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PARENTS[®]

FEBRUARY 2019

THE MAGAZINE THAT BATON ROUGE FAMILIES LIVE BY

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SOLVED

DADDY AND
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DATES

BEAD
AWARE:
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292
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ON THE COVER

2018-19 Cover Kid Kadynce K. is no stranger to being in front of a camera, even if this was her first photo shoot for a magazine. Because of her mom's photography, she has been in front of the camera for years. At six years old, Kadynce is full of confidence, yet remains humble. She's outgoing, happy, and energetic, and she enjoys singing and reading books. Her favorite books are stories about princesses, but she also loves reading from her book of Bible stories. She enjoys watching JoJo Siwa videos on YouTube, hopes to be a ballerina when she grows up, and shares that her favorite thing to do is go to church on Sundays because she gets to help lead worship. Kadynce is the daughter of Trey and Megan K.



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Learn the toxic truth about Mardi Gras beads and how you can protect your kiddos

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BEAD AWARE

2018-19
Cover Kid Aayush D.
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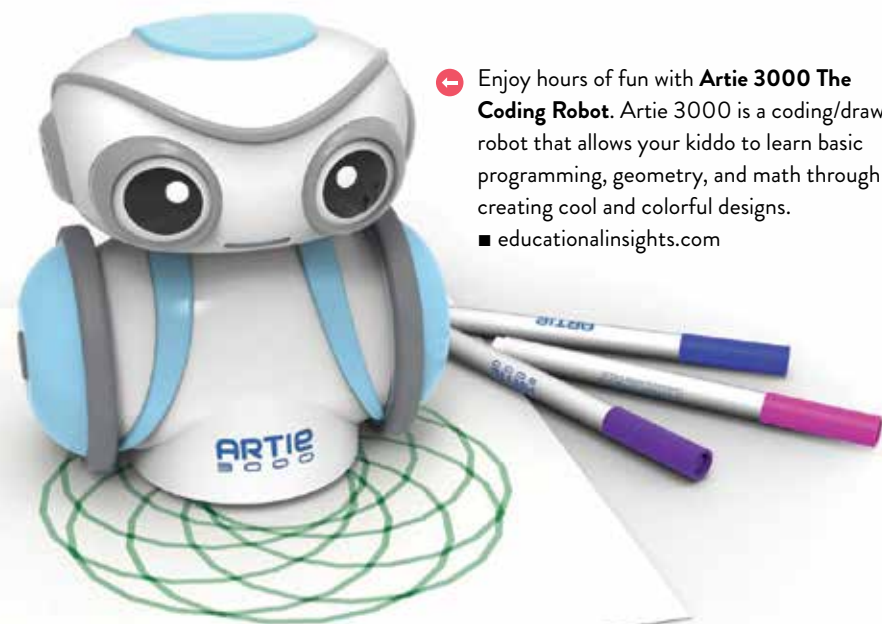
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- ← Whether you're ready to commute or about to go for a hike, the **Citi Navigator** is always ready for your next adventure. This modern diaper bag features plenty of space, so you can stay organized while carrying all of the essentials. ■ citibabies.com

- ← Allie the Alicorn inspires imaginary play and makes bathtime magical. The **Zoocchini Kids Plush Terry Hooded Bath Towel** includes hand grabs, wings, a tail, and a magical, sparkly horn. ■ zoocchini.com



Last Month's WINNERS

Look who won January's Freebies: **Lisa Hayes** won The Baby Starters Gabby Unicorn Plush Toy; **Bailey Reynolds** won the My Babiie Foldable High Chair; **Laken Messina** won the Mainstays Kids Inflatable Chair; and **Sara Feinstein** won the World's Smallest White Noise Machine.

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PUBLISHER/EDITOR IN CHIEF
AMY FOREMAN-PLAISANCE

ASSOCIATE PUBLISHER
BRANDON FOREMAN

DIRECTOR OF OPERATIONS
AMY LYNN FOREMAN

EDITORIAL
MANAGING EDITOR
AMANDA MILLER

SOCIAL MEDIA COORDINATOR
KATY CAUGHMAN

COMMUNITY EDITOR
STACY HUDSON

EDUCATION EDITOR
MARI WALKER

CALENDAR EDITOR
NANCY LEBLANC

ART/PRODUCTION
ART DIRECTOR
TAYLOR VOISIN

GRAPHIC DESIGNER
LAUREN LEOPOLD

COVER PHOTOGRAPHER
KLEINPETER PHOTOGRAPHY

ADVERTISING/MARKETING
DIRECTOR OF SALES AND MARKETING
KASSIE WILLIAMS

ACCOUNT EXECUTIVE
KAREN MCCULLEN

ACCOUNT EXECUTIVE
KRISTEN PERKINS

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LESLIE PORTER

ACCOUNT EXECUTIVE
MASON HOOD

COMMUNITY EVENTS MANAGER
LAURIE ACOSTA

COMMUNITY OUTREACH
ROXANE VOORHIES

CONTACT

BRPARENTS.COM
EDITORIAL@BRPARENTS.COM
CALENDAR@BRPARENTS.COM
OFFICE 225-292-0032 FAX 225-292-0038
11831 WENTLING AVENUE
BATON ROUGE, LA 70816-6055



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Knowing Which Way to Go

Remember *Alice's Adventures in Wonderland* when Alice spoke with the Cheshire Cat who was resting on a branch of a tree?

"Would you tell me, please, which way I ought to go from here?"

"That depends a good deal on where you want to go to," said the Cat.

"I don't much care where..." said Alice.

"Then it doesn't matter which way you go," said the Cat.

"...so long as I get somewhere," Alice added.

"Oh, you're sure to do that," said the Cat. "If you only walk long enough."

That was some wise cat. Sometimes, as parents, we feel like Alice, standing at a fork in the road, looking left and right, not knowing which way we should go. Thanks to the Cheshire Cat's response, he offers us a useful and troubling truth. If you don't know where you're going, any road will do. And if you keep on, with no particular direction, you're sure to get somewhere, but don't be surprised if it's not the place you hoped for.

Speeding through each day is not enough; it's such a short-term goal. A happy family is not measured by how much you can accomplish in a day or the frenzied schedules we juggle.

Like Alice, sometimes we are not sure which way to go or what will help the situation. Family time is a great place to start. As parents, we have a choice from the day our children are born to guide them through life. Opportunities are available every day for you to be one step forward in providing your family and children direction in leading a healthy and fulfilling life.

Parenting does not come with a road map to follow. It's a long, wonderful journey, and knowing where you want to end up and staying on track is what counts.

Live each precious day rather than just merely surviving. You don't know what tomorrow will bring, so hold your children close and whisper, "I'm here."

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

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

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.

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IN EVERY ISSUE LAGNIAPPE

A TOUCHY SUBJECT

Is it appropriate for you to be in the nude in front of your child? We wanted to hear your thoughts, so we reached out to find out how you felt about this very divided topic. From the amount of responses we received, our readers stayed mostly on the fence. While many said that it was appropriate, there were several factors that played into their reasoning behind their answers, and the same went for those who replied with no.

Dr. Robert Drumm, a pediatrician at The Baton Rouge Clinic, says, "Privacy boundaries should begin in preschool, concurrent with developing self awareness. This is the time for families to begin setting examples that are in keeping with cultural and social expectations such as bathing, undressing and toileting in private."

Here's what our readers had to say: **43% No, 57% Yes**

"No. It depends. I personally don't want my child growing up being too free. Her body is private. I teach my daughter to be a lady, so I have to also be a lady because she mimics my behavior a lot. Of course, she has seen me naked, but never in front of her father or just walking around the house naked."

—Jackie H.

"No. I don't think it's appropriate after the kid is one."

—Bonnie B.

"Yes. Up to a certain age, I see no problem with a child seeing a parent naked while dressing or bathing. Especially mom/daughter, dad/son."

—Ashley H.

"No. If they are babies, that is totally different, but when they become 'all knowing' and can recognize body parts and name them, then no, I think it is not appropriate. Kids tell other people what they see. One of my girls has seen her nanny naked and has come back and described things. They will not be describing me to anyone else."

—Donna R.

"Yes. I don't believe that one should parade around naked in front of their child, but there are times that it's unavoidable. There is nothing wrong with rushing out of the shower naked to see what happened to your screaming child. There is nothing wrong with an exhausted parent multitasking by bathing and soothing their colicky infant."

—A. D.

"Yes. It's natural and shouldn't be associated with shame."

—Ashley C.

"No. We all have a body with body parts that we should never be ashamed of, but it is when we do things inappropriately in the presence of our children, that it can become a problem."

—Yolanda M.

"No. Has to do with respect both ways. In some instances, when it involves a parent and their child of the same sex, it may be harmless for bathing purposes, but overall, I am against this action."

—Charles H.

"Yes, but there is a clear window in which it is appropriate. Once a child reaches the age in which they can clearly identify the differences between a grown man and woman, it is borderline inappropriate."

—David G.

"Yes. I think it is appropriate until a certain age. There is a difference from roaming around the house freely naked to them walking in while you are changing for a bath or shower, though."

—Kassie W.

"No. It is inappropriate because, regardless of the age of the child, there is nothing about a parent being naked in front of his/her child that is protective, healthy, or helpful to the child."

—Rich M.

"Yes. I have a daughter and I feel it teaches the child self awareness and confidence. It's not seen as a negative thing in our household, and as she's gotten older, it makes these somewhat difficult conversations a little less hardening to have."

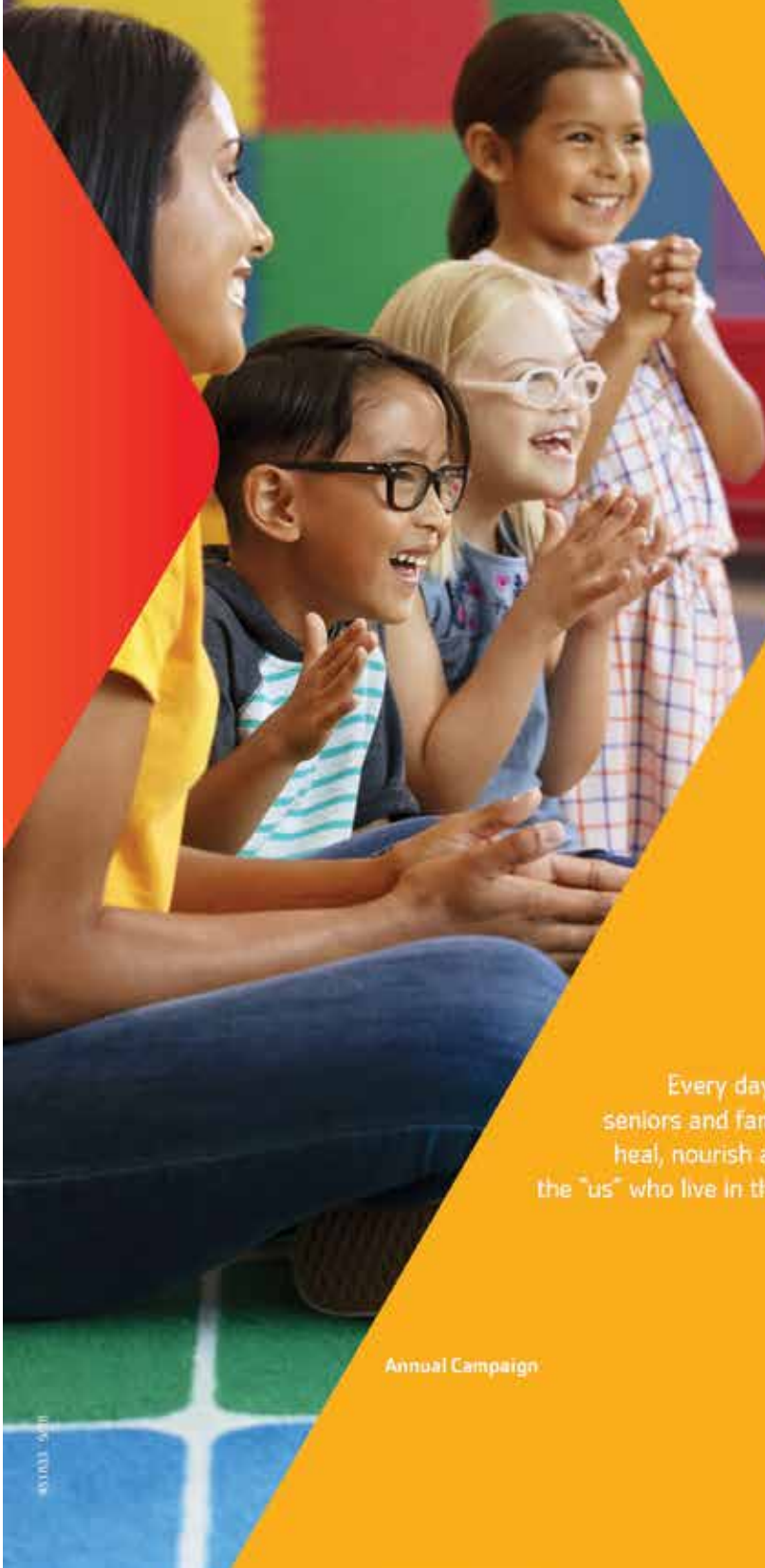
—Monique J.

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—Harold B. Lee



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Annual Campaign



NATIONAL BOY SCOUTS DAY

From learning survival skills and developing moral foundations to doing good deeds, the Boy Scouts have been around since 1910, and have a major impact on the United States. While this month is Boy Scout Month, it is also host to a very important day for them. National Boy Scouts Day is held on Friday, February 8, and aims to share the benefits of the Boy Scouts, while also recognizing the anniversary of the date William Dickson Boyce filed the letters of incorporation. ■ scouting.org



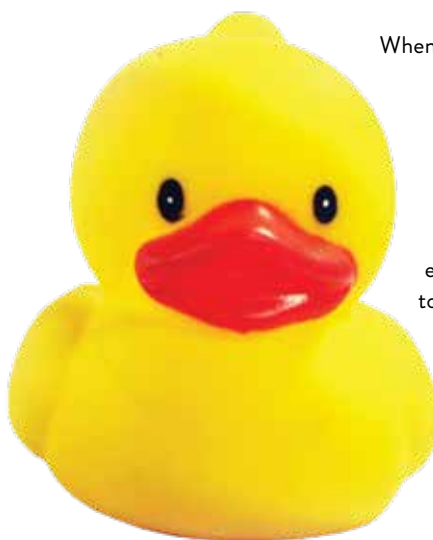
LOUISIANA TO ENHANCE EARLY CHILDHOOD EDUCATION

Making sure our little ones are getting a good quality education is important, even from an early age. To further enhance early childhood education in our communities, Louisiana has been awarded nearly \$8 million. The funding will allow Louisiana to improve local early care and education, incorporate family homes into the statewide network of early childhood education providers, enhance the quality of early childhood education provided to young learners, and improve systems that inform the statewide network of early childhood education providers.



SPROUTS FARMERS MARKET IN BATON ROUGE

Baton Rouge is getting another market option! Sprouts Farmers Market will be opening in Baton Rouge, bringing 140 jobs to the area. Sprouts is a healthy grocery retailer, and this will be the first Louisiana location. Sprouts offers The Butcher Shop and Fish Market, freshly prepared entrees and sides at the Market Corner Deli, bulk foods, vitamins and supplements, as well as dairy, bakery, and natural body care items.



SCRUB-A-DUB-DUB IN THE TUB!

When our kiddos are taking a bath, they always leave the bath feeling squeaky clean. However, have you thought about the dirt and grime being left on their bath toys? Yikes! According to a study published in *Biofilms and Microbiomes*, researchers found “potentially pathogenic bacteria” in four out of the five bath toys they examined. Before you toss out your child’s bath toys and start fresh, there are things you can do. If the toy holds water, researchers encourage you to remove the water from the toys after use or soak them in boiling water. Another solution? Close the hole (usually what causes the squeaky sound!) on the toy. While this keeps your bath toys clean, the squeaky sound usually disappears.



HABITAT FOR HUMANITY ACCEPTING APPLICATIONS

We all want to be able to have a place to go home to that offers a sense of comfort each day, a place that we can call our own. Habitat for Humanity of Greater Baton Rouge is now accepting applications for its homeownership program. Applications can be accessed online or in person at either ReStore locations or at the local Habitat office. Habitat for Humanity works with each prospective homeowner partner through their 255 required “sweat equity” hours and their path to an affordable mortgage. Families/individuals are selected based on need, ability to pay a monthly mortgage, willingness to partner, and Louisiana residency. Applications can be submitted in person until Thursday, February 28. ■ habitatbrla.org

BABYANDTODDLER

RAISING BABY EINSTEINS

Your little one waking up in the middle of the night may not be all sunshine and rainbows at the time, but it's actually a sign that she is highly intelligent. Research shows that gifted children need fewer hours of sleep to operate than their peers. Professor Peter Fleming from the University of Bristol explains that babies who wake often have higher levels of intelligence and better mental health. So, the next time your baby wakes in the middle of the night, try to remember that she's just a little genius whose mind is currently at work.

LIMITING GERM EXPOSURE AT THE DOCTOR

Waiting to see your child's doctor for a checkup shouldn't result in your little one catching a cold from the waiting room. The American Academy of Pediatrics recommends bringing your child's own toys so that you and your kiddo can avoid any germs lingering on the waiting room toys. They also encourage parents who think their child is contagious to let the staff know on or before arrival. Some offices might have you use a separate entrance or have a specific waiting area.

CREATING TIME-OUT ALTERNATIVES

We have all been there. When our kiddos aren't listening and we are at our wits end, we resort to time-out. Unfortunately, time-out can make their behavior worse. Daniel Siegel, author of *No Drama Discipline* and clinical professor of psychiatry at the UCLA School of Medicine, says, "When you use a time-out because your child has made a mistake or is feeling emotionally overwhelmed, the message your child gets is that you will force them to handle any difficult feelings and mistakes on their own. Time-out can also leave your toddler feeling upset, confused, and anxious." However, there are other ways to handle the situation, including time in, redirecting, and second chances.



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FINANCIAL HARDSHIP IN THE CAPITAL AREA

Residents who work at low-paying jobs, have little or no savings, and are one emergency from falling into poverty are more abundant than many think.

The updated ALICE (Asset Limited, Income Constrained, Employed) Report shows that in East Baton Rouge Parish, 47 percent of households live below the ALICE Threshold and struggle to afford basic needs such as housing, food, transportation, and health care. The ALICE Report depicts financial need and shows how many Louisiana workers are struggling financially, and why. Capital Area United Way works to support ALICE families by operating the United Way 2-1-1 hotline, which provides crisis counseling and referrals 24 hours a day, as well as the Volunteer Income Tax Assistance program that helps ALICE families keep 100 percent of their refund.

■ cauw.org/alice



DID YOU KNOW?

It's no surprise that breast milk is great for our babies. The minute you find out you are pregnant, you often have someone asking you what you intend to do once baby arrives: breastfeed or bottle feed? While the "Fed is best!" stance is taking over, there are still some fun "Did you knows?" about breast milk that you should know. Even if you aren't planning to breastfeed, these fast facts will be good to share with a friend.

- Mothers' breast milk varies based on the child's sex.
- The composition of breast milk changes as baby ages.
- Breast milk adapts when baby is sick to provide stronger antibodies.
- Breastfeeding reduces rates of certain ailments.
- Human breast milk is especially designed for our brainy babies.
- Breast milk during nighttime nursing sessions promotes infant sleep.

■ mother.ly



MOMMY (OR DADDY) AND ME FLAMENCO CLASS

Through clapping, singing, dancing, and storytelling, you and your little one will be connecting in a way you may have not thought possible. Put on your dancing shoes (and baby's, too!) and get ready to learn the dance of Flamenco. The Arts Council of Greater Baton Rouge will be offering free classes for the next few months that allow you to apply Flamenco music and dance concepts to connect with your infant. This class is intended for children ages six months to three years of age and their caregivers. ■ artsbr.org



#LOVEBATONROUGE SATURDAYS

Getting healthy both mentally and physically is usually at the top of our goal list each year, especially when it comes to our kiddos. To help you and your family reach those goals, HealthyBR has partnered with Knock Knock Children's Museum to promote healthy living for everyone in your family. On the first Saturday of the month, experts from around our community will be at the Museum to share healthy living skills. This exciting program will include monthly themes for families to enjoy such as Engineering, Robotics, Recycle It, Flora and Fauna, Space and Odyssey, Mechanics, Circus Extravaganza, Construction Junction: Woodworking, Cardboard Challenge, Ceramics, and Light it Up. ■ healthybr.com



PREVENTING FOOD POISONING

After a large family meal, there are usually leftovers remaining either on the table or on the counter. Sometimes, the leftovers can be forgotten for hours, only to be quickly stored once remembering. However, that's not always the safest method. Knowing when and how to store your leftovers can help keep you and your family safe from food poisoning. If food has been sitting out on the table for two hours, it is best to use it or store it right away. If it has been up to four hours, use it, but don't store it. After four hours, it is suggested that you toss it out just in case. When storing your leftovers, put them in small containers so they cool faster and leave less time for bacteria to grow.

YOUTH

CHECK IT OUT!

We all experience happiness, sadness, anger, and confusion, and our kiddos can feel these things, too. Knowing how to cope with these emotions is a different story. The best advice we can offer our children? Just breathe. In a four-minute YouTube video entitled, “Just Breathe,” filmmakers Julie Bayer Salzman and Josh Salzman spoke to children about how their emotions affect them and how helpful practicing mindfulness can be. If you have a child who is having a difficult time coping with his emotions, the video will show him ways to help him relax and calm his emotions in a way he can understand.

■ youtube.com/user/mindfulschools

A MARDI GRAS SECRET

Taking home a ton of beads and other goodies is the sign of a good parade here in Louisiana. However, if you want to see just how much you can carry home, grab a spot at the end of the parade route. If tradition serves you well, your bag will be overflowing with loot from float-riders who don't want to bring anything home. Bonus tip? Empty your bag into a suitcase with wheels for an easy transport back to the car.

BEST TOYS ARE BASIC TOYS

Blocks, dolls, board games, and balls, oh my! It turns out that the “the best toys go back to the basics,” according to the American Academy of Pediatrics. So, before you continue buying the latest and greatest for your kiddos, consider resorting back to the toys you and your friends used to play with. “The best toys are those that support parents and children playing, pretending, and interacting together,” says Alan Mendelsohn, MD, FAAP. “You just don't reap the same rewards from a tablet or screen. And when children play with parents—the real magic happens, whether they are pretending with toy characters or building blocks or puzzles together.”



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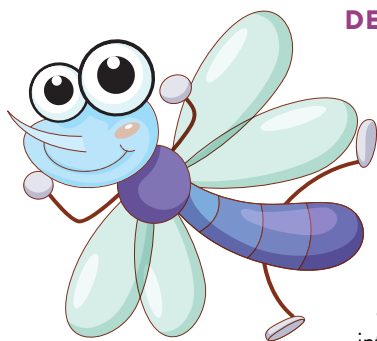
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AMERICAN HEART MONTH

With Valentine's Day right around the corner and love being in the air, it's important that we take care of our hearts, too! February is American Heart Month, and every year, one in four deaths are caused by heart disease. The good news? Heart disease can often be prevented. We can use this month to start making healthier choices for ourselves and our families. Use spices instead of salt, get outdoors and move those muscles with your family, and encourage your friends to do the same. ■ heart.org

MALARIA VACCINE DEVELOPED AT LSU



Every 30 seconds, a child dies from malaria. While organizations such as UNICEF work to "supply safe, effective, and affordable anti-malarial interventions," there

are still no current vaccines

available, and the current medications are failing. However, this could change. LSU researchers have developed a malaria vaccine and are working toward making it available worldwide. With support from the LSU Board of Supervisors, LSU Department of Pathobiological Sciences Research Assistant Professor Paul Rider is working on quantifying the specific anti-malaria immune responses generated by the vaccination, and his discovery has potential to save lives across the globe. ■ lsu.edu

A NIGHT AT THE BALL

Put on your best dress or suit and tie for Bella's royal celebration. The Bella Bowman Foundation will host its eighth annual fundraising event, Bella's Ball, in March at L'Auberge Casino & Hotel. From food and drinks to music and a silent and live auction, this magical event brings the community together to create and support research initiatives for pediatric brain cancer, help fund new and continuous educational opportunities, and offer comfort care to children diagnosed with cancer. Tickets are on sale now, so don't be late!

■ bellabowman.org



EARLY BEDTIMES & MENTAL HEALTH

We all know stress is real when even our kiddos are getting stressed. To help alleviate some of that stress, making sure they are getting more sleep is crucial. However, a recent study found that parents who were strict on an earlier bedtime for their little ones were also less stressed. *The Growing Up in Australia* study tracked 3,600 youth during the first nine years of their lives. The results showed that kids who were asleep by 8:30 p.m. were happier and healthier, and the same was reported for their parents, too. Why? The moment the kiddos are in the bed, mom has more time for herself. While there are always things to do, this special time allows mom to wind down and do things she wants to do.



OCHSNER MEDICAL COMPLEX-HIGH GROVE OPENS

Baton Rouge is now home to a new and improved Medical Office Building (MOB), Ochsner Medical Complex-High Grove. The MOB replaces Ochsner's former clinic on Summa Avenue, and it features 269 exam/procedure rooms, making it possible to see over 2,000 patients per day. The five-story Complex will offer a variety of primary and specialty outpatient services, including surgery, endoscopy, pain management, occupational and physical therapy, aqua therapy, and imaging and lab services. While the MOB is open now, the surgical hospital is still under construction and expected to open this summer. ■ ochsner.org

TWEENANDTEEN

THERE'S AN APP FOR THAT

If your teen has a habit of not responding to your texts, you may often feel stressed and worried about him or her. Where could he be? What is she doing? However, there's now an app to help get the response you're waiting for. ReplyASAP allows parents to lock their child's phone until he or she replies to the text message they sent. Parents can also set alarms on their child's phone, even if it is in silent mode. This nifty app "makes messages unmissable between people that matter." Currently, the app is only available on Android devices.

CREATING OPTIONS FOR STUDENTS

High School students are often told that a college degree is the only way they will be able to land a decent paying job. However, the North Baton Rouge Industrial Training Initiative aims to change that. This free, year-long program offers classes for students at night, so they can get employment opportunities as millwrights, welders, pipefitters and electricians. The program is sponsored by BRCC, ExxonMobil, and contractor partners, and strives to provide a sustainable process to recruit, train, and prepare North Baton Rouge residents for successful careers with local industrial employers in their communities.

TEENS AND DEPRESSION

Depression doesn't discriminate on age. Whether you're an adult, teen, or child, we all go through rough times. Having someone to talk to during those difficult times is important, especially for teens. An estimated three million adolescents ages 12-17 in the United States had at least one major depressive episode in the past year, according to the National Institute of Mental Health. If your teen is in need of emotional support or crisis counseling, the Crisis Intervention Center is here to help. ■ cicla.org



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EBR PUBLIC SCHOOL TEACHERS RECEIVE \$100K IN GRANTS

Fifty teachers at East Baton Rouge Parish Schools were surprised with news of their grant awards from the Foundation for East Baton Rouge School System and Academic Distinction Fund. The awards total \$100,000 to fund 29 projects at 21 different elementary, middle and high schools to put imaginative learning ideas into action. Jeff Martin, Foundation president; Matt Saurage, Fund president; Keila Stovall, Foundation executive director; and organization board members were on hand for the award announcements.



EASTSIDE ELEMENTARY HONORED AS DISTINGUISHED SCHOOL

Eastside Elementary School in Denham Springs was named a National Elementary & Secondary Education Act (ESEA) Distinguished School for outstanding academic performance. Eastside, which earned an "A" letter grade the last two years, was recognized for closing the achievement gap between economically disadvantaged students and their peers and between students with disabilities and their peers. The award is given to less than 100 schools nationwide for their team approaches to teaching and learning, staff professional development, individualized programs for student success, and strong partnerships among the school, parents and community.

GRAVES RECOGNIZES CONGRESSIONAL APP CHALLENGE WINNERS

Sixth Congressional district Rep. Garret Graves announced the district's winners of the 2018 Congressional App Challenge. Catholic High School (CHS) senior Mack Kemper and sophomore Christian Thompson placed first with UniteSMS, a school safety app. Baton Rouge High senior Brian Tsai came in second place with his Urban Crisis app, which consolidates and displays emergency information. CHS juniors Jeremy Worley and Mateo Rosas took third with a charitable donation app. CHS juniors Josh Harold and Jefferson Koonce received honorable mention for their secure password manager app. Now in its fourth year, the challenge is the largest student computer science competition in America.



DUNHAM TIGER NAMED STATE FOOTBALL PLAYER OF THE YEAR

Dunham School senior Derek Stingley Jr. was named the Gatorade Louisiana Football Player of the Year, the first player chosen from the school. The award, now in its 34th year, distinguishes Derek as the state's best football player, not only for his athletic excellence, but also for his academic achievement and demonstrating exemplary character on and off the field. Derek maintained a weighted 3.66 GPA in high school and has verbally committed to play football at LSU on an athletic scholarship. ■ gatorade.com/poy



LAB SCHOOL FIRST GRADERS SOLVE A TANGLED PROBLEM

Jodi Messina and Ashley Brost's first grade class at University Lab School had an ongoing problem. Their headphone cords were continuously tangled, so the students decided to do something about it. With help from technology instructor Debbie Dornier, high school math instructor and STEM coordinator Aimee Welch-James, middle school science instructor Adam Barret, and middle school math instructor Deana Vicari, the students used Tinkercad, a free online modeling software, to design cord holders that were then printed on the school's 3D printer. In keeping with the classroom's superhero theme, the holders are shaped like the Batman logo and include the students' initials.



ONE amazing kid

When **Siena Snow** was invited to take the ACT as part of the Duke University Talent Identification Program as a seventh grader last year, her mom, Angie Snow, didn't think much of it because Siena's older brothers Curran and Christian had also taken the ACT in seventh grade. However, Siena's score led her to be chosen for four additional Duke TIP honors: Gifted eStudies, Academy for Summer Studies, Gifted Center for Summer Studies, and Gifted State Recognition, which honors students who score at or above the 95th percentile. Siena, now 13, was the only student at Prairieville Middle School to receive all five honors.

Siena was able to spend part of her summer at Trinity University in San Antonio, choosing the course, "Beyond Baker Street: The Detective as Scientist in Literature and Film." She studied fingerprinting, blood spatter patterns, improved her problem-solving skills, and she exceeded course expectations.

"She absolutely loved the whole Duke TIP experience," Angie says. "It was nerve wracking to drop her off on a college campus in a dorm." However, Siena leaned into her independence and wasn't ready to leave after the three-week session. "I was happy she was having such a great time," Angie says. "That made it all worth it."

Siena is interested in FBI work and being an author someday. She also takes piano lessons, has taken acting and voice lessons, likes to paint, and enjoys writing music and short stories. With her strong academics and creative side, Siena is certainly one amazing kid.

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RUNNELS SOPHOMORE PERFORMS AT CARNEGIE HALL

Evan Beoubay, Runnels School sophomore, was chosen to play clarinet as part of the 2019 High School Honors Performance Series at Carnegie Hall. The sixth Runnels student selected for the program, Evan performs at the famous New York concert hall this month. The performance series brings together accomplished young musicians from around the country and Canada for several days of rehearsal under guest conductors in preparation for a performance in the world-class venue. Evan has played the clarinet since the fourth grade.



ST. MICHAEL STUDENT COUNCIL SEES SUCCESSFUL TOY DRIVE

St. Michael the Archangel High School student council collected nearly 1,000 toys, games and puzzles as part of its annual toy drive benefiting Live 2 Serve, a Christian nonprofit organization that reaches local families living in poverty in south Baton Rouge. St. Michael students and faculty collected the donations, which became part of the nonprofit's Christmas Giveaway. Live 2 Serve is based out of the Baranco-Clark YMCA and began in 2010. More than 500 students visit the Live 2 Serve community center each week. ■ live2servebr.org



PARKVIEW EIGHTH GRADERS GAIN LIFE SKILLS

Each year, eighth graders at Parkview Baptist School take Life 101 to learn valuable life skills. After taking a personality test to help determine possible careers, students research career choices, universities offering related degrees, and the requirements for acceptance. Next, students practice being financially responsible by learning to balance bank accounts, pay bills, and set aside savings. "Life" cards add twists and turns to the experience, providing challenges to help students learn what it takes to become financially stable citizens. The class ends with a trip to LSU.



KENILWORTH STUDENTS EXCEL AT SCIENCE FAIR

Nearly 200 students competed at the Kenilworth Science and Technology School's annual science fair, and Xavion Culwell, sixth grader, won first for his project, "How Does Static Electricity Affect Objects?" Jaliah Simpson, seventh grader, won second for "School Lunch Waste: What They Think vs. What They Do," and Janell Harris and Hannah Brown, seventh graders, won third for their team project, "Disappearing Substance." Thirty Kenilworth students qualified to compete in the Louisiana Division Region VII Science and Engineering Fair at LSU.



OAK GROVE PRIMARY NAMED SCHOOL OF DISTINCTION

Oak Grove Primary School in Prairieville was honored as a 2018-19 National Beta School of Distinction. Beta chapters strive toward academic achievement, exemplary character, demonstrated leadership, and service to others. The award of distinction honors Beta chapters that increase their membership in pursuit of those goals. Oak Grove received a National Beta School of Distinction banner to display, and the honor will be publicized at the 2019 National Beta Convention in Oklahoma City in June.

February Open Houses

Get a sneak peek inside some of our local schools this month by attending their upcoming open houses.

BASIS Baton Rouge–School Tour
Fridays, February 1, 15, 22 at 9:30 a.m.
All Grades

Baton Rouge International School
Thursday, February 14 at 12:30 p.m.
Grades 1-12

Catholic High School–Day Tours
February 26-28 at 7 a.m.
All Grades

Cedarwood School
Thursday, February 21 at 9 a.m.
Preschool-7

Central Private School
Tuesday, February 26 at 6 p.m.
All Grades

Christ Presbyterian School
Thursday, February 7 at 7 p.m.
K-8

Cristo Rey Baton Rouge
Franciscan High School
Thursday, February 21 at 3 p.m.
All Grades

Dunham School, The
Friday, February 1 at 8:30 a.m.
All Grades

Episcopal School of Baton Rouge
Tuesdays
All Grades

Parkview Baptist School
Wednesday, February 6 at 8:30 a.m.
Grades 1-12
Thursday, February 7 at 8:30 a.m.
PreK-K

St. George Catholic School
Wednesday, February 13 at 9 a.m.
All Grades

Victory Academy
Thursday, February 28 at 7 p.m.
All Grades

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WEEKLY SESSION 1					
WEEK 1 5/28-5/31 \$150	WEEK 2 6/3-6/7 \$160	WEEK 3 6/10-6/14 \$160	WEEK 4 6/17-6/21 \$160	WEEK 5 6/24-6/28 \$160	
WEEKLY SESSION 2					
WEEK 6 7/1-7/3 \$150	WEEK 7 7/8-7/12 \$160	WEEK 8 7/15-7/18 \$160	WEEK 9 7/22-7/26 \$160		
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Maghan Croxton won The Happiness Planner.

brparents.com



Shingles

Perhaps you've felt an itching and burning sensation in a specific area on your body. You think to yourself that it will go away, but then you notice that a rash has developed in that same area, and it's slightly painful. The possibilities of what it might be quickly rush through your head. Poison ivy? An allergic reaction? To put the guesswork to bed, you schedule an appointment with your doctor who, after a thorough exam, reveals your itching, burning, and pain is in fact shingles.

One of the biggest misconceptions about shingles is that it is just like chickenpox. While there are similarities, there are some major differences between the two viruses.

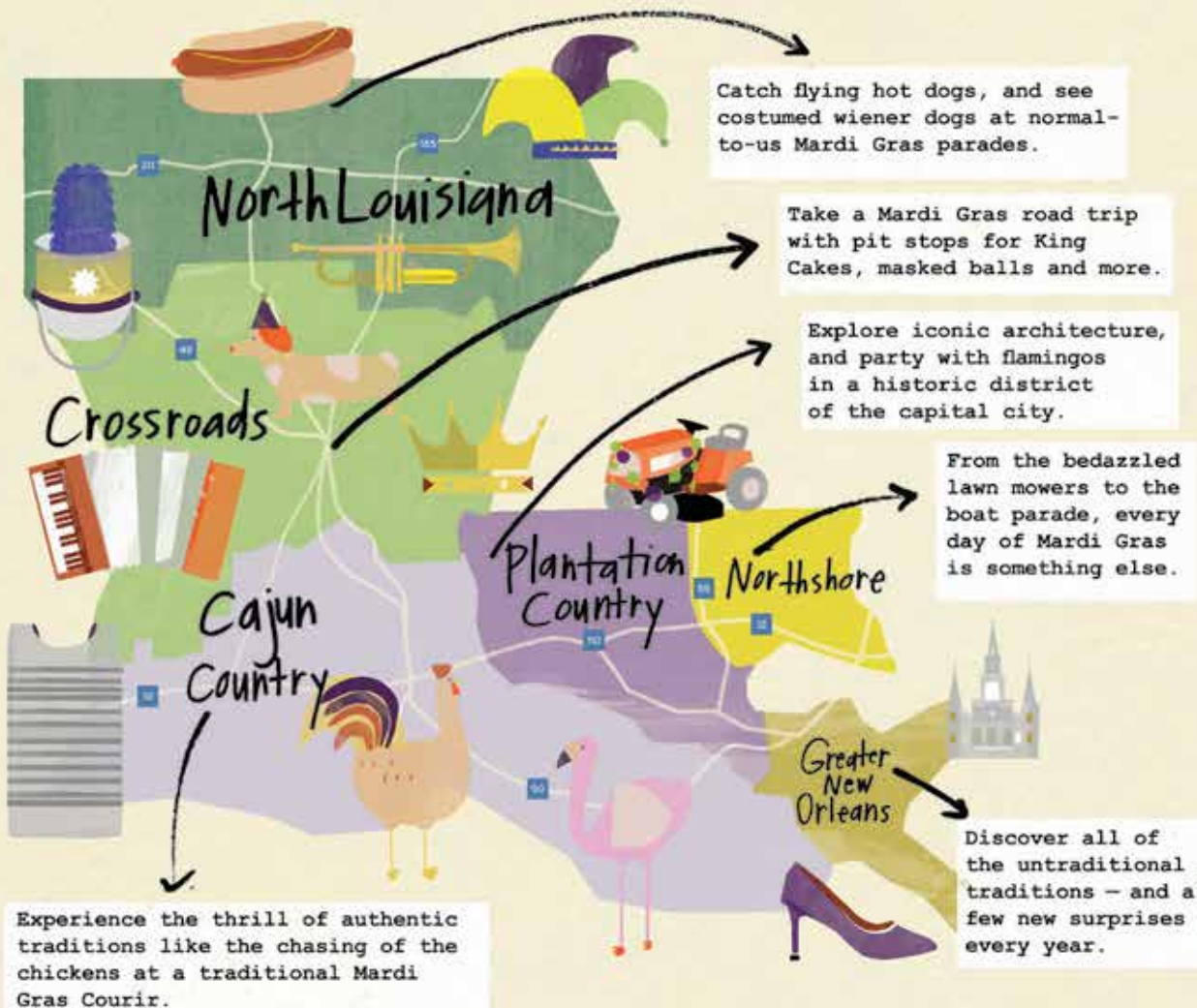
Shingles and chickenpox are caused by the same virus (varicella-zoster virus), but they are different. Dr. Courtney James with Our Lady of the Lake Children's Health Pediatrics at Zachary says, "Chickenpox is usually characterized by a more widespread blistering rash to the body and not localized, as in shingles." Another very important distinction between shingles and chickenpox is who can contract them.

Dr. Ann Logarbo says, "Shingles is not a pediatric illness. It is a reactivation of the chickenpox virus in the spinal cord." This means that if you have shingles, your children are not at risk for shingles. However, if they have not been vaccinated, they could get chickenpox.

So, how can you help your children stay safe? Dr. James advises, "Precaution should be taken to prevent spread of the virus. Keep the area covered, if possible, and wash your hands if the area is touched. To prevent the chickenpox infection, children should receive the vaccination."

One of the best defense mechanisms to keep your kiddos safe from the virus is by making sure they have all of their vaccinations up to date, and by keeping yourself safe (hands cleaned and the area covered!) should you contract shingles. And worry not, in 7-10 days, your rash should heal over, and you'll be right as rain soon after. ■

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DOC PHOBIA SOLVED

Tear-Free Checkups

By Sarah Lyons

The average child will have nine well visits in her first two years of life, and at least one checkup every year after. For kids who tend to worry and even fear going to the doctor, this can be scary. There are a few things parents can do to calm the fears of kids who have an upcoming checkup.

DISCUSS WHAT CAN HAPPEN

Prior to the appointment, talk to your child about what to expect. Be open and honest about what will happen at the appointment and why. “We talk about everything that may happen, good and scary,” says Sara Sinani, mom of three boys. “I feel it helps them prepare emotionally and keeps the image of the doctor as a ‘helper’ rather than someone to be feared.”

Dr. Robert Drumm, a pediatrician at The Baton Rouge Clinic, shares that for some patients, allowing him or her to sit on the parent’s lap will help make things more comfortable for the child. He adds, “If possible, mom or dad should try to be present at the appointment, at least until a good relationship has been established between the child and the doctor.”

Also, ask your child if she has any questions or concerns. Be honest and tell the truth so she knows what to expect, even if it is something unpleasant, like shots. “We encourage our kids to ask us, the nurses, or doctors in order to get the info they need to feel comfortable” says Sinani. The more information your child has, the more comfortable she will feel.



ROLEPLAY

Playing doctor is not only fun for kids, but it’s also a great way to get themselves more comfortable with the idea of visiting the doctor. Tara Sayers, a school nurse and mom of two says, “I always buy kids ‘doctor kits’ for their first birthdays.” She also suggests letting them touch the equipment themselves prior to someone else using it on them.

Becky Asher, mom of triplet boys, suggests checking out library books about visiting the doctor or watching children’s videos like *Daniel Tiger* or *Doc McStuffins* to help kids learn what to expect from a doctor visit. Role playing helps kids act out their fears and concerns as well as become more comfortable with new situations.

COME PREPARED

When the day of the checkup arrives, try to be as prepared as possible. Pack items that will entertain your child if she has to

wait, such as books, small toys, coloring books, and crayons, or a tablet if WiFi is available at the doctor’s office.

Dr. Drumm says, “Let your child bring his or her favorite stuffed animal. Usually, I will do the exam on the stuffed animal first to help alleviate any fears. Or, if an older sibling is there, I will do the exam on the sibling first so the child will feel more comfortable.”

You can also check with the office to see if snacks are allowed before bringing one. Some offices do not allow snacks due to risk of allergies in other patients. You might also consider bringing pain medication, like Tylenol, to give after shots are administered. It’s best to wait until after the visit because an accurate temperature must be recorded prior to vaccines, and painkillers mask a fever if your child has one.

It’s also important for the parent to be calm and supportive through the checkup. Children can sense our fears and

nervousness. Dr. Drumm shares, “Parents should be calm and reassuring during the visit. Also, don’t say things like, ‘If you’re bad, you’re going to the doctor’ or ‘If you’re bad, you’re going to get a shot.’”

PLAN A REWARD

Prior to the visit, set up a reward—big or small—for your child, and let her know what to expect. Having something to look forward to after the checkup can make even a reluctant child more willing to cooperate during her time with the doctor. Choose something that will motivate your child. Some ideas could be a treat like ice cream, a candy bar, or going out for lunch or a trip to the park, pool, or an opportunity to invite a friend over to play. Some parents may also decide to purchase a small toy or book their child has had their eye on. Whatever you decide to choose as a reward, explain to your child what it will be and how she will earn it. After the visit, tell her you are proud of her for her bravery and talk about how she felt during the appointment. When a child knows she can talk about her feelings honestly, she is usually more likely to discuss other fears in the future. ■

Children’s Books About Doctor Visits

Books can help kids understand what to expect from an upcoming doctor visit and help them work through their fears. Check your local library for these titles to read with your child.

- *A Visit to Dr. Duck* by Rosemary Wells
- *How Do Dinosaurs Get Well Soon?* by Jane Yolen
- *Nervous Nellie: A Book for Children Who Worry* by Dr. Urmila Pai
- *Biscuit Visits the Doctor* by Alyssa Satin Capucilli
- *The Berenstain Bears Go to the Doctor* by Stan and Jan Berenstain
- *Corduroy Goes to the Doctor* by Don Freeman and Lisa McCue
- *Froggy Goes to the Doctor* by Jonathan London
- *Doctor Maisy* by Lucy Cousins
- *George Visits the Doctor* by Nicola Smee
- *Sarah and Duck Visit the Doctor* by Sarah Gomes Harris



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BATON ROUGE PARENTS MAGAZINE
Family Favorites 2018
READER'S CHOICE



100 Black Women of Baton Rouge

By Melanie Forstal Lemoine, Ph.D.

When her young goddaughter's parents passed away, 100 Black Women of Baton Rouge Chapter President, Dr. Tamiara L. Wade, was thrust into a mentoring role for her. It was through this experience that Dr. Wade realized how important an organization like 100 Black Women—an organization consisting of a diverse group of women working together as change agents to unapologetically advocate for black women and girls within the community—was for her.

“It helped me see the critical need for this type of program for young girls; something to meet all of their needs, including interpersonal personal communication, even body image,” says Dr. Wade. “To be a part of a cadre of

professional black women whose sole purpose is to support the young women of the community and to help them soar...100 Black Women is one of a kind.”

The national organization and the local chapter advocates on behalf of black women and girls to promote leadership development and gender equity in the areas of health, education, and economic empowerment.

According to Dr. Wade, deliverables for the local chapter are determined by the national organization. It is then the responsibility of the chapter to carry them out in a way that best meets the needs of the women of the community.

The Leadership Development Committee leads efforts including speaker series, mentoring, and membership

recognition and awards.

Additionally, the Public Policy Committee is responsible for determining the organization's positions on public policies. “We take positions on public policies in areas that affect the health, education, and economic empowerment of women. However, we focus on national efforts that ultimately affect all women,” she says.

A stand-out example of this is the upcoming mentoring program lead by the Leadership Development Committee, BR GROW GIRLS! This is an eight-week systemic mentoring initiative open to girls in grades first through eighth.

These events have wide-reaching impact on girls and women throughout our community. Onetha Albert, a current member of the Leadership Development Committee, became involved with 100 Black Women when her daughter participated in the STEM Mentoring Camp.

“My daughter's confidence increased significantly after participating. She engaged with female leaders in the industry who looked like her,” says Albert.

In many ways, this experience has come full circle for Onetha, as the impact of the organization started with her daughter, and now, she is fulfilling the mission of the national organization. “I'm excited about the future work we will be doing with young people across the metropolitan area. Our agenda this year is aggressive and meaningful, and I plan to work closely with our members to bring quality programming to our service area,” says Albert.

There are no limits to the good work 100 Black Women has the potential to do throughout the Baton Rouge area. As stated by Dr. Wade, a former NASA Project Administrator and Learning Expert, “The sky is never the limit!” ■

Bunny Dayz March 16th, 2019



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LIVE DAD NEXT DOOR

Jeremy Burnham

By Amanda Miller

OCCUPATION • Orthopaedic Surgeon, Bone & Joint Clinic of Baton Rouge

WIFE • Amié

CHILDREN • Avery Claire, 7, Brielle, 5, and Jacob, 2

HOBBIES • Anything outdoors, running, duck hunting, and spending time with the dogs

For Dr. Jeremy Burnham, coming home after a long day of work and being greeted at the door by his children's happy, smiling faces is what makes being a dad so special. Those incredible moments of them recounting their days to him and saying, "Daddy, watch this!", remind him of the important role he plays in their lives every day. Dr. Burnham's love for his family and his work is adamant, and despite his demanding schedule, he always makes sure that the time he has with his children is time they won't forget.

Tell me about your children.

J: Avery is very much into drama, music, and singing. She loves shiny things and clothes. She recently had the lead role in her school's play. Brielle is very persistent and determined. If there's something she wants to do, she's going to do it. She also loves being outdoors and playing with the dogs. Jacob was throwing a football since before he could walk. He's a rough and tumble boy, and he's very mechanically inclined. He never quits.

What do you like to do together as a family?

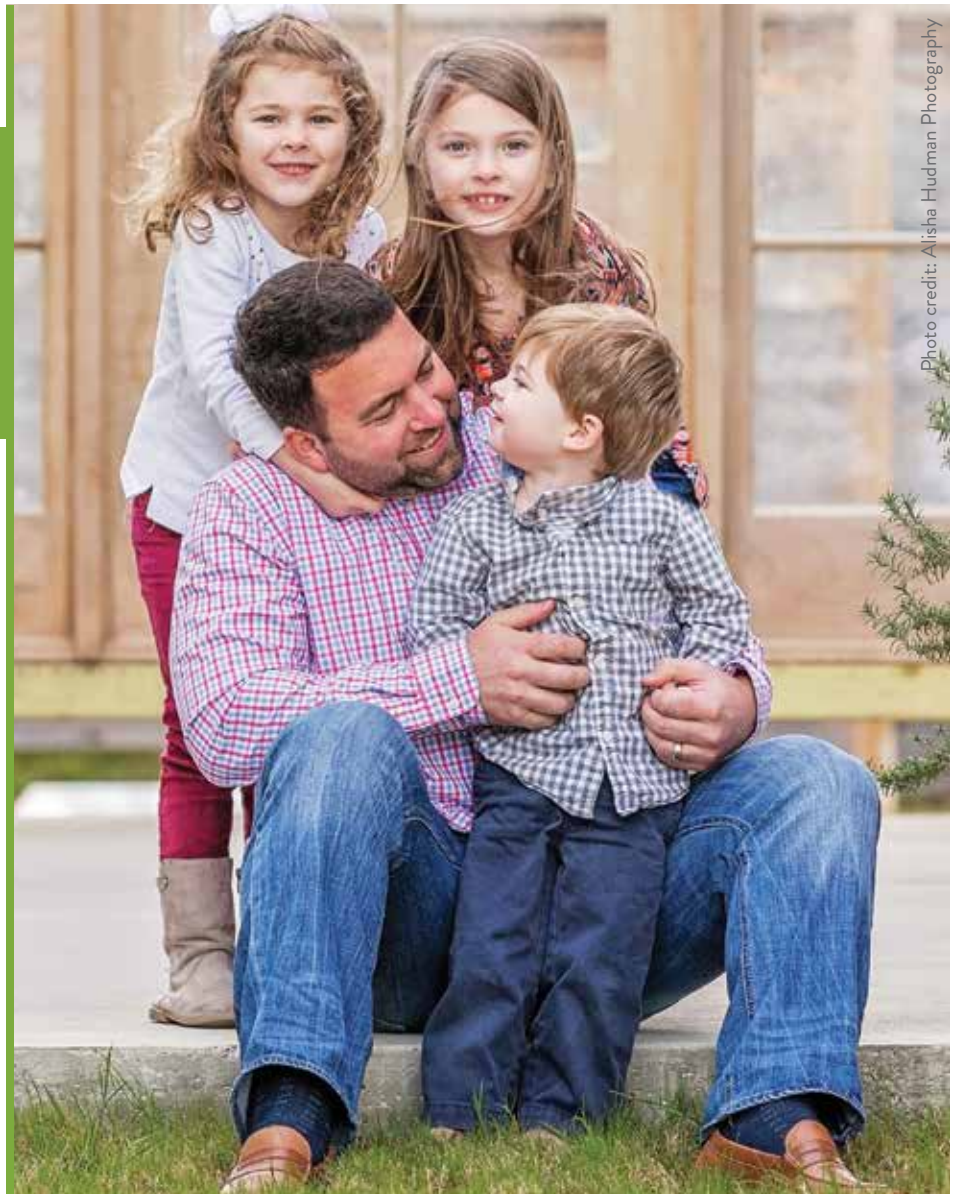
J: I don't have a lot of time when it comes to work, but when we do have time together, we make it count. We ride bikes around the neighborhood, or I'll take them to the levee and I'll jog while they ride their bikes. Not long ago, we went to St. Francisville and spent the entire day just exploring the woods. It was a great day.

How has parenthood changed you?

J: It has put everything into perspective for me. You get hyper-focused on your goals, and parenting has mellowed me out. It has showed me that there are more important things in life than just grinding everyday.

What do you love most about your job?

J: Being able to work with my hands and have a huge impact on people's lives. It's very fulfilling.



How do you find the balance between work and family time?

J: It's a challenge, but it's evolving. One of my mentors taught me that, maybe you work a full day until 6 p.m., and maybe there's still more work to do, but you need to stop, go home, and spend time with your children. You have to know when enough is enough and when to shut it down. I try to model that and make that time count.

Who helps with the homework?

J: I would love to say me, but my wife does the majority. I'll sometimes come in during the middle of it and sit down and help with what I can, but she is the reason for them being so structured with homework time. Sometimes, since math has changed so much, they are teaching me!

What kind of dad would you say you are?

J: Hopefully they would say I am loving. My parents passed on a hard work ethic, but no matter what, I knew how much they loved me. I want to pass that on as well.

What advice do you give your children?

J: To always get back up when they fall down. I tell them that falling and failing isn't the end of the world, it happens, but we keep plugging away. I also encourage them to be friends with everybody, be inclusive, and be open.

What's the best parenting advice you have ever received?

J: Don't be scared to make mistakes. Sometimes parenting is figuring things out as you go. As long as you are there trying, that's what is important.

What do you do to take care of yourself?

J: No matter how busy I may be, I try to get up every morning and go for a run or workout. It's just a few minutes to allow me time to do something I want to do.

What do you keep on your nightstand?

J: My phone, lamp, charger, laptop, and a book I'm reading.

What personality trait of yours do you hope your children also get?

J: To always be able to laugh at themselves and enjoy life.

What's your favorite date night with your wife?

J: Dinner in a not-so-noisy restaurant and one-on-one conversation.

Do you think you are more protective of your kiddos since you are a doctor?

J: I have a tendency to be like that, but I try not to be. Through my job, I see every way they can be hurt because you can get hurt doing anything. I have to let them live their lives though. I can't keep them in a bubble.

Do you have any advice for other parents?

J: Be flexible and be able to adapt because all kids respond differently. My kids watch and observe me so much more than I thought they did, so I try to model for them. I'll compliment my wife or pick up around the house, and they see me doing those things, so always lead by example. ■

Quick Q&A

In my fridge, you will always find...
Sugar-free Red Bull.

Favorite movie growing up...*Braveheart*.

Music I'm loving...everything—from 90s hip hop and recent hits to country. I have such an appreciation for music.

I feel my best, when I...wake up early, run, have coffee, and get to the office early.

My favorite television show is...whatever is new on Netflix.

My favorite ice cream is...Rocky Road.



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From Silence to Sound

By Mari Walker

Jill Gill's birth plan didn't include weeks of bed rest or an induction at 37 weeks due to pre-eclampsia, but when her son Tucker was born last February, she was glad he came early. Her eight-pound, healthy baby boy, however, failed his newborn hearing screenings, and an even more unexpected journey began for the Gill family.

Before more detailed testing, Jill took newborn Tucker to meet a friend at the Whistlestop Café in Denham Springs. "We were outside on the patio, and a train came by and laid on the horn full blast," Jill remembers. "Tucker didn't flinch."

She says she knew then that Tucker could not hear. She and her husband, Jacob Gill, went into the auditory brain response test with that expectation. When Tucker

was four weeks old, the family found out that he had bilateral profound sensorineural hearing loss.

"The ride home was super quiet. We didn't really know what to say," Jill says. After the complications of her pregnancy, however, she and Jacob were able to focus on Tucker's good health more than his hearing loss. "If this is all we have to deal with, we can handle this," Jill says.

Tucker's audiologist reached out to the Louisiana School for the Deaf, and the family immediately received support through the school's Parent Pupil Education Program. Susannah Boudreaux, then an outreach coordinator, helped the Gills through the process of finding doctors and scheduling, and even attending some appointments.

"The parent education program pointed us in the right direction and gave us a community that we didn't know existed," Jill says. She met families through the Facebook group and even found out some of her friends had children with hearing loss.

Tucker's 13-year-old sister, Kalyn, had begged for a little brother for years. "She is his biggest defender and champion," Jill says. Kalyn, her mom, grandma, and aunt have been able to take sign language classes at the school. The classes are free for families with a child with hearing loss.

Now nearing one year old, Tucker has already learned some baby sign language, including the words for "mama", "more." and "food." He is a happy, healthy boy who loves his big sister, peek-a-boo, and bath time.

Tucker uses hearing aids that allow him to hear some low, muffled sounds, but not enough to differentiate speech. The

family is preparing for a surgery that will allow him to hear even more via cochlear implants, which will be done through Our Lady of the Lake Hearing and Balance.

"I want him to feel a part of the deaf community and the hearing community," Jill says. It's important to the Gills that Tucker incorporates hearing with sign language. "There's a divide in either you're a hearing person or a deaf person, and I think it's really important that he's able to identify as both," Jill says.

After Tucker's cochlear implants are working, the Gills will donate his hearing aids. "If anyone knows a family with a child diagnosed with hearing loss, we'd love for them to get in touch with Woman's Audiology and see if they could be a match," Jill says.

Although it was unexpected, Jill says, "Awesomeness can come along with a hearing loss diagnosis." ■

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PARENTS

LIVE FAITH



Photo credit: Natalie Miller Photography

When Parents Disagree About Church

Pastors Chad and Angel Dinkel of Purpose Church

Marriage is such a gift from God, and children are our greatest reward. While we treasure our families, we all face things that challenge our unity. A struggle many families encounter is when only one spouse goes to church. This circumstance could be due to a number of reasons, whether it be a dislike of organized religion, different beliefs, jobs, or past hurts. Whatever the reason, this home dynamic can have an impact on our marriages and children.

In every marriage, we will have difficulties and disagreements, but Ephesians 4:2 says, “Always be humble and gentle. Be patient with each other, making allowance for each other’s faults because of your love.” This Scripture is full of wisdom and leads us with tremendous advice. If we are always humble, gentle, and patient with each other, our homes will be more joyful and peaceful. Following Jesus and attending church regularly is wonderful, but none of us are without fault.

The Bible also teaches in 1 Corinthians 7, that an unbelieving wife may be drawn to believing because of her husband’s faith and that likewise, an unbelieving husband may choose Jesus because of the faith and example of his wife. It’s important, as someone who follows Jesus and has chosen to participate in church, to love your spouse like Jesus does—deeply and without judgement. It is also important to pray for your spouse continuously—and always keep an unforceful, but open, invitation for your spouse to join you at church.

For spouses who don’t attend church, be encouraged to allow your children to be involved alongside their other parent. Consider the benefits of the opportunity for them to experience God in this way and also the cost of not having that option. Keeping an open mind and joining your family at church from time to time, especially for holidays, can demonstrate value to them and bring unity and life to both your marriage and family. When spouses are engaged in what each other loves to do together, marriages—thus families—are strengthened. ■

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9 Daddy Daughter DATE NIGHTS

By Amanda Miller

Listen up, dads. If you have the privilege of raising daughters (or a daughter), then you are one lucky guy. From tea parties and dress up to playing nail salon and doing makeovers, dads are always game for fun, even if he looks silly in that feather boa and forgets to put his pinky up when he sips his tea. It's those special—and sometimes funny—moments that never fail to put a smile across your little girl's face.

Spending time with your daughter is crucial. Even more so, taking her on daddy-daughter dates not only strengthens your relationship, but it also sets the standard for any future men in her life. Sorry, dad! It's bound to happen.

By taking your little girl on a date, you can show her how she should be treated. You can open the door for her, give her your full attention when she speaks, and show her exactly what respect looks like. However, finding ways to keep the two of you interested in these date nights can be tricky. Honestly, there's only so many times you can go out for dinner. But fear not, we are here to share some awesome daddy-daughter date ideas to keep the two of you bonding and entertained.

1. Putt Putt & Pizza. It's possible that you haven't gone pro with your golfing skills yet, but it doesn't mean you can't enjoy a round of mini golf with your little girl. Visit a local spot, and don't bother keeping score. It's all about having fun! Celebration Station and All Star Lanes in Baton Rouge are two great locations for your mini-golf needs. After the final golf ball goes in, go out for pizza to celebrate your success.



2. Picnic at the Park. Time at the park is fun and relaxing all in one. Go down the slide, tackle the monkey bars, or fly high on the swings. Before you leave home, pack a lunch complete with sandwiches, juice boxes, fruit, and dessert so the two of you can wind down under a tree or at a picnic table after all the fun.

3. DIY Ice Cream. Test your cooking and scientific skills all in one with this idea. Everyone loves ice cream, and this idea lets you create your own. You probably remember this ice cream in a bag trick from when you were in school, so why not try it out with your daughter? All you will

need are two Ziploc bags, two cups of whole milk, half a cup granulated sugar, one tablespoon of vanilla extract, ice, and eight tablespoons of rock salt. Make your ice cream by adding the milk, sugar, and vanilla to one bag. Be sure to stir before sealing the bag! Then, put that bag into another bag and seal. In a container, add your ice, salt, and the bags. Close the container and get ready to shake it! After five minutes, you should have a mixture that resembles ice cream for the both of you to enjoy.

4. Curtain Call. Whether it's Theatre Baton Rouge, Playmakers of Baton Rouge, or a performance at Manship



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Theatre, there's no shortage of stage presentations to check out. Pick a show the both of you would like to see and go out and see it! This is a great learning opportunity as you can teach your daughter the rules of the theatre while also showing her the importance of the arts.

5. **Dinner and a Movie.** While this idea is surely a crowd pleaser, it has been transformed into an actual dinner and a movie since when you started dating. Movie Tavern allows you to pick a movie the both of you can't wait to see, pick a time, and choose exactly where you want to sit. Make sure you go hungry, though. While you watch the film, you can have food delivered right to your seat without leaving your very comfortable, reclining chair.
6. **Dancing with Dad.** If your daughter would prefer to wear a princess dress instead of her normal day-to-day clothes, she would be incredibly excited to attend a "real" royal ball. Petite Princess Company hosts a Royal Princess Ball each year that allows you to get all dressed up for an evening of dancing and quality time with princesses. Baton Rouge General also hosts an annual Father-Daughter Dance around Valentine's Day, complete with the must-see dance off and professional photos to commemorate the evening.
7. **For the Birds.** Work together to construct a sturdy birdhouse for your feathered friends. Take the time to teach her about tool safety



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and the proper way to use each item. After the bird house is built, paint it to make sure it is move-in ready for them. Your daughter will enjoy building something from scratch, and even more so, seeing the birds fly to and from their new home.

8. Athletic Adventure. We have many opportunities in Baton Rouge to get out and show off our athleticism. Test your wits together by tackling the rock wall at BREC’s Perkins Road Community Park, for starters. If heights aren’t your thing, check out Topgolf to practice your swing. If you want to take it easy, play a round of one-on-one basketball or tennis on a nearby court, or go for a bike ride together. It will allow the both of you to get outdoors, show off your skills, and have a good time together. If you do make it a competition (or a race!), allow the winner to choose where you have lunch.

9. Cheer on the Team. Going to a sporting event is exciting, especially when the team you are rooting for wins in the end. Get a pair of tickets and take your daughter to a local game. Whether you choose basketball, football, baseball, or gymnastics, the two of you will have the opportunity to soak in the atmosphere, bond, and pig out at the concession stand. If the team you’re there to see doesn’t win, it’s another teachable moment. While not everyone can win every time, the experience and the fun you two had together is what makes the experience so great. ■

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Charter School LISTING

Get an inside look at our local charter schools before you make the important decision of which school is best for your child. This Charter School Listing is an easy-to-navigate directory of charter schools featuring key information and services. The Charter School Profiles provide even more information, including the school's history and achievements, educational and athletic programs offered, and what to expect when it comes to your child's development at the school.

Types of Charter Schools

Type 1: New school • Local school board authorized

Type 2: New or conversion school • BESE authorized

Type 3: Conversion school • Local school board authorized

Type 3B: Former Type 5 charter school transferred from RSD back to local school system

Type 4: New or conversion school • Local school board & BESE authorized

Type 5: Recovery School District schools • BESE-authorized

Information for the listing and profiles was provided by each school and louisianabelieves.com and was up-to-date at the time of printing.

SCHOOL NAME PRINCIPAL/HEADMASTER ADDRESS PHONE NUMBER WEBSITE	YEAR ESTABLISHED	MANAGING ORGANIZATION	GRADES TAUGHT	TOTAL ENROLLMENT	TOTAL FACULTY	TRANSPORTATION SERVICE	CAFETERIA B/L/D/S	PERFORMANCE SCORE	PROGRESS RATING	CHARTER TYPE
Advantage Charter Academy Ashley Chavis 14740 Plank Rd. (225) 774-3111 advantagecharteracademy.org	2014	National Heritage Academies	K-8	655	44	Yes	B/L	D	B	2
Apex Collegiate Academy Charter School Eric. B Lewis 9700 Scenic Hwy. (225) 304-6162 apexcollegiate.org	2016	Apex Southeast, Inc.	6-8	188	14	Yes	B/L/S	F	C	2
BASIS Baton Rouge Roberto Ramirez 7550 McCall Dr. (225) 308-7450 basised.com/baton-rouge	2018	BASIS.ed	K-4	400	45	N/A	B/L/S	N/A	N/A	1
Baton Rouge College Preparatory Charter School Kathryn Rice 5300 Monarch Ave. (225) 771-8128 brcollegeprep.org & enrollbr.org	2015	Baton Rouge College Preparatory Inc.	6-8	220	35	Yes	B/L/S	F	B	5
Baton Rouge University Preparatory Elementary Edmund Greenup 7802 Howell Blvd. (225) 364-9805 upelementary.org	2015	Baton Rouge University Preparatory School Inc.	K-4	305	33	Yes	B/L/S	D	B	2

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Celerity Crestworth Charter School Juaquita Sims 10650 Avenue F (225) 308-3274 celeritylouisiana.org	2014	Celerity Schools Louisiana	6-8	107	17	Yes	B/L	C	A	5
Celerity Dalton Charter School Christina Faulk 3605 Ontario St. (225) 357-0244 celeritylouisiana.org	2014	Celerity Schools Louisiana	PK-5	350	33	Yes	B/L	D	A	5
Celerity Lanier Charter School Andrea Johnson 4705 Lanier Dr. (225) 308-3273 celeritylouisiana.org	2014	Celerity Schools Louisiana	PK-5	279	29	Yes	B/L	C	A	5
Children's Charter School Latasha Skidmore 1143 North St. (225) 387-9273 ccesbr.org	1997	School for a New Millennium	K-5	186	32	Yes	B/L/D	F	C	1
Collegiate Baton Rouge High School Kelsey Lambrecht 6180 Winbourne Ave. (225) 892-6962 collegiatebr.org	2017	Collegiate Academies	9-11	275	35	Yes	B/L/D	C	B	2
Community School for Apprenticeship Learning Darcy Franklin 1555 Madison Ave. (225) 336-1410 csalcharterschools.org	1997	CSAL	6-8	270	30	Yes	B/L/S	C	B	1
Democracy Prep Baton Rouge Michelle Gieg 4055 Prescott Rd. (225) 372-2037 dpbr.democracyprep.org	2015	Democracy Prep Public Schools	K-8	530	55	Yes	B/L/S	D	B	5
Emerge School for Autism, The Leigh Bozard 7784 Innovation Park Dr. (225) 343-4232 emergeschool.org	2017	N/A	K	20	8	No	S	N/A	N/A	1
Friendship Capitol High School Robert Lang 1000 N 23rd St. (225) 239-7506	2014	Friendship Louisiana, Inc.	9-12	408	38	Yes	B/L/S	F	D	5
GEO Prep Mid City of Greater Baton Rouge Sandra Douglas and Thelemese Porter 1900 Lobdell Blvd. (225) 236-9333 geoprepmc.org	2017	GEO Foundation	K-8	650	120	Yes	B/L/D/S	T	A	2
GEO Prep Academy of Greater Baton Rouge Sandra Douglas and Sahilon Clay 2311 Sherwood Forest Dr. (225) 927-1500 geoprep.org	2015	GEO Foundation	K-6	520	75	Yes	B/L/D/S	C	A	2
IDEA Public Schools Bridge Campus Chloe Wiley and Cecilia Aguilar 1500 N. Airway (225) 953-5910 ideapublicschools.org	2018	IDEA Public Schools	K-4, 6&7	512	78	Yes	B/L/S	N/A	N/A	1

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GEO Foundation is a non-profit organization with the mission of breaking the cycle of poverty by providing students and families with access to quality educational options.

GEO Prep Schools are free, public charter schools, which are committed to ensuring that all students show growth in character, academics, life-skills, the arts, and wellness using teaching skills tailored to meet the needs of each student.

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All of our campuses have certified teachers leading small classes to give the added individual attention needed for students to thrive socially and academically. GEO Academies regularly send staff to Teach Like a Champion trainings to learn and implement strategies to benefit students, and we also use the TAP System to build effective teaching in classrooms. GEO Academies use a rigorous curriculum that encompasses Core Knowledge, CKLA, Blended Learning and Eureka Math to provide a quality education that beats poverty and makes college a viable option after high school graduation.



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IDEA Public Schools Innovation Campus Jason Fitzgerald and Deon Brown 1500 N. Airway (225) 953-7963 ideapublicschools.org	2017	IDEA Public Schools	K-2, 6	317	29	Yes	B/L	N/A	N/A	1
Impact Charter School Chakesha Scott 4815 Lavey Ln. (225) 308-9565 impactcharter.org	2014	Education Explosion, Inc.	PK-7	417	45	Yes	B/L/S	D	A	2
Inspire Charter Academy Kimberly Boudreaux 5454 N Foster Dr. (225) 356-3936 inspirecharteracademy.org	2010	NHA	K-8	607	65	No	B/L	D	B	1
J.K. Haynes Elementary Charter School Mary Mason 8600 Elm Grove Garden Dr. (225) 774-1311 jkhaynesschools.org	2014	J.K. Haynes Foundation	K-6	280	45	Yes	B/L	D	B	1
Kenilworth Science and Technology Charter School Hasan Suzuk 7600 Boone Ave. (225) 766-8111 kenilworthschool.org	2009	Pelican Educational Foundation, Inc.	6-8	391	62	Yes	B/L	D	B	5
Laurel Oaks Charter School Stefanie Ashford 440 N Foster Dr. (225) 478-9496 laureloaksbr.org	2016	Laurel Oaks Foundation	PK-3	90	17	Yes	B/L/S	N/A	N/A	2
Louisiana Key Academy Heather Bourgeois 3172 Government St. (225) 298-1223 lakeyacademy.com	2013	Louisiana Key Academy	1-7	345	40	No	B/L	F	C	2
Louisiana Virtual Charter Academy Danielle Scott-Johnson 4962 Florida Blvd. (225) 322-7543 lavca.k12.com	2011	Community Schools for Apprenticeship Learning, Inc.	K-12	1,920	95	No	N/A	D	C	2
Madison Preparatory Academy Alisa Welsh 1555 Madison Ave. (225) 636-5863 mpa.csalcharterschools.org	2009	CSAL	9-12	560	47	Yes	B/L	B	C	2
Mentorship STEAM Academy Robert M. Webb Jr. 339 Florida St. (225) 346-5180 mentorshipacademy.org	2010	Helix Network of Educational Choices	9-12	540	45	Yes	B/L/D/S	C	C	1
South Baton Rouge Charter Academy Monique Smith 9211 Parkway Dr. (225) 349-7489 sbrcharter.org	2014	Charter Schools USA and South Louisiana Charter Foundation, Inc.	PreK-8	681	60+	Yes	B/L/D	D	B	1
University View Academy Dr. Pamela Schooler 4664 Jamestown Ave. (225) 421-2900 universityview.academy	2011	Foundation for Louisiana Students	K-12	2,300	150	No	N/A	D	C	2

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BEad AWARE

The Toxic Tales of Mardi Gras Beads

By Kate Stevens

Mary Anne Garcia has ridden in the Krewe of Iris for years, and while the joie de vivre and excitement of Carnival has remained the same, she has seen a change among spectators. They don't want the same old plastic throws they can get at any parade. "I have found over the last few years, these plastic beads, the big ones that used to be so flashy, nobody really wants them, you know?" says Garcia, 63, of Metairie. "They'll drop to the ground. They want something different now."

Garcia also finds it wasteful that so many of these unwanted plastic throws end up in the gutter, the storm drains, and the landfill. That's why for Mardi Gras 2019, Garcia has purchased specialty throws from Atlas Handmade Beads, a New Orleans company that sells necklaces and bracelets made of recycled magazine paper from women in Uganda. She has purchased fewer plastic throws as a result and hopes these unique, colorful necklaces from Atlas are ones people will actually wear as keepsakes. "I'd rather have less to throw, but what I'm throwing, people want," says Garcia.

Garcia is part of a growing movement to make Mardi Gras more environmentally friendly, less wasteful, and with fewer of the plastic throws and toys that studies have shown contain harmful substances like lead and chemical flame retardants.

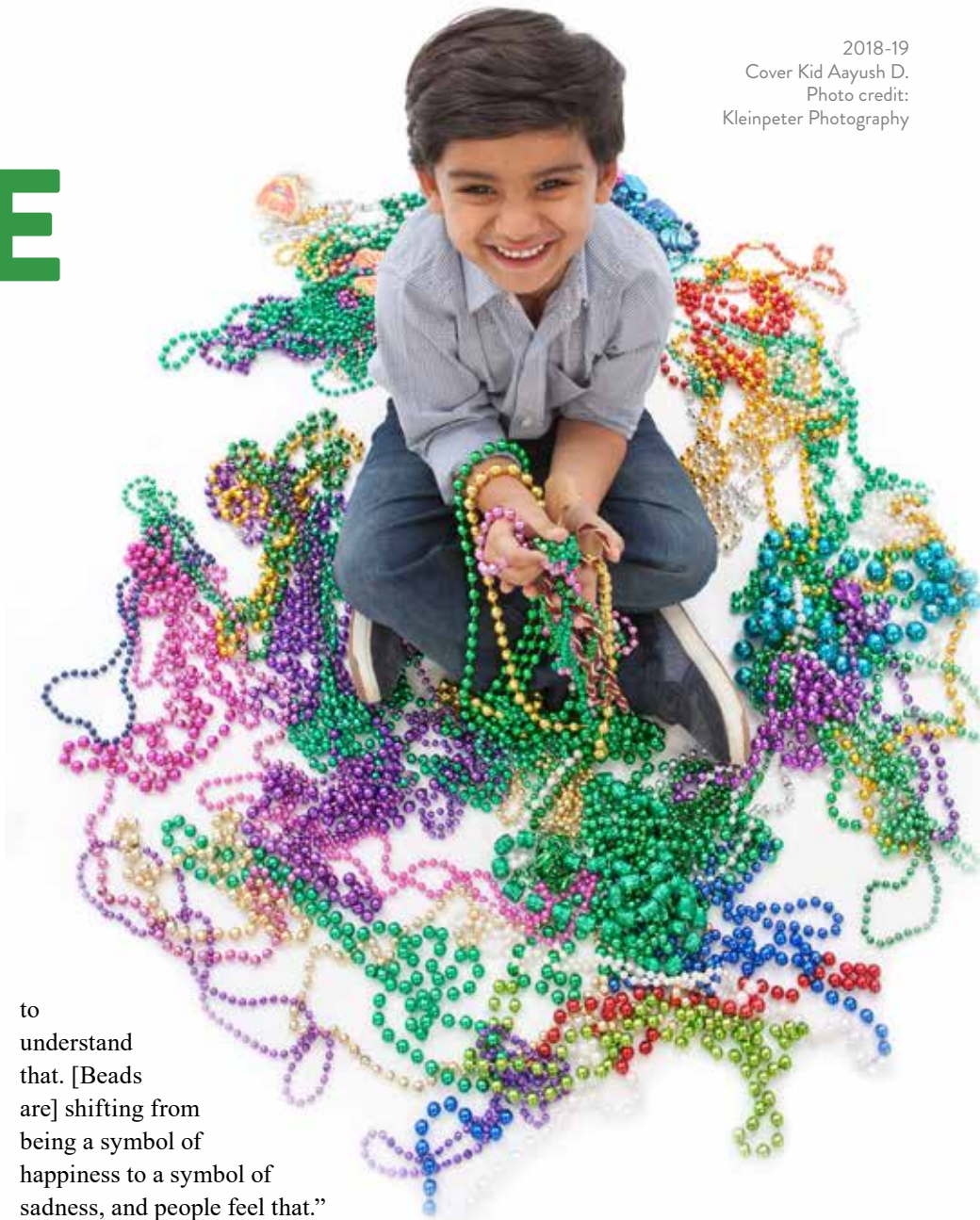
"It's not just about a cultural shift," says Katrina Brees, founder of Kolossos, a sub-krewe using bicycles as homemade floats and whose riders pass out artisan throws and edible New Orleans-based snacks. "It's actually about a toxic health hazard, and a lot of people are beginning

to understand that. [Beads are] shifting from being a symbol of happiness to a symbol of sadness, and people feel that."

And, there are plenty of beads. Twenty-five million pounds, or 12,500 tons, of them are thrown during the Carnival season from Twelfth Night to Mardi Gras, according to a 2013 report on potential lead exposure from Mardi Gras beads and parade route environments. "This is a time when we certainly have to think about the planet that we're living on and the impact parades have on the city of New Orleans," says Howard Mielke, a professor in the pharmacology department of the Tulane University School of Medicine and co-author of the lead exposure report. "The parades are wonderful. I love them. We just have to make sure to find a way to make them kinder to the environment and to the health of our children."

Plastic beads left in the gutter as garbage become an environmental nightmare. In January 2018, the city of New Orleans announced it had retrieved 7.2 million pounds of trash and debris, including 93,000 pounds of Mardi Gras beads, from city catch basins during a four-month cleaning project along a five-block stretch of St. Charles Avenue.

These harmful plastics can work their way to our waterways and oceans where they can affect animal and plant life, and ultimately humans, says Mielke. And every year, between 4,500 and 8,000 tons of trash is collected during Mardi Gras just in the French Quarter, according to VerdiGras, a volunteer group seeking to encourage a more green, more sustainable Mardi Gras celebration.



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While the amount of trash Mardi Gras creates is obvious to parade-goers, the fact that many plastic Mardi Gras throws contain lead levels exceeding federal safety guidelines is less obvious. This hidden danger can be toxic for children who may place the beads in their mouths or pick up beads from the dirty ground, which also has been proven to have high lead levels.

So what's inherently harmful with the plastic in Mardi Gras throws? These plastic Mardi Gras throws contain small amounts of chemical toxins, according to a 2013 report produced by Healthystuff.org and the Ecology Center, a Michigan-based non-profit and an environmental organization, in collaboration with VerdiGras.

"As a physician mom, I always felt like the beads smelled funny," says Dr. Holly Gore Groh, founder of VerdiGras, and a New Orleans mother of four children. "We tried to keep them out of my children's mouths."

And keeping them out of your child's mouth is important. Dr. Robert Drumm, a pediatrician at The Baton Rouge Clinic, shares, "The beads have been in a warehouse and handled by the bead thrower before they even reach the child, so a lot of bacteria can be on the beads by then. There are several elements found in beads, including lead, bromine, and antimony which can cause a variety of side effects."

Groh says she knew in her gut something was wrong with the makeup of the beads. She contacted the research director of Healthystuff.org where scientists analyzed the Mardi Gras beads she provided.

Scientists screened 87 Mardi Gras bead necklaces, bracelets, and accessories, and found more than 60 percent of the products tested, or 56 of 87, had concentrations of lead above 100 ppm, or parts per million.

The U.S. Consumer Product Safety Commission (CPSC) limits lead in children's products to 100 ppm, while the American Academy of Pediatrics recommends 40 ppm as a limit for exposure, the report says.

The problem is that the CPSC doesn't

consider Mardi Gras throws as toys, even though children also attend the parades with parents. Therefore, the commission has refused to regulate the production of them, says Groh.

The report also says that more than half of the products tested suggested the use of brominated flame retardants or chlorinated flame retardants. Flame-retardant plastics from a variety of sources, including electronic waste, are likely being recycled into bead production, the report concludes. Groh says these Mardi Gras beads are produced mostly overseas in China and are melted down from plastics, like computer boards, which also contain

can have harmful effects if a child places the beads in his mouth, especially if picked up directly off the ground.

A known neurotoxin, lead can cause irreversible brain damage, says Groh.

"Even with these apparently small amounts of lead, given the mass of beads being thrown by krewes during Carnival, the total amount of lead hitting the streets becomes large," Mielke's report says.

But beads aren't the only culprit behind the city's lead contamination. Lead accumulation from lead additives in gasoline and lead-based paints are the highest in older communities surrounding the city's CBD and decrease as you leave the city center, the report says. Even the



toxic endocrine disruptors, says Groh. These chemical disruptors can affect a child's developing hormonal system, although, the effects cannot be currently measured and won't be known for many years, she says.

Additionally, scientists now understand that flame retardants, once used in items like children's pajamas to keep them from catching fire, can be dangerous. "You end up with substances in the air that are very potent as a toxic substance," says Mielke.

Lead has also been found in plastic Mardi Gras throws, according to Mielke's report on lead contamination. The beads

soil along Mardi Gras parade routes has been contaminated from decades of use with lead additives and gasoline from cars, the report says.

If beads hit the ground, are kicked up the street, contaminated with lead, and are picked up by a child, the child could be harmed if the beads are placed in his mouth. "It's a double whammy for a child," Mielke says. "He's getting the dust from the road as well as possible contamination from the beads directly."

Testing their bead supplies for lead levels is something most reputable Mardi Gras bead companies do, says Dan Kelly, owner of Beads by the Dozen. Anytime

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the shop gets a new supplier in China, Kelly asks for reports of previously tested shipments from the last 90 days. If a supplier doesn't have such a report, Kelly says he asks the supplier to conduct a test. Kelly's stock of beads is also randomly tested once it reaches his shop, he says.

His suppliers understand how important these tests are for American customers, he says. If a shipment isn't acceptable, "then we're not going to use them," says Kelly.

Although many have been receptive to a greener, more grass-roots Mardi Gras over the past few years, the efforts to switch from plastic beads to those made of more environmentally-friendly materials has been an uphill climb.

"The immediate challenge is riders and folks just being used to paying pennies for plastic beads," says Kevin Fitzwilliam, owner of Atlas Handmade Beads. People love the idea of using something other than plastic Mardi Gras beads, but are intimidated by the higher price of the organic alternatives, Fitzwilliam says.

Kelly says he has had several people approach him about selling more environmentally-friendly beads if such a product was available. That turns into a request for funding and the realization that the throws will cost at least \$1 per necklace, Kelly says. "No one is going to buy a dollar bead when you can get it for 20 cents," Kelly says.

In bulk, Atlas speciality throws can cost \$3 a piece, Fitzwilliam says. But the cost is comparable to the plastic speciality throws that might end up unwanted in the road—something that won't happen with Atlas throws, he says.

Anne Rolfes, founding executive director of the Louisiana Bucket Brigade, a non-profit environmental health and justice organization, says she thinks it's nearly impossible at this moment in time for someone to make a living selling environmentally-friendly Mardi Gras beads. Several years ago, the organization itself tried to sell homemade paper and wooden throws called "ZomBeads" made by local artists, but the effort fizzled after just a few Carnival seasons. People were receptive to ZomBeads, but "there's

still the really high value on the plastics, which I'm not sure how to overcome," Rolfes says.

Still, efforts to create more environmentally-friendly Mardi Gras beads continue on.

Naohiro Kato, an associate professor at Louisiana State University's Department of Biological Sciences, says he has discovered a way to create biodegradable beads through the growth of microscopic algae, or microalgae.

About 10 times more expensive than regular plastic, the cost of producing biodegradable plastic makes it "very difficult to adapt" for use in Mardi Gras parades today, Kato says. To help offset the cost of production, Kato is searching for investors to help fund the growth of microalgae to first produce a nutraceutical compound for use in medicine and vitamin supplements. Profits from this compound will then allow him to produce biodegradable plastic for use in Mardi Gras beads, he says.

Another entrepreneur is also working to develop biodegradable beads.

New Orleans resident Marcus Ciko, founder of 3D Beads, hopes to have a prototype of a biodegradable, plant-based plastic bead completed by Twelfth Night, he says. "If there was a more biodegradable option, I think a lot of people would buy it right now," Ciko says. The potential higher cost of a more environmentally-friendly bead will decrease as new technology improves, he says. "I'm confident in the people I've talked to that we can make this happen."

While the complete elimination of plastic beads isn't going to happen anytime soon, people are interested in a more common way to reduce waste: recycling them.

Last Mardi Gras, volunteers with the Young Leadership Council, Republic Services, and the Arc of Greater New Orleans (ArcGNO) helped collect 10,000 cans and bottles to be recycled and 1,600 pounds of plastic throws. The throws were donated to the Arc of Greater New Orleans, an organization that benefits adults with developmental and intellectual disabilities.

The ArcGNO creates wage-earning jobs for its participants by collecting, sorting and repackaging Mardi Gras beads and stuffed animals.

The Arc Baton Rouge has a bead recycling program as part of the organization's supported employment services through Metro Enterprises. Participants clean, sort, weigh, and repackage the beads, which are sold for 80 cents per pound. All revenues are split between those who work on the project. So far this year, the program has sold 2,435 pounds of beads.

The Salvation Army of Greater Baton Rouge also has a program for sanitizing, repackaging, and selling the beads. Baton Rouge area Goodwill locations will also accept bead donations, and Louisiana Art & Science Museum will often use bead donations for children's art projects.

"That was really proof in the pudding that people want improved recycling," says Fitzwilliam, who helped coordinate the recycling effort. "They want to retain the wonderful things about Mardi Gras that everyone loves and has been coming their whole life for without being overrun by plastic waste."

So what's next in efforts for a more sustainable Mardi Gras? For future Mardi Gras parades, Groh says she would love to see just one green float with local and sustainable throws, and she thinks it will happen. "The tide is changing," Groh says. ■

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Tips to Limit Lead Exposure During Mardi Gras

- Use hand wipes to clean children's hands before they eat and after picking up beads from the ground
- Wash and rinse any beads picked up from the street or dirt along parade routes before allowing children to play with them
- Once home, change clothes that may have been exposed to dirt along the parade route

Source: Louisiana Department of Health

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FAMILY-FRIENDLY MARDI GRAS PARADES

River Lions Club. facebook.com

FEBRUARY 22

KREWE OF ARTEMIS PARADE. Downtown Baton Rouge at 6:30 p.m. Baton Rouge's only all-female parade. kreweofartemis.net

FEBRUARY 23

ADDIS VOLUNTEER FIREMEN'S PARADE: PARADE OF THE HOLIDAYS. Highway 1, Addis, at 11 a.m. addisla.org/news

KREWE OF DENHAM SPRINGS MARDI GRAS PARADE. Range Avenue from Denham Springs High School campus to Veterans Boulevard, Denham Springs, at 3 p.m. facebook.com

KREWE OF MYSTIQUE DE LA CAPITALE PARADE. Downtown at 2 p.m. Theme not yet announced. A special float is the Veteran's Float. krewemystique.com

KREWE OF ORION PARADE: ORION IS ON A ROLL.

Downtown at 6:30 p.m. 20th annual parade. kreweoforion.com

KREWE OF TCHEFUNCTE. This boat parade goes down the Tchefuncte River in downtown Madisonville at 1 p.m. louisiananorthshore.com

FEBRUARY 24

KREWE OF BARKUS. New Orleans' French Quarter at 2 p.m. barkas.org

KREWE OF CLAUDE. Starts at the intersection of Berkley Street and Spartan Drive in Slidell at 1 p.m. facebook.com

KREWE OF DIONYSUS. Starts on Berkley Street following the Krewe of Claude. kreweofdionysus.com

MID CITY MARDI GRAS PARADE: PEACE, LOVE AND NUTS. North Boulevard and 19th Street, ending at Baton Rouge Community College at 1 p.m. Front Yard Bikes will serve as the grand marshal. midcitygras.org

FEBRUARY 27

KREWE OF NYX. Starts at the intersection of Magazine Street and Jefferson Avenue in New Orleans at 7 p.m. kreweofnyx.org

MARCH 1

KREWE OF SOUTHDOWNS FLAMBEAUX PARADE: SCIENCE FICTION. Southdowns subdivision at 7 p.m. southdowns.org

MARCH 2

BATON ROUGE MARDI GRAS FESTIVAL. 200 North Blvd., downtown Baton Rouge, from 10 a.m.-7 p.m. visitbatonrouge.com

CHILDREN'S PARADE AND KREWE OF BONAPARTE. Downtown Lafayette at 12:30 p.m. gomardigras.com

KREWE OF ENDYMION. Starts at the intersection of City Park Avenue and Orleans Avenue in New Orleans at 4:15 p.m. endymion.org

KREWE OF TICKFAW MARDI GRAS BOAT PARADE. Springfield on the Tickfaw River at 2 p.m. Annual boat parade. facebook.com

SPANISH TOWN PARADE. Downtown at noon. The 39th annual parade. spanishtownmardigras.com

MARCH 3

KREWE OF BACCHUS. Starts at the intersection of Tchoupitoulas Street and Napoleon Avenue in New Orleans at 5:15 p.m. kreweofbaccus.org

KREWE OF COMOGO PARADE. Highway 1, South Plaquemine, at 7 p.m. The westside's only nighttime parade with lighted throws and street parties. kreweofcomogo.org

KREWE OF GOOD FRIENDS PARADE: LOUISIANA FESTIVALS. Port Allen at 1 p.m. kreweofgoodfriendsoftheoaks.com

MARCH 4

COURIR DES ENFANTS AND LUNDI GRAS PARTY. Parc des Pont in Breaux Bridge at 9:30 a.m. cajuncountry.org.

MARCH 5

CARNIVAL D'ACADIE MARDI GRAS. Downtown Crowley at noon. crowley-la.com

GRAND MARAIS MARDI GRAS PARADE. Corner of Highway 90 and College Road in Jeanerette. iberiatravel.com

MARCH 10

MYSTIC KREWE OF MARDI PAWS PARADE. Downtown lakefront in Mandeville at 12:30 p.m. mardipaws.com

FEBRUARY 16

KREWE OF BILGE PARADE. Boat parade goes through the canals of Slidell at 11 a.m. kreweofbilge.com

FEBRUARY 17

CAAWS MYSTIC KREWE OF MUTTS PARADE: ROARING 20TH ANNIVERSARY. Downtown from 10 a.m.-4 p.m. with Bark in the Park followed by the parade at 2 p.m. Includes a costume contest at noon. Must be registered to be in the contest or the parade. caaws.org

KREWE OF LITTLE RASCALS. Parade will start at the corner of Eldorado Street and Woodlawn Avenue in Metairie at noon. kreweoflittlerascals.com

KREWE OF SLIDELLIANS. Starts at the intersection of Berkley Street and Spartan Drive in Slidell at 1 p.m. facebook.com

KREWE OF PEARL RIVER LIONS CLUB. Begins at Pearl River High School in Slidell at 1 p.m. facebook.com

KREWE OF PERSEUS. Starts at the intersection of Berkley Street and Spartan Drive in Slidell, following the Krewe of Pearl

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It's You or Him

By Brandon Foreman

Here come the days of cool air and short shorts, where the birds are flying and bees are buzzing, but I'm not talking about spring! I'm talking about the days when boys start looking at my little girl, and I start losing my mind and practicing the utmost self-control.

Here are some things I have started thinking about: **1. It ain't going to happen.** Although, not very likely, as I don't see the the lifestyle of being a nun in her future. **2. It is what it is, and what happens, happens.** If anyone knows me, I have no way of sitting on the sideline for anything. **3. Take it in stride, and be supportive.** Most might say that this is the high road and the best choice. As a good friend of mine (Kyle) would say, "Oh, hell no!" (We don't allow frog shows on our watch. Sorry, inside joke.)

There is another option that I think is the right decision: **I'm going to show her how this dating thing is supposed to work.** I'm going to set the bar for every other jackleg boy walking up to my door. And yeah, he better walk up to the door. Lord, help the boy who pulls up and honks the horn or sends a text. We have the ability to show them how they should be treated and what is supposed to happen on a date.

Why are so many people impressed when the door is opened for a woman or when everyone at the table stands when she comes to the table? It's simple, we have skipped manners and respect. Dating has become swiping right and standing in groups, looking at each other or staring at phones. Well, not in my book. She will learn what it's like to see someone who likes her and wants to spend time with her.

Guys, you can show her what it's like to go on a real date, what true respect is, and what she must demand from anyone who wants her time. You see, when I was dating her mother, I knew her mom, and I went and talked with her. I went to the door when needed, and to this day, I am able to sneak in a car door opening.

These things add up. There is a part of me that believes her mother was rooting for me even when my wife said she didn't want to see me again, no matter how much candy I left on the hood of her car overnight to surprise her with. You, and only you, can teach this and show her, so get to it. Remember, it is you or him. And I'm the first to say, I may not know him yet, but I don't freaking like him! ■

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FROM THE MOUTHS OF DADS

“The first one, I almost became a doula. I was reading every book. I was ready. This one, I haven't done anything. I'm like, 'Well, we didn't break the first one.'”

—Ashton Kutcher

PIC OF THE MONTH

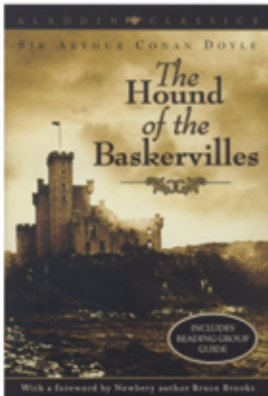


Rhett G. and Ariana pose for this adorable moment on a pier overlooking the water.

Photo credit: Warren Conerly Photography

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WHAT TO DO

Quick tips: We recommend getting the Park Hopper for you and your family. The Hopper allows you to go to and from every park, every day, as many times as you please. Also, if you are a Disney resort guest, you can experience Extra Magic Hours, which allows you and your family to enjoy the park an hour before the park opens or up to two hours after it closes.

Magic Kingdom is most likely number one on your list, but remember that it's probably number one on everyone's list, so there will be long lines. Magic Kingdom has a ton of rides, especially for the little ones. The best route to take when it comes to beating the lines is to start at the back of the park and work your way to the front. **Peter Pan's Flight**, **Haunted Mansion**, **Pirates of the Caribbean**, **Space Mountain**, **Splash Mountain**, and **Seven Dwarfs Mine Train** are all major favorites.

Explore the world through **Epcot**, quite literally. For some refreshing fun, check out **Club Cool**, where you can taste soft drinks from around the world for free. Also, you won't want to miss **Test Track**, **Soarin'**, and **Frozen Ever After** before you visit each country.

Toy Story Land is now open in **Disney's Hollywood Studios**, and it's a can't miss. Take a spin on the **Alien Swirling Saucers** or get your adrenaline pumping with **Slinky Dog Dash**. If you're a **Star Wars** family, you're going to want to visit this fall for the opening of **Star Wars: Galaxy's Edge**, where you have a chance to be in the driver's seat of the Millennium Falcon in **Millennium Falcon: Smugglers Run**. **Mickey & Minnie's Runaway Railway** will also debut this year. It's the first Mickey-themed ride that puts you inside a Mickey cartoon.

Go on safari at **Disney's Animal Kingdom**. If you plan on riding **Kali River Rapids**, be sure to wear a poncho or bring a change of clothes because you will get soaked. Also, don't miss **Expedition Everest** (the little ones might want to sit this one out), **Kilimanjaro Safaris**, **Na'Vi River Journey**, and **Avatar Flight of Passage**. And get ready to bust a movie during the new **Hakuna Matata Time Dance Party** with Timon and Rafiki.

Walt Disney World offers two incredible water parks: **Disney's Typhoon Lagoon Water Park** and **Disney's Blizzard Beach Water Park**. Both parks feature water slides that will entertain the entire crew. After, hop aboard the bus and visit **Disney Springs** for shopping and entertainment.

flybtr.com



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PLAY THINGS WE LOVE



Just in time for the new LEGO movie, this adorable **Sweatshirt with Motif** features your kiddo's favorite *The LEGO Movie* characters. It's perfect to wear to see the film this month, and it has long sleeves—perfect for staying warm in a cold theatre. ■ hm.com



Valentine's Day is days away, so make sure your littlest one is showing her V-Day spirit with this adorable **B Mine Sweatshirt from Janie and Jack**. This collegiate-inspired sweatshirt will keep your infant cozy and stylish. ■ janieandjack.com



Everyone knows that when it comes to King Cake, calories don't count! Celebrate festival season with this adorable shirt from Sweet Baton Rouge. This **King Cake Calories Don't Count shirt** allows you to show your love for this deliciously sweet treat, and it gets you ready for Mardi Gras season. ■ sweetbatonrouge.com



If your little one is gnawing on everything he can get into his mouth, these teething bracelets are sure to help. **Ike and Leo Teething Bracelets** help to soothe, massage and reduce fussiness and discomfort, and they are perfectly shaped for little hands to grab onto. ■ ikeandleo.com



Make memories with your kiddos with **Adventure Parks Classic Disc Swing**. Attach this wooden swing to any stately old tree in your backyard for endless hours of fun in the morning, noon, or when the crickets start singing. ■ thetot.com

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TUESDAY

March 26, 2019

7:00PM

Produced By

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Baton Rouge

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Jami & Katrina

Baton Rouge's very own dynamic duo, Jami Redmond and Katrina Liza, are the Capital's most sought-after influencers. Through video, live reports, and tutorials, Jami and Katrina share their expertise and knowledge about Baton Rouge and all things beauty.

With Valentine's Day right around the corner, planning a date night for you and your special someone is important. Whether you're on a budget or looking to splurge, there's something for everyone as Jami and Katrina share some of their favorite date night spots around town.

DATING ON A BUDGET

- Bike ride around the LSU Lakes before having lunch at The Chimes. While riding around the LSU lakes, it's always fun to stop and feed the ducks. You can also kayak the lakes if you want to exercise in a different way, and for lunch, make sure you try the Blackened Shrimp Nachos or the Boudin Balls.
■ thechimes.com & mapmyride.com
- Star gaze at the Louisiana Arts & Science Museum. ■ lasm.org
- Hike and have a picnic lunch in Tunica Hills.
■ wlf.louisiana.gov
- Painting with a Twist has date night events that allow you and a date to bring your own beverage and sip while following step-by-step instructions on how to paint.
■ paintingwithatwist.com
- Visit the USS Kidd and walk the levee in downtown Baton Rouge before having drinks at Blend Wine Bar or listening to music at Live After 5 on Fridays, when available. usskidd.com, blendbr.com, & downtownbr.org
- Walk and see the shops in Denham Springs Antique District. Take your time and shop hop before grabbing a bite to eat at any of the cute restaurants, or skip the food and just get ice cream.
■ denhamspringsantiquedistrict.net
- Have a date night in to watch Netflix. Put on your pjs, throw your hair in a bun, and have a glass of wine while watching one of your favorite films together. Truly, the night is all about quality time.
- Perkins Rowe feels magical at night. When the shops close, you're leaving the restaurant, and the crowds have died down, it can feel super romantic. For a meal with great ambience, try Bin 77. The courtyard area is delightful, and there's always live music. They have also have a pretty water fountain and heaters outside when it's cold.
■ perkinsrowe.com

SPLURGE A LITTLE

- Attend a concert at Saenger Theatre. It's a short drive to New Orleans, and 2019 brings an exciting lineup of shows, including *Hamilton*, *Dancing with the Stars*, and *Kinky Boots*. ■ saengernola.com
- Mix it up with dinner at Ruffino's and some fun at Topgolf. This is the perfect date for the competitive couple. Make it even more fun by betting who pays for dinner with the best golf score. Make sure you get your free cotton candy at the end of your dinner, too.
■ ruffinosbatonrouge.com & topgolf.com
- Have a spa day at Bumble Lane. We personally recommend the Renew Package: 2.5 hours that includes a body scrub and body wrap. ■ bumblelane.com
- Get day passes at Blue Bayou Water Park, and during the summer, you can even attend one of the concerts they host.
■ bluebayou.com
- Stay a night and have dinner at Nottoway Plantation. They also host a Murder Mystery Night, with an on-site restaurant called The Mansion. ■ nottoway.com
- See a movie at Movie Tavern. Valentine's Day always promises a great lineup of new flicks. This year, check out *Isn't It Romantic?*, *What Men Want*, and for the horror fans out there, *Happy Death Day 2*.
■ movietavern.com
- Reserve a room at L'Auberge Casino & Hotel. The rooftop pool, bar, and cabanas give you a Vegas-y vibe, and the views of the Mississippi are breathtaking during the day or at night while you sit fireside on the balconies. If you are a rewards member, you will often receive amazing perks, including 2-4-1 buffet, free drinks, and even free nights at the hotel. ■ lbatonrouge.com



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FREE DYSLEXIA SCREENING
February 7th, 1:30-3:00 p.m.
February 21st, 1:30-3:00 p.m.

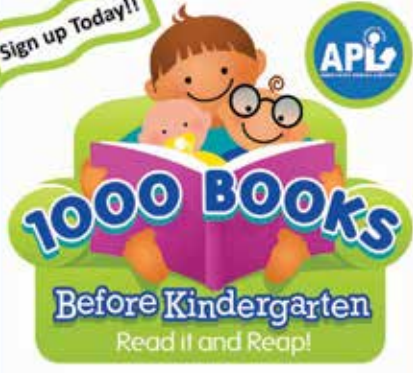
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February

FATHER-DAUGHTER DANCE & MASQUERADE

Dance the night away with your little girl at Baton Rouge General's Father-Daughter Dance on Sunday, February 10 from 4-7 p.m. at Raising Cane's River Center. This special evening for fathers and daughters includes dinner, dancing, professional photography sessions, and a Father-Daughter Dance-off. The Dance helps support the patients and families served by the hospital. Tickets are \$35.

■ brgeneral.org

1 FRIDAY

BOOK BABIES. Watson Library at 10:30 a.m. Activity held on the first Friday of every month for infants through age five with stories, music, and games. (225) 664-3963
DEAF EDUCATION SUMMIT. Holiday Inn South through February 2. Hosted by the Louisiana Deaf Education Alliance (DEA) in collaboration with the Louisiana Association for the Deaf. Includes a Banquet Fundraiser at 6:30 p.m. deaffocus.org
FAMILY FRIENDLY CONCERT. New Orleans Jazz National Historical Park, New Orleans, at 11 a.m. Children's storyteller and musician, Johnette Downing, performs. Free. johnettedowning.com
SENSORY SENSITIVITY TIME. EBR Main Library from 8:30-11:30 a.m., with

a special storytime at 9:30 a.m. Flashing overhead and side lights will be turned off, and patrons can leave a library card at the Children's desk to get noise-canceling headphones, sunglasses, and fidget items. Registration required. (225) 231-3750
SILENT SKY. Theatre Baton Rouge at 7:30 p.m. The true story of the 19th century astronomer, Henrietta Leavitt. Rated PG. Tickets run \$19-25. theatrebr.org
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
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. fhfgr.org

2 SATURDAY

GROUNDHOG DAY

AMATEUR ASTRONOMY COURSE: LEARN YOUR BINOCULAR. BREC's Highland Road Observatory from 3:30-7:30 p.m. Classes for adults. Sessions are \$15-18 each. Registration required. (225) 768-9948
BATON ROUGE ARTS MARKET. Farmers Market downtown from 8 a.m.-noon. The event will feature special art activities for kids. artsbr.org
BIG D AND BUBBA'S GAME NIGHT. Manship Theatre at 7 p.m. A mix between a game show, a live talk show, and an improv comedy perfor-

mance. Tickets run \$15-43. manshiptheatre.org
CAJUN GROUNDHOG DAY. Bouligny Plaza, New Iberia, from 7-8 a.m. See if Pierre C. Shadeaux, Iberia's Cajun Groundhog, emerges to predict the weather with a longer spring or an early return of summer's heat and humidity. iberiatravel.com
CLINTON MARKET DAY. Downtown Clinton in front of the Courthouse from 8 a.m.-1 p.m. Monthly open market. (225) 683-5531
CW AUSTIN LEARNING DISABILITIES CONFERENCE. Catholic Life Center from 8:30 a.m.-4:30 p.m. with workshops for parents, educators and professionals, and information on learning disabilities and the mental health issues that might accompany them. Free. Registration required. eventbrite.com
DEAF EDUCATION SUMMIT. Holiday Inn

South. Hosted by the Louisiana Deaf Education Alliance (DEA) in collaboration with the Louisiana Association for the Deaf. deaffocus.org
DISNEY'S NEWSIES AUDITIONS. Theatre Baton Rouge from 10 a.m.-4 p.m. Appointment required. Dance Call will be February 3 from 5-9 p.m. Ages 10-55. Performances will be in June. theatrebr.org
FIRST SATURDAY OF THE MONTH HIKE. Port Hudson State Historic Site, Jackson, at 10 a.m. Join a park ranger on a guided hike of the battlefield area known as Artillery Ridge. (888) 677-3400
GROWING UP GIRLS. St. Elizabeth Hospital, Gonzales, from 9-10:30 a.m. A class for girls ages 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 and after attending the Special Delivery class. Registration required. womans.org

LEGO FAN EXPO.

Pontchartrain Convention Center from 10 a.m.-4 p.m. Features massive displays, LEGO artists, building zone, vendors, art, life-size sculptures, and caricatures. Tickets are \$12-15 with children admitted free for ages two and under. brickuniverse.com

LIVINGSTON PARISH LIBRARY COMIC CON.

Denham Springs-Walker Library from 1-4 p.m. Fourth annual event with various activities, including a costume contest, games, photo ops, crafts, and a local graphic artist. mypl.info

♥ NO-SEW HEART

PILLOW CRAFT. Pride-Chaneyville Library at 3 p.m. Teens can make a pillow for Valentine's Day. All supplies will be provided. (225) 658-1550

PAINT WORKSHOP.

Java Mama from 10 a.m.-2 p.m. Each child will have a 15-minute appointment, and within a week, Two Birds Create will send a fully-painted scribble based on their vision. Cost is \$30. Pre-registration required. facebook.com/javamamabr

RECORD A SONG IN THE INNOVATION SPACE. Bluebonnet Library. Teens and adults can visit the Space throughout the day to record a song for free. Bring an instrument or your voice and a flash drive. Registration required. (225) 763-2250

SILENT SKY. Theatre Baton Rouge at 7:30 p.m. The true story of the 19th century astronomer, Henrietta Leavitt. Rated PG. Tickets run \$19-25. theatrebr.org

SPECIAL SATURDAYS: FLOATING MARSHES.

LSU Museum of Natural Science, Foster Hall, from 10-11 a.m. with the exhibit area open from 11 a.m.-

noon. A STEM program that focuses on introducing children ages 5-12 and their parents to the world of natural science. Free. Registration required. lsu.edu

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

TEEN MOVIE: EVERYTHING, EVERYTHING.

Jones Creek Library at 3 p.m. A teenager who has spent her whole life confined to her home falls for the boy next door. (225) 756-1170

3 SUNDAY

BALLET AUDITIONS.

Dancer's Workshop. Auditions will be held for the Nashville Ballet at 2 p.m. for ages 11+. Cost is \$35. batonrougeballet.org

FREE FIRST SUNDAY.

Free admission to the LSU Museum of Art, LASM, the Old State Capitol, USS Kidd, Capitol Park Museum, and BREC's Magnolia Mound Plantation. visitbatonrouge.com

LEGO FAN EXPO.

Pontchartrain Convention Center from 10 a.m.-4 p.m. Features massive displays, LEGO artists, building zone, vendors, art, life-size sculptures, and caricatures. Tickets are \$12-15 with children admitted free for ages two and under. brickuniverse.com

LOUISIANA YOUTH

ORCHESTRA II. Broadmoor Baptist Church from 5-6:30 p.m. The LA Youth Orchestra showcases students ages 5-21 in four different ensembles. Tickets are \$10. brso.org

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. chuckecheese.com

SILENT SKY. Theatre Baton Rouge at 2 p.m. The true story of the 19th century astronomer, Henrietta Leavitt. Rated PG. Tickets

run \$19-25. theatrebr.org

SUPER BOWL LIII. Mercedes-Benz Stadium, Atlanta, at 5:30 p.m. The New England Patriots take on the Los Angeles Rams. Shown on CBS. cbssports.com

4 MONDAY

ADOPTION MATTERS.

Catholic Charities Diocese of Baton Rouge from 6-7 p.m. Free, one-hour informational session about the journey towards a successful adoption. Registration required. adoptccdiobr.org

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 you can expect. Registration required. Free. (225) 231-5475

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

MOMMY AND ME.

Baton Rouge General Hospital, Bluebonnet, from 11 a.m.-noon. A continued breastfeeding support and education group designed to help mothers and babies learn about successes and challenges with breastfeeding. Free. Babies are

welcome. brgeneral.org

PARENTS NIGHT OUT FOR SPECIAL NEEDS REGISTRATION DEADLINE. St. Jean Vianney Church on February 8 from 6:30-9 p.m. for children with special needs ages 2-12 and their siblings. Registration requested. \$5 donation requested. parentsnightout@stjeanvianney.org

TABLETOP GAMING NIGHT. Denham Springs-Walker Library at 6 p.m. Ages 12 and above can play role-playing, adventure, strategy, or board games. (225) 686-4140

5 TUESDAY

CHINESE NEW YEAR: YEAR OF THE PIG

AFTER BABY COMES

(ABC): BABY CARE AND PARENT CARE.

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

♥ ANTI-VALENTINE'S DAY.

Watson Library at 5:30 p.m. Teens can socialize with those who also think the holiday is a shallow interpretation of love. Registration required.

(225) 686-4180

BOOK A LIBRARIAN COMPUTER HELP.

Denham Springs-Walker Library at 2 p.m. Teens and adults can make an appointment with a librarian to help with basic computer and Internet skills. Registration required. (225) 686-4140

CASA ORIENTATION.

CASA office at 5 p.m. Capital Area Court Appointed Special Advocate (CASA) Association holds orientation. Registration required. casabr.org

CPR FOR FRIENDS

AND FAMILY. Baton Rouge General Hospital, Bluebonnet, from 6-8 p.m.

Learn CPR and foreign body airway obstruction techniques for infants and children. \$30 per couple. brgeneral.org

HOPE CHESTS BREAST CANCER SUPPORT

GROUP. Ochsner Hospital from 6-7 p.m. Monthly support group with speakers and light refreshments. ochsner.org

JERSEY BOYS. Raising Cane's River Center at 7:30 p.m. Tony, Grammy, and Olivier Award-winning hit musical. Tickets start at \$45.

raisingcanesrivercenter.com

PARENTS/CAREGIVERS BEHAVIORAL HEALTH NETWORKING. Conference call at 5 p.m.



PAINT WORKSHOP. Java Mama from 10 a.m.-2 p.m. Each child will have a 15-minute appointment, and within a week, Two Birds Create will send a fully-painted scribble based on their vision. Cost is \$30. Pre-registration required.

■ facebook.com/javamamabr

IN EVERY ISSUE CALENDAR

These networking meetings will provide parents/caregivers across the state an opportunity to gather and share information and resources related to behavioral health services and increase their support networks. (641) 715-3273

RED STICK ROLLER DERBY'S DERBY 101 TRAINING PROGRAM. Baton Rouge at 6:45 p.m. Learn everything you need to know about roller derby, including skating skills and the rules of the sport. facebook.com

THRIVING WITH DIABETES. St. Elizabeth Hospital, Gonzales, from 6-7 p.m. Free workshop with the topic of "Insulin Resistance, Pre-Diabetes and Diabetes: What's the Difference and How Do I Manage It?" Registration preferred. (225) 621-2906

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

6 WEDNESDAY

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

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. (225) 621-2906

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

7 THURSDAY

CASA TRAINING. Livingston CASA office, Denham Springs, from 5:30-8:30 p.m. Child Advocacy Services Court Appointed Special Advocates training. childadv.net

KNOCK-TURNAL NIGHTS: GROWN-UPS AT PLAY. Knock Knock Children's Museum from 7-9 p.m. A grown-up playdate. Adults ages 21 and older can enjoy the museum along with a DJ, spiked gelato, and a photo booth. Ticket includes one drink. Tickets are \$25-35. knockknockmuseum.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

♥ VALENTINE'S OPEN HOUSE. Lulu and Bean from 10 a.m.-6 p.m. Join Life As Paper and Silly Gilly Desserts for adorable cards, delicious cookies, and decorating kits. luluandbeanbr.com

8 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

INTRODUCTORY MUSIC CLASS. Java Mama at 10:30 a.m. Free introductory Little Wings class for three to five year olds hosted by School of Rock. Classes begin Fridays on February 15 from 8:30-9:15 a.m. facebook.com

NIGHT TO SHINE. Lamar Dixon Expo Center, Gonzales. Evening for those with disabilities with dancing, dinner, music, and photo opportunities. Sponsored by the Tim Tebow Foundation. Registration required. Volunteers needed. facebook.com

PARENTS NIGHT OUT FOR SPECIAL NEEDS. St. Jean Vianney Church from 6:30-9 p.m. for children with special needs ages 2-12 and their siblings. Registration requested. \$5 donation requested. parentsnightout@stjeanvianney.org

T-BALL AND COACHES PITCH CLINIC DEADLINE. BREC's Cedar Ridge Avenue Park on February 16 from 9-11:30 a.m. Cost is \$10. brec.org

WIGGLE WORMS. Denham Springs-Walker Library at 10:30 a.m. Children up to age five and their caregivers will partici-

pate in music and dance activities that enhance lifelong learning and neural development. (225) 686-4140

9 SATURDAY

ABRAHAM LINCOLN LOGS. Jones Creek Library at 2:30 p.m. Children ages three to six will hear selections from *National Geographic Kids Abraham Lincoln* and build structures using Lincoln Logs. Registration required. (225) 756-1160

ASCENSION LEGO CLUB. Galvez Library at 10:30 a.m. for all ages. Legos, Duplo blocks, and Mega Bloks will be provided. (225) 647-3955

ASK A LAWYER. Jones Creek Library from 9:30-11:30 a.m. Adults can have free confidential and individual counseling offered by the Pro Bono Project of the Baton Rouge Bar Association. First-come, first-served basis. ebrpl.com

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 from 1:30-5 p.m. Learn the benefits of breastfeeding, how to prepare for breastfeeding, how to get the baby on the breast properly, the father's role, and how to avoid

common problems. Cost is \$35. Registration required. (225) 231-5475

CAPITAL CITY MAC FEST. Perkins Rowe from 11 a.m.-3 p.m. Geaux Rouge Productions gives attendees the opportunity to eat Mac N Cheese from over 10 participating competitors. Cost for ages 10 and up is \$35. 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

COWBOY CAMP OUT. BREC's Farr Park Equestrian Center from 2 p.m. until 10 a.m. on February 10. Explore Farr Park overnight by horseback, foot, and bike. Activities include archery, bicycling, geocaching, hay rides, camping, and hiking. Dinner and breakfast provided. brec.org

DREAMING AND DRUMMING DAY. Louisiana Children's Museum, New Orleans, from 11 a.m.-3 p.m. Celebrate African American Heritage Month with an emphasis on local drumming traditions. lcm.org

FURY IN THE FELICIANAS. Audubon State Historic Site, St. Francisville, at 10 a.m. Journey back into history to 1862 to the sights and sounds of the Civil War battle for Baton Rouge with living history demonstrations and soldier camps. (888) 677-2838

♥ I
HEART
MY ZOO
DAY.
BREC's



WEEKLY EVENTS



AFRICAN AMERICAN READ-IN 2019. Various EBR Libraries from February 4-25. During the month of February, schools, churches, libraries, bookstores, organizations, and citizens are urged to make literacy a significant part of Black History Month by hosting an African American Read-In. Registration required. ■ ebrpl.com

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

BREC'S BATON ROUGE ZOOBUS VISITS THE LIBRARIES. EBR Libraries through February 28. Children ages 4-11 are invited to their local branch for an informative and entertaining program designed to educate audiences about wildlife conservation. Registration required. ■ ebrpl.com

CHILDREN'S ART CLASSES. South Live Oak Elementary School, Denham Springs, on Tuesdays from February 26-March 26 from 6-7:30 p.m. Children in grades two to six. Cost runs \$40-45. artslivingston.org

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

OUR TOWN. LSU Shaver Theatre from February 15-24. Thornton Wilder's Pulitzer prize winning play performed by Swine Palace. Tickets run \$14-22. ■ swinepalace.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

RED STICK FARMERS MARKET. Saturdays on 5th Street between Main and North Street, Tuesdays at the EBR Main Library, and Thursdays in the Pennington Biomedical Conference Center parking lot from 8 a.m.-noon. ■ (225) 267-5060

SHAKESPEARE IN LOVE. Ascension Community Theatre, Gonzales, from February 14-24. Young Will Shakespeare has writer's block. The deadline for his new play is fast approaching, but he's in desperate need of inspiration. Tickets run \$15-25. ■ actgonzales.org

THE IRENE W. PENNINGTON PLANETARIUM. LASM. Mesmerizing star attraction houses a domed theater with multimedia presentations: large digital movies, sky shows, and visual music shows. Showtimes and days vary. Cost included in admission. ■ lasm.org

CALENDAR IN EVERY ISSUE

Baton Rouge Zoo from 9:30 a.m.-4 p.m. A Valentine's extravaganza with special programs and crafts. Regular admission applies. brzoo.org

♥ **LOVE LETTERS: A VALENTINE'S DINNER THEATRE.** Juban's Creole Restaurant with dinner at 6 p.m. and curtain at 7:30 p.m. Love Letters is a tender, funny, and wistful examination of the shared nostalgia, missed opportunities, and deep closeness of two lifelong and complicated friends. redmagnoliac.org

LUKE COMBS. Raising Cane's River Center at 7 p.m. Luke Combs will kick off his Beer Never Broke My Heart Tour. Tickets run \$25-50.

raisingcanesrivercenter.com

MID CITY MAKERS MARKET. 541 South Eugene Street from 4-8 p.m. Features makers' booths, food, a bar, a kids' area, and music.

midcitymakers.market

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

facebook.com/rrrofsouthla

♥ **MY FURRY VALENTINE ADOPTION EVENT.** Petco, Siegen Lane, from 10 a.m.-3 p.m. Offered by Rescue, Rehome, Repeat.

ROUX RALLY GUMBO COOK-OFF. Downtown from 11 a.m.-4 p.m. Amateur cooking teams, live music and entertainment. Benefits Youth Oasis. \$15 tickets at the door include all you can eat gumbo. eagle981.com

10 SUNDAY

2019 OSCAR SHORTS: ANIMATION. Manship Theatre at 2 p.m. See the 2019 Oscar-nominated animated short films. Tickets are \$9.50-16. manshiptheatre.org

2019 OSCAR SHORTS: LIVE ACTION. Manship Theatre at 4:30 p.m. See the 2019 Oscar-nom-

inated live action short films. Tickets are \$9.50-16. manshiptheatre.org

♥ **FATHER-DAUGHTER DANCE & MASQUERADE.** Raising Cane's River Center from 4-7 p.m. Sponsored by Baton Rouge General Foundation. Tickets are \$35. brgeneral.org

FURY IN THE FELICIANAS. Audubon State Historic Site, St. Francisville, at 10 a.m. Journey back into history to 1862 to the sights and sounds of the Civil War battle for Baton Rouge with living history demonstrations and soldier camps. (888) 677-2838

GRANDPARENTING 101. Woman's Hospital from 3-5 p.m. Grandparents can brush up on baby skills. Registration required. womans.org

SCHOOL OF ROCK PRESENTS: 90S ROCK. Mid City Ballroom from 3-5 p.m. Free concert featuring the Performance Program students and the Rock 101 students. All ages. schoolofrock.com

♥ **SENSORY FRIENDLY SUNDAY: TIPS AND TRICKS FOR MARDI GRAS.** Louisiana Children's Museum, New Orleans, from 10:30 a.m.-noon. Includes festive sensory activities, and you can meet dogs from the Visiting Pet Program. lcm.org

THE COMPOSER FORUM SERIES: MUSIC FOR CHILDREN. LSU School of Music Recital Hall at 2 p.m. Free performance by the Louisiana Sinfonietta. louisianasinfonietta.org

11 MONDAY

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

JAMES TAYLOR. Raising Cane's River Center at 7:30 p.m. Legendary singer-songwriter James Taylor and his All-Star Band with special guest Rock and Roll Hall of Famer Bonnie

IN EVERY ISSUE CALENDAR

Raitt and her band. Tickets start at \$69.

raisingcanesrivercenter.com

12 TUESDAY

♥ ANTI-VALENTINE'S DAY.

Denham Springs-Walker Library at 5 p.m. Teens can socialize with those who also think the holiday is a shallow interpretation of love. Registration is required.

(225) 686-4140

BREASTFEEDING

BASICS. 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

HYPE ON THE MOVE.

North Boulevard Town Square from 6-7 p.m. Free family-friendly yoga class sponsored by One Heart Yoga.

hypebr.com

INTRODUCTION TO

3D DRAFTING. Fairwood Library at 4 p.m. Teens can learn about the basics of 3D drafting with an online program. (225) 924-9385

LEGISLATIVE ROUND-

TABLE. American Red Cross from 9:30 a.m.-noon. Network and connect with other families, individuals with disabilities, and local policymakers. Registration required.

eventbrite.com

LSU SYMPHONY OR-

CHESTRA. LSU Student Union Theater at 7:30 p.m. The LSU Symphony will perform symphonic pieces at their concert. Tickets run \$11-18.

cmda.lsu.edu

PARENTS/CAREGIV-

ERS BEHAVIORAL HEALTH NETWORK-

ING. Conference call at

5 p.m. These networking meetings, sponsored by Families Helping Families statewide, will provide parents/caregivers an opportunity to gather and share information and resources related to behavioral health services, and to increase their support networks. (641) 715-3273

♥ ZOO AND ME

MORNING: LOVELY LITTLE LIZARDS.

BREC's Baton Rouge Zoo from 9:30-11:30 a.m.

Children's program for ages three to six. Cost is \$18-30. Registration required. (225) 775-3877

13 WEDNESDAY

GROCERY STORE

TOUR. Rouses, Bluebonnet, from 10-11 a.m. Join Baton Rouge General's dieticians for a grocery tour to learn how to choose fresh and healthy foods, and how to understand nutrition labels.

Registration required.

brgeneral.org

LEGAL ASSISTANCE.

West Baton Rouge Library, Port Allen, from 10 a.m.-noon. A representative from Southeast Louisiana Legal Services will be available to answer your legal questions. (225) 342-7920

♥ LOVE LETTERS.

Old Governor's Mansion at 7:30 p.m. Award-winning play benefitting Preserve Louisiana. Cash bar before the show with champagne and desserts at intermission. Tickets are \$30.

preserve-louisiana.org

MAKING COMMUNIC- ATION POSSIBLE WITH LOUISIANA RE-

LAY. Bluebonnet Library at 10 a.m. Outreach Coordinator Bobbye Abney will demonstrate for adults the free services of Louisiana Relay, the organization that makes telephone conversations possible for individuals who are deaf, hard of hearing, deaf-blind, or have difficulty speaking on the phone. (225) 763-2250

RESOURCES FOR AFRICAN-AMERICAN GENEALOGY.

Scotlandville Library at 10:30 a.m. Adults are invited to a class on the resources designed to help in researching African-American ancestors. (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

14 THURSDAY

♥ VALENTINE'S DAY

♥ JAMES LINDEN HOGG.

Manship Theatre at 7:30 p.m. Multi-instrumentalist, singer-songwriter, James Linden Hogg performs. Tickets are \$25.

manshiptheatre.org

♥ LOVE LETTERS.

Old Governor's Mansion at 7:30 p.m. Award-winning play benefitting Preserve Louisiana. Cash bar before the show with champagne and desserts at intermission. Tickets are \$30.

preserve-louisiana.org

LULU AND BEAN STOR-

RYTIME. Lulu and Bean at 9:30 a.m. The second Thursday of the month, babies and toddlers up to age three can enjoy 20-30 minutes of free interactive fun with a storyteller. Snacks will be served. lulu-andbeanbr.com

♥ ROMANCE IN THE STARS: VALENTINE'S DAY FEATURETTE.

LASM before public planetarium shows. Celebrate Valentine's Day with this live presentation that examines three stories of romance in our seasonal nighttime sky. lasm.org

♥ VALENTINE CRE-

ATION STATION. Java Mama from 10:30-11:30 a.m. Two Birds Create will set up a creation station to make Valentine collages. \$5 for supplies, discounted play at Java Mama, and a sweet goodie from Two Birds Create.

facebook.com/javamamabr

♥ VALENTINE'S SWING.

L'Auberge Casino & Hotel from 7:30-9:30 p.m. Dinner and dancing with big band swing music by the Baton Rouge Symphony. brso.org

15 FRIDAY

BEAUTY AND THE BEAST.

The Gladys Hague Runnels Theatre today and February 16 at 7 p.m. and February 16 and 17 at 2 p.m. Tickets online are \$12 for adults and \$10 for students. All tickets at the door are \$15. bontempstix.com

DATE NIGHT



MELODIOUS MEMORIES. Make plans with your special someone this Valentine's Day by taking in a stellar performance by James Linden Hogg. Put on your date-night attire and head to Manship Theatre on Thursday, February 14 at 7:30 p.m. to see this incredible 18-year-old multi-instrumentalist, singer and songwriter take the stage. Cost is \$25.

■ manshiptheatre.org



ROWDY ROCK & ROLL. Put on your dancing shoes and get ready to have a great time with your loved one at L'Auberge Casino & Hotel this month. Cowboy Mouth will be at the Event Center on Friday, February 22 at 9 p.m., serving up their unique style of rock & roll. Their signature tune, "Jenny Says," has made its way onto the Billboard rock charts, and one thing's for sure, these Louisiana natives know how to have a rockin' good time, making this live music experience one that the both of you will enjoy. Tickets are \$15. ■ lbatorouge.com



DINNER AT DUSK. Enjoy a brilliant feast cooked to perfection by Oak Alley Plantation Restaurant's Executive Chef Erin Rau at Oak Alley Plantation Restaurant & Inn on Thursday, February 14 at 6:30 p.m. This romantic evening in the Pavillion will be the perfect Valentine's Day date night for you and your special someone. Reservations required. Cost is \$95 per person. ■ (225) 265-2151



THIS MONTH AT BREC

PLAY. DISCOVER. GROW.

FUN IN FEBRUARY

I HEART MY ZOO DAY

BATON ROUGE ZOO

February 9 | 9:30 a.m. – 4 p.m.

COWBOY CAMPOUT

FARR PARK EQUESTRIAN CENTER

February 9 & 10: 2 p.m. – 10 a.m.

SUNSHINE SOCIAL

WOMACK PARK

February 15 | 6 – 9 p.m.

SWAMP FLASHLIGHT NIGHT

BLUEBONNET SWAMP NATURE CENTER

February 15 | 6 – 9 p.m.

REVIVE YOUR MIND HIKE

FRENCHTOWN RD. CONSERVATION AREA

February 16: 9 – 11 a.m.

T-BALL & COACHES PITCH CLINIC

CEDAR RIDGE AVENUE PARK

February 16 | 9 – 11:30 a.m.



GUARDIAN & ME ARCHERY

WOMACK PARK – UPPERDECK BATTLING CAGES

February 20 | 6 – 7:30 p.m.

BLACK HISTORY MONTH PROGRAM

INDEPENDENCE PARK THEATRE

February 21 | 6:30 – 8:30 p.m.

MERCURIAN ELONGATION

BURBANK SOCCER COMPLEX

February 26 | 5 – 7 p.m.

MADELINE & THE BAD HAT

INDEPENDENCE PARK THEATRE

February 27 | 7 p.m.



BREC.ORG/THISMONTH



TO VOLUNTEER AT THESE OR OTHER EVENTS, EMAIL VOLUNTEER@BREC.ORG

IN EVERY ISSUE CALENDAR

BREASTFEEDING

EXPRESS. Woman's Hospital from 11:30 a.m.-1:30 p.m. Small group class for women only. Recommended as a refresher class or for women who prefer a fast-paced class. Cost is \$20 person. (225) 231-5475

CROWNS. LSU Studio Theatre today through February 17 at 7:30 p.m. February 16 at 2 p.m. and February 17 at 3 p.m. A gospel musical performed by New Venture Theatre. Tickets run \$25-30. newventuretheatre.org

GRANDPARENTS RAISING GRANDCHILDREN QUARTERLY LEGAL WORKSHOP. EBR Main Library at 10 a.m. Attorneys will answer questions regarding raising children who are not your own. Free, but registration required. (225) 810-3555

♥ SPOOF NIGHT!

FEBRU-SWAYZE

VALENTINE'S SPECIAL.

Manship Theatre at 7:30 p.m. This interactive movie experience pokes fun of your favorite films with live commentary, digital skits, and audience-curated improv games. Tickets are \$11. manshiptheatre.org

SUNSHINE SOCIAL: DIAMONDS AND DENIM. BREC's Womack Ballroom from 6-9 p.m. Dance for ages 16 and up, with special needs and their friends and families. Don your duds and sparkly studs. Suggested donation is \$5. (225) 216-7474

SWAMP FLASHLIGHT

NIGHT. BREC's Bluebonnet Swamp from 5-9 p.m. Visitors are able to explore the trails and enjoy live animal encounters. Bring a flashlight. General admission applies. (225) 757-8905

16 SATURDAY

AFTER BABY COMES (ABC): BABY CARE AND PARENT CARE.

Woman's Hospital from 12:30-5:30 p.m. Second class. Plan to take this class in the sixth month of pregnancy. For new parents, grandparents, adoptive

parents, or other caregivers. Cost is \$35.

(225) 231-5475

BEAUTY AND THE BEAST.

The Gladys Hague Runnels Theatre at 2 p.m. and 7 p.m. and February 17 at 2 p.m. Tickets online are \$12 for adults and \$10 for students. All tickets at the door are \$15. bontempstix.com

BODY BASICS FOR

BOYS.

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

CAJUN DANCE.

UCT Hall at 7:15 p.m. with free dance lessons and the band at 8 p.m. Mardi Gras dance with band Choupique Cajun Band avec Jesse Brown. 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

COMMUNITY CPR CERTIFICATION

COURSE. St. Elizabeth Education Building, Gonzales, from 8 a.m.-noon. This course is for anyone interested in learning how to save a life. Cost is \$50 and includes BLS certification card. Pre-registration required. (225) 621-2906

CPR AND AED CER-

TIFICATION. Woman's Center for Wellness from 9-11 a.m. Persons ages 13+ can learn lifesaving skills with a certification in CPR and AED for adults, children, and infants. Cost is \$65. Registration required. womens.org

CROWNS.

LSU Studio Theatre at 7:30 p.m. A gospel musical performed by New Venture Theatre. Tickets run \$25-30. newventuretheatre.org

FIRE SAFETY BINGO.

Jones Creek Library at 11 a.m. Children ages five to eight will hear No

Dragons for Tea, discuss fire prevention practices, and play a fun game of Fire Safety Bingo. Registration required. (225) 756-1160

INTER-CIVIC COUNCIL OF BATON ROUGE'S NON-PROFIT FAIR.

EBR Main Library from 10 a.m.-2 p.m. Learn the missions and visions of nonprofit organizations in the Greater Baton Rouge Area, and find rewarding opportunities to get involved in helping others. (225) 335-4419

LIGO SCIENCE SAT-

URDAY: MAGNETIC

ATTRACTION.

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

MARDI GRAS MAM-

BO.

North Boulevard Town Square at 7:30 a.m., with a post-race fête. Includes a 10K, 5K, and a one-mile fun run. Registration runs \$10-45. runmambo.com

MARTY STUART AND HIS FABULOUS SUPERLA-

TIVES: THE WAY OUT

WEST TOUR.

Manship Theatre at 7:30 p.m. Tickets start at \$53. manshiptheatre.org

POLAR PLUNGE:

FREEZING FOR A REASON.

Cabela's, Gonzales, from 10 a.m.-3:30 p.m. Benefits Louisiana Special Olympics. Includes a raffle, costume contest, music, and a gumbo cook-off. laso.org

STUDIO SATURDAYS: PHOTOGRAPHY 101.

LASM at 1 p.m. Hands-on workshop for children ages 8-14 and their accompanying adults. Includes a scavenger hunt in the museum. Bring a camera or use one of the museum's. Registration required. lasm.org

T-BALL AND COACHES

PITCH CLINIC.

BREC's Cedar Ridge Avenue Park from 9-11:30 a.m. This program for ages 6-12 teaches participants the fundamentals of softball/baseball, including fielding, throwing, running bases, and hitting. Cost is \$10 per person. Registration deadline is February 8. brec.org

♥ VALENTINE'S

MINUTE TO WIN IT.

Jones Creek Library at 3 p.m. Teens can challenge their speed, balance, and coordination in a series of one-minute challenges. (225) 756-1170

17 SUNDAY

BALLET AUDITIONS.

Dancer's Workshop. Each year, Baton Rouge Ballet

Theatre brings celebrated dance companies to Baton Rouge to audition regional dancers. Auditions will be held for the Oklahoma City Ballet at 2:30 p.m. for ages 12+. Cost is \$25. batonrougeballet.org

BEAUTY AND THE BEAST.

The Gladys Hague Runnels Theatre at 2 p.m. Tickets online are \$12 for adults and \$10 for students. All tickets at the door are \$15. bontempstix.com

BREASTFEEDING SUP-

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

CAAWS MYSTIC

KREWE OF MUTTS

PARADE: ROARING

20TH ANNIVERSARY.

Downtown from 10 a.m.-4 p.m. with Bark in the Park followed by the parade at 2 p.m. Includes a costume contest at noon. Must be registered to be in the contest or the parade. caaws.org

CROWNS.

LSU Studio Theatre at 3 p.m. and 7:30 p.m. A gospel musical performed by New Venture Theatre. Tickets run \$25-30. newventuretheatre.org

GIRL TALK.

Baton Rouge General Hospital, Bluebonnet, at 2 p.m. One-day



EXPLORE CIRCUITRY WITH LITTLEBITS.

Donaldsonville Library at 10:30 a.m. Children in grades two and above can make connections and create machines with easy and swappable circuit boards. Younger children may need assistance from a parent or older sibling. ■ (225) 473-8699

class led by Baton Rouge General OB/GYN physicians for girls ages 9-11 and a parent or trusted adult. Cost is \$10. brgeneral.org

HAVANA CUBA ALL-STARS. Manship Theatre at 7 p.m. Combines African rhythms and Spanish lyrics with inventive songwriting and irresistible charm. Tickets run \$25-45. manshiptheatre.org

LSU SCHOOL OF MUSIC CONCERT AND LIGHT SHOW. LASM at 4 p.m. Concert with LSU's Constantinides New Music Ensemble, with songs composed by LSU students and faculty accompanied by full-dome planetarium visualizations. Regular admission applies. lasm.org

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

18 MONDAY



HAPPY BIRTHDAY
Calleigh B.
2018-19 Cover Kid
14 years old

PRESIDENTS' DAY

AFRICAN-AMERICAN HISTORY TRIVIA. Eden Park Library at 3 p.m. Teens can celebrate African-American History Month by joining other teens for trivia. (225) 231-3250

CHARITY CROCHET. Denham Springs-Walker Library at 6 p.m. All ages can learn how to plan crochet out of plastic bags before making them into sleeping mats for the community. Registration required. (225) 686-4140

GUARDIAN AND ME

ARCHERY REGISTRATION DEADLINE. BREC's Womack Park-Upper Deck Batting Cages on February 20 from 6-7:30 p.m. One-day introduction class to archery for ages eight and above. Cost is \$20 per two people. webtrac.brec.org

♥ **JONES CREEK BINGO: LOVE CONNECTION.** Jones Creek Library from 6:30-8:30 p.m. Event for all ages. Prizes will be awarded. (225) 756-1160

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

19 TUESDAY

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

LSU CHAMBER SINGERS. St. Albans Chapel at 7:30 p.m. Free concert. cmda.lsu.edu

MOMMY (OR DADDY) AND ME FLAMENCO. Arts Council of Greater Baton Rouge from 10-10:45 a.m. For parents and their children ages six months to three years. Free class with storytelling, clapping, singing, and dancing. Registration required. artsbr.org

NIGHT AT THE MUSEUM: LSU HERBARIUM. LSU Life Sciences Building Annex Auditorium from 6-7:30 p.m. Scientists will give talks about their research and then take guests on a behind the scenes tour of their focus collection. Light refreshments served. Free. Reservations requested. lsu.edu

RANDOM FANDOM. Denham Springs-Walker Library at 5 p.m. Teens can celebrate their favorite movie, TV show, or book

series with discussions, trivia, games, crafts, and snacks. (225) 686-4140

THE ART OF ALMA THOMAS STORY/ CRAFT. Eden Park Library at 5 p.m. Children ages 8-11 can learn about Alma Thomas in the book, *Little Leaders: Bold Women in Black History*, and then create interpretations of her colorful paintings. (225) 354-7550

TWEEN WIZARD TOURNAMENT. Watson Library at 5:30 p.m. Compete in the Tween Wizard Tournament and become a true champion of the wizarding world. Registration required. (225) 686-4180

20 WEDNESDAY

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

GUARDIAN AND ME ARCHERY. BREC's Womack Park-Upper Deck Batting Cages from 6-7:30 p.m. One-day introduction class to archery for ages eight and above. Cost is \$20 per two people. Registration deadline is February 18. webtrac.brec.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. This is the Spanish version. icare.ebrschools.org

LUNCHTIME LAGNIAPPE: LEGENDARY LOUISIANA OUTLAWS. Capitol Park Museum at noon. Ongoing series of brown bag talks that last approximately 30 minutes, plus Q&A. From the infamous pirate Jean Lafitte to the storied couple Bonnie and Clyde, this talk explores Louisiana's most fascinating fugitives. Free. louisianastatemuseum.org

♥ **RE/MAX MIRACLES AT MARDI GRAS.** EBR Main Library at Goodwood at 5:30 p.m. Evening filled with food, fun, and festivities, all in support of the pediatric patients at Our Lady of the Lake Children's Hospital. ololchildrens.org

TEEN STEAM: VIRTUAL REALITY DEMO AND GAMES. Jones Creek Library at 3 p.m. Teens can play games, sculpt, and draw all in Virtual Reality with Oculus Rift headsets. (225) 756-1170

21 THURSDAY

ADULT FLAMENCO DANCE CLASS. Arts Council of Greater Baton Rouge from 6:30-8 p.m. Free class for all levels from beginner to advanced. Registration required. artsbr.org

AQUILA THEATRE PRESENTS: FRANKENSTEIN. Manship Theatre at 7:30 p.m. Thrilling stage adaptation of Mary Shelley's *Frankenstein*. Tickets run \$25-45. manshiptheatre.org

BABY CARE BASICS. Baton Rouge General Hospital, Bluebonnet, from 6-9 p.m. Learn how to prepare for your baby's arrival, what to expect on the big day, and how to survive the first two weeks. Cost is \$30. brgeneral.org

BLACK HISTORY MONTH CELEBRATION. BREC's Independence Park Theatre from 6:30-8:30 p.m. Celebrate the contributions of African Americans with recitals, skits, music, and dance. (225) 272-9200

FEEDING YOUNG MINDS. Denham Springs-Walker Library at 5:30 p.m. Free meal sponsored by Mighty Moms in partnership with LPPS School Food Services. (225) 686-4140

PFLAG SUPPORT GROUP. Unitarian Universalist Church at 6:30 p.m. Support group for friends and families of LGBT people every third Thursday. sh4569@aol.com

TEEN ANIME CLUB. Watson Library at 5:30 p.m. Anime and Manga enthusiasts can watch anime, discuss manga, learn about

Japanese culture, and play games. Snacks provided. (225) 686-4180

YARN ART. Denham Springs-Walker Library at 6 p.m. All ages are invited to craft a fabulous yarn art project. Registration required. (225) 686-4140

22 FRIDAY

2019 OSCAR SHORTS: DOCUMENTARY. Manship Theatre at 4:30 p.m. See the 2019 Oscar-nominated documentary short films. Tickets are \$9.50-16. manshiptheatre.org

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

EAGLE EXPO. Morgan City through February 23. Includes speakers, live raptors, a photography workshop, and boat tours. cajuncoast.com

♥ **FAMILY GRAS.** Clearview Center, Metairie, through February 24. Authentic local cuisine, local art, a Kids' Court, and outdoor concerts by both national artists and Louisiana favorites. Free. visitjeffersonparish.com

JAMBO! TALES FROM AFRICA. Frank Hayden Hall Theatre, Southern University, at 7 p.m. Show by New Venture Theatre with African folklore, storytelling, and music. Tickets run \$10-15. newventuretheatre.org

♥ **KREWE OF ARTEMIS PARADE.** Downtown at 6:30 p.m. Baton Rouge's only all-female parade. kreweofartemis.net

LSU A CAPPELLA CHOIR. University United Methodist Church at 7:30 p.m. Free concert. cmda.lsu.edu

PULL FOR KIDS: BLAST CANCER. Bridgeview Gun Club with shooting at 11:30 a.m. and awards and dinner at 3:30 p.m. Benefits the Our Lady of the Lake Children's Hospital and Cancer Services. (225) 374-1734

RODS RUN. Gerry

IN EVERY ISSUE CALENDAR

Lane Cadillac Dealership through February 24. 41st annual street rods show hosted by Ramblin' Oldies of Denham Springs. streetrods.org

23 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 big brother and sister learn about their new sibling's arrival by talking about what new babies are like. Cost is \$25. Registration required. (225) 231-5475

ADDIS VOLUNTEER FIREMEN'S PARADE: PARADE OF HOLIDAYS. Highway 1, Addis, at 11 a.m. addisla.org

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

BONFIRE PARTY WITH CHASE TYLER AND CHRIS LEBLANC. Livingston Parish Fairgrounds from 5 p.m.-2 a.m. Sponsored by Jarreau Entertainment with country, rock and blues. Tickets are \$30 at the gate. jarreauentertainment.com

BUILD-A-THON BLOCK PARTY. Louisiana Children's Museum, New Orleans, from 11 a.m.-3 p.m. Learn about building with students from the Tulane Brain Institute and the Tulane Architecture Department. lcm.org

EAGLE EXPO. Morgan City. Includes speakers, live raptors, a photography workshop, and boat tours. cajuncoast.com

FAMILY GRAS. Clearview Center, Metairie, through February 24. Authentic local cuisine, local art, a Kids' Court, and outdoor concerts by both national artists and Louisiana favorites. visitjeffersonparish.com

FROM SHEEP TO SHAWL. Audubon State

Historic Site, St. Francisville, from 10 a.m.-4 p.m. See the original loom of the plantation in action as well as tattooing demonstrations. (888) 677-2838

HERB DAY. LSU AGCenter Botanic Gardens from 8 a.m.-2 p.m. Hundreds of herb plants for sale, classes, activities including an herb Petting Zoo, culinary demonstrations, children's activities and vendors. Classes start at 9:30 a.m. Free admission. LSU.edu

HEROES OF AFRICAN-AMERICAN HISTORY: MARIAN ANDERSON. Baker Library at 10 a.m. Southern University history professor and Director of the Mwalimu Institute, Dr. Charles Vincent will present a discussion on Marian Anderson. Free school supplies will be given to the first five students. (225) 778-5950

KREWE OF DENHAM SPRINGS MARDI GRAS PARADE. Range Avenue from Denham Springs High School campus to Veterans Boulevard at 3 p.m. facebook.com

KREWE OF MYSTIQUE DE LA CAPITALE PARADE. Downtown at 2 p.m. A special float is the Veterans Float. krewemystique.com

KREWE OF ORION PARADE: ORION IS ON A ROLL. Downtown at 6:30 p.m. 20th annual parade. kreweoforion.com

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

MARDI GRAS STORY/ CRAFT. Fairwood Library at 11 a.m. Children ages four to nine can listen to *On Mardi Gras Day* and *Dinosaur Mardi Gras*. Then, the children can make Mardi Gras glasses to wear during a parade. Registration required. (225) 924-9385

MODEL TRAINS. Republic of West Florida Historical Museum, Jackson, from 11 a.m.-3 p.m. Free indoor

and outdoor model train displays by the Greater Baton Rouge Model Railroaders. (225) 634-3473

MONSTER TRUCKS AND WRESTLING. Lamar Dixon Expo Center, Gonzales, at 2 p.m. and 7 p.m. Includes huge 10-foot-tall, nearly 2,000 horse powered, specially built Hot Rod Pickups. Local drivers compete in several different events, including three to seven year olds with battery operated Power Wheels. Tickets run \$12-28. nolimitsmonstertrucks.com

MYSTERIOUS MARDI GRAS MASKS. Pride-Chaneyville Library at 3 p.m. Teens can make a personalized Mardi Gras mask. (225) 658-1550

ONE BOOK, ONE COMMUNITY KICKOFF PARTY. EBR Main Library from 6-8 p.m. The book is *Hounds of the Baskervilles* by Sir Arthur Conan Doyle. Includes a cake walk, free food, games, prizes, crafts, face painting, live music, and a visit from Sherlock Holmes. ebrpl.com

PRACTICE ACT. Denham Springs-Walker Library at 9 a.m. Teens can practice the ACT test with results sent to the teens by email. Preference will be given to teens who are currently enrolled in high school. Registration required. ebrpl.com

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

RODS RUN. Gerry Lane Cadillac Dealership through February 24. Annual street rods show hosted by Ramblin' Oldies of Denham Springs. streetrods.org

SOLAR VIEWING. BREC's Highland Road Park Observatory from noon-2 p.m. Staff shows the sun in three manners so visitors are able to see any sizable sunspots or flares occurring. Free.

hrpo.lsu.edu
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

WELLNESS DAY FOR WOMEN. Pennington Biomedical Research Center from 7:30 a.m.-1 p.m. Free health screenings, exhibits, fitness demonstrations, and educational sessions for women ages 18 and older. Registration required. pbrc.edu

24 SUNDAY

CIVITAN DANCE: MARDI GRAS. UCT Hall from 4-7 p.m. Jambalaya dinner and dance for individuals with disabilities and their parents/caretakers. Includes live music or a DJ. Free admission, but donations are welcome. RSVP required. lindacorkern@hotmail.com

FAMILY GRAS. Clearview Center, Metairie. Includes authentic local cuisine, local art, a Kids' Court, and outdoor concerts by both national artists and Louisiana favorites. Free. visitjeffersonparish.com

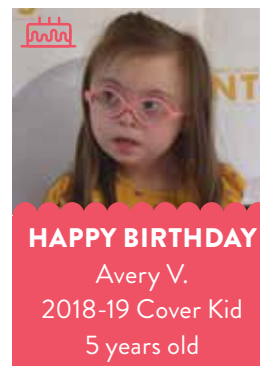
HOSPITAL ORIENTATION. Woman's Hospital from 1:30-2:45 p.m. or 3-4:15 p.m. Tour the labor and birth suites, family waiting areas, and Transition Nursery while learning what you can expect. Registration required. Free. (225) 231-5475

LACHADD SUPPORT GROUP. Families Helping Families of Greater Baton Rouge office at 2:30 p.m. ADHD meetings are open and free to the public. Children are welcome at the regular meetings, if closely supervised. lacachadd.org

MID CITY MARDI GRAS PARADE: PEACE, LOVE AND NUTS. North Boulevard and 19th Street, ending at Baton Rouge Community College at 1 p.m. Front Yard Bikes will serve as the grand marshal

for the parade. midcitygras.org
RODS RUN. Gerry Lane Cadillac Dealership. Annual street rods show hosted by Ramblin' Oldies of Denham Springs. streetrods.org

25 MONDAY



HAPPY BIRTHDAY
Avery V.
2018-19 Cover Kid
5 years old

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

MICROSOFT EXCEL INTERMEDIATE. Denham Springs-Walker Library at 6:30 p.m. Students ages 12+ will learn the intermediate features of Excel along with entering, sorting, and computing data. Registration required. (225) 686-4140

26 TUESDAY

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

LSU SCIENCE CAFE: MIGHTY MISSISSIPPI. The Varsity Theatre from 5-7 p.m. Free lecture on various topics. Free food. Open to all ages. Registration requested. eventbrite.com

MARDI GRAS BEAD ART. Watson Library at 5:30 p.m. Adults can learn how to make a mosaic using Mardi Gras beads. Registration required. (225) 686-418

MERCURIAN ELONGATION. BREC's Burbank Soccer Complex from 5-7 p.m. Periodically, Mercury reaches its greatest angular separation in the sky (elon-

gation) from the Sun. This is the safest way to view Mercury by amateurs. Join Observatory staff in viewing. (225) 768-9948

PREPARING FOR DELIVERY. Woman's Hospital. Two-day class today and February 27 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
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

27 WEDNESDAY

MADELINE AND THE BAD HAT. BREC's Independence Park Theatre at 7 p.m. A colorful musical capturing the spirit of the much-loved *Madeline* series. Recommended for ages 8-12. Tickets are \$10-15. theparktheatre.com

PREPARING FOR DELIVERY. Woman's Hospital. Last of a two-day class 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

RIVER CITY JAZZ MASTERS SERIES: ETIENNE CHARLES CREOLE SOUL. Manship Theatre at 7:30 p.m. An artist who excels with a diverse musical style. Tickets run \$25-45. manshiptheatre.org

28 THURSDAY

AN EVENING WITH THE BRSO STRING QUARTET. First Presbyterian Church at 7:30 p.m. Part of the Lamar Family Chamber Series. Tickets start at \$30. brso.org

DESTROY YOUR DEBT. Neighbors Federal Credit Union Financial Education Building from 6-8 p.m. Free workshop. Includes a chance to win up to

\$5,000 in credit card debt paid off. Registration required. neighborsfcu.org
DISNEY'S MULAN, JR. LSU Shaver Theatre today, March 1, and March 2 at 7 p.m., March 2 at 2 p.m., and March 3 at 3 p.m. Take a mystical journey to ancient China in this action-packed stage adaptation of Disney's animated film. Tickets run \$16-22. cytbatonrouge.org
FEEDING YOUNG MINDS. Watson Library 5 p.m. Free meal sponsored by Mighty Moms in partnership with LPPS School Food Services. (225) 686-4180

GRANDPARENTS RAISING GRANDCHILDREN. Family Road at 10 a.m. Information and support group for grandparents and others raising children not their own. lagrg.org
LEGO CLUB. Watson Library at 5:30 p.m. for ages 5-11. Includes a monthly theme, craft, and snack. LEGOs provided. (225) 686-4180

LSU SYMPHONIC WINDS. LSU Student Union Theatre at 7:30 p.m. Tickets run \$11-18. cmda.lsu.edu
MARDI GRAS BEAD ART. West Baton Rouge Library at 6 p.m. Adults can learn how to make a mosaic using Mardi Gras beads. Registration required. (225) 342-7920
RED DRAGON SONGWRITERS SERIES PRESENTS: JOHN SCHNEIDER AND THE HAZZARD NATION. Manship Theatre at 7:30 p.m. John Schneider has enjoyed great success as both an actor and a singer. Tickets run \$40-70. manshiptheatre.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

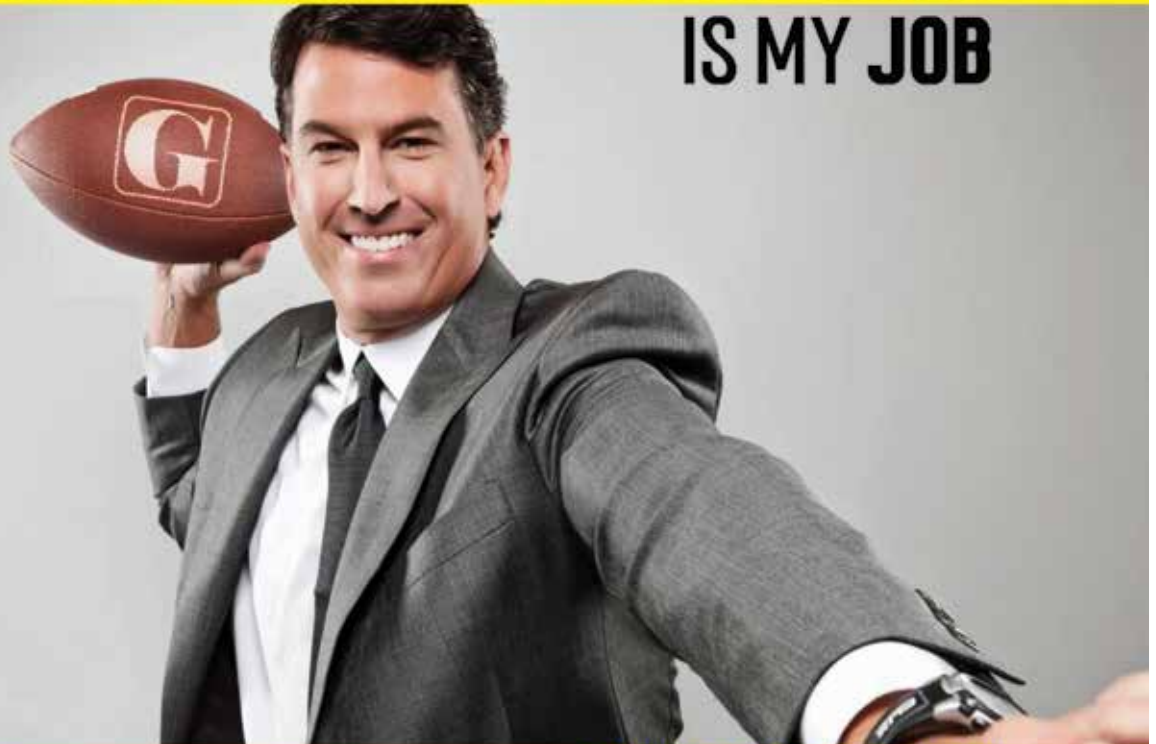
Baton Rouge Parents Magazine welcomes submissions of events of interest to families. Send all calendar submissions to: calendar@brparents.com.

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

Submit information for the March calendar by February 8, 2019.

TACKLING INSURANCE COMPANIES

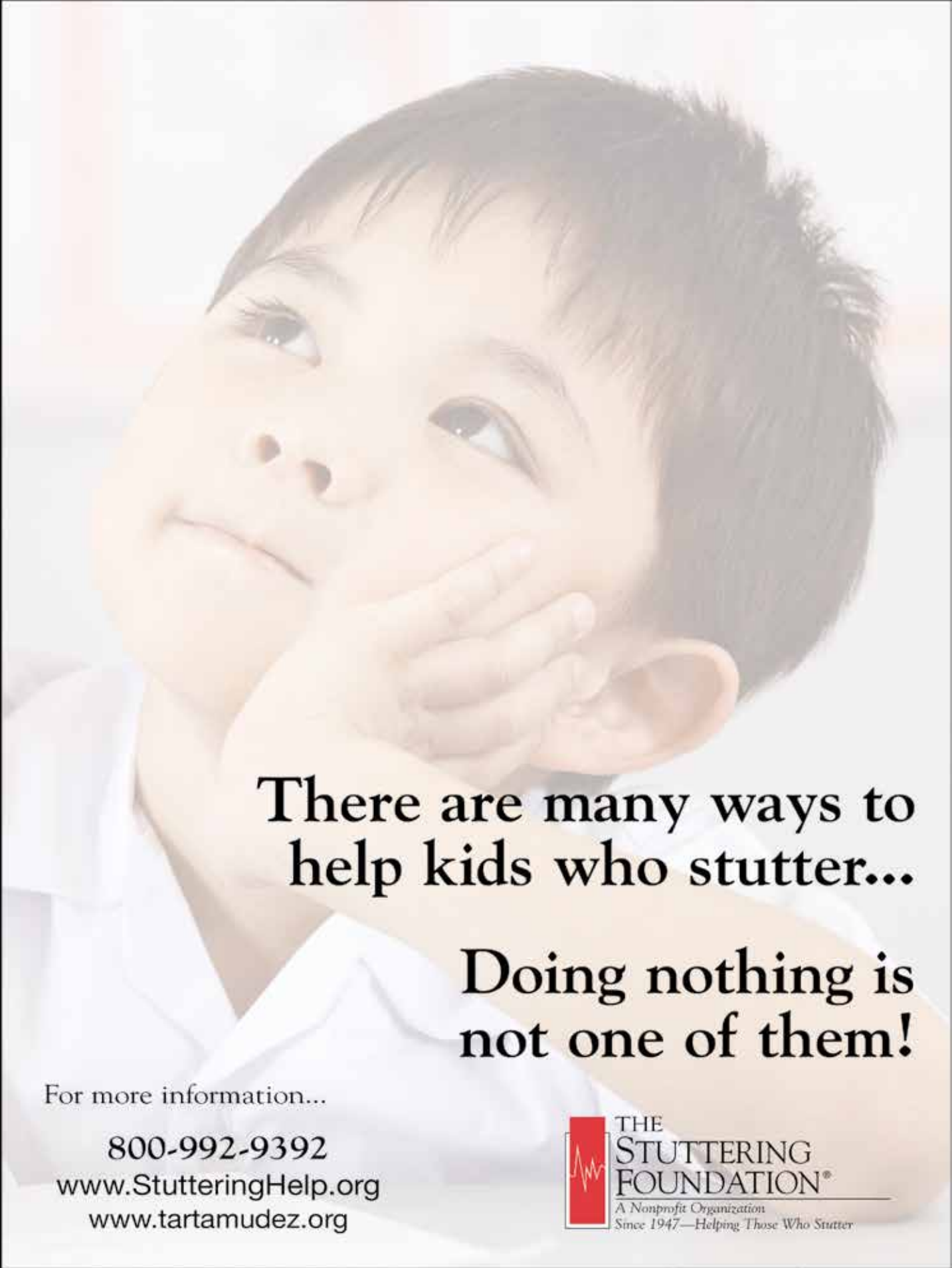
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26 Ways to Know You Might Be a Mom of Boys

By Sandi Haustein

Coming from a family of all girls, I never pictured myself a boy mom. But one, two, three rambunctious boys later, I'm knee-deep in the waters of LEGOs, mud, and potty words, and it doesn't look like I'm getting out anytime soon. If there are any doubts, read on to find out if you, too, might be a mom of boys.

You might be a mom of boys if...

1. Your kids scream and hide their eyes every time a Disney princess gets kissed.
2. You know all of the best spots for catching frogs, salamanders, and crawdads.
3. You have PTSD from being sprayed in the face by a fountain of urine during diaper changes.
4. Your kids know all of the characters in *Star Wars*.
5. Pillow fights and wrestling with Daddy are the best part of their day.
6. Your couch cushions double as fort walls.
7. You have no trouble finding someone to kill a spider.
8. You can tie a superhero cape around a neck in just under 10 seconds.
9. You hear siblings screaming and slamming doors one minute, then sounds of laughter and playing the next.
10. Your children wear their underwear backwards just so the big Buzz Lightyear can be on the front.
11. You are sadly familiar with the stabbing pain of stepping on a LEGO.
12. You own multiple pairs of cleats, football pads, or even uniforms.
13. Your kids not only know their ABCs, they can burp them.
14. Flatulence is followed by laughter instead of red cheeks in your house.
15. Your children take pride in their bruises, Band-Aids, and stitches.
16. You cook meals in large quantities (and yet they're still hungry).
17. The only way your kids will play with Barbies is while using scissors.
18. You've sat for an hour in front of a lake while your kids throw rocks in the water.
19. One of your kids wants to be a ninja and a spy when he grows up.
20. Your children are more experienced in "giving trees a drink" than using a restroom.
21. Anything, including a vacuum attachment, can become a sword at any moment.
22. You've been asked to feel someone's muscles today.
23. You've tried every household cleaner known to man but still can't get rid of the urine smell around the toilet.
24. You've gotten your kids to eat spaghetti and meatballs by calling it "worms and eyeballs."
25. You have a hard time finding another cup for the new handful of "flowers" outstretched in front of you.
26. Your kids treat you like the only queen around. ■

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PIC OF THE MONTH

Luke V. has a smile that could warm even the coldest of days!



Tayton W.



Alexander P.



Olivia T.

WANT TO SEE YOUR CHILD'S PICTURE HERE?

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

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

A hand is shown holding a large, dark, jagged rock that is engulfed in bright orange and yellow flames. The background is dark with scattered sparks and embers, suggesting a fire or explosion.

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