENDAR

only. (225) 231-3741  
**ROULE BEAD JEWELRY.** Jones Creek Library at 3 p.m. Teens can make unique jewelry from roule beads. Registration required. (225) 756-1170  
**RYAN'S RUN FOR SICKLE CELL ANEMIA.** North Boulevard Town Square with registration opening at 6:30 a.m. Super Bowl Champion Ryan Clark's one-mile walk, fun run, and 5K run/walk strives to support the fight against sickle cell disease. Cost is \$20-35. [runsignup.com](http://runsignup.com)  
**SHREDDERS-GIRLS ONLY SKATE CLINIC.** BREC's Perkins Road Community Park at 10 a.m. This beginner skateboarding teaches girls the basics of skateboarding, safety, and park etiquette, and empowers them with a sense of acceptance in a male-dominated activity. Ages 6-12. Cost is \$25. [brec.org](http://brec.org)  
**SOLAR VIEWING.** BREC's Highland Road Park Observatory from noon-2 p.m. Staff shows the sun in three manners so visitors can see any sizable sunspots or flares occurring. Free. [hrpo.lsu.edu](http://hrpo.lsu.edu)  
**STEPHEN RICHARD IN CONCERT.** Manship Theatre at 8 p.m. Native son and saxophonist. Tickets are \$40. [manshiptheatre.org](http://manshiptheatre.org)  
**SWAMP SCENE.** Arts Council of Livingston Parish, Denham Springs, from 10:30 a.m.-noon. Class for children ages 8-12 making swamp scenes with watercolors and mixed media. Cost is \$10. [artslivingston.org](http://artslivingston.org)  
**THE DOW RED STICK RUMBLE.** Woodlawn High School from 8 a.m.-4:30 p.m. Watch as drivers of 120lb robots go head to head to prove themselves the master of their domain. The Dow Red Stick Rumble is Louisiana's Premiere off-season FIRST Robotics Competition Event. Free. [eventbrite.com](http://eventbrite.com)  
**THE SECRET LIFE OF FROGS.** Audubon State

Historic Site, St. Francisville, from 1-4 p.m. Explore the world of frogs, learn where to find them, how they grow, what they eat, and how to help them. (888) 677-2838  
**WELCOME TEENS.** Bluebonnet Library at 2 p.m. Teens are invited to see what the library has for them. Light refreshments will be served. (225) 763-2250  
**ZOO RUN RUN.** BREC's Baton Rouge Zoo with the Fun Run at 7:45 a.m. and the 5K at 8:15 a.m. Annual race benefits the Zoo and the international cheetah conservation efforts. Registration runs \$12-30. [brzoo.com](http://brzoo.com)

## 26 SUNDAY



**END OF SUMMER DOG POOL PAWTY.** BREC's Liberty Lagoon from 1-5:30 p.m. This is a dog-friendly event. Participants will encounter dogs in various conditions, including wet and unleashed. This is not an event for children younger than five. Session one is from 1-3 p.m. for dogs under 40 pounds. Session two is from 3:30-5:30 p.m. for dogs 40 pounds and up. Cost is \$8. [brec.org](http://brec.org)  
**RODENTS OF UNUSUAL SIZE.** Manship Theatre at 2 p.m. A documentary film about giant swamp rats invading coastal Louisiana and the defiant people who are defending their communities, culture, and livelihoods

from the onslaught of this curious species. Cost is \$9.50 [manshiptheatre.org](http://manshiptheatre.org)

## 27 MONDAY

**WHAT DO I READ NEXT?** Pride-Chaneyville Library. Adults and young adults will learn about apps that will help them choose books. [ebrpl.com](http://ebrpl.com)

## 28 TUESDAY

**BREASTFEEDING BASICS BATON ROUGE GENERAL.** Baton Rouge General Hospital, Bluebonnet, from 6-9 p.m. Course on the advantages of breastfeeding, how to care for yourself while breastfeeding, and proper breastfeeding techniques. Cost is \$30 per couple. [brgeneral.org](http://brgeneral.org)  
**GARDENING IN ASCENSION PARISH.** Gonzales Library at 6:30 p.m. Fall gardening series by Dr. Terry Rehn on Ferns for the Landscape and Patio. Registration required. (225) 647-3955  
**INTERMEDIATE WORD.** Denham Springs-Walker Library at 2 p.m. Class for students ages 12 and up who completed Microsoft Word Basics. Registration required. (225) 686-4140  
**LSU SCIENCE CAFE: LIVING ON THE EDGE.** Varsity Theatre at 5 p.m.

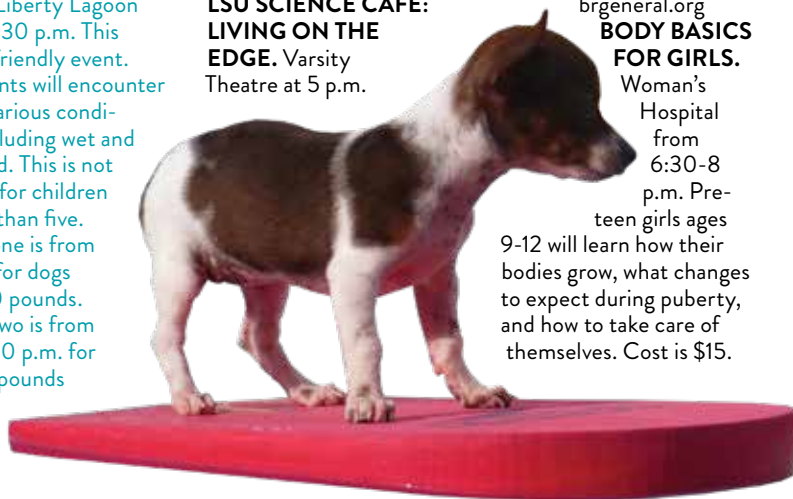
[eventbrite.com](http://eventbrite.com)  
**TEEN ADVISORY BOARD.** Denham Springs-Walker Library at 5 p.m. Teens can suggest programs, volunteer at the branch, and help choose books. (225) 686-4140

## 29 WEDNESDAY

**I AM A POET.** Eden Park Library at 3:30 p.m. Children will write their own silly poetry after reading *I've Lost My Hippopotamus*. [ebrpl.com](http://ebrpl.com)  
**MUNCH 'N LEARN.** The Emerge Center at 8:30 a.m. Panel discussion with two board members who have children on the autism spectrum. They will discuss their experience raising children with autism and offer guidance and answer questions. Free. Registration required. [lblanchard@emerge.org](mailto:lblanchard@emerge.org)

## 30 THURSDAY

**BABY CARE BASICS.** Baton Rouge General Hospital, Bluebonnet, from 6-9 p.m. Learn how to prepare for your baby's arrival, what to expect on the big day, and how to survive the first two weeks. Cost is \$30 per couple. [brgeneral.org](http://brgeneral.org)  
**BODY BASICS FOR GIRLS.** Woman's Hospital from 6:30-8 p.m. Pre-teen girls ages 9-12 will learn how their bodies grow, what changes to expect during puberty, and how to take care of themselves. Cost is \$15.



Join LSU's Professor of Geography, Craig Colten, for a talk about coping with tropical cyclones, rebounding from disaster, and adapting to changing environments. Includes networking and refresh-

Registration required. (225) 231-5475  
**DEATH AND MONEY.** Financial Literacy Facility, 8245 YMCA Plaza Blvd., from 6-8 p.m. Learn what steps you need to take to ensure the money you

have in the bank will go to your loved ones. Free. [neighborsfcu.org](http://neighborsfcu.org)

## 31 FRIDAY

**LOUISIANA SHRIMP AND PETROLEUM FESTIVAL.** Morgan City through September 3. Most activities have free admission. [shrimppetroleum.org](http://shrimppetroleum.org)  
**LUNCH AND LEARN: CHILD ADOPTION PROCESS.** Java Mama from 11:30 a.m.-12:30 p.m. [javamamabr.com](http://javamamabr.com)



## UPCOMING IN SEPTEMBER

### 1 SATURDAY

**BATON ROUGE ARTS MARKET.** Farmers Market downtown from 8 a.m.-noon. The event will feature special art activities for kids. [artsbr.org](http://artsbr.org)  
**BIG RIVER STAND UP PADDLE RACE.** Downtown to L' Auberge Hotel and Casino from 8-11 a.m. SUP and kayak race on the Mississippi River. Finish Festival includes Cajun Food, drinks, and live music. [bigriverregional.com](http://bigriverregional.com)  
**BMX CLINIC.** BREC's Extreme Sports Park from 9-10 a.m. Clinic will be on Intermediate BMX. Must be able to ride a bike without assistance. Cost is \$25. Registration required. [xsports@brec.org](mailto:xsports@brec.org)  
**CLINTON MARKET DAY.** Downtown Clinton in front of Courthouse from 8 a.m.-1 p.m. (225) 683-5531  
**GYMFIT FEST.** Galvez Plaza from 3-9 p.m. A Cirque and Movement Festival with workshops, competitions, music, entertainment, craft making, and food. All ages. Free. [gymfitfest.com](http://gymfitfest.com)  
**LOUISIANA SHRIMP AND PETROLEUM FESTIVAL.** Morgan City through September 3. Most activities have free admission.

shrimpandpetroleum.org  
**OLD SOUTH JAMBOREE.**  
 9554 Florida Boulevard,  
 Walker, at 7 p.m. featur-  
 ing Carlton Jones and His  
 Red Hot Country Band.  
 Tickets are \$5-10.  
 livingstontourism.com



## 2 SUNDAY

**FREE FIRST SUNDAY.**  
 Free admission to the LSU  
 Museum of Art, LASM,  
 the Old State Capitol,  
 USS Kidd, Capitol Park  
 Museum, and BREC's  
 Magnolia Mound Planta-  
 tion. visitbatonrouge.com  
**LIFE IN THE SHAL-  
 LOWS.** Audubon State  
 Historic Site, St. Francis-  
 ville, from 1-4 p.m. Take

part in a Park Ranger-led  
 exploration to see what  
 swims, crawls, slithers,  
 hops, or flies about the  
 edges of the pond and  
 their place in the ecosys-  
 tem. (888) 677-2838  
**LOUISIANA SHRIMP  
 AND PETROLEUM  
 FESTIVAL.** Morgan City  
 through September 3.  
 Most activities have free  
 admission.  
 shrimpandpetroleum.org  
**MATTIE STREET  
 MARKET.** Mattie Street,  
 Denham Springs,  
 from 1-5 p.m. Over  
 20 vendors with  
 all handmade art items,  
 local musicians and local  
 food. facebook.com  
**SENSORY SENSITIVE  
 SUNDAY.** Chuck E.  
 Cheese's at 9 a.m. Opens  
 two hours early with re-  
 duced lighting and games  
 for children with autism  
 and other special needs.  
 chuckedcheese.com

## 3 MONDAY

**LABOR DAY**

**LINE 4 LINE.** O'Neils  
 Barber and Beauty Salon.  
 Free haircuts once a  
 month to boys ages 2-16  
 who read to the barbers.  
 Free food. The salon has a  
 Free Little Library stocked  
 by the LSU Museum of  
 Art. (225) 389-7207  
**LOUISIANA SHRIMP  
 AND PETROLEUM  
 FESTIVAL.** Morgan City  
 through today. Most ac-  
 tivities have free admission.  
 shrimpandpetroleum.org

## 4 TUESDAY

**CPR FOR FRIENDS  
 AND FAMILY.** Baton  
 Rouge General Hospital,  
 Bluebonnet, from 6-9 p.m.  
 Learn CPR and foreign  
 body airway obstruction  
 techniques for infants and  
 children. \$30 per couple.  
 brgeneral.org  
**HOPE CHESTS BREAST  
 CANCER SUPPORT  
 GROUP.** Ochsner Hospi-  
 tal from 6-7 p.m. Monthly  
 support group with speak-  
 ers and light refreshments.  
 ochsner.org

**TOUR FOR TWO (OR  
 MORE).** Baton Rouge  
 General Hospital, Blue-  
 bonnet, from 6-7 p.m.  
 Free tour of the Birth  
 Center. brgeneral.org

## 5 WEDNESDAY

**GRANDPARENTS  
 RAISING GRANDCHIL-  
 DREN.** Baker-East BR/  
 East Feliciana Forever  
 Open Arms, 3501 Groom  
 Road, at 1 p.m. Informa-  
 tion and support group for  
 grandparents and others  
 raising children not their  
 own. lagrg.org  
**I CARE LIVE.** Webinar  
 series at noon by the  
 I CARE program with  
 various guest speakers who  
 promote personal safety,  
 drug prevention, and self-  
 help educational resources.  
 icare.ebrschools.org

## EDITOR'S NOTE

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

## SUBMISSIONS

*Baton Rouge Parents  
 Magazine* welcomes  
 submissions of events of  
 interest to families.  
 Send all calendar  
 submissions to:  
[calendar@brparents.com](mailto:calendar@brparents.com).  
 Include: dates, times,  
 location with address,  
 recommended age, cost,  
 public telephone number,  
 website address, and  
 photos.

Submit information for  
 the September calendar  
 by August 8, 2018.

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[kidzkarouselzachary@gmail.com](mailto:kidzkarouselzachary@gmail.com)  
 225-286-4120





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[ymcabr.org/sports](http://ymcabr.org/sports)

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**P** **HIRING FREELANCE WRITERS**

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## PARENTING BY THE NUMBERS: 10 Word Problems to Show You're Not Alone

By Kerrie McLoughlin



Sometimes when you're parenting, you just don't have all the answers. Nothing makes sense and things don't always add up. Here, I present to you some parenting math word problems, and I'm curious to see your answers. No cheating off the parent next to you! Come up with your own solutions, please.

**1.** If two kids raise their hands to go here and three raise their hands to go there, how many tears were shed by the ones who did not get to go where they wanted?

**2.** If the household runs the dishwasher twice a day and the washing machine once a day for one month straight, how many hours will the parents have to work to pay the electric bill? Bonus: How old will the kids be when they are able to clean the house while mom eats her Dove chocolates in the tub while watching Netflix or listening to an audiobook?

**3.** Mom spent five hours scraping wallpaper in the kitchen. She spent two hours washing and sanding one wall in said kitchen. How long will it be before she stops procrastinating putting on the spackle? When she does

spackle the joint, how badly might she mess it up? How sick of waiting for someone else to do it was she?

**4.** The kids made \$45 at a recent garage sale during two days of the adults doing hard work and sitting around waiting for customers. The adults made about \$10. Why do we keep having garage sales?

**5.** Mom spends \$123 at the discount grocery store, \$132 at the big box store, and \$21 at the regular store on grocery shopping for two weeks of eating. How much faster did the grocery shopping get done without children?

**6.** A stroller travels at a speed of 2 mph when it is empty. How fast does it travel when it is holding Mom's diaper backpack with a cell phone and laptop in it? With how much force did it hit the park lake last week? Why in the world is there not a brake on the stroller? (Don't worry; no kids were in the stroller!)

**7.** If X, Y, and Z activities (dance, soccer, swimming) are all going on at the same time in the same week, each week, calculate the

trajectory of exactly when and where Mom will lose her mind.

**8.** Calculate the distance between your house and the nearest Starbucks. The nearest liquor store. The nearest chocolate shop. Now figure how much it will cost for Uber to take you to all three. Better yet, when will Starbucks join Ubereats?

**9.** If your son invites over one friend and your daughter invites over two friends, how quickly will the food in your home disappear and how long until someone is accidentally injured while roughhousing? Bonus: Where is the nearest store where you can purchase earplugs?

**10.** If a vacuum cleaner is around 70 decibels, and you have to vacuum four times a week to make your house look halfway decent because you have twin toddlers running around all day long with crackers, how long will you have to save to hire a maid service? Bonus: Calculate the shock and horror on the face of said maid when he/she arrives. ■

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## PIC OF THE MONTH

Evangeline D. flashes an adorable grin



Ross M.



Kyliah G.



Kent E.

## WANT TO SEE YOUR CHILD'S PICTURE HERE?

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

All photos become property of *Baton Rouge Parents Magazine*.

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