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MARCH 2019

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ON THE COVER

2018-19 Cover Kid Gauge F. is on a mission.

At only six years old, he wants everyone to know just how special they are, and he wants to make them smile. In order to accomplish this, he reaches out to everyone he sees and says, “Good morning” or “Hello,” before giving them one of his infamous hugs. Gauge enjoys helping others, especially his mom, and he loves going to church and learning about the importance of serving others and our communities.

Gauge is quite possibly one of the sweetest young boys you will ever meet, and he has big dreams! Gauge is a big fan of Coach O, so much so, that he immediately recognized his appearance in *The Blind Side*, which also happens to be Gauge’s favorite movie. Gauge hopes to one day play football for Coach O, but for now, he enjoys playing baseball and soccer. Gauge also likes Transformers, all of the superheroes, and spending time with his Siberian Husky, Koda, and his Bearded Dragon, Toothless. He is the son of Leslie and Paul F.



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▲ Photo credit: Alisha Hudman Photography

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GETTING READY FOR SPRING SPORTS



2018-19 Cover Kids Joel L. and Kylie B.
▲ Photo credit: Kleinpeter Photography



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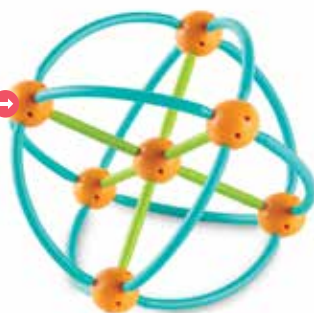
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➔ **Chicklet** is the perfect backpack for school, travel, and fun outings. It's super lightweight, and it will make your little one feel a lot bigger because she will get to carry her own things. The backpack comes with adjustable straps and a removable name tag. ■ animalpackers.com

Take on these 3D building challenges with **STEM Explorers: Geomakers**. With the help of the 10 included challenges, your kiddos can craft their own 2D and 3D shapes during STEM-filled play sessions that boost early geometry, critical thinking, and fine motor skills. ■ learningresources.com



➔ Dance along to the latest hits—kids style—with **KIDZ BOP 39**. Featuring popular songs such as "This is Me," "Happier," and "Lost in Japan," this kid-friendly album will have everyone in the family singing along as soon as you press play. ■ kidzbop.com

Last Month's WINNERS

Look who won February's Freebies: **Britney Bertucci** won the Artie 3000 The Coding Robot; **Danielle Michaels** won the Citi Navigator; and **Elnita Plain** won the Zoocchini Kids Plush Terry Hooded Bath Towel.

BATON ROUGE PARENTS

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ISSN # 1050-8708

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● To Spring and New Life

I'm seeing the buds on the trees again while the Mardi Gras floats pass by and the season of spring makes her debut. I often think of the lessons we'll try to pass along this year, many by example, and many by opportunities we can provide to our children.

Our Camp Fair and Summer Fun Expo is always a great start. There, we search for that one special venue that will help our children get along with others, learn thinking and problem solving skills, and foster self-esteem, self-reliance, resiliency, and friendships. Through this event, we hope you and your littles come away with a camp that offers a chance for new experiences, distractions from the everyday world, and a nurturing environment that makes it all possible.

Whether it be through a traditional tent-sleeping, campfire-making camp or an engineering camp learning nanoscience, I hope we continue to help our children stay grounded as they pursue an opportunity that will teach them lessons we might not be able to at home.

They'll learn that what is most valuable in their lives is not what they have, but who they have. That two people can look at the same thing and see it differently—and that's okay. In fact, it's what makes the world go around. We hope they also learn that true friends know everything about them—and like them anyway. Camp offers our children the chance to learn and grow.

This is the month of green, of spring and new life, of shamrocks and Mardi Gras. It's a chance to review, a chance to plan ahead, and most of all, a chance to remember those special moments you have made so far this year. Happy spring!

 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

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IN EVERY ISSUE LAGNIAPPE

A TOUCHY SUBJECT

You're at the store picking up items for dinner when you see another child acting up for his mom. His behavior, in your mind, is completely unacceptable. How do you respond? We reached out to our readers to find out what they do in this difficult situation.

Do you step in when someone else's child is acting up?

7% Yes, 33% No, 60% Depends on what the child is doing.

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■ brparents.com

"If what they are doing affects me or someone I am with, I will speak up. If they are just being bad, but it doesn't interfere with anyone in my circle, I might shoot them the evil eye."

—Paula T.

"If they are risking harming my kid, themselves, or someone else, I will definitely step in. Other than that, I think it is the parent's responsibility to discipline his or her child."

—Caroline F.

"If the child is doing something that might be dangerous, I definitely intervene, and I have never been chastised for doing so. It all depends on how one approaches a situation."

—Roberta V.

"Children must understand that there are rules to follow anywhere, not just at home or school. It's part of being in a community."

—Ruth M.

"It all depends on how you handle yourself. I would not correct with a sharp tongue, but explain what might happen or that it's hurting someone else."

—Megan C.

"The correction depends on age and attitude. I have made corrections before, but the kids were from my son's school basketball team. In extreme cases, I will, no matter the age and attitude because guidance can be the difference between life and death."

—Dominique B.

"It's not my place to correct someone else's child unless the parent gives me that permission. I will, however, ask the parent to correct the child."

—Angela N.

"Only if the parent is not around."

—Lin W.

"You have not walked in their shoes. Some disabilities are invisible, so you do not have the right to discipline other people's children. The only exceptions are if the child is in your personal space, if the child is hurting or being mean to your child, or if the child is in immediate danger and the parent is not around."

—Danielle M.

"No. Not my child, not my problem."

—Ahilia F.

"I have very strong facial expressions. I love kids and normally get their attention and shake my head. When they are not corrected by that, I just give them a strong stare and they stop the behavior."

—Toya C.

"Usually, I do not interfere with someone else's child because parents get so defensive. However, if a child is in danger of harming himself or someone else, I feel the need to protect the potential victim. If the child has invaded my space, I feel I have a right to help redirect his or her behavior. Sometimes parents are barely surviving, and it can be hard, so I try to understand."

—Carolyn M.

"Unless they are putting themselves or others in danger, it's not our responsibility to correct other children. They will learn through experience."

—Diana A.

"If someone is physically hurting my child or someone else's, I step in."

—Brittany M.

"No one's really doing it perfectly. I think you love your kids with your whole heart, and you do the best you possibly can."

—Reese Witherspoon

A vibrant street scene in New Orleans, Louisiana. In the foreground, two members of a brass band are visible from the back, wearing white shirts and dark pants, with large brass instruments. In the center, a group of young women are dancing joyfully on a paved street. In the background, the iconic St. Louis Cathedral with its tall spire is visible under a clear sky.

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and-a-three and-a-four
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AUGMENTED REALITY AT HOME

While you're most likely aware that your child's classroom is taking on Augmented Reality (AR) to help make learning even more hands-on, there's now a way you can use AR at home with your kiddos, too. Metaverse is a free service that brings Augmented Reality right to your fingertips. It's the easiest way to create interactive content with your little ones, and you can play games together, participate in scavenger hunts, and enjoy educational experiences. ■ studio.gometa.io



ENJOY \$5 MOVIES ON TUESDAYS

Call a friend and make plans, and maybe even start a new tradition on Tuesdays at Movie Tavern. Browse the films they will be showing for the day before you pick the one you want to see because now, they are offering a chance for you to see movies with your special someone or your children for only \$5. And a movie isn't a movie without some popcorn. They will also be offering free, complimentary-size popcorn with each admission. This great deal starts at 6 a.m. on Tuesdays. ■ movietavern.com



ARE YOU LUCKY?

Test your luck and play games as the leprechauns do on this fun, family night. Search for your "Pot-O-Gold," run to the finish line in the Rainbow Races, enjoy Shamrock-N-Roller on scooters, and play a game of Laser Tag with a Leprechaun. The entire family will have a ball celebrating St. Patrick's Day at BREC's Jefferson Highway Park on Friday, March 15 at 6 p.m. ■ brec.org



TOUCH A TRUCK

It's not everyday your children get the chance to see, touch, and explore big trucks and heavy equipment! At Touch A Truck, they can get hands-on with their favorite trucks and listen to the sirens, and they can even meet the individuals who protect, service, and build Baton Rouge. Junior League of Baton Rouge's Touch A Truck will be at BREC's Fairgrounds from 9 a.m.-4 p.m. on Saturday, March 23. There will also be Silent Hours from 9-11 a.m. for those sensitive to noise. ■ juniorleaguebr.org

BABYANDTODDLER

MOMMY BLUES SUPPORT GROUP & SCREENINGS

Mommy blues are common, and they can occur before or weeks after you give birth. The American Academy of Pediatrics is urging pediatricians to screen moms to help identify depression, according to an updated statement on perinatal depression (PND). PND refers to prenatal and postpartum depression, and the AAP recommends that mothers are screened for depression once during pregnancy, and again during the infant's well visits at one, two, four, and six months of age. Woman's Hospital also offers a Mom 2 Mom Support Group on the second and fourth Wednesdays of the month for those who are experiencing the mommy blues. It's free, and registration is not required. ■ (225) 924-8456

WE'RE DOIN' THE POTTY DANCE

Dancing and singing along to The Wiggles is a fun time, but one thing that is not a fun time is potty training. However, there's now an easy way to combine something your child loves with something you want to encourage her to do. The Wiggles have released "The Toilet Song," just for potty training. This upbeat song goes through each step of going to the potty. The song can also be used as a timer to help you encourage your child to stay on the potty throughout the song instead of jumping right up as soon as she sits down.

HUG THOSE BABIES!

We all love a good hug, but did you know that hugging your babies could help make their brains grow? According to a study from the Nationwide Children's Hospital, hugging babies does just that! The results from the study indicated that the babies who showed stronger brain response had received more affection from parents or hospital staff. And, no one knows this better than the Cuddlers at Woman's Hospital. The Cuddlers hold and rock the babies in the NICU. Through this, the babies are able to relax and focus their energy on growing and being able to go home sooner.

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LESS STUFF MEANS MORE TIME

We all want more hours in the day, but did you ever think that having less stuff might be the answer to your problem? When there is less to pick up everyday, you have more time for family time or self care. While getting rid of things might feel overwhelming at first, there is an easy way to start. Put together a donate box that everyone can access. As you go about your days, allow each person to drop items into the box when they find something they want to donate. Then, donate the items! You will instantly have fewer things lying around your home. Baton Rougean and owner of Organized By The Hour, Shelly Jones, shares, “Decluttering and properly organizing what remains gets rid of the burden of ‘stuff’ so that you can enjoy the essentials of life and the simple things that make you happy.”



WEAR PURPLE FOR EPILEPSY

Don't forget to wear purple on Tuesday, March 26 for Purple Day. Purple Day is an international effort dedicated to increasing awareness about epilepsy worldwide. Throughout the world, people are encouraged to wear their purple and attend events in support of this great cause. Cassidy Megan, the Founder of Purple Day, says, “I wanted people around the world to come together and teach others about epilepsy.” Fifty million people have epilepsy worldwide, and you can show your support by volunteering at a local association, holding a fundraising event, or hosting a walk/run. ■ purpleday.org



JOANNA GAINES'S NEW CHILDREN'S BOOK

Failing is hard for anyone, but learning from a young age to try again is invaluable. Joanna Gaines's new children's book, *We Are The Gardeners*, was written to tell the story of their journey in the garden. It's a story of trying and failing, trying again, and never giving up. The 40-page hardcover book officially launches Tuesday, March 26, but it's available for pre-order now. It's the perfect story to read to your little ones at bedtime, or whenever they need a boost of confidence.

BOOKS EQUAL SUCCESS

Reading is a big deal! A recent study published in *Social Science Research*, assessed data from 160,000 adults from 31 countries, including the United States, Canada, the United Kingdom, Australia, Turkey, Japan, and Chile and discovered that homes with ample libraries can give children skills that persist into adulthood. Now, don't feel like you need to create the library like the one Beast gifts Belle in *Beauty and the Beast*. Instead, start small and work your way up to however large you want your library to be! Across the board, the study concluded that more books in the home was linked to higher proficiency in literacy, numeracy, and information communication technology.



2017-18 Cover Kid John Paul L.
Photo credit: Kleinpeter Photography

MAKE A DIFFERENCE

Many women in our state are suffering from addiction, being exploited in sex trafficking, and trying to survive in dangerous and abusive environments. However, there are few resources available to provide the help they need. This month, the New Orleans Mission will host a live auction at Lynhaven Retreat in Hammond to raise funds to help provide rescue, recovery, healing, and hope. ■ neworleansmission.org

YOUTH

RAISING WORKER BEES

We all want our kiddos to grow up to be successful adults. In order to make sure they get there, we have to help them develop a strong work ethic. In a Harvard Grant Study, researchers identified two things that people need in order to be happy and successful: love and work ethic. Interesting combo, we think! One way to help instill a great work ethic is by assigning your children chores to do around the house. They can be simple tasks such as picking up items off the floor around the house, making sure the dog is fed, washing dishes, or helping fold the laundry. Whichever you decide to assign to them, the chores will help them to establish a routine of helping out and being responsible.

SET SMART GOALS

Having goals is a good thing, but setting them is often not taught alongside manners and other valuable life skills. It is important that our children learn how to plan ahead and figure out the steps needed in order to achieve their goals. One of the best ways to teach them how to set goals is by using the SMART method. When your children set goals that are SMART, they are setting goals that are specific, measurable, attainable, realistic, and time-bound. Get together with your kiddos to help them set their SMART goals for the rest of the school year or the upcoming summer months.

FROM STORIES TO SERIES

Storytime with the little ones is always a special time, and now, those stories can be enjoyed in a whole new way. Your child's favorite Roald Dahl stories such as *Charlie and the Chocolate Factory*, *The BFG*, *Matilda*, *The Magic Finger*, and *Rhyme Stew* are among over 15 different stories that will become animated series on Netflix. Grab the popcorn and cuddle up on the couch with your children this month to enjoy these unique stories. It will be great family time, and it will offer a chance for all of you to kick back and relax—something we all need every once in a while.



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CONNECT COMMUNITY



PICCADILLY EXPANDING FOR FAMILIES

Piccadilly has been a fan favorite in Baton Rouge for years. And now, they are focusing on opening even more To Go locations. So, you'll be getting the same home-cooked food you have always enjoyed, but now available through a quick pick up. "This is one of the sharpest trends we've ever seen. Families are just as busy as ever, but they want the quality and freshness of a home-cooked meal," says Piccadilly CEO Azam Malik. This summer, Piccadilly is scheduled to open a new prototype location in Denham Springs. The menu will be a mix of traditional specialties and new items, including healthy baked fish entrees and more exotic dishes.

NEW RECOVERY PROCESS FOR C-SECTION PATIENTS

If you've had a C-section, you know the recovery process is usually longer than a vaginal birth. And according to Woman's Hospital, "This extended recovery often requires use of narcotic pain medication." A study by The American College of Obstetricians and Gynecologists states that women are prescribed opioids in excess of the amount needed. Because of this recovery process, Woman's Hospital has implemented Enhanced Recovery After Surgery to reduce the risk of long-term opioid abuse and side effects after a C-section. This process reduces the risk of breathing difficulties, helps a patient maintain normal gastrointestinal function, and requires a shorter time period before ambulation.



IVERSTINE FARMS LAUNCHES SUBSCRIPTION SERVICE

If you have a barbecue coming up and your hungry family is coming over, you're in luck. Now, you will no longer have to fight traffic to purchase Iverstine Farms products. Through their new Butcher Bundles subscription service, you can have pastured-raised meats, grown locally on their farm, delivered right to your door. Let's face it, going to the store isn't always possible, and Baton Rouge traffic doesn't make it more appealing. But with the new service, each Bundle includes a monthly selection of 11-13 pounds of cuts, curated by their team of expert butchers. Best of all, they will even provide appropriate cooking techniques and recipes that you can view online, quickly and easily. ■ iverstinefarms.com



VIRTUAL BREASTFEEDING CONSULTATIONS

Breastfeeding can be both beautiful and challenging. However, having someone to answer your questions throughout the process is reassuring. You can get the help you need through Woman's BreastTime virtual consultation service. This service makes getting the support you need much easier and convenient. You can even have an appointment with a lactation nurse from the comfort of your bed, if you so desire. Appointments are available Wednesdays and Fridays during specified hours. ■ womans.org



BREC RENOVATING BOXING ACADEMY

By this fall, your family will be able to engage in some fun boxing in the renovated Boxing Academy, located at BREC's North 14th Street Park. The building is undergoing renovations, and will include new lighting, security cameras, basketball courts, ornamental fencing, and landscape improvements. To pay tribute to the building's previous use, the Dr. Pepper Bottling Plant, and the neighborhood history, the finishing touch of these improvements will be a painted Dr. Pepper advertisement on the exterior wall. BREC Superintendent Corey Wilson says, "This gym has a long and storied history in Baton Rouge, and we have designed these improvements to pay homage to the history while giving the entire park a fresh look, without changing the character of the boxing facility, which has produced Olympic and professional athletes." ■ brec.org

TWEENANDTEEN

INSTAGRAM MAKING CHANGES

Social media is embedded in our daily lives, especially for our teens who enjoy being connected. While we can ignore the negativity online and not let other users persuade us through their photos, our teens have a harder time doing so. A father in Britain claims that Instagram contributed to his daughter's decision to take her own life. Because of this, Instagram has agreed to ban any graphic images of self-harm, such as cutting, on the platform. Instagram plans to focus on getting resources to those who are posting these photos, and direct them to organizations that can help.

■ [instagram-press.com](https://www.instagram-press.com)

TEENS WHO PROCRASTINATE

When it comes to being a procrastinator, your teen could probably go pro, considering he always stalls on cleaning his room and taking out the trash. While it doesn't seem like a big deal to push off tasks that need to be done, it eventually can be. It's best to address the issue early on. According to Dr. Adam Price, teens who procrastinate are attempting to resolve underlying issues such as anger, perfectionism, and self-doubt. To help put the procrastination to rest, Dr. Price recommends rebutting their rationalizations, such as "I work better under pressure." Also, he encourages you to challenge their negative thinking by turning things like "I have to..." to "I choose to..." and to get to the root of what causes his procrastination.

GET CREATIVE!

It's spring time, and with the flowers blooming, your creativity is probably blooming, too! New South Story Lab will be offering Write-Ins over the next few months. During these Write-Ins, writers, poets, artists, and creatives come together to simply create. Whether you want to write, paint, create, or hang out, visit the Main Library on Goodwood for this one-of-a-kind experience.

■ newsouthstorylab.org

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DUNHAM STUDENTS BUILD NEWSPAPER CHAIRS

Fourth graders at The Dunham School were challenged to design and build a chair from newspaper strong enough to hold an adult for at least 30 seconds. The students worked in teams in the school's Innovation Lab using the engineering design process, unlimited newspaper, and one roll of masking tape. The winning design, created by Robert Cato, Charlie Myers, John Brocato, and Jackson Jantz, easily supported middle school science teacher Ed Van Haute, who served as judge. Valerie Jaques, fourth grade science teacher, and Nikole Blanchard, director of innovation and technology, oversaw the contest.



AWARD-WINNING AUTHOR VISITS U-HIGH, EPISCOPAL

Children's fiction author James Ponti visited Episcopal School of Baton Rouge and University Laboratory School to share his personal journey to becoming a novelist after a successful screenwriting career for Disney, Nickelodeon and PBS. *FRAMED!*, Ponti's Edgar Award-winning series, features middle schoolers solving mysteries and discovering the meaning of friendship. At the schools, Ponti also conducted writing workshops, and students learned the creative process to choose a main character, setting, and problem of a potential story. ■ jamesponti.com

BR FLAIN NAMED SCHOOL OF EXCELLENCE

Baton Rouge's only public elementary foreign language immersion school has been named a National Magnet School of Excellence by Magnet Schools of America. Baton Rouge Foreign Language Academic Immersion Magnet, where students are taught all classes by French, Spanish, or Mandarin speaking teachers, received the national merit award for its ability to raise student academic achievement, promote racial and socioeconomic diversity, provide integrated curricula and instruction, and create strong family and community partnerships.



WALKER HIGH SENIOR LAUNCHES READING PROGRAM

With \$100 from a Neighbors Federal Credit Union contest, Emily Seighman launched "Books and Braids," a program that helps students learn to read while having their hair braided before school. Seighman, a senior at Walker High School, visits Denham Springs Elementary School once a week to braid hair and read with four second graders, three of whom are English as a second language learners. Seighman purchased hair care products and children's books with the money from the contest, which seeks ideas to improve communities with limited funds.



CATHOLIC HIGH HELPS PROVIDE A FAMILY HOME

Students, faculty, and staff of Catholic High School (CHS) raised money and worked to build a home for a local mom and her two sons with Habitat for Humanity of Greater Baton Rouge. Warrick Dunn Charities' Home for the Holidays provided down payment assistance, and Aaron's, Inc. provided furnishings and technology for the home. Dunn, Baton Rouge native and former NFL running back, is a 1993 CHS alumnus who founded Warrick Dunn Charities in memory of his mother. This is the third Habitat home CHS has sponsored, and the 20th Habitat homeowner assisted by Dunn. ■ habitatbrla.org



What started as a way to fill summer days as a kid became a passion for 16-year-old **Joshua Green**. When Joshua was five, his mom, Brenda, began taking him to the Kids Bowl Free summer program.

Joshua quickly discovered that he was a good bowler, and he has worked hard to become competitive at the high school level and be part of the Southern Scratch Junior Bowling Association League.

Brenda knew Joshua was serious when “for his 11th birthday, he used his birthday money to buy his own bowling ball.” Joshua is now the owner of 15 bowling balls featuring a variety of designs.

After his first full year of competitive bowling, Joshua qualified for the Junior Gold Championships, an accomplishment he’s repeated this year. Brenda and Nelson, Joshua’s dad, take turns traveling with Joshua almost every weekend where he competes with the best youth bowlers in the country.

“You win scholarship money that goes into a SMART account, and he does have a little bit in there,” Brenda says. “He can use it for any type of school after he graduates.”

Joshua, a junior at Lee Magnet High School, taught himself to bowl two handed, and his high score is 278. He has also qualified for singles state finals.

Joshua is also on his school’s advanced robotics team and dreams of fixing up an old car. He hopes to continue bowling in college, where he plans to study engineering.

With his athletic and academic successes, Joshua is certainly one amazing kid.

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FESTIVAL HONORS CHINESE CULTURE & TRADITIONS

The Baton Rouge International School hosted its first Chinese Festival in honor of the Chinese New Year. This year is the year of the pig in the Chinese zodiac. Attendees were able to embrace Chinese culture through live student performances, a traditional Dragon Dance, games, authentic Chinese food and drink, and other activities. The festival allowed the school to highlight Chinese culture, and it invited the community to engage with Chinese traditions for the new year.

RUNNELS FIFTH GRADERS HONORED FOR ESSAYS

Three fifth graders at Runnels Elementary School were honored for their D.A.R.E. (Drug Abuse Resistance Education) essays at a recent ceremony. The winning essays by Alex Griffin, Henry Frederic, and Lexie Maten reflected on how they used the D.A.R.E. decision-making model in their lives and what they learned in the 18-week D.A.R.E. course. After reading their essays aloud, the students received certificates and "Best Essay" pins from Capt. Randy Aguillard of the East Baton Rouge Sheriff's Office, the D.A.R.E. instructor at Runnels for 24 years.



ASCENSION HIGH SCHOOL CAREER FAIR DRAWS 600+

More than 600 juniors and seniors from four Ascension Parish schools attended the district's third annual high school career fair. Students from Donaldsonville, Dutchtown, East Ascension, and St. Amant high schools explored a variety of career options presented by 134 different businesses and potential employers. The fair gives students real-world knowledge of the variety of professional opportunities available to them after graduation or college. Professionals encouraged students and explained in detail the careers represented and education and experiences needed to be successful in their field.



GREEN SPACE GROWING AT PARKVIEW BAPTIST

There's a new garden growing on the campus of Parkview Baptist School. Students in the Advanced Placement environmental science high school class have constructed a "green space" garden as they learn about sustainable agriculture. The students were inspired by a project at Kennesaw State University that grows vegetables for the cafeteria using compost from kitchen food waste. Lesley Meaux, high school science department chair, teaches the class, which spends Fridays unloading soil, researching plants, and creating garden design.



CTEC STUDENT VOLUNTEERS HELP LOCAL COUPLE

The home of an elderly Baton Rouge couple displaced after the 2016 flood will soon be ready for occupancy thanks in part to an East Baton Rouge Career and Technical Education Center service project. Lufti Abuhajah, Broadmoor High School senior, and Sean McCants, Glen Oaks High School senior, worked with the Cajun Navy and Jeff Maruschak, heating ventilation air conditioning and refrigeration (HVACR) instructor at the center, to install A/C ducts, thermostat wiring and make other HVACR improvements in the home. The students earned 50 bonus points for their volunteer work.



SCOTLANDVILLE STUDENTS ENJOY CRAZY WAFFLE BAR

Community-based students at the Scotlandville Pre-Engineering Magnet Academy had a sweet treat and hands-on learning experience when the Crazy Waffle Bar came to school. The middle schoolers in the Exceptional Student Services program were invited to create their own waffles in various colors, flavors, shapes and sizes, being introduced to common kitchen items in the process and learning valuable life skills. Crazy Waffle Bar is a New Orleans-based business founded by a former special education teacher and her sister.



EPISCOPAL EARNS GRIEF-SENSITIVE DESIGNATION

Episcopal School of Baton Rouge received designation as a Grief-Sensitive School by New York Life, an insurance company. The initiative helps prepare teachers to help grieving students by providing access to resources and training. To earn the designation, some Episcopal faculty and staff were trained on providing support for students who experience the death of a loved one. The first school in Baton Rouge to receive the designation, Episcopal received a \$500 grant, which was used to support the school's viewing of "Screenagers," a documentary exploring pressures and realities students face in a digital world.

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CONNECT PATHWAYS TO PARENTING



Bipolar Disorder

Regardless of outside circumstances, being a parent can be difficult, but when you do factor in those outside circumstances, things can be even more tricky. These outside circumstances can include an unexpected mental health diagnosis. For around three million Americans each year, this diagnosis is often a type of Bipolar Disorder.

According to the National Institute of Mental Health, Bipolar Disorder can be broken down into four different types: Bipolar I Disorder, Bipolar II Disorder, Cyclothymic Disorder, and Other Specified and Unspecified Bipolar and Related Disorders. The main difference between all of these types is how long one spends in an “up” or manic state and how long one spends in a “down” or depressive state.

Manic states can be characterized by having more energy than normal, increased activity, and risk-taking behavior. Depressive states are often the opposite of this, characterized by having little energy or activity levels, not eating a lot, and feeling like normal activities are not enjoyable. Family Psychiatric Mental Health Nurse Practitioner, Suzanne Jones, says, “The difference between mania and hypomania is a matter of degrees. With Bipolar II, the symptoms are less severe and don’t significantly affect the person’s work, school, or social functioning.”

The treatment plan for any type of Bipolar Disorder is complicated. “Medications alone are not enough. Lifestyle adjustments will be needed. Bipolar Disorder is a complex condition that affects not only the person with the diagnosis, but also the family. Psychotherapy is important for both patients and their families,” says Jones. Essentially, treating Bipolar Disorder is less of being prescribed a medication, and more a mixture of medication, therapy, and lifestyle changes.

However, helping your children to understand is crucial. “When the children are old enough to understand, and parents are in a calm, stable place, give simple explanations about what a complex biological disorder is. They need to know your extreme moods are not a reflection on them. If you have been hurtful, apologize.” Essentially, don’t hide things from your kiddos, and try to explain the hard things to them. That fact, coupled with a support network, will make living with Bipolar Disorder a little easier. ■

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ASK THE EXPERT

➤ What causes ear infections?

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

➤ How do ear tubes help with ear infections?

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

➤ How do I know if my child needs tubes?

The primary clue that ear tubes might benefit your child is frequency of ear infections. Generally, if there have been 3 ear infections within a 6 month period or 4 within a year, ear tubes may be indicated. Additionally, if your child has had non-infected fluid behind one or both eardrums for several months, ear tubes may be required to drain this fluid. Surgery itself is very quick and safe; it is the most common procedure done in the U.S. annually. Most children return to their normal routine the day after surgery.



When is He Going Back in Your Belly?

Adjusting to a New Baby on Board

By Jamie Lober

Before your new bundle of joy arrived, his “big” brother was over the moon about being the older sibling in the house. However, now that his little brother is here, you’ve noticed that his excitement has faded. You expected some jealousy, and even prepared yourself for it, but things have become difficult to manage. He has even asked “When is he going back in your belly?” A question you absolutely weren’t prepared for.

Anticipating the arrival of a new addition can bring on mixed emotions in your home. Of course, it is an exciting time for everyone, but it also comes along with changes for all, especially for the older sibling. As you strive to juggle everyone’s schedules and keep relationships strong, the

change can weigh on him. He may want things to return to the way they were before the new baby arrived. Here are ways you can prepare your child to ensure that the two siblings can build a strong relationship.

Empower with knowledge. Some moms prefer to take matters into their own hands, but some opt to attend a class with their little ones at one of the local hospitals. These classes often cover how to hold the baby, change diapers, and feed with the bottle. They also allow your child to see what a hospital room looks like. And best of all, if you consider the questions and concerns your child may have, you can address them with your obstetrician and empower your child with even more knowledge.

“I recommend taking him to see the area where the action is going to go down,” says Meghan Bardwell, community childbirth educator at Woman’s

Hospital. Also, reassuring him that he will have some time with the baby early on can help make him feel good about himself. “Let him see the baby first, before you let in the mass droves of the entire family. Because then, it is increased stimulation when there are tons in the room, and it can be overwhelming,” she says.

Be conscientious of the first meeting.

Remember that this is an adjustment for all of you, especially your child. “I recommend that when the child walks into the room that the mom is not holding the baby, and the first thing the child is greeted with is ‘Come sit with mom on the bed. I have missed you, and I am glad to see you,’” says Bardwell. The father or another family member should be holding the baby before slowly introducing him at the child’s comfort level.

Another way to add to the first meeting is by bringing along a gift from the new sibling for the older sibling. “To make my son feel special, I gave him a storybook and said it was from his new baby sister, and he was very excited and wanted to read it to her,” says Maggie O’neil, a local mom.

Let your child take ownership of the new baby. When you give instructions, refer to him as “his baby brother or sister,” or ask him to get “his” baby some wipes, or whatever the task may be. While you may wonder at first how you will divide your time and love among the kids, it becomes effortless and even rewarding to watch the older sibling participate in basic care. The level of involvement in the baby’s day-to-day life usually depends on age. Doing something simple like having the older child grab the pacifier or hold your hand while you give the baby a bottle, makes him feel included and eases tension. Kristen Montgomery of Baton Rouge adds, “I asked my eldest daughter to be mommy’s helper by doing things like handing me a washcloth and diaper, and a year later, she continues to be a wonderful helper with even bigger tasks.”

While it is great to spend quality time together, do not forget to single out some time that is one-on-one



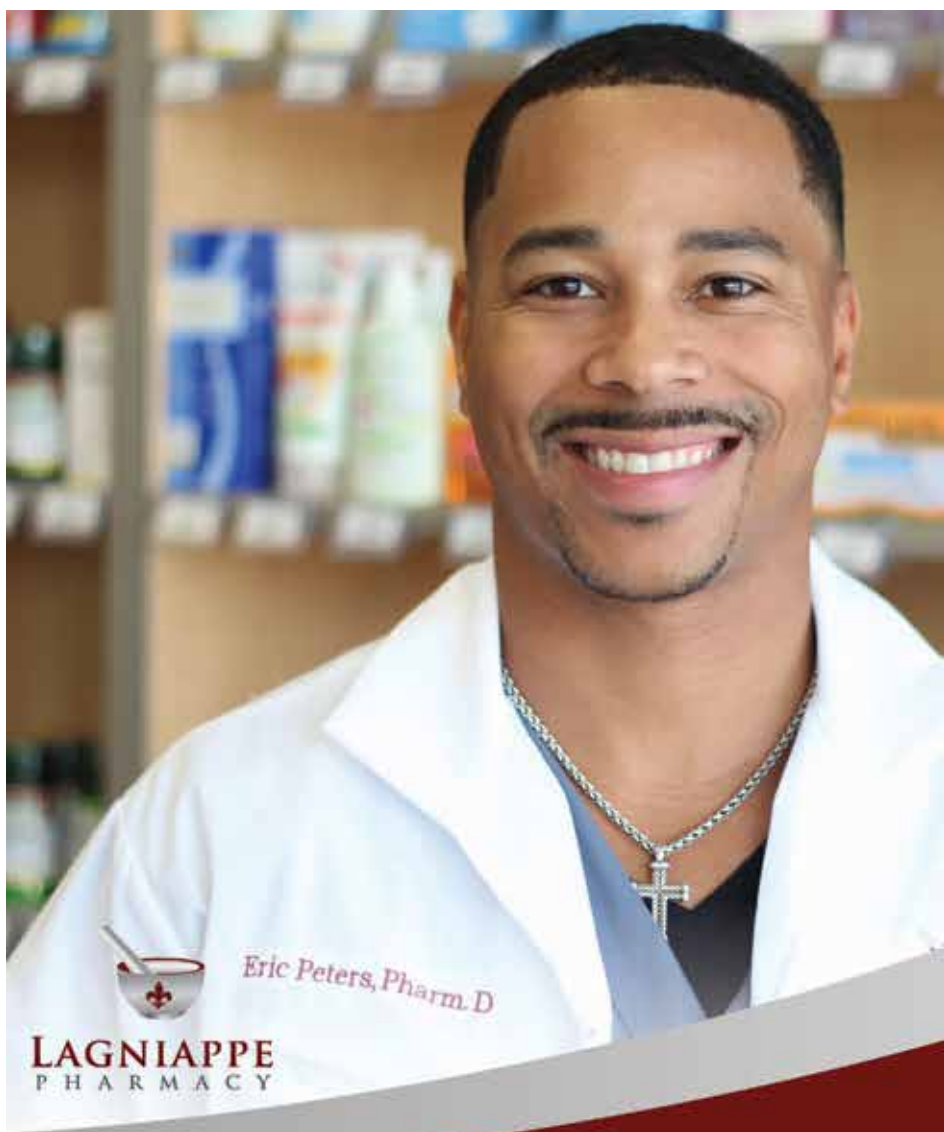
with each child. “Letting the other child experience time with the parent, where you talk about things other than the baby, like what his day was like, the best and worst part, or reading a book can make him feel he is not left out or forgotten,” says Bardwell.

Expect a little jealousy. “Even the most well-adjusted children will go through periods where they will say it is not fair they cannot go outside or be as loud as they want because of the baby,” explains Bardwell. Always offer positive reinforcement, and if a child acts out because of his feelings about the new baby, explore why he may be feeling that way. “If it is a toddler, you cannot sit down and talk. They will be less understanding and more demanding, so you have to set ground rules,” says Bardwell. Over time, it should become accepted that the baby is not going anywhere, and some kids just take longer than others to love the new sibling, and that is okay.

Listen to your child. “Throwing him into the situation is a recipe for disaster, so the earlier you bring it up, the better,” says Bardwell. When he knows what to expect, he may be more accepting or eager to take on his new role. “Prepare him by saying the baby takes up a lot of your time, but that does not mean that you want to spend less time with him,” she says. Explain that the baby needs you, but there are things he can do to help and contribute, too.


“You have to go at the child’s pace, as some will jump right into it and want to hold and love the baby right from the beginning, and some are very unsure,” says Bardwell. Do not be pushy, but instead, follow the child’s lead. A sibling relationship will form eventually.

Celebrate your child’s individuality. “When you go into labor, you can have a bag packed for your child with coloring books, stickers, markers, a shirt that says ‘Big Brother,’ and a little camera. It is a great diversion and something special just for him,” says Bardwell. Keep lines of communication open, and have a positive attitude toward the journey. She adds, “The more you expose him and prepare, the more he will love it.” ■



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Taking the Lead

By Melanie Forstall Lemoine, Ph.D.

I have vivid memories of my friend's dad teaching us how to change a tire and use jumper cables," says Cathy Carmichael, a local troop leader who started as a Brownie, of her experience in Girl Scouts. For her, Girl Scouts had a positive impact on her life when she was younger. She grew up with Eagle Scout brothers and both of her parents served as volunteers. However, she wasn't planning on becoming a leader herself.

Girl Scouts has influenced her life, but now, it is also playing a role in the lives of the girls in her troop. This positive experience is what Juliette Gordon Low, the founder of Girl Scouts of the USA, envisioned for all young girls.

Juliette Gordon Low aspired to create an organization for girls that helped

prepare them for the future. She wanted a community where girls could embrace their individuality, strength, and intellect, while also enhance their courage, confidence, and character. Her vision is currently being carried out by Girl Scouts Louisiana East (GSLE). Located in Baton Rouge, GSLE hosts events that give the girls opportunities to explore their own talents, create new friendships, and give back to their communities. GSLE often highlights science, agriculture, and the arts. One of the events they participate in allows the girls to explore robotics.

"Last year, I volunteered to be an assistant coach for one of Girl Scouts Louisiana East's First LEGO League Robotics teams. I had no idea that eight months after joining, we would be going

to an international tournament," says Carmichael.

In the tournament, girls build and program a LEGO Mindstorms robot to compete against other teams on tabletop playing fields. The teams apply STEM concepts to solve real-world problems.

Carmichael enjoys watching the girls in her troop continuously grow and mature as a Girl Scout. "When they were younger, they needed a lot of supervision and guidance," she says. Now, Carmichael gives them the opportunity to be the leaders. "The mission of Girl Scouts builds courage, confidence, and character, and I try and help the girls remember this," she explains.

Not all leaders have a long Girl Scout history, though. Local troop leader and former Service Unit Leader, Missy Shanklin didn't consider Girl Scouts at first. "I had just moved to Baton Rouge and had never really thought about Girl

Scouts before. My daughter came home with a flyer to sign up, so I went to the meeting not knowing a soul."

However, becoming a leader was one of her greatest decisions. "Being a leader has been so much more than I could ever have imagined. Watching your own daughters gain confidence in a skill or task is being a mom, but to watch other girls accomplish goals through your influence as a leader is what being in Girl Scouts is all about."

Both Carmichael and Shanklin agree that being a Girl Scout has had an incredible impact on their daughters. Shanklin says, "They have learned what it means to give back to a community in which they live, hustle in some cookies sales, and they could seriously build a fire from nothing."

Knowing these life skills are what make being a Girl Scout truly special. ■

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Photo Credit: Alpha Pictures Photography

Renita Williams Thomas

By Amanda Miller

OCCUPATION • Owner & Founder of In Loving Arms Pediatric Day Health Center

HUSBAND • Oliver Thomas, III

CHILDREN • Kori, 36, Kreig, 31, Kendal, 28, Daniel, 13, Tyrese, 11, Sissy, 10, & Kamrin, 8, her grandson

HOBBIES • Reading developmental books, traveling, and spending time with family

When it comes to creating a to-do list, Renita Williams Thomas is religious about it. For her, being able to accomplish her checklist goals (at least 90 percent of them!) each day are what make her feel her best.

Along with checking off her daily tasks, Renita pours her soul into her work, nurturing little ones who are often machine dependent and unable to attend traditional day care centers. She loves her job, but the love she has for her family is indescribable. She beams with pride whenever she discusses their accomplishments, and she always encourages them to be their true selves. She's passionate, caring, and inspirational. To put it simply, Renita's one incredible mom!

Tell me about your children.

R: Kori is a quiet storm. She's a woman of few words, but she's incredibly focused. Kreig is the detective in the family. He's very strategic and observant. Kendal is intelligent, well spoken, and our strategic planner. Daniel is a spitfire. He's the smartest and sweetest kid. Ty is very quiet, but goofy. He's the one you have to encourage to participate. Sissy is the epitome of the life of the party. She has dyslexia, dysgraphia, and dyscalculia. She has lots of personality, and she commands attention.

What do you like to do together as a family?

R: We travel. Our objective is to have our children touch all seven continents. We've been to Africa, Switzerland, and China. We are planning to go to Australia, and Sissy wants to go to Ireland.

What's the greatest thing about being a mom?

R: Being able to mold the next generation. I encourage my children to be self-sufficient and also reliable.



Photo credit: Alisha Hudman Photography

What do you keep on your nightstand?

R: A book and my glasses. I am currently reading *Outliers: The Story of Success* by Malcolm Gladwell.

What music do you enjoy listening to?

R: Mozart and Beethoven. Classical music helps me relax. It also helps children with dyslexia to relax and concentrate.

How has parenthood changed you?

R: It has taught me to be more selfless. I'm more giving now, more nurturing.

What lead you to adoption?

R: My paternal grandmother adopted three children and I saw how her loving intervention in their lives reshaped their future. It was my ambition to change the life of a child. As our youngest son, Kendal, was headed off to college at Morehouse, we were called about Daniel who needed what was thought to be a temporary placement, and our journey began...Ty and Sissy quickly followed.

What kind of mom would you describe yourself as?

R: Very absolute, structured, kind, and loving, but I hold my children accountable. I run a tight ship here.

What advice do you often give your children?

R: To take responsibility for their actions as opposed to making excuses. I want them to work really hard and take risks. I teach them to be compassionate and kind, to say 'please' and 'thank you,' and most of all, to always be their brother's keeper.

What do you love most about your job?

R: My grandmother would say to find a job you love and you will never work a day in your life, and that is this job for me. The Center is for children who are medically fragile, yet they remain full of joy. Coming in every day and seeing their joy, it takes my breath away.

What's the hardest part of your job?

R: Work is tough. Sometimes children aren't

given very long to live, so the death and dying side to it is the hardest part of my job.

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

R: I make time for both, and I make sure everything is done ethically and professionally. I separate the two to keep the balance.

What's your favorite family game to play with your kids?

R: We are a game family! We play Wheel of Fortune and Jeopardy together.

What do you do to take care of yourself?

R: Massages and pedicures are definitely my stress relievers.

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

R: Allow children to be children, but make sure they are responsible.

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

R: My work ethic. I want them to work hard and love hard. We really are a tight knit, non-traditional family. We love hard.

What are some things you want to do that are still on your bucket list?

R: I hope to expand the Center to help meet the needs of more families outside of Louisiana.

Do you have any advice for other parents?

R: Allow your children to be who they are with their strengths and weaknesses. Accept them as they are, and mold them into who they are destined to become. ■

Quick Q&A

The parenting item I couldn't live without...the Internet.

In my fridge, you will always find... grapefruit juice and milk.

Favorite movie growing up...*Gone with the Wind.*

My guilty pleasure is...dark chocolate and Cinnabons.

My favorite ice cream is...chocolate.



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A Smile Sweeter Than Any Cupcake

By Mari Walker

Like most babies, when Jack Beach turned one, his parents, Emily and David, switched him to whole milk and started adding fruits and veggies to his diet. Unlike most babies, however, Jack reacted badly and began having 7-10 icky diapers per day. With Jack being the couple's fourth child, Emily knew right away that something wasn't right.

At first, Jack's pediatrician suspected that he had a milk allergy, but those tests came back negative. Then, the family took Jack to see a pediatric gastroenterologist. Since Jack's nine-year-old brother, Howard, had salmonella as a baby, the Beach family returned to Dr. J. Brannon Alberty for Jack's care. Dr. Alberty suspected that Jack had fructose malabsorption or sucrose deficiency. The

easiest way to test this was to give Jack straight fructose and observe him.

"Fructose wasn't easy to find, but I got it and put it in his bottles," Emily says. "Almost immediately, after two or three bottles, he began having diarrhea." At only 14 months old, Dr. Alberty diagnosed Jack with fructose malabsorption.

"I guess the worst part about it is that my husband and I just assumed it would just be a temporary thing," Emily says. However, fructose malabsorption is a lifelong condition. If Jack's diet isn't well managed, there's the potential for him to develop Irritable Bowel Syndrome or Crohn's disease. "So, that's really why we have to watch what he eats," Emily says.

Jack's diet is limited in that any sugar or high-fructose corn syrup, most fruits

and sweeter vegetables, cause him to have diarrhea because his body cannot process the fructose. However, Emily has been able to find foods to help keep her active, healthy three-year-old growing and developing properly.

"Jack is just going to have to learn to be a meat and potatoes guy," Emily explains. Finding foods that Jack likes and can tolerate has been trial and error, but the Beaches have enlisted the help of a dietitian and friends. Emily is also always looking for more food ideas, and she is also looking to meet other families who are dealing with similar dietary restrictions.

When Jack started at Christ Covenant Preschool, Emily was worried about how his diet could be managed in a classroom setting. His teacher, Fran Harbour, made things easy by adjusting the class snack list to fit Jack's needs.

When the class does have special treats, like decorating cookies as part of a Christmas celebration, Jack "handles it like a champ," Emily says. He knows what he can and cannot eat, and he is good about refusing things that will make him feel bad.

The family, which also includes 12-year-old Mary Ellis and six-year-old Anna, looks at the limitations on Jack's diet as a way for them to also eat healthier. "If we'd all eat like Jack eats, we'd all be so much healthier," Emily explains. "It really is not a bad thing."

Through it all, Emily and David maintain a positive attitude and inspiring outlook. "There are so many other things that really could be life threatening for our child, and we are blessed that he doesn't have any sort of life-threatening condition. It can be managed," Emily says. "We just feel fortunate that we have been blessed with four kids, and overall, they are in good health." ■

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LIVE FAITH



Build Your Faith

By Scott Bledsoe, Senior Pastor of Household of Faith

I'm a local church pastor who routinely gets the opportunity to point people towards faith in God. It can seem like an overwhelming task in today's culture when you hear the statistics on families, education, economics, and crime in our area. When I read God's Word, it reminds me that we were born into a broken world. We didn't break it; it was broken when we got here.

It is a collection of ancient manuscripts written over the course of 1600 years by >40 authors in three different languages on three different continents that describes one story. Jesus came in human form to fix the brokenness in us. So here's my encouragement: live counter-culture. Build your faith instead of letting culture steal it. Here are a few basics that have long stood the test of time as wisdom.

First, start off your day with Bible reading. I know, kids, laundry, work...but trust me, it works. Faith comes by hearing the Good News about Christ. Focus on the quality of that time versus the quantity.

Secondly, I'd encourage you to plug into a good Bible believing church where you can be discipled. Let me say it this way, a place where you find someone to follow. This practice has served me well for 35+ years, and it's amazing that Jesus recruited many of his world changers with these simple words: "follow me."

Third, develop of network of other believers that you "do life" with. Faith is more relationally caught than information taught. Some churches call themselves small groups because the biblical pattern for growth was done through a community with other like-minded believers.

Finally, find a place to make a difference by serving others. You were designed by God to do this. Church should be a place where you can discover and use your gifts to serve others. It's really so simple, and we have a variety of great church communities in our area. Don't attend a building; become a part of a faith community, and I believe the best is yet to come for your life and family. ■



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Photo credit: Kleinpeter Photography

GETTING READY FOR SPRING SPORTS

Team Sports Versus Individual Sports

By Christa Melnyk Hines

It's quiet on the ride home from your son's baseball game. What is usually a joyous time filled with, "Did you see my home run?!" and "Mom, we won!" has been replaced with silence and the occasional heavy sigh. As you check your rearview mirror, you see him with his head against the window and a look of defeat on his face. Hating to see him this way, you do your best to turn things around for him. You tell him about all of the good catches he made, how he helped his team, and how next time will be better. Eventually, his frown starts to fade, and before you know it, he's ready for his next game.

When your child plays a sport, these teachable moments are in an abundance, and they are just one of the many benefits of allowing your child to get involved. Youth sports offer a host of emotional and physical benefits, from helping kids stay active to building self-esteem and learning to work with others.

Jennifer Burns, a Baton Rouge mom, adds, "It's important for parents to encourage kids to do team sports because it teaches them how to be successful in life. They learn how to work together and support each other, and they realize that it takes everyone doing their best to win. I love the fact that the kids can face adversity through sports and develop mental toughness to push through when



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things get hard. The qualities they learn through playing sports will help them in their everyday lives.”

However, knowing which sport is best for your child often depends on your youngster's personality, as well as the time and money you're willing to invest in a particular activity.

Determine readiness. Before the age of six or seven, many kids are still developing gross motor skills like running, kicking, jumping, and catching. They're also still learning social skills like sharing, taking turns, and losing/ winning games gracefully. Rather than organized sports in the early years, experts recommend exploring different activities, like kicking a ball around, playing at the playground, and taking swim or gymnastic lessons.

Burns encourages parents to help their children explore activities they are interested in. “I think, as parents, it's important that we expose our kids to a lot of different activities so they can figure out what they really like. If you put them in too early, you will be able to tell, and maybe then, you should wait a while and come back to it later,” she says.

Aim for fun. Many parents naturally gravitate toward introducing their kids to the sports they enjoyed as children. While this is a good place to start, your child may not end up sharing your enthusiasm. And, you may go through several sports before you find one that's the right fit for your child.

“We really need to look at what our kids do to have fun. If they are having fun, they will stay in the sport longer. They won't burn out,” says Randy Goldstein, D.O., a board certified pediatrician who specializes in youth sports medicine. “If they are having fun, they are more likely to make goals that are to their highest potential.”

Know the pros of team sports. Any sport your child participates in should help him develop strength, balance, and coordination, and provide him with an opportunity to push himself in a healthy, positive environment.

“In a team sport, the kids have to work together towards a common goal and take instruction from a coach who

IS YOUR CHILD READY FOR ORGANIZED SPORTS?

Consult with your pediatrician before enrolling your child in a sport, and Dr. Goldstein recommends discussing questions like:

Is your child ready and able to...

- listen to adults other than mom or dad?
- play with others, and when necessary, wait in line to take his or her turn?
- be away from mom or dad?
- understand how to play safely with the equipment involved with the chosen sport?
- physically play the sport? (Physical readiness includes balance, body awareness and awareness of the space around you to learn beginning sports skills such as running, jumping, safe landing, and change-in-direction techniques.)

BENEFITS OF ORGANIZED SPORTS FOR KIDS

- Enhances critical thinking/problem-solving skills
- Increases social interaction/cooperation with peers
- Improves concentration, attention and behavior
- Reduces incidences of depression and anxiety
- Fosters self-esteem, goal-setting and leadership skills
- More likely to be active adults

Source: The Aspen Institute Project Play

WHAT IS THE TOP TEAM SPORT FOR CHILDREN AGES 6-17?

- A. Basketball
- B. Outdoor soccer
- C. Baseball
- D. Court volleyball
- E. Touch football

Answer: A. Basketball; followed by baseball, outdoor soccer, touch football and court volleyball

Source: NYU Child Study Center



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11:15 Snack Time at the Gym
11:30-12:00 Last Rotations
12:00 Farewell and Can't Wait for Tomorrow!

isn't necessarily a parent," Goldstein says. "This is important to learning how to be around future teachers, future bosses and future leaders."

Kassie Williams, a Prairieville mom, shares that her son, Adam, is thriving in team sports. "I feel like he thrives because he is competitive and wants to be the best to help get a win. On the flip side, because he's so competitive, the older that he gets, the more difficult it is for him to do things all by himself. However, it's helping him to have to trust his teammates to do their part. It's a work in progress."

Every child progresses at his or her own speed. Encourage your young athlete toward his personal goals with positive, calm support, and celebrate his personal accomplishments along the way.

"Watch for individual progress, not what your child's teammates are doing. Your child may seem behind or ahead of the others. This can change like the weather," Goldstein says. "It takes one or two seasons to judge improvement and success—not one or two competitions."

The downside? Much like individual sports, team sports like baseball and soccer have become more year-round in nature. Although this approach can help the team and individual players grow stronger and more skilled over time, families may find that the sport is more of a time and money commitment than they'd bargained for.

Know the pros of individual sports.

Much of the success in individual sports like tennis, dance, swimming, and gymnastics depends on the motivation of the particular athlete. Athletes who excel at individual sports find satisfaction pushing themselves to achieve a personal goal rather than relying on the team to help them get there.

Demy Martin, a Baton Rouge gymnast, says, "I set personal goals for myself. When we are warming up, I listen to what the coaches tell me to work on, and once we reach the actual competition, I set goals to try and fix the errors I made while warming up."

While your child might prefer an individual sport, that doesn't mean she has to sacrifice the support of a

team. "Even individual sports have the camaraderie or the partnership of a team," Goldstein says, who works with premier-level gymnasts. "They travel together and learn to become partners, and they accomplish individual goals, but as a team."

For Demy, competing in gymnastics allows her to stay active and meet friends outside of school. However, she also shares that there is more pressure when it comes to having teammates. "I feel there is more pressure to have teammates because you want everyone to do well, so you can win a team award at the end of the meet."

The downside? Not all kids feel drawn to the spotlight during a performance or sporting event. And, some kids may put undue pressure on themselves to reach personal goals, causing the negatives to outweigh the positives. Some parents even find it difficult watching their youngsters navigate the pressures of a sport on their own, but overall, seeing them excel and thrive in the environment is a great experience.

Demy's mom, Brittney, shares, "In gymnastics, you only get one shot at each event. The only event you get to do twice is the vault. When I am watching her compete, I sit in the stands, saying a little prayer that she nails each event and does the

best she possibly can, both for her own benefit as well as the benefit of the team. I absolutely love watching her compete and excel at the sport she loves to do."

Burns, whose daughter, Bailey, is on Crawfish Aquatics Youth Tri Team, adds, "I love seeing my daughter happy. When she is out there having fun with a smile on her face, that makes me happy. I love watching her give it her best and improving each race. When she is able to place or win, I love the confidence I see in her." ■



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9 Benefits of Sending Twins to Camp

By Kerrie McLoughlin

Summer camp is often a place to send elementary-aged kids so they aren't sitting around the house bored, and so they'll make friends and learn new things while having fun. As children grow out of their "little kid years," we sometimes forget that they still need those experiences they had when they were younger, just in a different form. Maybe you don't think your tween needs summer camp. Your tween should be babysitting, mowing lawns, working at the pool, or hanging around with friends, right? Well, sure! But why not send them off for a week or more of summer fun and learning this year for a break? Here are some great benefits for tweens attending summer camp.

1. Learning how to give back.

Community service camps offer a great chance for tweens to make a difference and help out in the community, while also learning skills that will carry them through their lives. Tweens get to spend their days helping others, which just feels good to everyone involved. Maybe your tween will learn how to pack food for the homeless, teach kids how to read, or work on a project that will benefit the community, like cleaning up a playground or fixing equipment. They could even learn how to paint a house, care for a yard for an elderly person who is unable to do so anymore, or they may even

learn how to plan and build a house for someone who is in need.

2. Making new friends. It's important to continue to grow and change, and adding new friends to one's life enriches it at any age. Some tweens attend the same camp or camps every summer and might find the same friends there, year after year. Many are attending for the very first time and need to hone their social skills to make new friends and get to know other tweens in their age range outside of a school setting. Being in close proximity for days or weeks helps them get closer, faster.

3. Learning new things. Whether your tween attends a camp to learn more about horses, adventure, a specific sport, or anything else, they have an entire day, week, or longer to focus on that one activity and really immerse themselves in it. Who knows? Your tween might find a new passion that he never thought of before that could be helpful in his educational or work life later on down the road.

4. Deepening their faith. If your tween enjoys church youth groups, a church or other religious camp is an option. The day might begin with a church service, followed by breakfast, a hike, and some time spent in the cabin with friends memorizing Bible verses for a competition at the end of the week. Later, there could be singing songs around a bonfire while roasting s'mores.

5. Developing a hobby. When your child is disconnected from the TV, video game console, or smartphone, he can really focus on developing a hobby in a creative way. It seems like these days there's a camp for pretty much any interest your child has. There are camps for horse and other animal lovers, sports lovers of all types (think developing soccer skills, swimming, football, volleyball, baseball—anything!), Boy Scout



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camp (it covers so many different hobbies and topics), or Girl Scout camp (it also covers so many great skills for tweens).

6. Working as a team. Your tween will be meeting other tweens and tweens of various ages and from different backgrounds. Learning how to get along and work as a team is a huge life skill that will be reinforced at camp. Some camps even have them participate in team-building and trust activities to help them get to know each other.

7. Staying active. Forget sitting around doing “screen time” all day long during the summer. When a tween attends summer camp, they often forget all about those things and focus on having fun with their

friends while going on hikes, paddle boating, and swimming, depending on the camp they choose.

8. Standing on their own. Let’s face it, as our children get older, they start to grow away from us. They are simply preparing to head out on their own, and they are also preparing you for that transition by perhaps being a little distant. They are stuck in between childhood and adulthood, and it’s a confusing time. Going away to camp for even a short period of time helps teach independence. There is a daily structure at camp that’s already in place, which tweens need to follow. Parents aren’t the ones doing the nagging, so tweens often don’t tune them out because they are respecting other adults and learning from them.

9. Appreciating everything. When our tweens are away from their screens, it is easier for them to focus on nature, learning, and forming relationships. When they are away from us, the parents, tweens will come home with a new appreciation for what it takes to be in a family and help out in the running of the household. Your tween will probably also appreciate funny things like a full pantry that’s open all day, their comfy bed, and privacy.

Tween summer camps offer many benefits that cover all the bases, including physical, social, mental, and spiritual. As for the rest of the summer? Well, your tween can spend plenty of time doing those odd jobs to help pay for camp next year, because trust me, they will want to go back! ■





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CAMP NAME LOCATION DIRECTOR	PHONE WEBSITE	GENDER	AGES	DATES	RATES
Alpine Camp for Boys Mentone, Alabama Glenn & Carter Breazeale	(256) 634-4404 alpinecamp.com	Boys	Grades 1-9	May 28-July 30	\$2,995-5,575
Camp Aldersgate Little Rock, Arkansas Ali Miller *For Children with Special Needs	(501) 225-1444 campaldersgate.net	Coed	6-18	Varies	Varies
Camp Barney Medintz Cleveland, Georgia Jim Mittenthal	(706) 865-2715 campbarney.org	Coed	Grades 2-10	June 2-July 25	\$3,150-5,995
Camp Bear Track Drasco, Arkansas Olivia Dowell	(501) 825-8222 campbeartrack.com	Coed	6-16	June 2-July 23	\$1,350-2,800
Camp Blue Ridge Mountain City, Georgia Joey & Lori Waldman	(706) 746-5491 blueridgecamp.com	Coed	6-16	June 9-July 27	\$5,800-7,800
Camp Cedar Cliff Asheville, North Carolina Tim Brady	(828) 450-3331 campcedarcliff.org	Coed	Grades 2-10	June 8-August 2	\$380-1,420
Camp Chatuga Mountain Rest, South Carolina Angela Gordon Sullivan	(864) 638-3728 campchatuga.com	Coed	6-16	June 16-July 31	\$440-3,850
Camp Chosatonga Brevard, North Carolina David Trufant	(828) 884-6834 twofuncamps.com	Boys	8-17	June 2-July 31	\$1,680-9,220
Camp Dovewood O'Brien, Florida Roberta Richmond	(386) 935-0863 campdovewood.org	Girls	7-16	June 9-July 20	\$625-1,025
Camp Fern Marshall, Texas Margaret Lee	(903) 935-5420 campfern.com	Coed	6-16	June 2-August 3	\$1,544-4,775
Camp Highlander Mills River, North Carolina Bryan & Melissa Fitzgerald	(828) 891-7721 camphighlander.com	Coed	6-16	June 9-August 2	\$1,650-4,900
Camp Hollymont for Girls Asheville, North Carolina Amy Lewallen	(828) 686-5343 hollymont.com	Girls	Grades 1-9	June 9-July 26	\$1,700-7,700
Camp Juliette Low Cloudland, Georgia Nancy Brim & Kappy Kelly	(706) 862-2169 cjl.org	Girls	7-17	June 2-July 21	\$940-1,890
Camp Kahdalea Brevard, North Carolina Anne Trufant	(828) 884-6834 twofuncamps.com	Girls	8-17	June 2-July 31	\$1,680-9,220

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Camp Kiowa Gainesville, Texas Kristin Hillestad	(940) 665-3800 campkiowa.com	Coed	6-17	June 23-August 3	\$919-5,014
Camp Laney for Boys Mentone, Alabama Rob Hammond	(256) 634-4066 camplaney.com	Boys	7-15	June 2-July 26	\$1,975-3,465
Camp Lurecrest Lake Lure, North Carolina Kris Decker	(704) 841-2701 camplorecrest.org	Coed	Grades 3-12	June 16-August 1	\$555-660
Camp Nakanawa Crossville, Tennessee Ann & Pepe Perron	(931) 277-3711 campnakanawa.com	Girls	8-17	June 16-July 28	\$1,950-3,650
Camp Pinewood Hendersonville, North Carolina Chris Coloson & Sue Lyons	(828) 692-6239 camppinewood.net	Coed	Grades 1-10	June 11-August 1	\$2,650-7,750
Camp Pinnacle Flat Rock, North Carolina John Dockendorf	(855) 378-1928 camp pinnacle.com	Coed	Grades 1-9	June 9-August 9	\$3,395-7,295
Camp Rockmont Black Mountain, North Carolina Dan Davis	(828) 686-3885 rockmont.com	Boys	6-16	June 9-August 9	\$1,530-5,870
Camp Skyline Mentone, Alabama Sally & Larry Johnson	(800) 448-9279 campskyline.com	Girls	6-16	June 2-July 26	\$4,130
Camp Stanislaus Bay Saint Louis, Mississippi Sam Doescher	(228) 467-9057 campstanislaus.com	Coed	8-15	June 9-July 6	\$360-1,365
Camp Tekoa Hendersonville, North Carolina James Johnson	(828) 692-6516 camptekoa.org	Coed	7-17	June 9-August 9	\$250-1,425
Camp Wayfarer Flat Rock, North Carolina Mary Kenson & Wilson Lewis	(828) 696-9000 campwayfarer.com	Coed	Grades K-10	June 9-July 27	\$1,500-6,600
Camp Westminster Conyers, Georgia Andy Rogers	(770) 483-2225 campwestminster.org	Coed	6-16	June 2-July 26	\$305-595
Camp Woodmont Cloudland, Georgia Alyson Gondek	(423) 472-6070 campwoodmont.com	Coed	6-14	May 26-July 26	\$910-1,445
Cedar Lake Camp Livingston, Tennessee Ryan Higgins	(931) 823-5656 cedarlakecamp.org	Coed	8-14	June 2-July 20	\$395
Eagle's Nest Camp Pisgah Forest, North Carolina Paige Lester-Niles	(828) 877-4349 enf.org	Coed	Grades K-11	June 8-August 11	\$1,695-4,690
Falling Creek Camp Tuxedo, North Carolina Yates & Marisa Pharr	(828) 692-0262 fallingcreek.com	Boys	Grades 1-10	June 2-August 9	\$1,650-6,500

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Girl Scout Camp Marydale St. Francisville, Louisiana Lauren Vance	(225) 747-0403 gsle.org/camp	Girls	6-17	June 2-July 7	\$100-455
Girl Scout Camp Whispering Pines Independence, Louisiana Lauren Vance	(225) 747-0403 gsle.org/camp	Girls	6-17	June 2-July 7	\$75-325
LSU Architecture Camp Baton Rouge, Louisiana Lucy Foval	(225) 578-3864 outreach.lsu.edu	Coed	15-17	June 9-14	\$925-975
LSU College Readiness Program: A Survey of Calculus and College Math Baton Rouge, Louisiana Lucy Foval	(225) 578-3864 outreach.lsu.edu	Coed	14-17	June 9-28	\$1,295-3,350
LSU College Readiness Program: Math Circle Baton Rouge, Louisiana Lucy Foval	(225) 578-3864 outreach.lsu.edu	Coed	14-17	June 9-28	\$1,295-3,350
LSU LeaderShip U Baton Rouge, Louisiana Lucy Foval	(225) 578-3864 outreach.lsu.edu	Coed	15-17	June 16-July 12	\$925-975
LSU Robotics Camp Baton Rouge, Louisiana Lucy Foval	(225) 578-3864 outreach.lsu.edu	Coed	14-17	June 23-28	\$1,145-1,195
LSU STEM Pathways: Introduction to Engineering Baton Rouge, Louisiana Lucy Foval	(225) 578-3864 outreach.lsu.edu	Coed	14-17	June 9-28	\$1,295-3,350
Mo-Ranch Summer Camps Hunt, Texas Richard Bombach	(800) 460-4401 summercamp.moranch.org	Coed	8-15	June 2-July 20	\$140-1,610
Pali Adventures Running Springs, California Daniel Hammond	(909) 867-5743 paliadventures.com	Coed	8-16	June 16-August 17	\$2,299-20,691
Redeemed Ranch Camp Heflin, Louisiana Joe Robinson	(318) 470-7917 redeemedranch.org	Varies	8-15	June 10-July 19	\$500
Riverview Camp for Girls Mentone, Alabama Susan Hooks	(800) 882-0722 riverviewcamp.org	Girls	6-16	May 26-July 27	\$2,075-3,850
Rockbrook Camp for Girls Brevard, North Carolina Jeff and Sarah Carter	(828) 884-6151 rockbrookcamp.com	Girls	6-16	June 9-August 15	\$3,750-6,350
Strong Rock Camp Cleveland, Georgia James Himstedt	(706) 348-1533 strongrockcamp.com	Coed	Grades 1-11	June 2-July 26	\$850-1,790
Twin Lakes Summer Camp Florence, Mississippi Andrew Vincent	(601) 845-6858 twinlakescamp.org	Coed	6-12	June 3-July 13	\$589
Valley View Ranch Equestrian Camp for Girls Cloudland, Georgia Nancy Jones	(706) 862-2231 valleyviewranch.com	Girls	8-17	June 2-July 26	\$2,000-3,500
YMCA Camp Chandler Wetumpka, Alabama Matt Thomas	(334) 538-4658 ymcamontgomery.org	Coed	5-15	May 26-July 26	\$260-1,270
YMCA Camp Thunderbird Lake Wylie, South Carolina Brad Rippetoe	(800) 732-3855 campthunderbird.org	Coed	6-16	June 9-August 10	\$1,125-4,060

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LIFE LESSONS LEARNED AT OVERNIGHT CAMP

By Janeen Lewis

Ask anyone who has ever been to overnight camp about his or her experience, and you will hear endless tales of comradery, cabin mates, and campfires. Many times, campers will say overnight camp was the first time they rode a horse, shot a bow and arrow, or flew down a zip line. It's where they learned to make their beds and keep their belongings tidy in cramped quarters. With the perfect blend of adventure and responsibility, camp life teaches kids valuable lessons they can use for the rest of their lives. If you send your child to overnight camp, here are some life lessons they are likely to learn.

How to communicate face-to-face.

Tom Rosenberg, President and Chief Executive Officer of the American Camp Association, says today's youth spends so much time on technology that learning

to communicate face-to-face with their peers is important.

Rosenberg quotes a 2015 Pew Research Center study that says, "Just 25 percent of teens spend time with friends in person outside of the school day on a regular basis."

In light of that statistic, overnight camp is a good place to get kids to socialize without technology. "About 90 percent of camps don't allow kids to have computers or cell phones," says Rosenberg. "In general, camps are an oasis for human-powered socialization."

How to be independent.

For many children, camp is the first time they are away from parents and the familiarity of home.

While this may cause some homesickness, it also gives children an opportunity to overcome being homesick.

And without parents there, children learn to pick up after themselves and keep up with their things.

Overnight camp can also prepare students for independence in their next steps in life, like trips abroad and college.

How to be a part of community living.

Sometimes it's hard to live with other people, especially if other people drape their clothes over your bed or hog the shower. And it's not like kids can escape to their own room when they are at summer camp because everyone bunks together in one cabin. But kids can learn to work out differences they may have about how they share their living spaces, and it's more fun for campers to do the cabin chores together than alone.

As they grow up, kids have to learn to work in groups in their communities, and the cabin atmosphere helps with that.

How to embrace diversity.

Children who go to camp meet other campers from all over the country. They are introduced to kids from different socioeconomic and cultural backgrounds.

In a study conducted by Philliber Research Associates and the American Camp Association, 94 percent of campers have said that camp helped them get to know other campers who were different from themselves.

Rosenberg adds that this is important for kids in the 21st Century because “making new friends is an essential skill kids are going to need to have.”

How to overcome fears.

Going to camp takes kids out of their normal day-to-day settings and gives them a chance to try things they might not try when they are at home. In the Philliber study, 74 percent of the kids surveyed said that at camp, they did things they were afraid to do at first.

Children may feel more comfortable taking a risk around new acquaintances than they do under the watchful eye of parents, siblings, or school peers. If they are trying an activity they have never tried before, they may feel encouraged by staff or counselors who are there to support and guide them.

How to become resilient.

Camp life doesn't always go as planned, but through this experience, kids learn to adapt and move with what's happening around them.

Camp goes also become more resilient from trying again when they fail, according to Rosenberg.

“Part of growing up is learning that you are not always going to be successful. Sometimes, campers fail and counselors help them try again,” says Rosenberg. “Camp is a safe place to make mistakes.”

Attending an overnight camp benefits children in many ways. It provides a place for them where they can get out of their daily settings, have new adventures, meet new people, and learn new skills. And, while they are doing all of those things, they will probably learn a few life lessons that will stay with them throughout the rest of their lives. ■

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THE TEST

Standardized Tests and Students' Mental Health

By Jannean Dixon, M.Ed.

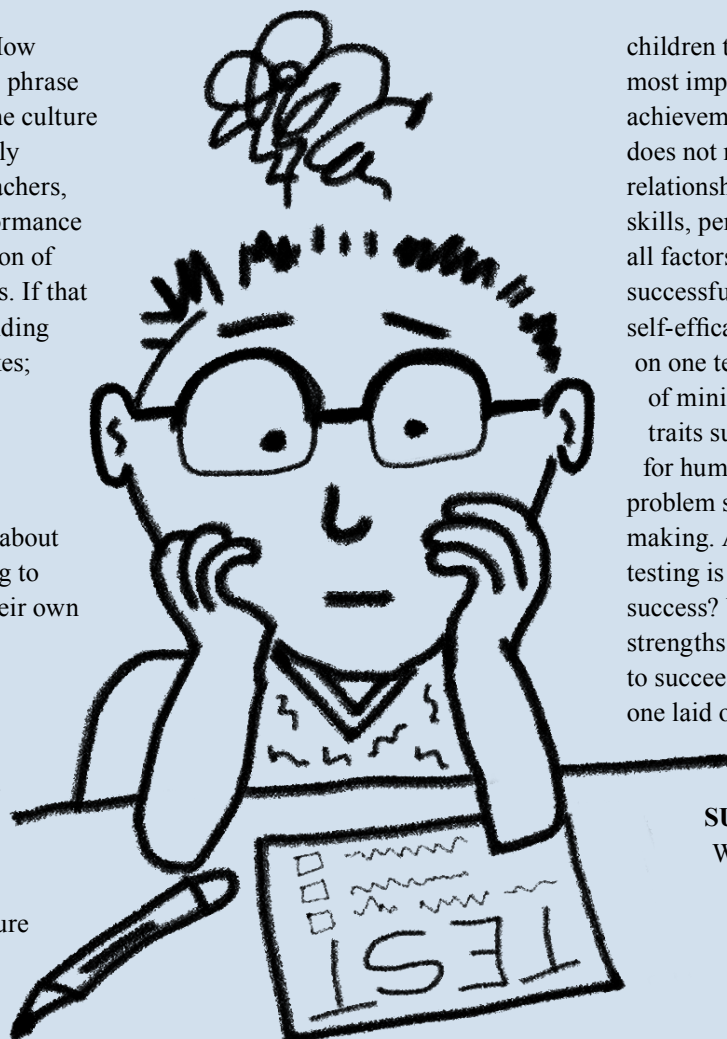
It's going to be on the test!" How many times did you hear this phrase when you were in school? The culture surrounding testing is emotionally charged for parents, students, teachers, and administrators. School performance scores are a nearly direct reflection of students' standardized test scores. If that wasn't enough, the rules surrounding testing keep changing. High stakes; not high stakes; alternative testing; are all scores included? And our children, who soak up our emotions like a tiny sponge, hear and feel what we broadcast about the stress of testing, often leading to them to begin worrying about their own performance in school.

THE STATE OF TESTING

Surveys suggest that there is an increase of mental health-related issues among students while they are taking tests.

Teachers have reported that there's an increase in fear of failure and depression due to today's system of testing.

Veteran teacher Layla Dupuy shares, "I have seen the good, the bad, and the ugly sides of standardized testing. I have experienced testing meltdowns with third graders who were confused by spending long periods of time filling in tiny bubbles. I have comforted eighth graders as they sobbed uncontrollably when they received the news that they failed the LEAP test, which meant they also failed the eighth grade. I have celebrated with high school students upon learning that they passed



their End of Course tests or achieved their personal best on the ACT. Logically, I understand the need for standardized tests for evaluating student performance. Where the problem lies is in the emphasis we put on these results. How a student performs on one test, on one day, should not be the sole measure of his or her potential for future success."

And unfortunately, that is the current state of testing. Local therapist, Tara Dixon adds, "We are teaching

children that high-stakes testing is the most important indicator of academic achievement. What testing cannot and does not measure are skills such as relationship building, communication skills, perseverance, and teamwork—all factors that are valuable skills in successful adulthood. If academic self-efficacy is determined by one score on one test, we are taking the chance of minimizing the importance of traits such as creativity, appreciation for human connection, independent problem solving, and big picture decision making. Are we telling children that testing is the only way to achieve success? When we highlight unique strengths, we give kids the opportunity to succeed in their own story, not just the one laid out for them."

THE NEED TO SUCCEED

Wanting to excel in school work can have an impact on every student. Even when a child is doing his absolute best, he can still have moments where he feels his best

just isn't good enough. This can lead to a variety of issues for some, including anxiety and stress.

"We took our son to a therapist because he was experiencing anxiety tied to math," recalls mom and teacher Megan S. "This took shape in the form of tears that would start at the sight of his math homework. Even after being given a break to play outside, he would still become debilitated at the thought of working on it. This was despite



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tremendous skill level in the subject. He scored in the 98th percentile of his school in math, but nonetheless, felt pressure from his teachers, who would often make whole-class statements meant to encourage everyone to improve. Testing anxiety can happen to students at any and all achievement levels. To him, the motivation was interpreted as added pressure to continue building upon already impressive scores.” she says.

TESTING EFFECTS

“Tests don’t cause anxiety,” shares local therapist Star Marks. “They can make you nervous or worried. The conversation needs to start with this as the baseline: Is your child nervous versus anxious? Another factor to consider is the household level of anxiety surrounding test taking and the pressure that is put on the student. Do we have realistic expectations for our children, and are they based on individual strengths vs. universal expectations? A little nervousness is healthy and pushes us to try a bit beyond our comfort levels, but children who have anxiety disorders can be triggered by testing expectations.”

Stress and anxiety can start at an early age and can lead to health problems later in life. Introducing high levels of stress early in a child’s life could be putting him at risk for adulthood depression and anxiety, obesity, heart disease, increased chance of chronic pain, and gastrointestinal problems. Mental health therapist Amanda Morris shares, “There’s more pressure than ever on students to achieve high test scores, and test anxiety is common.”

Testing can exacerbate many underlying issues, but testing cannot, in itself, be the root cause of anxiety disorder; autism; eating disorders; ADD; ADHD; ODD; or other behavioral, health, or mental health diagnoses.

STRESSED STUDENTS

How can a parent know if his or her child is experiencing undue stress because of testing? Dixon explains, “I always ask parents to categorize their child’s symptoms. You are looking for physical,

MEET ROWDY: THERAPY DOG AT MAYFAIR LAB SCHOOL



Stress and anxiety are common in a classroom setting, however, for some students, stress and anxiety can be debilitating.

To combat these feelings, some schools are utilizing therapy dogs throughout the school day. From helping a child relax during a test to comforting a child when he’s upset, these therapy dogs are trained to assist in keeping the students calm, cool, and collected.

It’s important to note that therapy dogs are different from service dogs. According to the Alliance of Therapy Dogs, “therapy dogs’ responsibilities are to provide psychological or physiological therapy to individuals other than their handlers. These dogs must have stable temperaments, be people-friendly, and have easy-going personalities. Typically, they visit hospitals, schools, hospices, and nursing homes. Unlike service dogs, therapy dogs are encouraged to interact with a variety of people while they are on-duty.”

Jessica Mitchell, Assistant Principal at Mayfair Lab

School, started bringing her dog, Rowdy, to work with her over the summer of 2018.

“The ladies in the office were very supportive. Then, parents and children started coming in to test for admission, and teachers were starting to decorate their rooms and attend professional development on campus. Before you knew it, Rowdy had a fan base! He was also becoming acclimated to commuting to and from school with me and being in our ‘PAW-FICE.’ I had heard of therapy dogs, and decided to do some research. After researching, and discussing the potential for a therapy dog at Mayfair with our principal, we created a policy for safety and cleanliness guidelines and decided to give it a shot,” says Mitchell.

As a therapy pup in training, Mitchell shares that Rowdy now attends reading lessons with students in classrooms, comforts ill or upset children, calms anxieties, serves as a behavior incentive reward for children, and participates in “Recess with Rowdy,” which

is another earned behavior reward for students.

Mitchell adds, “Because of his unique markings and two different colored eyes, it also opens the door to discuss with our students how cool it is that we are all unique. He dresses up for holidays and attends some assemblies as well. He loves when our custodian, Leah Chase, takes him for walks and lets him play with the children at recess. More than anything, he has simply given everyone here unconditional love. I even receive messages at night sometimes from parents, telling me how much their child loves Rowdy, and how they are thrilled for him to be here.”

While they are very considerate to those who aren’t dog lovers, overall, Rowdy is warming hearts all around. “If you ask Andra Taplin, our guidance counselor, she would tell you she was not keen on the idea, due to a negative experience in the past. Now, she will be the first to tell you that he has convinced her that all he wants to do is love and be loved,” Mitchell says.

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emotional, and behavioral symptoms. When they are present together is when you know you're truly dealing with anxiety. And most of the time, you can trace them back like dominos.

For example: John is presented a reading passage, and he immediately experiences fear of failure (emotional). He also begins having racing thoughts and heartbeat (physical), and therefore, begins squirming in his chair excessively (behavioral). Because the behavioral symptoms are easier to notice, children are often scolded for that one symptom. As adults, we tend to focus on the end result of getting the passage read. However, in order to decrease the behavioral component, you must back up and teach the child to address the first emotional one."

WHAT YOU CAN DO

Trust your gut, and investigate changes in your child's behavior. Have daily time together to connect without distractions.

Morris adds, "Ideally, there should be mental health screenings on all children at regular intervals throughout the school year beginning in Kindergarten, or even PreK, to both identify issues and monitor them over time. Children don't yet have the language to say, 'I'm anxious,' or 'I'm struggling with depression,' but their behavior tells the story. Identifying the signs of emotional distress could be life-changing for a child or teenager. Untreated emotional problems will directly impact a child's academic performance and social functioning."

Tirza Fernandez-Brazier, Director of Counseling and Guidance of East Baton Rouge Parish School System, adds, "We must be sure to care for our students. It is very important to ensure students are 'mentally healthy,' and that positive affirmations are being reinforced.

We must continue to promote positive self images and cultivate positive environments. Facilitating healthy conversations and fostering healthy relationships, while exhibiting characteristics of care and concern, is vital to the well-being of the students' mental health."

Morris also encourages you to teach your children mindfulness strategies, such as meditation, to help improve focus and reduce test anxiety and stress.

If your child's school does not have a mental health professional on staff, consult one who is in your community who specializes in working with children and adolescents.

ASSESSMENT DATES

Louisiana public schools have begun preparing students for the spring Louisiana Educational Assessment Program (LEAP 2025) and the Louisiana End-of-Course (EOC) tests.

The content of each test is aligned to the standards adopted by the Louisiana Department of Education and the curriculum taught in each parish. Each test includes multiple choice and open-ended items.

Kindergarten and Grade 1 will take English Language Arts (ELA) and mathematics assessments. Students in Grades 2-8 will be tested in the four core subjects: ELA, mathematics, science, and social studies.

Students in Grades 5 and 8 will take LEAP 2025. LEAP 2025 covers ELA, math, science (new for this year), and social studies. Some schools have the option to test students in Grades 3 and 4. The spring testing dates are from April 29-May 3.

Students with disabilities may be eligible to take the LEAP Alternate Assessment, for Science, in Grades 4, 8, and 11, and LEAP Connect in Grades 3-8, and 11. LEAP Connect is given to students through March 15.

Students who are in Grades 9-12, in Louisiana, must take and pass three Louisiana EOC tests. The tests must be in English II or III, Algebra I or Geometry, and Biology or American History. EOC tests measure the knowledge and skills a student is expected to have mastered by the end of a specific high school course. All students must receive a passing grade on each test, or they will not be eligible to receive a diploma. The spring testing dates are from April 15-May 17. ■

Hot off the Press



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PLAY A DAY IN THE LIFE OF DAD



Get in the Game

By Brandon Foreman

It's spring and the plants and grass seem to be coming back to life for another summer, but it's time we get in the game as well. Too many times, I think we fall into autopilot mode when it comes to running the week. We get up at the same time every day, and we go through the same motions of getting everyone ready and off to school and work. Then, we leave, grab kids and dinner, and toss a shower in there. Then, we do all of it all over again.

With my schedule, it is sometimes hard to break the cycle, but recently, we had a change in the matrix. It used to be that Saturday was the day that we got to catch up on sleep, but not anymore. Now, we are a family with two soccer players, and they have games that are every Saturday at 8:30 a.m.—meaning we have to be out of the house for 7:30 a.m., just like every other day of the week.

Let me tell you, I was not a fan of this part of the drill, but once I was moving and we got to the field, I was excited to see these little guys running and playing with their friends. They really enjoyed playing, and I enjoyed watching them have fun instead of seeing them sitting in front of a TV.

Once the game was over, we headed back to the house to what turned out to be a very productive day. It turned the whole weekend around because I was not rushed on anything. We had plenty of time to get done what we needed, and we even had some time to sit around and do nothing.

So, give it a shot and break the normal cycle. Get up early, go for a walk, get ice cream, do anything, just make it a point to do at least one thing every day that is not part of your normal routine, and be sure to include the whole family, even if it is kicking a ball in the yard for a few minutes. Turn off the autopilot routine and get in the game. ■

STAY CONNECTED

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

GEAR UP

Cook all of your meats and veggies to perfection by making sure the temperature is just right with the **Habor CP022 Digital Meat Thermometer**. Providing you with an accurate read, this easy-to-use thermometer comes with a plastic sheath and pen clip to safeguard the stem from damage.

■ amazon.com



FROM THE MOUTHS OF DADS

“Just taught my kids about taxes by eating 38 percent of their ice cream.”

—Conan O'Brien

PIC OF THE MONTH



Anthony G. and his daughters, Madison and Zoey, enjoy spending the day reaching new heights.

I didn't talk for a very long time

Jacob Sanchez
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Why LEGOLAND? | Everything is awesome at LEGOLAND, and now your LEGO lovers will get to really experience what being a part of LEGO world is all about. This one-of-a-kind resort offers great accommodations and quick access to the LEGOLAND theme park.

WHERE TO STAY

When staying in LEGOLAND, your family can choose from two different hotels: **LEGOLAND Hotel** and **LEGOLAND Beach Retreat**. LEGOLAND Hotel is only “130 kid steps from LEGOLAND,” and it has four themed rooms for the LEGO lovers to enjoy. The resort also offers character meet and greets and nightly activities for even more LEGO fun after hours. The LEGOLAND Beach Resort offers a “lakeside bungalow” environment that will give you just the right amount of relaxation. And, it also provides a complimentary shuttle service to the theme park.

WHERE TO EAT

Dragon's Den

LEGO Kingdom

There's something that even dad will love at Dragon's Den. With turkey legs, bratwurst sausages, and honey-battered corn dogs, this quick stop is the perfect meal, if you need a quick bite to eat.

Kick'n Chicken Co.

LEGO City

For a brick-tastic meal—it's a good thing, we promise—head on over to Kick'n Chicken Co. Feast on salads, wraps, chicken tenders, and chicken-less chicken (for the vegetarian in the family!). You really can't go wrong with this delicious place to dine, but if you're wanting to try what everyone raves about, be sure to order the Cinnamon Waffle & Chicken BLT.

Pepper & Roni's Pizza Stop

The Beginning

Sometimes our children want to stick to the basics with food, and sometimes, that's plain pizza. Luckily, Pepper & Roni's is the place to get a variety of quick grab-n-go pizzas, including pepperoni, cheese, and veggie.



THINGS TO DO

Did you really go to LEGOLAND if you don't build with LEGOs at least once? Well, now you can at the **Building Zone**. Your child can let his imagination run wild as he has an endless supply of LEGOs at his fingertips.

Taking on tall roller coasters is an absolute must at LEGOLAND, especially since they combined one of them with Virtual Reality (VR). When you strap on the VR headset during **The Great LEGO Race**, you are pulled head first into a race with other LEGO characters. What makes this ride even more mindblowing is that you get to “drive” your own LEGO vehicle, all while riding on a roller coaster.

Vacation within your vacation as you visit the LEGO versions of **California, Daytona International Speedway, Florida, Kennedy Space Center, Las Vegas, New York, and Washington D.C.**, without ever leaving LEGOLAND. All of these places show the highlights of various attractions, including the Golden Gate Bridge and the Smithsonian, and these little spots are a great way to allow your children to learn all about different sights.

Take a ride on the **Safari Trek** to see all of the different animals LEGOLAND has to offer. The safari vehicles allow your children to drive through the park, fueling their sense of adventure. There's lions and tigers, and bears, oh my!

Experience 4D at the **4D Theatre** in Fun Town. This isn't 3D like you have seen at the theater back home. This is an immersive experience that is sure to keep you on the edge of your seat. See all of your LEGO favorites, including *LEGO City 4D Officer in Pursuit*, *The LEGO Movie*, and *The LEGO Ninjago Movie*.

Climb aboard a mysterious wooden train ride powered by the wizard's magic on **Merlin's Challenge**. This magical experience is perfect for your smaller riders, and puts them seated comfortably in a train made out of, you guessed, it LEGOs!

If you're heading to LEGOLAND in the warmer months, then the **Build-A-Raft River** is a must on your to-do list. You can build your own raft to use to float around the 1,000-foot lazy river. Put your own unique spin on your raft, and make it one of the most relaxing parts of your trip.

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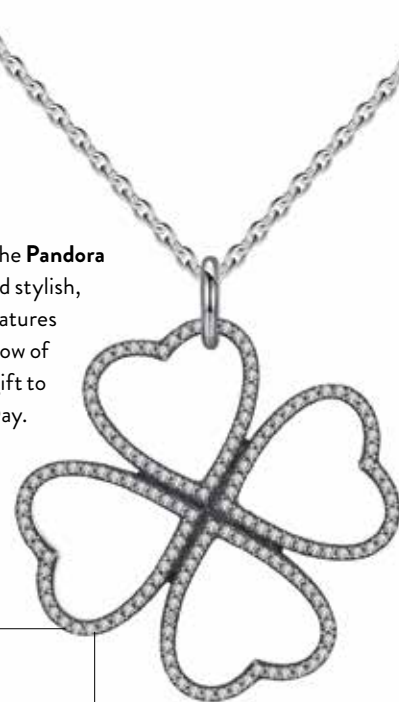
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PLAY THINGS WE LOVE

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When your little one is sick, taking his temperature causes him to be even more fussy. However, with **FeverFrida the iThermometer**, your baby can comfortably wear the thermometer, and you can receive smartphone alerts whenever his temperature starts to rise. ■ fridababy.com



Who wants to do the next diaper change? Well, now you don't even need to decide because the **This or That Original Diaper Changing Coin** will make the decision for you. All you have to do is flip the coin to see who has to do the next infant-related task, including feeding the baby or changing the next diaper. ■ amazon.com

Splash around in puddles with these adorable **H&M Patterned Boots**. Featuring a butterfly design, these boots are made from faux leather, and they include a zip at the side, lacing on the front, and thermoplastic rubber soles. ■ hm.com

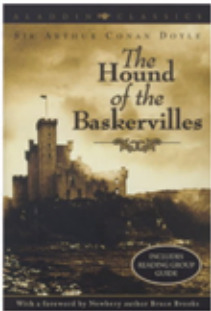


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Lady Sherlock: A Study in Scarlet Women with Sherry Thomas
7 p.m. Saturday, March 16, Main Library at Goodwood



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FORUM35



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Mommy makeover

After receiving hundreds of entries for our Mommy Makeover, Leslie Leonard was randomly selected as our winner. And now, Jami Redmond and Katrina Liza, our beauty gurus, are here to share the Mommy Makeover process, and of course, the incredible reveal.

Thank you to Williamson Cosmetic Center, Drybar, Kendra Scott, and Sweet Grace Boutique for helping make this makeover possible.



Stop 1: Williamson Cosmetic Center

"During our consultation, Leslie expressed interest in making her look 'less tired.' She realized she had loose skin around her eyes and neck, but didn't want to do surgery yet. She was also concerned with the fine lines on her forehead and around her eyes. I also noted volume loss in her mid face which contributes to folds and loose skin along the jawline. Also, her lips had lost volume, and her facial expression lines on her forehead and eyes were caused by overactive muscles. Our treatment plan was Botox for the frown lines, forehead, and crow's feet. I recommended Juvederm XC Voluma to the cheeks, Juvederm XC Vollure to the under eyes, and Juvederm XC Ultra to re-establish volume and architecture to her lips. My goal was to make her look like herself, just more rested and youthful."

—Shelly Esnard, PA-C,
Partner of Williamson Cosmetic Center



Stop 2: Sweet Grace Boutique

To compliment her incredible makeover so far, we headed to Sweet Grace Boutique. There, Leslie spoke with Toni Schexnayder Guerin, the owner, about wanting to look age appropriate in her clothing choices, while still getting an update. Together, they decided on this trendy snakeskin mini dress. And, it was only \$42.



Stop 3: Kendra Scott

It was time to accessorize! For the big reveal, Kendra Scott in Perkins Rowe loaned several beautiful pieces that perfectly complemented Leslie's outfit. These pieces are: Diane Earrings in Gold and Ivory Mother of Pearl, Tenley Bracelet in Gold and Ivory Mother of Pearl, Edie Bracelet in Gold and White Mother of Pearl, Uma Bracelet in Gold, Mavis Bracelet in Gold and Ivory Mother of Pearl, Thin Adjustable Chain in Gold, Mothers and Families Charm in Gold, and the Reagan Ring in Gold.



Stop 4: Drybar

"Her hair style is the Cosmo, with lots of loose curls! To get the style, Jalsia, her stylist, washed her hair with On the Rocks Clarifying Charcoal Shampoo and Conditioner. She also got a Bay Breeze shot treatment for hydration and nourishment. After the wash, Prep Rally Prime & Prep Detangler was sprayed on the wet hair to protect the hair from heat, along with Southern Belle Volume-Boosting Mousse, and Southern Belle Volume-Boosting Root Lifter. All was completed with Money Maker Flexible Hold Hairspray."

—Sarah Benjamin,
Manager of Drybar



The Big Reveal

"The entire makeover experience exceeded all of my expectations. I loved all of it. The results made me look and feel great. The day of beauty made me feel like a star. The outdoor photo shoot was fun, and the wind in my hair made for some good shots!"

—Leslie Leonard



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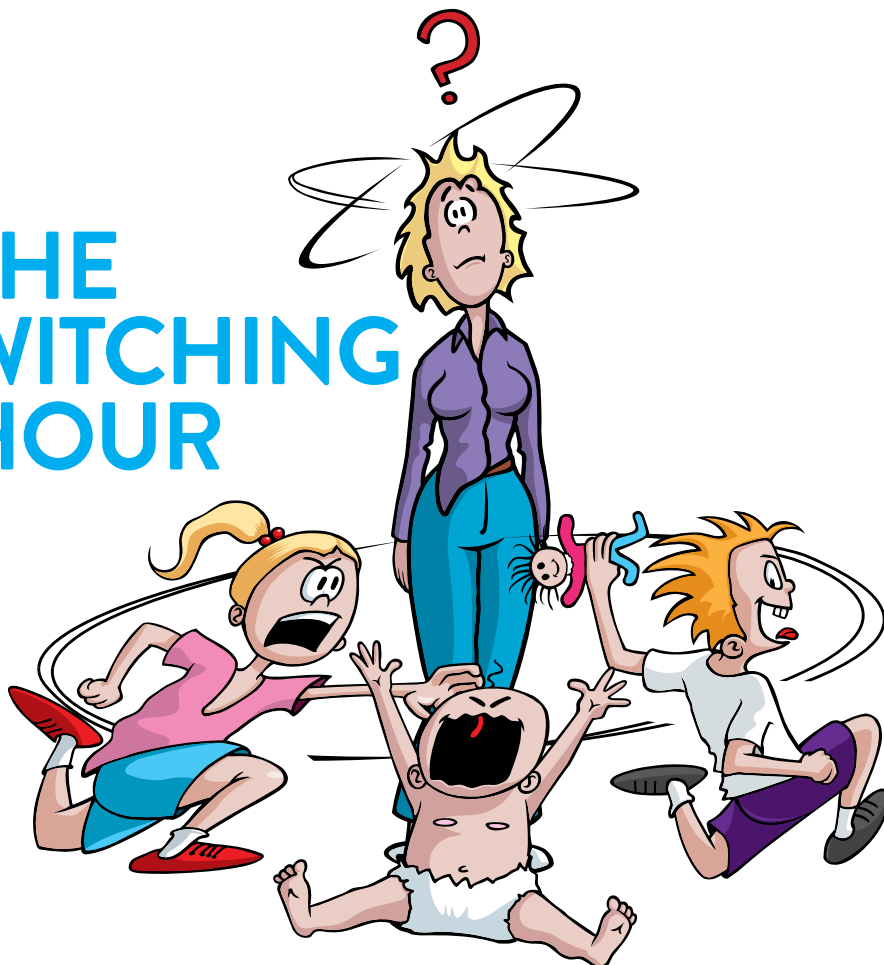
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THE WITCHING HOUR



By Lindsey Saucier

The witching hour is near, and you can almost feel it. Although, if you are so lucky to not know what the “witching hour” is, you can probably guess. Odds are, it’s happening in your house every day.

Derived from folklore, the witching hour is when paranormal activity occurs, and “creatures” are thought to be most powerful. In modern day households, it’s the hour after you get home or right before bed, when those creatures, also known as your children, seem to be conducting black magic. The house is a mess, the dishes are overflowing in the sink, homework needs to be completed, the children are arguing, there’s a stack of bills on the counter that need to be paid, and someone needs to get dinner started. It’s chaos around every corner.

Decompress and Connect

Sorcery aside, if you approach this hour with self-regulation, dominance, and pre-planned compassion, you just might be able to bring your children back to the natural world. For local mom of two,

Kayla Valenti, her household witching hour usually takes place between 7 and 8 p.m. with her six-year-old daughter and three-year-old son.

“It is chaotic,” she explains. “The kids start fighting and crying. It’s almost like they have gone mad.” Valenti combats her witching hour by turning it into a time of relaxation. She and her children do a variety of low-key activities, including reading, watching movies, and even sitting together and discussing their days.

“This helps to make the transition to bedtime easier,” she says. “If we’re sitting and relaxing, we usually make it a time where we can cuddle together and talk about our days or anything they want. Just spending more time with them, where they have my complete attention helps out a lot.”

Lynn Gresham, Licensed Professional Counselor, says it’s important to remain mindful of what each member of the family is carrying with them into that transitional time of day—whether it’s the hour after everyone gets home or the hour right before bed. If your witching hour happens when the working day is done,

your children are likely to be hungry, exhausted, and craving attention, all the while knowing that there’s more work to do when they get home.

Taking simple proactive measures such as planning for the family to spend 10 minutes decompressing and connecting, without technology, could make a huge difference. Like Valenti, Gresham recommends giving complete attention for a few moments so children will have an easier time turning their attention to homework, helping, or independent play.

“Your children are experiencing a similar range of feelings, just as you are, except their cognitive abilities to identify and verbalize their expansive feelings about going home [or going to bed] is limited,” Gresham says. “Make connecting with your children a priority so that they don’t seek out attention in negative ways.”

Utilize Technology

While it’s important to plan for time to decompress without technology, it’s equally as important to utilize it, if you’re a parent short on time.

“Because most parents have busy schedules during the week, one stressor that is often brought up is dinner time,” Gresham says. “If you know this is a struggle in the evenings, plan your meals Sunday evening, use one of the apps to order groceries, and pick them up or have them delivered.”

Practice Self-Care

Leslie Todd, Licensed Clinical Social Worker and Therapist, recommends combatting the witching hour first thing in the morning. “I ask a lot of my clients what they had for breakfast, and some of their nutritional habits aren’t great,” she says. “If you don’t eat until noon, it’s tough and can have negative impacts outwardly through your emotions.”

Practicing self-care—whether it’s through proper nutrition, exercise or relaxation techniques—is vital to combatting the witching hour with a calm and level-headed demeanor. If you aren’t sure what helps to give you that extra pep in your step, it’s important to perform

TIPS FOR A SINGLE PARENT OR TRANSITIONAL HOUSEHOLD

The witching hour may be magnified during a transition from one household to the next, or when a parent is battling the hour solo. Here are some fast tips to keep you and your family organized and on track.

- Transitions between households can be dramatic for children. They may need down time to themselves before they can re-engage with the household they've come into, known as "the receiving household."
- Don't start peppering them with questions about what they did in the previous household. Give them a warming up period and know they need time to readjust.
- During transitions, children may act out or be fussy or defiant, but it is important to remember that this is not a reflection of the other parent. It is a reflection of the child's emotional nature.
- Children don't have the ability to self-regulate yet. Turn the "witching hour" into a teachable moment of self-regulation whenever possible.
- Gresham recommends utilizing technology. "Use an organization system. They make the framework of the day visible, while providing reassurance, a sense of control, and individual responsibility," she says.
- Take advantage of grocery delivery services, meal kits, and other apps that can help make parenting life easier. It's not a cop-out or laziness—it's productive.
- Encourage older sibling assistance. If one child is old enough, rely on them to self-regulate themselves, then get their help with the dishes, laundry, supper, and even teaching their little brothers' or sisters' self-regulation techniques.
- Create a routine. "Routines are important because they set the standard and decrease anxieties of each day. In turn, individual stress is decreased and the value of the family working together is reinforced," says Gresham.

an assessment of your own self-care to figure it out.

"In terms of self-regulation, we need to take care of ourselves in order to be there for our children," Todd says. "There's no cheating on that. As adults, we forget that we have already learned coping mechanisms. We all have our own witching hours, but we have developed coping mechanisms to combat it. Kids haven't yet, so we have to become their coping mechanisms, depending on how old they are."

The age of your child deeply depends on his or her ability to self-regulate. With very little ones, you, the parent, need to provide that outside discipline and make it a teachable moment so they can begin to fully understand self-regulation.

"When the child is having a fit, we have to remain calm and provide that outside self-regulation so we can help them learn to regulate themselves," Todd says. "This might mean giving them a snack when they're 'hangry,' insisting on a nap, or telling them to go to their room. We have to provide that for them and in turn, stay calm ourselves."

Thankfully, with teenagers, self-regulation mechanisms have, or are beginning to, fully develop.

In turn, conversations can be held that might provide valuable feedback. "You can tell a teenager 'Look, I don't need this right now,' but you can't tell that to a four year old," Todd says. "To that end, your teenager may be able to tell you they need time when they get home to relax in their room. They may be right. You can get some buy in from other household members, simply by having the discussion."

Gresham says if it comes to your sanity or theirs, remind yourself that the witching hour is temporary. "The meme you see of someone's phone with the alarm clock time set every few minutes could've been taken directly from my personal phone," she says. "However, it's important that we remind ourselves that while we're tired and wanting some 'peace of time' as my son calls it, each day is not a means to an end. We signed up for this full life that is just that—full of life." ■



We run for hope.



We run for healing.



We run for the 1 in 4.



Sunday, March 24

1 Mile • 5K
Quarter Marathon

annasgrace.org





WEARIN' OF THE GREEN PARADE

Celebrate St. Patrick's Day by having a fun, family day at the Wearin' of the Green Parade. The parade starts at the corner of Hundred Oaks and S. Acadian Thruway by the Catholic Life Center at 10 a.m. on Saturday, March 16. Proceeded by the Shamrock Run 5K that starts and ends at Moreau Physical Therapy on Perkins Road at 8 a.m. Cost for the run is \$25. ■ wearinofthegreen.com

1 FRIDAY

BOOK BABIES. Watson Library at 10:30 a.m. Activity for infants through age five with stories, music, and games. (225) 664-3963
DISNEY'S MULAN, JR. LSU Shaver Theatre at 7 p.m. Take a mystical journey to ancient China in this action-packed stage adaptation of Disney's animated film. Performance by Christian Youth Theater. Tickets run \$16-22. cytbatonrouge.org
FAMILY DINNER IMPROV SHOW. Manship Theatre at 7:30 p.m. From the folks who brought you Spoof Night! with Films at Manship comes a locally made, comedy show. Ages 17 and older. Tickets are \$6. manshiptheatre.org
JIMI HENDRIX: ELECTRIC CHURCH. Manship Theatre at 7:30 p.m. Documentary about Jimi Hendrix's historic July 4,

1970 performance in front of over 300,000 US fans. Unrated film. Tickets are \$9.50. manshiptheatre.org
KREWE OF SOUTHDOWNS FLAMBEAUX PARADE: SCIENCE FICTION. Southdowns subdivision at 7 p.m. southdowns.org
PONCHATOLA ANTIQUE TRADE DAYS. Downtown Ponchatoula from 9 a.m.-5 p.m. through March 3. Outdoor festival, featuring antique and collectible vendors, arts and crafts, food, a petting zoo, and family activities. ponchatoulachamber.com
PORT VISIT OF NAO SANTA MARIA. USS KIDD Veterans Museum from 10 a.m.-6 p.m. Includes a guided tour through the five decks of the Santa María, where you can find informative panels on the ship and talk with the crew. Tickets run \$5-10. facebook.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 receive noise cancelling headphones, sunglasses, and fidget items. Registration required. (225) 231-3750
SOUTHEAST HIGH SCHOOL RODEO. Lamar Dixon Expo Center at 7 p.m. Features young cowboys and cowgirls from across the state, with door prizes, auction items, vendor booths, and concessions. Admission is \$10 for ages six and up. tourascension.com
SPANISH TOWN PARADE PARTY. Capitol Park Museum from 10 a.m.-2 p.m. Tickets include viewing of the parade, food and beverage, a cash bar, Mardi Gras mask making

for kids, King Cakes, a photo area, and a special appearance by Sparkles the Clown. Tickets are \$10-20. louisianastatemuseum.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. Gathering between LSU students and teens with special needs. Registration required. fhfgbr.org

2 SATURDAY

A WALK IN THE PARK. Parker Park, St. Francisville, from 9 a.m.-4 p.m. Arts and crafts fair with 60 facebook.com

BATON ROUGE ARTS MARKET. Farmers Market downtown from 8 a.m.-noon. Features special art activities for kids. artsbr.org
BATON ROUGE MARDI GRAS FESTIVAL. North Boulevard Lawn Stage from 10 a.m.-7 p.m. Free festival with music, art, Mardi Gras Indians, and food and drink. Lawn chairs encouraged. batonrouge-mardigrasfestival.com
CASA ORIENTATION. CASA office at 10 a.m. Capital Area Court Appointed Special Advocate (CASA) Association holds orientation for interested volunteers. Registration required. casabr.org
CELTIC KNOT NECKLACES AND LEPRECHAUN CUBES. Pride-Chaneyville Library at 3 p.m. Teens can make a fun craft for St. Patrick's Day. (225) 658-1550
DISNEY'S MULAN, JR. LSU Shaver Theatre at

2 p.m. and 7 p.m. Take a mystical journey to ancient China in this action-packed stage adaptation of Disney's animated film by Christian Youth Theater. Tickets run \$16-22.

cytbatonrouge.org

FIRST SATURDAY OF THE MONTH HIKE. Port Hudson State Historic Site at 10 a.m. Join a park ranger on a guided hike of the battlefield area known as Artillery Ridge. (888) 677-3400

🍷 **KREWE OF TICKFAW MARDI GRAS BOAT PARADE.** Tickfaw River, Springfield, at 2 p.m. Annual boat parade. facebook.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. Plan to take this class during the last 8-10 weeks of pregnancy and after attending the Special Delivery class. Registration required. womans.org

NATIONAL READ ACROSS AMERICA DAY. Also known as Dr. Seuss Day. Events are held across the U.S. nea.org

PONCHATOULA ANTIQUE TRADE DAYS. Downtown Ponchatoula from 9 a.m.-5 p.m. Outdoor festival, featuring antique and collectible vendors, arts and crafts, food, a petting zoo, and family activities.

ponchatoulachamber.com
PORT VISIT OF NAO SANTA MARIA. USS KIDD Veterans Museum from 10 a.m.-6 p.m. Includes a guided tour through the five decks of the Santa Maria, where you can find informative panels on the ship and talk with the crew. Tickets run \$5-10. facebook.com
READ ACROSS AMERICA: Dr. SEUSS'S BIRTHDAY. Jones Creek Library at 2:30 p.m. Children ages five to eight will listen to *The Cat in the Hat* and make a craft. Registration required. (225) 756-1160
SOUTHEAST HIGH SCHOOL RODEO. La-

mar Dixon Expo Center at 10 a.m. and 7 p.m. Features young cowboys and cowgirls from across the state, with door prizes, auction items, vendor booths, and concessions. Admission is \$10 for ages six and up. tourascension.com

SPRING FISHING CLASSIC. Cabela's, Gonzales, at noon. Includes free Catch and Release pond, photo download, craft, bait bean bag toss, a Woman's Fishing Workshop at 1:30 p.m., and a Kids' Fishing Workshop at 2:30 p.m. cabelas.com

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

THE KILTED MAN. EBR Main Library at 10:30 a.m. and Carver Library at 3 p.m. Matthew Gurnsey performs a free concert combining traditional Irish and Scottish music. ebrpl.com

3 SUNDAY

DISNEY'S MULAN, JR. LSU Shaver Theatre at 3 p.m. Take a mystical journey to ancient China in this action-packed stage adaptation of Disney's animated film by Christian Youth Theater. Tickets run \$16-22. cytbatonrouge.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

🍷 **KREWE OF COMOGO PARADE.** Highway 1, South Plaquemine, at 7 p.m. The westside's only nighttime parade with throws and street parties. kreweofcomogo.org
🍷 **KREWE OF GOOD FRIENDS PARADE: LOUISIANA FESTIVALS.** Port Allen at 1 p.m. kreweofgoodfriends@theoaks.com
PONCHATOULA ANTIQUE TRADE DAYS. Downtown Ponchatoula

from 9 a.m.-5 p.m. Outdoor festival, featuring antique and collectible vendors, arts and crafts, food, a free petting zoo, and family activities. ponchatoulachamber.com
PORT VISIT OF NAO SANTA MARIA. USS KIDD Veterans Museum from 10 a.m.-6 p.m. Includes a guided tour through the five decks of the Santa Maria, where you can find informative panels on the ship and talk with the crew. Tickets run \$5-10. facebook.com
SENSORY SENSITIVE SUNDAY. Chuck E. Cheese's at 9 a.m. Opens two hours early on the first Sunday of the month with reduced lighting and games for children with autism and other special needs. chuckedcheese.com
SOUTHEAST HIGH SCHOOL RODEO. Lamar Dixon Expo Center at 10 a.m. Features young cowboys and cowgirls from across the state, with door prizes, auction items, vendor booths, and concessions. Admission is \$10 for ages six and up. tourascension.com

SPRING FISHING CLASSIC. Cabela's, Gonzales, at noon. Includes free Catch and Release pond, photo download, craft, and bait bean bag toss. cabelas.com
THE KILTED MAN. Jones Creek Library at 3 p.m. Matthew Gurnsey performs a free concert combining traditional Irish and Scottish music. ebrpl.com

4 MONDAY

LINE 4 LINE. O'Neils Barber and Beauty Salon. Free haircuts once a month to boys ages 2-16 who read to the barbers. Free food. (225) 389-7207
🍷 **MARDI GRAS AT THE MUSEUM.** Knock Knock Children's Museum. Mardi Gras-themed activities, including King Cake decorating, bead murals, and a special parade at 4:45 p.m. Regular admission applies. knockknockmuseum.org

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. brgeneral.org
PARENTS NIGHT OUT FOR SPECIAL NEEDS REGISTRATION DEADLINE. St. Jean Vianney Church on March 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
SAFE SITTER COURSE. Woman's Hospital from 9 a.m.-3:30 p.m. Sitter can learn safety skills, first aid and rescue skills, life and business skills, and child care skills. Registration required. (225) 231-5475
THE HOUND OF THE BASKERVILLES MYSTERY ADVENTURE. Delmont Gardens Library at 4 p.m. Teens can go on an adventure as part of the spring One Book One Community celebration. (225) 354-7050

5 TUESDAY

🍷 **MARDI GRAS**

GEAUX FISH CATFISH RODEO. BREC's Zachary Community Park from 8-11:30 a.m. The pond will be stocked with adult channel catfish to be caught. Registration required. brec.org
HOPE CHESTS BREAST CANCER SUPPORT GROUP. Ochsner Hospital from 6-7 p.m. Monthly support group with speakers and light refreshments. ochsner.org
🍷 **MARDI GRAS AT THE MUSEUM.** Knock Knock Children's Museum. Mardi Gras-themed activities including King Cake decorating, bead murals, and a

special parade at 4:45 p.m. Regular admission applies. knockknockmuseum.org
🍷 **MARDI GRAS PARADES.** Throughout Louisiana and the Gulf Coast. louisianatravel.com

6 WEDNESDAY

ASH WEDNESDAY

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

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
CASA ORIENTATION. CASA office at noon.



Capital Area Court Appointed

Special Advocate (CASA) Association holds orientation. Registration required. casabr.org
FORUM 35'S HOLMES TRIVIA NIGHT. Londoner Restaurant from 5:30-7:30 p.m. As part of the One Book One Community celebration, adults are invited for a fun night. forum35.org

IN EVERY ISSUE CALENDAR

SOUTH LOUISIANA FAMILY FESTIVAL.

Lamar Dixon Expo Center through March 9. Includes a rodeo, craft fair, car show, color run, AG farm, fair, food, and music. Rodeo tickets are \$10. lafamilyfestival.com
TEEN ADVISORY BOARD. Watson Library at 5:30 p.m. Teens can suggest programs, volunteer, and help patrons choose books. (225) 686-4180

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

HIGH VOLTAGE CONCERT.

LSU Digital Media Center Theatre at 7:30 p.m. An eclectic concert of trans-media works, interweaving live performers, acoustic instruments, and technology. Free. cmda.lsu.edu

INTERNATIONAL

WOMEN'S DAY CELEBRATION.

Perkins Rowe from 6-9 p.m. The celebration honors women in the

community who have been the first in their industries. Tickets are \$25. eventbrite.com

LAGNIAPPE MUSIC AND SEAFOOD FESTIVAL.

Gonzales Civic Center through March 10. Includes live music, food court, arts and crafts, carnival games and rides, car show, silent auction and gumbo cookoff. standforautismmla.org

LEPRECHAUN GAME NIGHT.

BREC's Zachary Community Park from 6-8 p.m. All ages can test their luck in a night of fun. brec.org

LOVE, LOSS, AND WHAT I WORE.

Brew Ha-Ha at 7 p.m. Performance by Red Magnolia Theatre, celebrating International Women's Day. Reading of Nora and Delia Ephron's monologues and ensemble pieces. redmagnoliatc.org

PJ MASKS LIVE! SAVE THE DAY.

Raising Cane's River Center at 6 p.m. All new super-heroic live musical show. raisingcanesrivercenter.com

SAFE SITTER COURSE.

Woman's Hospital from 9 a.m.-3:30 p.m. Sitters learn safety, first aid, rescue, life, business, and child care skills. Registration required. (225) 231-5475

SINGO 2019. LSU Union Theater at 7:30 p.m. Free performance by the Musical Theatre Club of LSU. facebook.com

SOUTH LOUISIANA FAMILY FESTIVAL.

Lamar Dixon Expo Center, Gonzales, through March 9. Families can enjoy a rodeo, craft fair, car show, color run, AG farm, fair, food, and music. Rodeo tickets are \$10. lafamilyfestival.com

THE EDGE OF NIGHT.

BREC's Highland Road Observatory from 5:30-7:30 p.m. This will be the winter session of the introduction of twilight. (225) 768-9948

TRASH AND TREASURE SALE.

Old Mervyn's in Cortana Mall from 7:30 a.m.-3 p.m. All items will be 50 percent off. This is the annual sale by the Inner Wheel Club of Baton Rouge. Proceeds will benefit various charities. innerwheelbr.org

WIGGLE WORMS.

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

9 SATURDAY

BATON ROUGE SPRING GARDEN SHOW.

LSU John M. Parker Coliseum from 9 a.m.-4 p.m. with a Chili Cook-off from 10:30 a.m.-4 p.m. Features vendors, information booths, plant health clinic, and children's activities. Admission is \$5 for ages 12+. (225) 578-1813

BREASTFEEDING BASICS.

Woman's Hospital today 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

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

EXTREME COLOR RUN.

Lamar Dixon Expo Center at 10 a.m. Part of the South Louisiana Family Festival. Cost is \$25. extremecolorrun.com

LAGNIAPPE MUSIC

AND SEAFOOD

FESTIVAL. Gonzales Civic Center through March 10. Includes live music, food court, arts and crafts, carnival games and rides, car show, silent auction, and gumbo cookoff.

Benefits Stand for Autism LA. standforautismmla.org

MERCYME'S 2019

IMAGINATION NATION

TOUR. Raising Cane's River Center at 7 p.m. Multi-platinum selling band With Crowder and Micah Tyler. Tickets run \$25-78. raisingcanesrivercenter.com

MID CITY MAKERS

MARKET. 541 South Eugene Street from 4-8 p.m. Includes makers' booths, food, 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

READ ACROSS THE

MUSEUM. Louisiana Children's Museum, New Orleans, from 11 a.m.-3 p.m. Includes storytelling, reading, sharing, theater, and language development lessons. lcm.org

READER'S THEATRE SERIES AUDITIONS.

LSU Women's Center from 3-6 p.m. Red Magnolia Theatre needs women for *12 Angry Men Performed by 12 Impassioned Women* and men and women for *Motherhood Out Loud*. redmagnoliatc.org

ROCKIN' AT THE SWAMP.

BREC's Bluebonnet Swamp from 9 a.m.-4 p.m. Features a rockhound market, a treasure trail, gold mine, craft corner, fossil quarry, and rock and gemstone activities. Admission is \$4-5. (225) 757-8905

SLEEPY SLOTHS. Jones Creek Library at 2:30 p.m. Children ages three to six will listen to *Score One for the Sloths* and make a cute sloth picture. Registration required. (225) 756-1160



OUR LADY OF THE LAKE CHILDREN'S HOSPITAL AMAZING HALF MARATHON AND 5K RACE. North Boulevard Town Square with the Half Marathon and 5K at 7 a.m. and a Kids' mini-marathon and fun run at 7:30 a.m., followed by the Finish Festival. ■ amazinghalf.com



AIRLINE HIGHWAY. LSU Reilly Theatre from March 21-31. In the parking lot of the Hummingbird Motel, the hotel's residents have gathered to celebrate the life of Miss Ruby, an iconic burlesque queen. Tickets run \$17-32. ■ cmda.lsu.edu

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. ■ kidslab@lasm.org

CAJUN CLASSIC WHEELCHAIR TENNIS TOURNAMENT. Paula G. Man-ship YMCA from March 19-24. Annual international wheelchair tennis tournament. See athletes from around the world compete. ■ brwta.org

ELIZABETH CREE. LSU Shaver Theatre from March 21-24. This suspenseful and theatrical opera interweaves the trial of Elizabeth Cree, a series of brutal murders, and the spirited world of the English music hall. Tickets run \$17-32. ■ cmda.lsu.edu

FREE FRIDAY NIGHTS. LSU Museum of Art on Fridays from 5-8 p.m. Free admission to the museum. ■ lsumoa.org

LOUISIANA SPORTSMAN SHOW & FESTIVAL. Lamar Dixon Expo Center from March 14-17. Louisiana's premier outdoor show will feature boats, fishing and hunting equipment, ATVs, tractors and lawn equipment, and activities. ■ louisianasportsmanshow.com

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

NO GLASS SLIPPERS PROM GIVEAWAY DRESS AND SHOE DONATIONS. Drop off at all Capital Area YMCAs from March 1-15. Prom Giveaway will be held on March 24. ■ noglassslippers.com

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

ROCK 'N ROWE. Perkins Rowe on Thursdays from March 14-May 9 from 6-9 p.m. Free concert. Lawn chairs are welcome. ■ perkinsrowe.com

SCIENCE ACADEMY. BREC's Highland Road Park Observatory on Saturdays from 10 a.m.-noon for children ages 8-12. Cost is \$5-6. ■ hrpo.lsu.edu

THE 25TH ANNUAL PUTNAM COUNTY SPELLING BEE. Theatre Baton Rouge from March 8-24. An eclectic group of six vie for the spelling championship of a lifetime. Rated PG. Tickets run \$19-30. ■ theatrebr.org

CALENDAR IN EVERY ISSUE

SOUTH LOUISIANA FAMILY FESTIVAL.

Lamar Dixon Expo Center. Includes a rodeo, craft fair, car show, color run, AG farm, fair, food, and music. Rodeo tickets are \$10. lafamilyfestival.com

SPECIAL SATURDAYS: SURVIVING EXTREME DARKNESS.

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, featuring a short engaging talk accompanied by hands-on activities. Free. Registration required. lsu.edu

ST. PATRICK'S DAY SHAMROCK STORY/ CRAFT.

Greenwell Springs Library at 2:30 p.m. Children ages three to six can listen to *The Luckiest St. Patrick's Day Ever* and make a shamrock craft using crepe paper. Registration required. (225) 274-4450

STORY TIME IN THE GARDEN. Burden Center, every half hour from 9 a.m.-noon. Includes storybook readings and imagination-themed activities. Ages three to eight. Free. lsu.edu

TODDLER FUN DAY.

Donaldsonville and Dutchtown Libraries from 9-11 a.m. Paint with tempera paint sticks, play with bingo marker art, pretend to be a doctor, build with blocks, and dance to music. myapl.org

TRASH AND TREASURE SALE. Old Mervyn's in Cortana Mall from 9 a.m.-3 p.m. All items will be 50 percent off. Annual sale by the Inner Wheel Club of Baton Rouge, benefitting various charities. Free admission. innerwheelbr.org

VICTORIAN STEAMPUNK TEA.

EBR Main Library at 2 p.m. Women are invited to a special tea as part of the One Book One Community celebration of *The Hound of the Baskervilles*. Red Stick Spice Co. will lead a Tea 101 presentation, followed

by a tasting. Mingle with costumed steampunk enthusiasts. You can dress in costume. ebrpl.com

10 SUNDAY

DAYLIGHT SAVINGS TIME BEGINS

A TASTE OF ENGLISH TEA.

Jones Creek Library at 3:30 p.m. An afternoon of tea-tasting and tea customs, including Sherlock Holmes's favorite tea. Bring your favorite tea cup. Registration required. (225) 756-1150

BATON ROUGE SPRING GARDEN SHOW.

LSU John M. Parker Coliseum from 9 a.m.-4 p.m. with a Chili Cook-off from 10:30 a.m.-4 p.m. Includes vendors, information booths, a plant health clinic, and children's activities. Admission is \$5 for ages 12+. (225) 578-1813

CAT VIDEO FEST.

Man-ship Theatre at 2 p.m. Along with the videos, visit with people from Cat Haven and meet some cats looking for homes. A portion of each movie ticket sale will be donated to Cat Haven. manshiptheatre.org

CLAIRE CARTER, BONE DETECTIVE.

EBR Main Library at 3 p.m. As part of the One Book One Community celebration, author Mary Manhein will discuss her first children's book. A Q&A will follow the presentation. ebrpl.com

LAGNIAPPE MUSIC AND SEAFOOD FESTIVAL.

Gonzales Civic Center. Includes live music, food court, arts and crafts, carnival games and rides, car show, silent auction, and gumbo cookoff. standforautismla.org

READER'S THEATRE SERIES AUDITIONS.

LSU Women's Center from 3-6 p.m. Red Magnolia Theatre needs women for *12 Angry Men Performed by 12 Impassioned Women* and men and women for *Motherhood Out Loud*. redmagnoliac.org

SENSORY FRIENDLY SUNDAY: DR. SEUSS'S

IN EVERY ISSUE CALENDAR

OH THE PLACES YOU'LL GO. Louisiana Children's Museum, New Orleans, from 10:30 a.m.-noon. Families with children with disabilities or sensory processing differences can explore the museum in a comfortable and accepting setting. Pre-registration required.

TRASH AND TREASURE SALE. Old Mervyn's in Cortana Mall from 11 a.m.-4 p.m. All items will be 50 percent off. Annual sale by the Inner Wheel Club of Baton Rouge, benefitting various charities. Free admission. innerwheelbr.org

11 MONDAY

CASA ORIENTATION. CASA office at 6 p.m. Capital Area Court Appointed Special Advocate (CASA) Association holds orientation. Registration required. casabr.org

LSU TIGER GLEE CLUB AND WOMEN'S CHORALE. St. Alban's Chapel at 7:30 p.m. Free concert. cmda.lsu.edu
MICROSOFT EXCEL BASICS. Denham Springs-Walker Library at 6:30 p.m. Students ages 12+ will learn the basic features of Excel, along with entering, sorting, and computing data. Registration required.

(225) 686-4140
THE COMPOSER FORUM SERIES: MUSICAL POTPOURRI 2. LSU School of Music Recital Hall at 7:30 p.m. Performance by the Louisiana Sinfonietta. Tickets are \$25. louisianasinfonietta.org

12 TUESDAY

BREASTFEEDING BASICS. Woman's Hospital from 6:30-8:30 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. Registration required. (225) 231-5475

FLAMINGOS STORY/CRAFT. Carver Library at 4:30 p.m. Children ages 9-11 can listen to *Flamingos* and make a pink flamingo craft using construction paper. Registration required. (225) 389-7450

GARDENING IN ASCENSION PARISH. Galvez Library at 6:30 p.m. The Ascension Parish Master Gardeners Association will present the topic of "Twelve Essential Garden Hand Tools for Home Gardeners." Registration required. (225) 622-3339
LSU SYMPHONIC BAND CONCERT. LSU Student

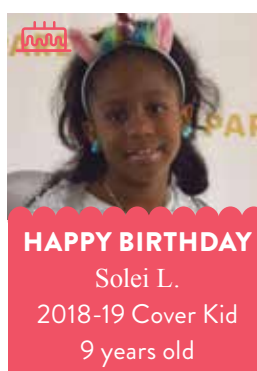
Union Theater at 7:30 p.m. Tickets run \$11-18. cmda.lsu.edu
PARENTS/CAREGIVERS NETWORKING MEETING. Conference call at noon, sponsored by the Louisiana Department of Health and Families Helping Families of Greater Baton Rouge. For parents of children with behavioral issues who need information and support. Access number is 546755#. (641) 715-3273

PREPARING FOR DELIVERY. Woman's Hospital. Two-day class today and March 13 from 6:30-8:30 p.m. Learn basic information so you can recognize signs of labor and practice comfort measures. Registration required. (225) 231-5475

SWAMP SCHOOL. BREC's Bluebonnet Swamp from 2-4 p.m. Features different themes for children ages 6-10 and an adult. This picks up where Trail Time for Toddlers leaves off. Registration required. brec.org
THRIVING WITH DIABETES: BLOOD GLUCOSE MONITORING 101. St. Elizabeth Hospital, Gonzales, from 6-7 p.m. Free workshop. Registration preferred. (225) 621-2906
YOUNG WRITERS CLUB.

Denham Springs-Walker Library at 5 p.m. Open to ages 12-18, members practice writing in many different styles and genres to fine-tune skills and challenge themselves. (225) 686-4140
ZOO AND ME MORNING: DOWN ON THE FARM. 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



BREASTFEEDING BASICS. Woman's Hospital. Last of a two-day class from 6:30-8:30 p.m. Learn the benefits of breastfeeding, how to prepare for breastfeeding, how to get the baby on the breast properly, the father's role, and how to

avoid common problems. Registration required. (225) 231-5475
CASA ORIENTATION. CASA office at 5 p.m. Capital Area Court Appointed Special Advocate (CASA) Association holds orientation. Registration required. casabr.org
GROCERY STORE TOUR. Rouses Market, Bluebonnet, from 10-11 a.m. Join Baton Rouge General's dietitians for a grocery tour to learn how to choose fresh and healthy foods and how to understand confusing nutrition labels. Free. Space is limited. Registration required. brgeneral.org
MADEA'S FAREWELL TOUR. Raising Cane's River Center at 7 p.m. Tyler Perry brings his beloved characters to venues across the United States. raisingcanesrivercenter.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. (225) 231-5475
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

NATIONAL PI DAY

BABY FOOD BASICS. Baton Rouge General, Bluebonnet, from 6:15-7:30 p.m. A class for parents preparing to introduce their infants to solid foods. brgeneral.org
BODY BASICS FOR BOYS. Woman's Hospital from 6:30-8:30 p.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
JEOPARDY @ THE LIBRARY. Jones Creek Library at 7 p.m. Adults



12 HYPE ON THE MOVE. North Boulevard Town Square from 6-7 p.m. Free family-friendly yoga class sponsored by HypeBR. ■ mtrep@firstmethodist.org

can play Jeopardy in teams to test their knowledge of Sherlock Holmes and the United Kingdom to win prizes. (225) 756-1170

LULU AND BEAN STORYTIME. Lulu and Bean at 9:30 a.m. Babies and toddlers up to age three can enjoy 20-30 minutes of free interactive fun with a storyteller.

LUNCHTIME LECTURE: HOW TO WEED YOUR ATTIC. West Baton Rouge Museum, Port Allen, at noon. Dr. Elizabeth Dow lectures on deciding what to keep, discard, and how to determine what has historic significance.

NIGHT AT THE MUSEUM: FISH. LSU Museum of Natural Science 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

SIPS AND SUDS AT THE STABLES. Live Oak Arabians from 6-9:30 p.m. Fundraiser benefiting McMains Children's Developmental Center. Includes food, drinks, live music, live and silent auctions, a wine pull, and whiskey toss. facebook.com

THE UNITED STATES NAVY BAND SEA CHANTERS. University Baptist Church at 7 p.m. Free performance of a variety of music, ranging from traditional choral music and opera to Broadway and contemporary. facebook.com

15 FRIDAY

AUDUBON PILGRIMAGE. Felicianas through March 17, with historic home and garden tours, costumed re-enactors, living history demonstrations, and period music and dancing. (888) 677-2838

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. (225) 231-5475

CHRIS BOTTI. Raising Cane's River Center at 8 p.m. Great Performers in Concert Series with the Baton Rouge Symphony Orchestra. brso.org

DENIM AND DIAMONDS: JDRF IMAGINE GALA. L'Auberge Casino and Hotel at 6:30 p.m. Includes cocktails, food, live and silent auctions, a special Fund A Cure segment, and live entertainment. jdrf-louisiana.ejoinme.org

GHOST SHIPS ON THE RIVER. Port Hudson State Historic Site, Jackson, at 6:30 p.m. Includes a walk to Fort Desperate, stories of bizarre and ghostly battles, a nighttime firing of the 42-pounder cannon, and a reenactment of the

navy assault and the destruction of the USS Mississippi. (888) 677-3400

JAMBALAYA CUP. Cajun Industries Soccer Complex, Gonzales, through March 17. Tournament open to all competitive and recreational teams. Also features an Academy Festival for all 9U and 10U teams. soccer.sincsports.com

LEPRECHAUN GAME NIGHT. BREC's Perkins Road Park from 6-8 p.m. All ages can test their luck in a night of fun. brec.org

SUNSHINE SOCIAL: SHAMROCK SHUFFLE. BREC's Womack Ballroom from 6-9 p.m. Dance for ages 16 and up, with special needs and their friends and families. Wear green. Suggested donation is \$5. (225) 216-7474

16 SATURDAY

ASCENSION LEGO CLUB. Dutchtown Library at 10:30 a.m. for all ages. LEGOs, Duplo blocks,

and Mega Bloks will be provided. (225) 673-8699

AUDUBON PILGRIMAGE. Felicianas through March 17, with historic home and garden tours, costumed re-enactors, living history demonstrations, and period music and dancing. (888) 677-2838

BIG BIRD'S BIRTHDAY BASH. LASM from 10 a.m.-5 p.m. Learn about astronomy with Big Bird and Friends. Enjoy a day of stargazing, hands-on astronomy activities, and special planetarium showings. lasm.org

BREASTFEEDING BASICS. Ochsner Medical Center from 9 a.m.-noon. Learn the essential information needed to breastfeed successfully. Free. (225) 755-4854

BULLS, BANDS AND BARRELS. Lamar Dixon Expo Center at 7 p.m. Features Frank Foster with Chase Tyler. Special appearance by Chris Shivers. Tickets run \$12-40.

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CASA ORIENTATION.

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

FELICIANA TRADE

DAYS. Graceland Portable Buildings, Jackson, from 9 a.m.-5 p.m. Includes crafts, pottery, clothes, yard sale items, a farmer's market, and food. (225) 719-2199

FRISCO FEST. San Francisco Plantation, Garyville, from 9 a.m.-5 p.m. through March 17. Includes arts and crafts, car show, bike tour, music, pony rides, petting zoo, space walks, Euro Bungee, and food vendors. sanfranciscoplantation.org

GIRLS DAY OUT.

St. Elizabeth Hospital, Gonzales, from 8:30 a.m.-12:30 p.m. A day of learning, laughing, and movement activities for women. \$10 fee includes a continental breakfast and snacks. Registration required. eventbrite.com

HIGH SCHOOL MATH

CONTEST. LSU Tureaud Hall and the Howe-Russell Geosciences Complex at 9 a.m. High school students can register to test their mathematical mettle in individual competition or in team competition. \$7 donation to receive a t-shirt until March 6. math.lsu.edu

JAMBALAYA CUP. Cajun Industries Soccer Complex, Gonzales, through March 17. Tournament open to all competitive and recreational teams. Also features an Academy Festival for all 9U and 10U teams. soccer.sincsports.com

LADY SHERLOCK: A STUDY IN SCARLET

WOMEN. EBR Main Library at 7 p.m. Celebrate the spring One Book One Community selection with a riveting book talk led by author, Sherry Thomas. Q&A period will follow the presentation. ebrpl.com

LAMAZE: LABOR OF LOVE. Woman's Hospital from 8 a.m.-5 p.m. for couples wanting to learn how Lamaze techniques as-

sist 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

LIGO SCIENCE SATURDAY: ENERGIZE.

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

MURDER MYSTERY DIN-

NER THEATRE. Nottoway Plantation, White Castle, at 5:30 p.m. The story, set in 1859, features Nottoway's original owners, John and Emily Randolph. Throughout the evening, historically dressed actors and actresses will perform between dinner courses. nottoway.com

SPRING BIRD STORY/ CRAFT. Bluebonnet Library at 10:30 a.m. Children ages 8-11 can listen to *Igor, the Bird Who Couldn't Sing* and make a spring bird craft. Registration required. (225) 763-2250

SPRING GREEN AT THE ZOO. BREC's Baton Rouge Zoo from 9:30 a.m.-4 p.m. Celebrate Being Green and learn how you can help wild animals and wild places through special amphitheater programs, games, and a scavenger hunt. Regular admission applies. brzoo.org

STUDIO SATURDAYS. LASM at 1 p.m. Hands-on workshop for children ages 8-14 and their caregivers. Build your own pinhole camera. Nonmembers is \$5 per child plus general admission. Registration required. lasm.org

TEEN SHERLOCK HOLMES ESCAPE ROOM. Jones Creek Library at 3 p.m. Teens can try to escape a room by solving a series of clues. Inspired by the One Book One Community Spring 2019 book.



(225) 756-1170

TODDLER FUN DAY.

Galvez and Gonzales Libraries from 9-11 a.m. Paint with tempera paint sticks, play with bingo marker sticks, pretend to be a doctor, build with blocks, and dance to music. myapl.org

WEARIN' OF THE

GREEN PARADE.

Starts at the corner of Hundred Oaks and S. Acadian Thruway by the Catholic Life Center at 10 a.m. Proceeded by the Shamrock Run 5K that starts and ends at Moreau Physical Therapy on Perkins Road at 8 a.m. Cost for the run is \$25. wearinofthegreen.com

17 SUNDAY

ST. PATRICK'S DAY

AUDUBON PILGRIMAGE. Felicianas, with historic home and garden tours, costumed re-enactors, living history demonstrations, and period music and dancing. (888) 677-2838

COLORS OF LOVE FASHION SHOW: AUTISM AWARENESS AUDITION.

BREC's Baker Center from 3-5 p.m. Open to ages 4-21. *Colors of Love* will be a fashion show dedicated to bringing awareness to children in the community diagnosed with autism. Registration required. eventbrite.com

FRISCO FEST. San Francisco Plantation, Garyville, from 9 a.m.-5 p.m. Includes arts and crafts, music, 5K, one-mile fun run, pony rides, petting zoo, space walks, Euro Bungee, and food vendors. sanfranciscoplantation.org

GIRL TALK. Baton Rouge General Hospital, Bluebonnet, at 2 p.m. One-day class led by Baton Rouge General OB/GYNs for girls ages 9-11 and a parent or trusted adult. Focuses on what girls experience during puberty, including skin changes, first periods, and breast development. Cost is \$10. brgeneral.org
HOSPITAL ORIENTATION. Woman's Hospital from 1:30-2:45 p.m. or

DATE NIGHT



ROLL IT UP. Why not instead of simply eating sushi, you learn how to roll your own? At Tsunami, you can do just that. This one-of-a-kind date night puts you and your date right in the middle of the action in the kitchen. However, you don't even have to be at Tsunami to participate. Tsunami offers sushi classes throughout the year, in house or offsite. Which means, you can learn how to make your sushi favorites right from the comfort of your own home. It's fun and food, all rolled into one.

■ servingsushi.com



FORE! Tee off with your loved one this month by challenging one another in a game of high-tech golf at Topgolf. Each hitting bay is climate controlled and plays music, and after you get your game on, you can feast on delicious food and drinks. But don't worry, even if you aren't the best at golf or at keeping score, you will still have a great time. Topgolf's amazing technology allows you to track your golf ball, and it accurately scores each shot for you.

■ topgolf.com



CAN YOU ESCAPE? Challenge your mind, test your ability to work together, and push your resourcefulness on your next date night. Pair up with your special someone (and a few other couples) to take on Bequest or The Diner at Sequestered Escape Room Adventures. Experience the adrenaline rush as you solve riddles and puzzles together on an adventure like no other. It's a date night that the both of you will want to do again and again.

■ sequesteredescape.com

BREC OUT THIS MONTH

MARCH

GEAUX CATFISH RODEO

ZACHARY COMMUNITY PARK

March 5 | 8 – 11:30 a.m.

LEPRECHAUN GAME NIGHT

ZACHARY COMMUNITY PARK

March 8 | 6 – 8 p.m.

THE EDGE OF NIGHT (WINTER SESSION)

HIGHLAND ROAD PARK OBSERVATORY

March 8 | 5:30 – 7:30 p.m.

ROCKIN' AT THE SWAMP

BLUEBONNET SWAMP NATURE CENTER

March 9 | 9 a.m. – 4 p.m.

SUNSHINE SOCIAL "SHAMROCK SHUFFLE"

WOMACK PARK

March 15 | 4 – 7 p.m.

SPRING GREEN AT THE ZOO

BATON ROUGE ZOO

March 16 | 9:30 a.m. – 4 p.m.

BREC JR. TENNIS TOURNAMENT

INDEPENDENCE COMMUNITY
PARK TENNIS CENTER

March 22 + 23 + 24

SUMMER CAMP REGISTRATION BEGINS!

March 23 | 9 a.m.

DOG DAY AT THE SWAMP

BLUEBONNET SWAMP NATURE CENTER

March 23 | 9 a.m. – 5 p.m.

CANOE CAMPING

CHICOT STATE PARK

March 23



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



BREC.ORG/THISMONTH

IN EVERY ISSUE CALENDAR

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

JAMBALAYA CUP. Cajun Industries Soccer Complex, Gonzales. Tournament open to all competitive and recreational teams. Also features an Academy Festival for all 9U and 10U teams.

MARDI GRAS REVELRY. Jones Creek Library at 2:30 p.m. Local photographer, Claude Lindsey, shares his photos and highlights of Mardi Gras 2019. (225) 756-1170

18 MONDAY

ELEMENTARY, MY DEAR BINGO. Jones Creek Library at 6:30 p.m. Be a detective and celebrate Sherlock Holmes and the 2019 One Book One Community program. Prizes awarded. (225) 756-1170

LEARN ABOUT FINGERPRINTS. Scotlandville Library at 4 p.m. As part of the One Book One Community celebration, kids ages 8-11 can hear a reading of *Forensic Evidence*, learn about fingerprints, and explore with a fingerprints kit. Registration required. (225) 354-7550

19 TUESDAY

ATTRACTING WILD BIRDS. Dutchtown Library at 6:30 p.m. Gina Periou, owner of Wild Birds Unlimited Nature Shop, will give tips and advice on how to go about making sure your yard is set up in the best possible way to attract wild birds to your yard. Registration required. (225) 673-8699

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

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

COMMUNITY TOWN HALL ON PUBLIC EDUCATION IN LOUISIANA. Baton Rouge at 5 p.m. Join parents, teachers school support employees, principals, superintendents, and community members for a discussion with lawmakers about school funding, teacher/school employee pay, and educator recruitment/retention. facebook.com

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

LPSS SELF-DEFENSE MOVES. Denham Springs-Walker Library at 5:30 p.m. Teens can learn simple and effective self-defense techniques from Livingston Parish Sheriff's Office. Registration required. (225) 686-4140

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

PARENTS/CAREGIVERS NETWORKING MEETING. Conference call at 5 p.m., sponsored by the Louisiana Department of Health and Families Helping Families of Greater Baton Rouge. For parents of children with behavioral issues who need information and support. Access number is 546755#. (641) 715-3273

SLIME TIME. Watson Library at 5:30 p.m. Children ages 8-11 can have fun with slime. Registration

required. (225) 686-4180

TEEN DETECTIVES. Bluebonnet Library at 3 p.m. Teens can celebrate the spring One Book One Community selection by finding clues that reveal a secret message. (225) 763-2250

20 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

BIG BASS RODEO AND FISHTIVAL. Popp's Bandstand, New Orleans, from 6:30 a.m.-noon. Annual event with contests and events for all ages. Entry fee runs \$5-10 with Boats on the Bayou from \$15-25. Registration online. neworleanscitypark.com

HENRY WATSON: MY LIFE AND ART. EBR Main Library at 7 p.m. Adult presentation on Watson's three-dimensional bas-relief creations. (225) 231-3751

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

LUNCHTIME LECTURE. West Baton Rouge Museum, Port Allen, at noon. Lecture and book signing by Mary Ann Sternberg, author of *River Road Rambler Revisited*. westbatonrougemuseum.com

SHERLOCKS-IN-TRAINING. Eden Park Library at 4:30 p.m. Little sleuths ages 8-11 can celebrate *The Hound of the Baskervilles* by making fingerprints, using magnifying glasses, creating secret messages, and decoding clues. (225) 231-3250

THE DETECTIVE DOG STORY/CRAFT. River Center Library at 3 p.m. Children ages three to six

can listen to *The Detective Dog*, solve a mystery using their sense of smell, and take home an activity sheet based on the book. (225) 389-4967

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

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

BILINGUAL STORYTIME. Gonzales Library at 6 p.m. Children ages seven and younger are invited to a storytime presented in both English and Spanish. Includes stories, songs, active play, and a craft. (225) 647-3955

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

CANOE CAMPING REGISTRATION DEADLINE. Chicot State Park from March 23-24. Persons ages 12+ can enjoy canoeing and camping with BREC personnel. Cost is \$35. brec.org

CRADLE TO K PARENT CLUB. St. Mary's Baptist Church from 10 a.m.-noon. A chance for parents to have honest conversations about the joys and challenges of parenting. Lunch and childcare provided. (225) 389-7957

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

MUDDFEST. Raising Cane's River Center at 7 p.m. Features Puddle of Mudd, Saliva, Trapt, and Saving Abel. Tickets run \$23-48. raisingcanesrivercenter.com

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

TOPSY TURVY TEA PARTY. Denham Springs-Walker Library at 6 p.m. Children ages three to seven can enjoy a modern re-telling of the classic Alice story with games and a craft. Registration required. (225) 686-4140

22 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

COOKING IN CENTRAL. Amazing Place, Central, at 3 p.m. with entertainment for the kids. Seafood extravaganza starts at 5 p.m. Music and dancing starts at 6 p.m. Includes pony rides, games, a live auction, and raffles. Benefits Central Community Schools. cookingincentral.com

HIPPITY HOP WITH A COP REGISTRATION DEADLINE. Inclusive Easter Egg Hunt, Zoar Baptist Church, from 10 a.m.-2 p.m. on April 6. Children with disabilities are invited to this event, hosted by the East Baton Rouge Sheriff's Office. Registration forms can be obtained by emailing pmoran@ebrso.org, and must be received by today. facebook.com

JEANIE PEABODY KIDS DAY AT THE CAJUN CLASSIC WHEELCHAIR TENNIS TOURNAMENT. Paula Manship YMCA from 5-6:30 p.m. Children with physical disabilities and their families can learn about wheelchair tennis

with games, prizes, and a fish fry dinner. Free. ymcabr.org

23 SATURDAY

ASCENSION PARISH RELAY FOR LIFE. Cabala's, Gonzales, from 3-10 p.m. Benefits American Cancer Society. relayforlife.org

BATON ROUGE BALLET THEATRE'S YOUTH BALLET AUDITIONS.

The Dancers Workshop from 9-10:30 a.m. for dancers ages 10-14. \$10. The Youth Ballet will create a new ballet, *Return to Neverland*, to perform on tour from June 3-11. batonrougeballet.org

BEST HOUND IN SHOW. Bluebonnet Library from 2:30-5 p.m. As part of the spring One Book One Community celebration, join the Companion Animal Alliance of Baton Rouge in finding furever homes for local animals in need. (225) 763-2250

CAMP FAIR AND SUMMER FUN EXPO.

Mall of Louisiana from 10 a.m. to 3 p.m. Find the perfect camp for your child through meeting face to face with local and out-of-state camps. With overnight and day camps,

live entertainment, and kid-friendly activities, this family-fun day with *Baton Rouge Parents Magazine* is one you won't want to miss. brparents.com

CANOE CAMPING.

Chicot State Park through March 24. Persons ages 12+ can enjoy canoeing and camping with BREC personnel. Registration deadline is March 21. Cost is \$35. brec.org

CORPORATE CUP 5K.

North Boulevard Town Square at 9 a.m. Annual run for charity. \$30 pre-registration. providencecorporatecup.com

DASH FOR DEAF KIDS AND RUN-WALK-SIGN.

Louisiana School for the Deaf at 8 a.m. Partnership between two nonprofits, Deaf Focus and Louisiana School for the Deaf Foundation. Includes a performance by Sunshine 2.0 and a jambalaya lunch. Cost runs \$10-25. facebook.com

ENGINEERING DAY.

LASM from 10 a.m.-3 p.m. Annual event featuring 30+ interactive stations, showcasing a wide array of engineering and design specialties. General admission applies. lasm.org

EXPLORE CIRCUITRY WITH LITTLEBITS. Gonzales Library at 10:30 a.m.

Children in grades two and above can make connections and create machines with easy and swappable circuit boards. (225) 647-3955

GEAUX YOGA. Tiger Stadium from 9 a.m.-noon. Includes yogalates class, food from local restaurants, and beverages from Mockler Beverage. Free cancer screenings. Benefits Mary Bird Perkins: Our Lady of the Lake Cancer Center and Cancer Services. Tickets run \$20-50. eventbrite.com

GREAT FUTURES GALA.

Shaw Center for the Arts from 7:30-11:30 p.m. The Boys and Girls Club honors 15 young professionals in the local community. Black tie gala includes an open bar, catered food, live band, and a silent auction. greatfuturesgalabr.com

GROWING UP BOYS. St. Elizabeth Hospital, Gonzales, from 9-10:30 a.m. A class for boys ages 10-12 and their dads/moms. Cost is \$15. Pre-registration required. (225) 621-2906

HOPE FOR HEMOPHILIA. BREC's Baton Rouge Zoo from 10 a.m.-3 p.m. For families affected by Hemophilia. Includes crawfish, hamburgers, face painting, music, and zoo admission. Tickets run \$15-

25. eventbrite.com

MASTER GARDENER PLANT SALE. LSU AgCenter Botanic Gardens from 8 a.m.-2 p.m. Annual sale of over 5,000 home-grown perennials and annuals, specifically selected by the East Baton Rouge Master Gardeners. mgplantsale.com

MID CITY MINI FLEA MARKET.

Create Studios from 10 a.m.-5 p.m. Arts and crafts. facebook.com

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

PIN THE HAT ON THE HOUND. Greenwell

Springs Library at 11 a.m. Children can hear readings from *Hound Town Chronicles: Sherlock, A Police Dog Story* and pin a paper hat to a hound dog poster. Registration required. (225) 274-4450

PRACTICE ACT TEST.

Delmont Gardens Library and EBR Main Library at 9:30 a.m. Students can take the test at either library. Preference given to high school students. Results will be sent by email. Registration required. ebrpl.com

SWAMP DOG DAY.

BREC's Bluebonnet Swamp from 9 a.m.-5 p.m. Bluebonnet Swamp drops its "no pets" policy and opens its doors and trails to pets four days out of the year. General admission applies. brec.org

TEEN DIY INSTAGRAM CUBES.

Jones Creek Library at 3 p.m. Teens can learn to make this fun decoration. (225) 756-1170

TOUCH A TRUCK.

BREC Fairgrounds from 9 a.m.-4 p.m. with a Silent Hour from 9-11 a.m. for those sensitive to noise. Unique, interactive, one-day annual event that allows children to see, touch, and explore their favorite big trucks, vehicles and heavy equipment, as well as meet the individuals who

protect, serve and build Baton Rouge. Sponsored by the Junior League Baton Rouge. Tickets are \$10 for ages two and above. juniorleaguebr.org

WHY AM I SO DISORGANIZED? EBR Main Library at 2 p.m. Workshop offered by Alyssa Trosclair of Centsibly Organized. facebook.com

24 SUNDAY

ANIMAL ADOPTION EVENT.

Londoner Pub and Grill from 10 a.m.-2 p.m. Offered by Rescue, Rehome, Repeat. facebook.com

ANNA'S GRACE QUARTER MARATHON.

L'Auberge Casino and Hotel at 7:30 a.m. Includes a one-mile fun run, a 5K, and a special Quarter Marathon with a Remembrance Celebration and Post-Race party. All proceeds will benefit Anna's Grace Foundation. annasgrace.org

BREAKFAST WITH BELLE...BE OUR GUEST.

La Divina Italian Cafe from 8-9 a.m. Enjoy a breakfast with Belle along with photo opportunities, stories, and sing-a-longs. Tickets are \$25. eventbrite.com

FARM 5K. LSU Central Research Station from 7 a.m.-1 p.m. Presented by the Block and Bridle Club at LSU. Includes a Fun Run. Registration runs \$15-25. facebook.com

HOLI FESTIVAL OF BATON ROUGE. Galvez Plaza from 1-4 p.m. Holi, the festival of colors, is considered to be one of the most revered festivals in India. This family-friendly event will have food, drinks, music, Indian cultural dances, and color. facebook.com

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. lachadd.org

NO GLASS SLIPPERS PROM GIVEAWAY. McKinley Alumni Center



CHILDREN'S WORLD FAIR. Louisiana Children's Museum, New Orleans, from noon-4:30 p.m. Families will explore cultural diversity through performances and various activities of eight countries. Tickets run \$16-20. ■ lcm.org

IN EVERY ISSUE CALENDAR

from 2-6 p.m. Free prom dresses for young ladies in high school. Must bring school ID. Free bras also available from Jess' Bra Closet.

noglassslippers.com

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

(225) 231-5475

RON K. BROWN DANCE MASTER CLASS. Manship Theatre from 5-7 p.m. For ages 15 and up with all dance levels welcome.

manshiptheatre.org
THE MANY FACES OF SHERLOCK HOLMES.

EBR Main Library at 3 p.m. Louisiana State University faculty member and crime fiction scholar, Dr. Kris Mecholsky will lecture on the history of the character. (225) 231-3750

25 MONDAY

CATCHING THE BUZZ: BEEKEEPING AND HONEY TASTING.

Eden Park Library at 5 p.m. The Capital Area Beekeeping Association will give a free presentation on beekeeping. A sweet honey tasting follows. (225) 231-3250

DIY SUNCATCHER.

Carver Library at 4 p.m. Adults can make a suncatcher using a variety of designs. Registration required (225) 389-7450

PADDLE UP 2 REGISTRATION DEADLINE.

BREC's Greenwood Community Park from 6-7 p.m. for ages eight and up. Cost is \$10-12. brec.org

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

RON K. BROWN EVIDENCE DANCE PERFORMANCE. Manship Theatre at 7:30 p.m. New York-based dance company which incorporates modern dance with West African rhythms. Tickets run \$25-45. manshiptheatre.org

26 TUESDAY

AMERICAN GIRL LIVE.

Raising Cane's River Center at 7 p.m. Premier stage production featuring original songs. Tickets run \$38-113.

raisingcanesriver-center.com

CASA SPRING PRE-SERVICE TRAINING.

CASA office. Registration required. (225) 379-8598

THINK LIKE A LADY, ACT LIKE A QUEEN.

7373 Scenic Highway from 5:30-6:30 p.m. A free etiquette and self esteem

workshop for girls ages 10-17, hosted by Ms. Black Louisiana. eventbrite.com

LPSS SELF-DEFENSE MOVES.

Watson Library at 5:30 p.m. Teens can learn simple and effective self-defense techniques from Livingston Parish Sheriff's Office. Registration required. (225) 686-4180

SWAMP SCHOOL.

BREC's Bluebonnet Swamp from 2-4 p.m. Ages 6-10 and an adult. This picks up where Trail Time for Toddlers leaves off. Cost is \$15. Registration required. brec.org

TEEN ADVISORY BOARD.

Denham Springs-Walker Library at 5 p.m. Teens can suggest programs, volunteer, and help choose books. (225) 686-4140

27 WEDNESDAY

CINEMA FOR THE EARS.

LSU Digital Media Center Theatre at 7:30 p.m. A

musical experience with high definition sound from 92 speakers. Free.

cmda.lsu.edu

PADDLE UP 2. BREC's Greenwood Community Park from 6-7 p.m. for ages eight and up. Registration required by March 25. Cost is \$10-12. brec.org

28 THURSDAY

FEEDING YOUNG MINDS.

Watson Library at 5:30 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

LA LECHE LEAGUE OF BATON ROUGE MEETING.

Java Mama at 10:30 a.m. The La Leche League helps mothers to breastfeed through support, encouragement, information and education. All participants will receive discounted open play. facebook.com

LEGO CLUB. Watson Library at 5 p.m. for ages 3-11. Includes a monthly theme, craft, and snack.

LEGOs provided.

(225) 686-4180

PRENATAL CLASS.

Baton Rouge Clinic Pediatric Building at 5:30 p.m. Free class with Baton Rouge Clinic pediatricians. Registration required.

batonrougeclinic.com

RIVER CITY JAZZ MASTERS SERIES: MONTEREY JAZZ FESTIVAL

ON TOUR. Manship Theatre at 7:30 p.m. Features a top roster of diverse and international millennial talent and the leaders of jazz's future. Tickets run \$25-45. manshiptheatre.org

SISU AND YOU. Knock Knock Children's Museum from 5:30-7:30 p.m. Topic is "A New Health Perspective: The Body Revolution Kids Need." A creative workshop for families. The program is free for kids ages 5-11. Registration required. eventbrite.com

SLIME TIME. Denham Springs-Walker Library at 5:30 p.m. Children ages 8-11 can have fun with slime. Registration required. (225) 686-4140

STEEL MAGNOLIAS. Old South Jamboree, Walker, at 7 p.m. A play about the friendship and love of a group of southern women. Performed by Spotlight Theater Players. Tickets are \$15. stpds.com

29 FRIDAY

FETCH CLAY, MAKE MAN.

LSU Studio Theatre at 7:30 p.m. In the days leading up to one of the most anticipated fights for Cassius Clay, the heavy-weight boxing champion forms an unlikely friendship with controversial Hollywood star Stepin Fetchit. Play by New Venture Theatre. Tickets run \$15-20. newventuretheatre.org

MARY POPPINS: THE BROADWAY MUSICAL.

Brown-Holt Chapel Arts Center, The Dunham School, at 7 p.m. This magical family musical is based on the children's books by P. L. Travers and the beloved 1964 Disney film. Tickets are \$15-20. dunhamschool.org

30 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. (225) 231-5475

CAT SHOW: SPRING IS IN THE AIR.

Lamar Dixon Expo Center from 9:30 a.m.-5 p.m. Includes

31



DUCK DERBY. City Park Golf Course Stream at 1 p.m. Ducks will race down the stream, and the first three to cross will win prizes. \$5. Benefits Knock Knock Children's Museum. ■ knockknockmuseum.org

vendors, food, and rescue groups. facebook.com
CLUB CABARET. Hartley/Vey Studio Theatre at Manship Theatre at 2 p.m. and 6 p.m. Performances of the best of Broadway. manshiptheatre.org
FETCH CLAY, MAKE MAN. LSU Studio Theatre at 2 p.m. and 7:30 p.m. Cassius Clay, the heavyweight boxing champion, forms an unlikely friendship. Play by New Venture Theatre. newventuretheatre.org
GREAT ROVER ROAD RUN. LSU Vet School. 5K at 8 a.m. and one mile at 9 a.m. Registration is \$25. lsu.edu
GREEN DINOSAUR PANCAKES. Java Mama at 10 a.m. Author Kat Pig-got book reading. Breakfast rates apply for the green dinosaur pancakes. Regular play rates apply. facebook.com
MARY POPPINS: THE BROADWAY MUSICAL. The Dunham School at 5 p.m. This magical musical

is based on the beloved Disney film. dunhamschool.org
MID CITY RISING ART MARKET. Create Studios from 6-9 p.m. Evening of art and music. facebook.com
NANO DAYS. BREC's Highland Road Park Observatory from 3-7 p.m. Children will have the opportunity to see how big they are compared to nanoscale objects. hrpo.lsu.edu
SATURDAY NIGHT FAMILY NIGHT SKY VIEWING PLUS NIGHT. BREC's Highland Road Park Observatory at 7:30 p.m. Sky viewing plus a sky tour, demonstrations, lunar trips, and a marshmallow roast. hrpo.lsu.edu
SPRING FOOD TRUCK FESTIVAL. Tanger Outlets from 11 a.m.-3 p.m. Features food trucks, activities, DJ, face painting, and a contest to win a shopping spree. tangeroutlet.com
SPRING POPSICLE

STICK BUTTERFLY STORY/CRAFT. Greenwell Springs Road Library at 2:30 p.m. Children can listen to *Hooray for Hoppy* and make a butterfly craft. Registration required. (225) 274-4450
STEEL MAGNOLIAS. Old South Jamboree, Walker, at 2 p.m. and 7 p.m. A play about the friendship and love of a group of women in Louisiana. Performed by Spotlight Theater Players. Tickets are \$15. stpds.com
THE HIGHLAND GAMES AND CELTIC FESTIVAL. Lamar Dixon Expo Center, Gonzales, from 10 a.m.-6 p.m. through March 31. Includes children's activities, music, demonstrations, and vendors. \$5-10. lahgcfc.com
THE MUSIC OF LED ZEPPELIN PLUS THE MUSIC OF ZEBRA. Raising Cane's River Center at 8 p.m. Performance by Baton Rouge Symphony Orchestra. raisingcanesrivercenter.com
WHO'S BAD: THE ULTI-

MATE MICHAEL JACKSON EXPERIENCE. Lamar Dixon Expo Center at 6 p.m. Benefits Professional Fire Fighters Association Of Louisiana. \$26. facebook.com

31 SUNDAY

CODING WORKSHOP FOR GIRLS. BRAGTS Academic Success Lab from 2-3 p.m. Free coding workshop for girls. brgited.org
FETCH CLAY, MAKE MAN. LSU Studio Theatre at 3 p.m. Cassius Clay, the heavyweight boxing champion, forms an unlikely friendship. Play by New Venture Theatre. newventuretheatre.org
THE HIGHLAND GAMES AND CELTIC FESTIVAL. Lamar Dixon Expo Center from 10 a.m.-6 p.m. Includes children's activities, music, and demonstrations. lahgcfc.com

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 April calendar by March 8, 2019.



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Every Woman's Dream? Adventures with a House Hubby

By Kimberly Blaker

I was one of those lucky women whose husband helped around the house. But, I still remember trying to convince him to assist the first few years of our marriage when the kids were little, and I was working full-time.

I became so desperate. One day, I calculated on paper the total time I expended daily for every little task: changing diapers, 45 minutes; laundry, an hour; picking up the house, two hours and 20 minutes; errands, an hour and a half; feeding our newborn, three hours. By the time I compiled the list, I was exhausted just thinking about it. But my list brought about a seemingly miraculous change.

Suddenly, my couch potato was buying groceries, folding clothes, and taking on many other household duties. He was becoming the perfect Mr. Mom.

Of course, I had no clue what I was getting into. Our grocery bill quickly doubled; every meal was a full-blown buffet. My five-year old daughter was soon asking why my shirts were hanging in her closet. As for the kitchen, it was unrecognizable. I now had my very own Chef De' la Clutz.

One day upon entering the kitchen, I instantly froze from the cyclone that had hit. The entire room was coated with dry pancake mix, as if the box had exploded. Immobilized from the sight, I discovered the secrets to my husband's gourmet meals. He'd grab the handle of the frying pan, and with a quick upward jerk, 10 sausages were doing acrobats through the air as their oily perspiration splattered the kitchen walls.

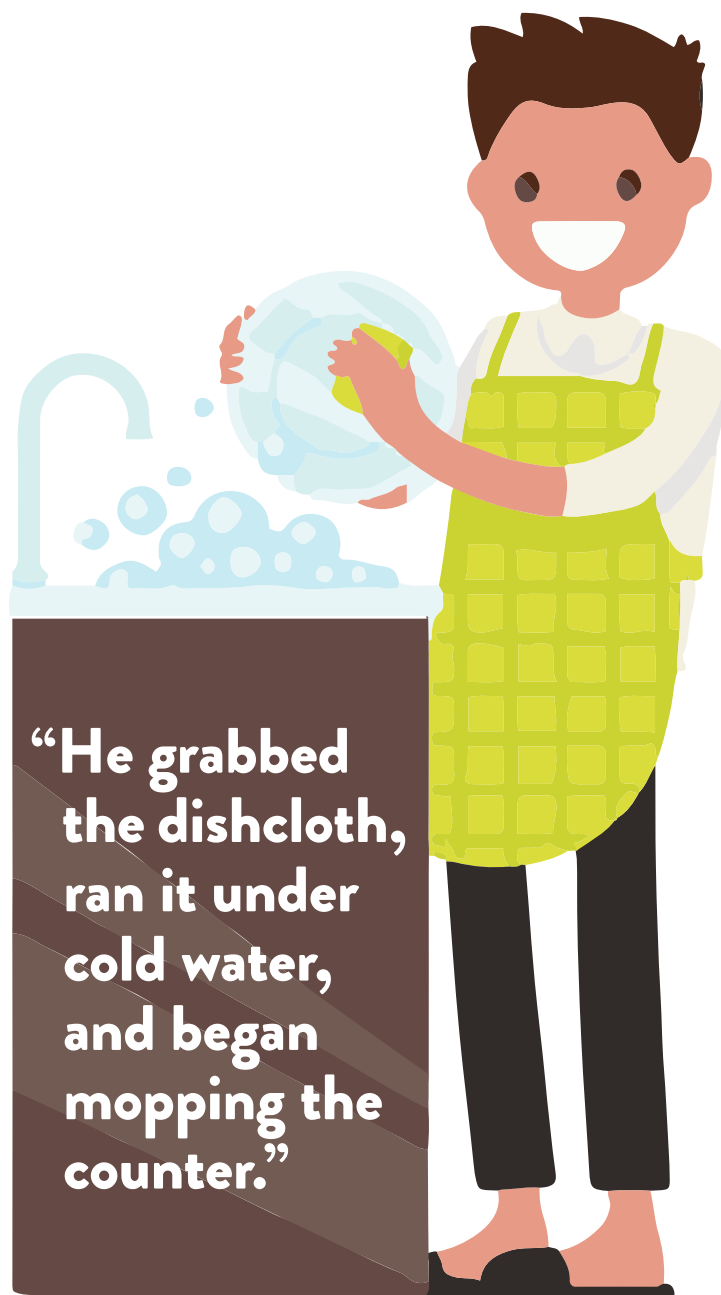
Next, preparing the pancakes, I nearly mistook my husband for my five-year-old learning to pour as batter spilled over the edges of the skillet. I continued to

watch in awe, finally catching a breath of relief as he began to clean up.

The relief, however, was only temporary. He grabbed the dishcloth, ran it under cold water, and began mopping the counter. I guess his mother never taught him to ring out the dishcloth. As he sloshed the water around the counter, it ran down the cabinets. Not to worry though, our brand new carpet would absorb all of the overflow.

I could watch no more. I finally offered my help to finish cleaning the mess, and my hubby eagerly obliged. He then rinsed his hands under the faucet and shook them over the soon-to-be-eaten meal. I suppose it would have been too much to ask him to use one of the seven dishtowels he had already strewn about the kitchen.

As he left the wreckage, I wiped the perspiration from my forehead. Following dinner, I spent an hour cleaning the disaster zone. This led to more calculations. If I had prepared the meal, it would have taken 30 minutes and the cleaning another 15. I would have been done in 45 minutes. How was it possible to have enlisted his help and then spend more time in the kitchen?



“He grabbed the dishcloth, ran it under cold water, and began mopping the counter.”

Luckily, he did finally catch on. Or, maybe I just didn't allow him to do quite as much, while closing my eyes to the rest of the things he did do. Still, I tried to keep in mind that the sincerity behind his helpfulness is what truly mattered the most. By the time our kids were grown, he did have the housework techniques skillfully mastered.

So if you're struggling to get your husband's help around the house, give my calculation method a shot. Once he begins to pitch in, just take plenty of deep breaths. Though it may take a while to train him, the eventual reward is worth the agony and wait. ■

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PIC OF THE MONTH

Adeline S. is another mermaid in the making.



Nicolás M.

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

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