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MAGAZINE MAGAZINE

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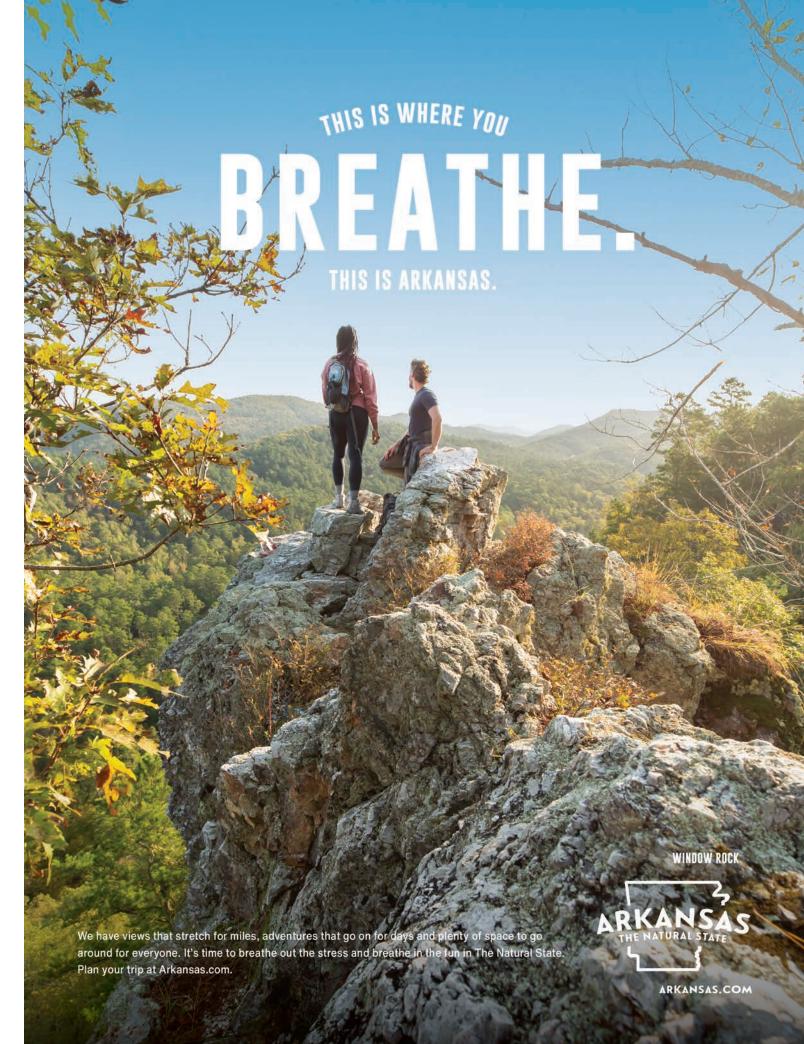
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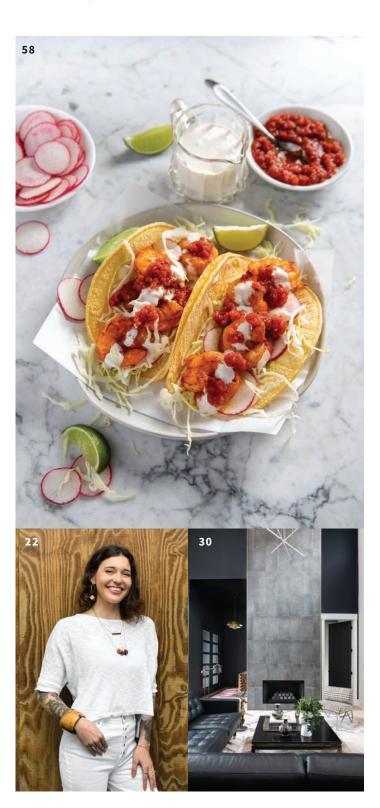


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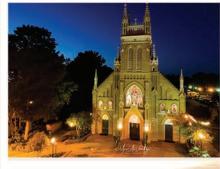
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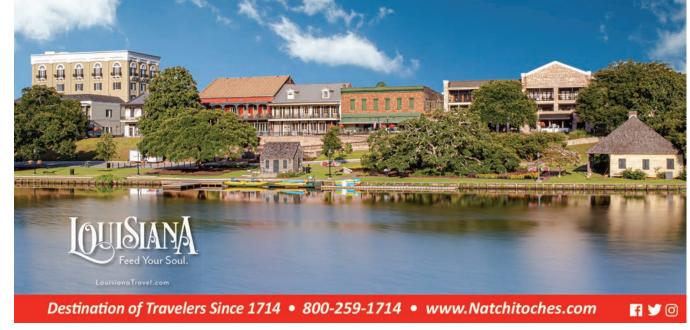
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"Nack-A-Tish"

On the banks of the Cane River Lake, explore the oldest permanent settlement in the Louisiana Purchase. Follow the trails in Kisatchie National Forest and through the Cane River National Heritage Area to find centuries of history, culture, and natural landscapes, ready to be explored by foot, car, or boat.



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PODCAST

BEE DAY

e hoped to peacefully co-exist with the bees, allowing them to use our yard in return for pollinating the garden in the back. But then they started working their way through a vent in the bathroom and once in, began colliding into a window thinking they were heading toward sunlight. (I thought this was unusual, but the internet is full of stories about bees in bathrooms.) Then there were warnings that a honeycomb would grow and eventually permeate the inside wall. Another factor was the neighbors, one of whom was the victim of a bee flying into his ear.

Our cover story this edition reminds me of the day when the bee catcher came to analyze the situation. He shined an infrared light that showed temperature variations on the bathroom wall. Most of the wall was about 70 degrees, but then there was a hot spot in the eighties. "That's where the hive is," he said.

Professional bee removers only work after sunset when most of the bees have returned to the hive. The bee catcher and an accomplice arrived one evening donning full body jump suits and gloves, along with helmets with mesh, carrying spotlights. They asked us and the neighbor's to turn off all exterior lights. Once the bees were disturbed, they would make a beeline to the light. One of the men climbed a ladder and made an incision into the side of the house.

(There are lessons to be learned: When one of the bee guys momentarily lifted the mesh on his helmet to wipe sweat off his nose a bee got in and stung him. Fortunately, the man carried a bottle of Adolph's meat tenderizer in his truck, which he explained, was the perfect tonic for a bee sting.)

After about an hour the grass next to the driveway was covered with rectangular honeycombs, each about 2 feet long. Each comb was gushy with honey and speckled with bees. The

bee guy said this was his biggest withdrawal of the year and estimated there were at least 60,000 bees in the hive. From a comb we squeezed out a pot full of honey. One of the bee catchers said he had jugs of the stuff at home. I hope he also has a good washing machine. Both of the men's now sweaty jump suits were splattered with honey.

The hole they made on the outside wall was temporarily covered. They would return in a couple of weeks to permanently fix the spot. Meanwhile, "robber bees" would come by, sense what happed and devour the remaining particles of honey in the vicinity. We were also told that once a colony has been established bees would forever know it had been there. "They can tell by the scent," a bee guy explained. "They will know that that's where grandpa used to live."

Later that night the kitchen was swarming with bees who must have already been inside the house when the removers came and who were now making their last stand, dive bombing anything in their sight. I wish I could have merely opened the door and ushered them out, but these bees were in no mood for détente or rehabilitation. All I could do was turn off the light, close the kitchen door and let them be bees.

According to a bee guy, this particular species was the three ringed Italian honeybee. Somehow, I found satisfaction knowing that if I was to have bees working in my kitchen at least they were Italians. I can report that they had concocted a damn good honey; some of which was spooned over a bagel with peanut butter this morning. Maybe it was a recipe from when grandpa used to live there.

Const Laborate

ERROL LABORDE **EXECUTIVE EDITOR**

Louisiana Insider

Catch up on the latest podcast episodes



EPISODE 34

The Bounty From The Sea

What is the better fish for eating, red drum or red snapper? They're both good but food writer Stanley Dry know the differences. Seafood is the entire topic as Dry makes a return visit to the podcast. Guest: Stanley Dry



EPISODE 33

Conversation with a Voodoo Priestess

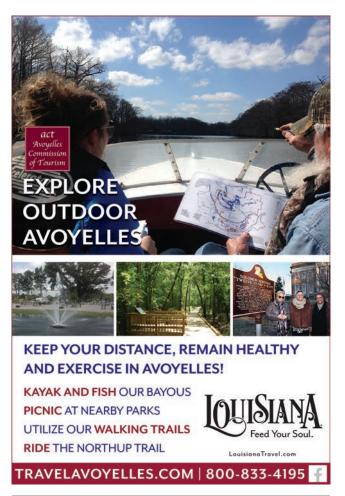
Is Voodoo a religion or is it a way of life? According to Sallie Ann Glassman it is both. Glassman, who travelled to Haiti to study Vodou and to be initiated into the priesthood explains the complexities including the parallels with Roman Catholicism and certain saints. **Guest:** Sallie Ann Glassman



PISODE 32

Soul and the Holy Spirit

Churches in the Black community are historically known as places where preachers preach with more fervor and where choirs rock the house with hand-clapping joy, hoping for better days. A documentary produced by Louisiana Public Broadcasting entitled, "Louisiana's Black Church, the Politics of Perseverance," examines religion in around the state. Guest: Executive producer Linda Midgett and producer/reporter Kara St. Cyr









Adrienne Battistella

Adrienne Battistella is a New Orleans-based portrait and editorial photographer, staff photographer for Arthur Hardy's Mardi Gras Guide, and the south division photographer for Gittings Globalm the world's leading photography studio for lawyer portraits. When not behind the camera, Battistella teaches photo classes, has been a guest lecturer at the University of New Orleans and Delgado Community College, and serves as photo editor for ANTIGRAVITY Magazine. A documentarian at heart, Battistella's personal work aims to preserve the culture and history of New Orleans' underground music scene. Battistella's recent show "NO MAN" featured images of female/non-binary musicians from the last decade. View Battistella's online portfolio at adriennebattistella.com.



Cheré Dastugue Coen

Cheré Dastugue Coen is a food and travel writer, photographer and author and owner of the whimsical blog, "Weird, Wacky & Wild South." Her fiction includes two series of Louisiana romances and the "Viola Valentine" paranormal mystery series under the pen name of Cherie Claire. Coen remains passionate about her home state of Louisiana, believing that gumbo, crawfish étouffée and chicory coffee makes all things right with the world.



Liz Pepperell

ILLUSTRATOR

Lix Pepperell say she has been an illustrator for longer than she cares to remember, calling it a "truly lovely profession." Pepperell specializes in flowers, plants, fruit and vegetables, gardens, plans and maps and works traditionally on paper with watercolor and fine line pens. She creates in her home studio in a small village on the edge of the Peak District in the Derbyshire Dales in England.



Jeffrey Roedel

WRITER

Jeffrey Roedel is a producer, director and journalist focused on Southern makers, artists and creative thought. A graduate of LSU and the University of Southern California's Production Workshop, he's the former editor of 225 in Baton Rouge. In 2020, he released a collection of mantras for creativity called "Life Is Gonna Try to Put a Lot of Polo Shirts on You." His album of pandemic poetry and music called "Distance" was released in 2021.

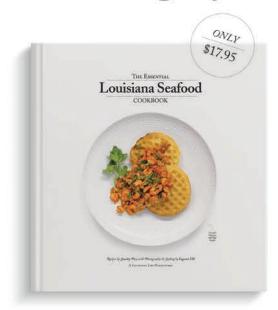


Danley Romero

LEAD PHOTOGRAPHER

A native of Lafayette currently residing in the Lake Charles area, Danley Romero specializes in portrait photography. Romero considers it an honor to contribute to his state's flagship magazine, Louisiana Life, and takes a particular sense of pride in his association with its sister publication Acadiana Profile. Most gratifying are the experiences that collaborating with the two magazines afford: meeting and photographing many of Louisiana's most talented, accomplished and interesting citizens — the people who help to make our state the wonder it is.

Hungry?



A collection of 50 traditional and contemporary recipes by Stanley Dry - Louisiana Life "Kitchen Gourmet" columnist, former senior editor of Food & Wine magazine and accomplished cook — top-notch ingredients are paired with fresh seafood to create delectable dishes imbued with the author's signature simplicity. The easyto-follow recipes emphasize Louisiana seafood and quality, local ingredients. Inspired, innovative and delicious, the seafood dishes in this collection are sure to become favorites in your kitchen.

Visit myneworleans.com/the-essentiallouisiana-seafood-cookbook to order yours today!



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Boudin

Road trips

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Mardi Gras

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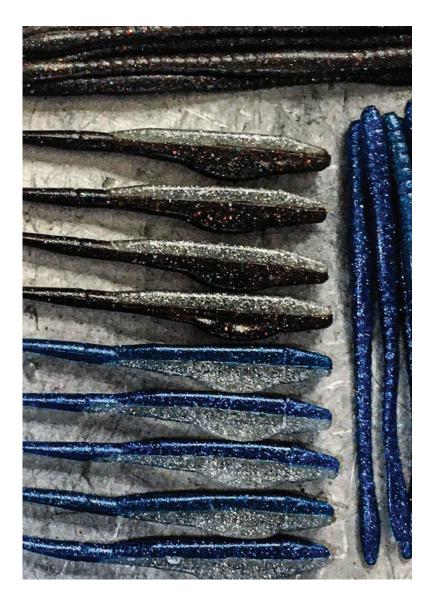




Getting Hooked

Youngsville fifth grader finds fun in bait business

BY LISA LEBLANC-BERRY



leven-year-old Heath Hernandez couldn't go fishing during the coronavirus lockdown, so he began watching YouTube videos about fishing lures. While experimenting with making baits, the Youngsville fifth grader perfected the art of making molds, adding items like glitter and ground coffee to create unique scents and effects. His passion led to a full-fledged business, 2 Deep Lures, fueled by social media. His next goal: Stocking lures on regional stores shelves. (facebook.com/2-Deep-Lures-102182088480560).

LAFAYETTE

MASTERS OF SOUND

UL has launched a new recording arts concentration for its bachelor's degree in music. Students can learn to use the same tools as professionals for mixing, beatmaking, live sound production, electronic music and mastering. Courses begin this fall. The program is designed to prepare graduates to work in all mediums including TV, film animation, recording and video games. (music. louisiana.edu/music/ undergraduate)



NEW ORLEANS

Connoisseurs Reunite

After a year-long absence, the New Orleans Wine & Food Experience (NOWFE) returns June 9-13 with added safety measures and myriad star productions including Burlesque, Bubbly & Brunch. Connoisseurs are gathering Friday and Saturday for the ultimate event, the voluminous Grand Tastings featuring a global array of wineries and gourmet fare by acclaimed chefs, culminating with the prestigious Fleur de Lis Culinary Awards. VIP packages are also available. (nowfe.com)

BATON ROUGE

Riverboat Déjà Vu

After an absence of more than a year, Mississippi River cruises are docking again in Baton Rouge. American Cruise Lines and American Queen halted travel in the early coronavirus pandemic days, but they are now scheduled to have seven riverboats calling on Baton Rouge in 2021, numbering 100 stops. The last time either company had a ship visit Baton Rouge was March 11, 2020. (americancruiselines.com)

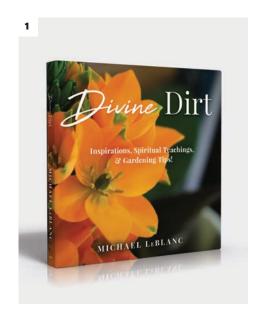
SHREVEPORT

Look to the Sky

The sixth annual CenterPoint Energy Red River Balloon Rally returns June 11-12 at LSU Shreveport. North Louisiana's largest hot air balloon festival, the two-day event attracts thousands for hot air balloon rides, kids' activities, live entertainment and a magical balloon glow at dusk. The fest is also hosting the US Team Nationals, an annual week-long competition that brings the top 30 balloon pilots from across the country. June 7-13. (redriverballoonrally.com)

HOME GROWN

SHOP LOCALLY MADE IN LOUISIANA







1. DIVINE DIRT

Divine Dirt is locally written inspirational book on spiritual teachings & gardening tips by Michael LeBlanc featuring photography from his own beautiful garden. (Divinedirt.net. Michael LeBlanc MSW, LCSW. Michael@createwithconsciousness.com)

2. THE ESSENTIAL LOUISIANA SEAFOOD COOKBOOK

The easy-to-follow recipes emphasize Louisiana seafood and quality, local ingredients. (myneworleans.com)

3. THE ESSENTIAL NEW ORLEANS COOKBOOK

A book that is good for cookin' and great for lookin'. (myneworleans.com)

4. GRANDMOTHER'S BUTTONS

For 36 years, Grandmother's Buttons has created jewelry with antique buttons and vintage glass. Visit their flagship retail store and button museum in St. Francisville's original 1905 bank building, or shop online at grandmothersbuttons.com. For more information, call 225-635-4107.

5. CAJUN TRINITY

"All Cajun dishes start with the Cajun Trinity! We make cooking easier, with a dehydrated trinity mix that comes back to life in 2 minutes. No Hassle, No Waste!"(C'est Tout Dried Trinity Products LLC. thisiscajun.com. 678-758-5192)







Eat Locally

Growing your own fruit, vegetables, plants and flowers is good for you and also for the Louisiana landscape

BY FRITZ ESKER



uring the COVID-19 pandemic, many people were looking for ways to break the monotony safely. Gardening is an activity that can be done while socially distancing and there are many physical and mental health benefits.

"You get to go outside, be in the sunshine, and get the gratification of planting something and watching it grow," said Dr. Rachael Kermis, a family medicine physician at Baton Rouge General.

The Centers for Disease Control compares gardening to "moderate cardiovascular exercise." Gardening for just 30 to 45 minutes a day can burn from 150 to 300 calories.

Dr. Kermis says the different parts of gardening — shoveling, raking, planting, carrying — use different muscle groups. As a result, it's good exercise which can lead to weight loss and improved sleep patterns. It's also an activity you can do with your entire family. Assign small, individual tasks to a young child (this is good exercise for little ones as well).

The exposure to the sunlight gives you vitamin D, which improves memory, mood and the immune

system. However, Dr. Kermis said you should still use sunscreen and wear a hat while gardening to avoid UV damage.

For mental health, gardening reduces stress and gives you a task to focus on that is separate from the demands of your job and family.

Since gardening is a physical activity, it can cause strain on a person's body. If squatting or bending over for long stretches is challenging due to injuries or other factors try a gardening chair. When lifting a heavy bag of soil, use legs and not your back. If you are up to squatting, though, the squatting component of gardening can provide a great leg workout.

Dr. Kermis said it's a good idea to make sure your tetanus shot is up-to-date before beginning gardening. Gardening tools can have sharp edges. If you get cut with a rusty tool or if you get cut and get dirt in the wound, it could result in a tetanus infection.

Gardening in Louisiana can be a year round activity and, if you use sustainable practices, it is as good for the environment as it is for your body, mind and soul.

Fresh Take

What is in season right now



Corn is high in fiber, so it can help with digestion and bowel regularity. But it's also loaded with other beneficial ingredients, including vitamin B, zinc, copper, iron, manganese and magnesium.



NEW POTATOES

These potatoes are low in fat (just avoid slathering them with butter). One of the primary benefits is vitamin B1, which aids in healthy heart function. They're also a great source of vitamin C, which helps fight infections, stress and allergies.



SORREL

What is sorrel, you ask? It's a leafy green vegetable that kind of resembles spinach. It's high in fiber and protein, and low in calories. It also features vitamin A, which is good for your eyesight as well as your skin, hair and nails.













Fresh Crop

History, mystery and the natural world abound in our roundup of books to keep you reading this spring

BY ASHLEY MCLELLAN



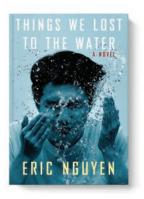
HISTORY LESSON

A Sitting in St. James

BY RITA WILLIAMS-GARCIA

New York Times best-selling author and National Book Award finalist Rita Williams-Garcia's latest book, "A Sitting in St. James," challenges teen and adult readers alike to consider the multiple lives and generations affected by slavery. Set against the backdrop of antebellum Louisiana, the story swirls around its main character, Madame Sylvie Guilbert. Madame tells not only her story, but the stories of those that toiled and suffered, enslaved and bound, with lives intertwined by a brutal bond. Quill Tree Books, 480 pages, \$17.99.



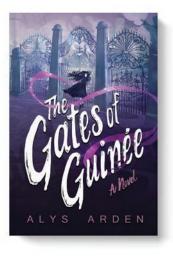


GENERATIONS OF CHANGE Things We Lost to the Water

BY ERIC NGUYEN

Eric Nguyen's extraordinary debut novel, "Things We Lost to the Water," follows two generations of Vietnamese immigrants making their way to find a new life in New Orleans after escaping the war-torn home they once knew. The family struggles to adopt new traditions and new ways, while still maintaining their Vietnamese culture and identity. Each one must adapt and grow while learning how to accept each other for both who they are and who they are becoming. "Things We Lost to the Water" is an Atlanta Journal-Constitution and The Millions "Most Anticipated Book of the Year." Knopf, 304 pages, \$26.95.





SPRING ESCAPE

The Gates of Guinée

BY ALYS ARDEN

New Orleans YA author Alys Arden is back with the fourth novel in her "The Casquette Girls" series. The paranormal fantasy series is set in a mysterious, fictional incarnation of the Vieux Carre, and beyond. It follows teenage heroine Adele LeMoynes and her father as they navigate the mysterious streets, visions and personalities of the city. In "The Gates of Guinée," Adele must save her father from the grips of an evil coven, and enlist the help of a notorious witch. Arden has been a featured author at the Tennessee Williams Book Festival, Louisiana Book Festival, New Orleans Words and Music Festival, New Orleans Book Festival, as well as many national book festivals and conventions. For the Art of It, 550 pages, \$16.99.





Wildflowers of the

South & Southeast



Wildflowers of the South and Southeast

BY JARET C. DANIELS

Spring is here, and now is the time to get outside and enjoy all that Louisiana's nature has to offer before the oppressive heat of the summer sets in. "Wildflowers of the South and Southeast" will guide readers to identifying 150 species of wildflowers across Louisiana and beyond. Organized by color with easy to reference tabs, naturalist Jaret C. Daniels provides a pocket-sized guide that's the perfect companion on your next hike, neighborhood walk or camping trip. Adventure Publications, 28 pages, \$9.95.



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Make it grain

Beneath the Bark near Covington upcycles wood scraps into runway-ready jewelry

BY JEFFREY ROEDEL PHOTOS BY ROMERO & ROMERO





rom castaway to runway, that's the dynamic journey the salvaged, handcrafted pieces of Molly Taylor Hatcher's Beneath the Bark jewelry line have made.

The south Louisiana creative's work begins life as discarded scrap sourced from local woodworkers — shards of walnut, cherry, spalted pecan, even Louisiana sinker cypress — saved from the fire or the junk heap, and taken into Hatcher's hands to become wearable art-like earrings, bracelets, necklaces, cufflinks and more.

"All of it was happy accidents," says Hatcher, who made a name for herself as a singer-songwriter in Baton Rouge before launching Beneath the Bark in late 2014. "I didn't have a lot of money for Christmas presents, and I was dating a woodworker at the time, so I started messing around with his scraps, and came up with jewelry for friends and family."

Hatcher posted her results on social media, and soon she was fielding orders from friends and strangers alike.

In 2019, Beneath the Bark was invited to New York Fashion Week, her work starkly contrasting the high and fast fashion roaming the catwalks. *Vogue* and *Vanity Fair* covered Hatcher's successful debut, and the 30-year-old says the whirlwind was an inspiring wakeup call.

"This is recycled, sustainable jewelry, and it feels good to be recognized for that," she says. "I felt like a five-year plan flashed before my eyes at Fashion Week."

A return was planned for 2020 before the pandemic hit, and the shift turned Hatcher inward. She was a newlywed with musician Denton Hatcher and

Beneath the Bark burst onto the scene nationally at New York Fashion Week in 2019, giving this Louisiana maker a wide reach for online sales of her nature-inspired work. together they left Baton Rouge for her family's farmland outside of Covington. He set up their recording studio. She began making leather handbags with the same trial-and-error exuberance she employed on her first jewelry pieces six years ago.

"It's best to just get the work out and then take feedback and refine things," Hatcher says. "I am not afraid to ask opinions."

Hatcher's goal for 2021 is to increase her productivity and product offerings in brand new ways.

Finally settled into her new home, Hatcher is building a workshop out back so she can move her leathermaking process out of her laundry room and into a real creative space.

"Everything that's in my head and has been an idea for three years, I want to take it and finally get it out in physical form," she says, including further leather explorations into belts, bags and wallets, fresh wood accessory designs and a full album of new music. "Why am I holding this all in? Why wait? My goal now is 'get it done'."

Years ago, these ideas may have felt tangential to her more modest initial jewelry explorations, but the polymath who throws herself into raucous jams on drums and electric guitar to channel extra energy knows more than most that all forms of self-expression are connected at the root.

Designing, cutting and finishing the entire line herself, Hatcher lets the uniqueness of the wood grain and natural color of the raw material give each piece of jewelry its own one-of-a-kind personality.







22 LOUISIANA LIFE MAY/JUNE 2021 → FOR MORE INFORMATION VISIT BENEATHTHEBARK/EWELRY.COM

"I am not afraid to ask opinions," says Hatcher, who recently added leather goods to her Beneath the Bark lineup. "It's best to just get the work out, and then take feedback and refine things and improve."



Today, she relaxes on walks through the same trees, down the same footpaths and over the same fields that first connected her with nature in a powerful way as a child. Now she takes in these views with emboldened, purposeful eyes.

"I think people are starting to get it, now that the pandemic has happened, more people are starting to make things at home and from scratch and that's a fantastic thing. We need to wake up and take care of our planet. Everyone is at home more now and the Earth is our house, too. Do we not take care of our house?"

As the pandemic has taken a toll on retail and live events like festivals, Beneath the Bark has grown steadily the way it always has, through sales via Facebook and Instagram.

"The power of social media is a reason I have a business," Hatcher says.



While embracing the many commercial facets of monetizing her work as a creative entrepreneur since the fervent experience of NYFW, the creative is becoming more like her raw materials, better adept at letting her own grain show.

"I've learned so much, from trees, from Fashion Week, from this past year," Hatcher says. "I've learned that there's just something incredibly beautiful about being unique."

Hatcher's jewelry designs include bold Louisianasourced wood rings, bracelets, necklaces, and more.





When you're not creating, what do you enjoy doing in Louisiana? Denton and I love canoeing, especially in spring and summer on the Bogue Falaya. But also, we do so much now, to recharge, we often just do nothing. We just spend time together.

Do you find that taking a break from jewelry or bags to play music is beneficial? Whether it's jumping from leatherwork to writing lyrics, or woodcrafting to playing drums, how do you see your different creativities intersecting? I find that taking a break from anything you do is very important for your creativity. I love switching things up during the day and bouncing from one creative outlet to another. I find I get the most inspiration that way.

You mentioned learning a lot through your experience of New York Fashion Week—what was your biggest takeaway? The number one thing I learned from Fashion Week is patience. Things don't happen overnight, and it took over a year to plan for it.

Tell me about one of your custom pieces? A customer once brought me some wood left from her parents' home in Gatlinburg after it burned to the ground. She wanted some jewelry for them made from the wood as a memory of the good times in that home, so that's what I did. I'll never forget that.

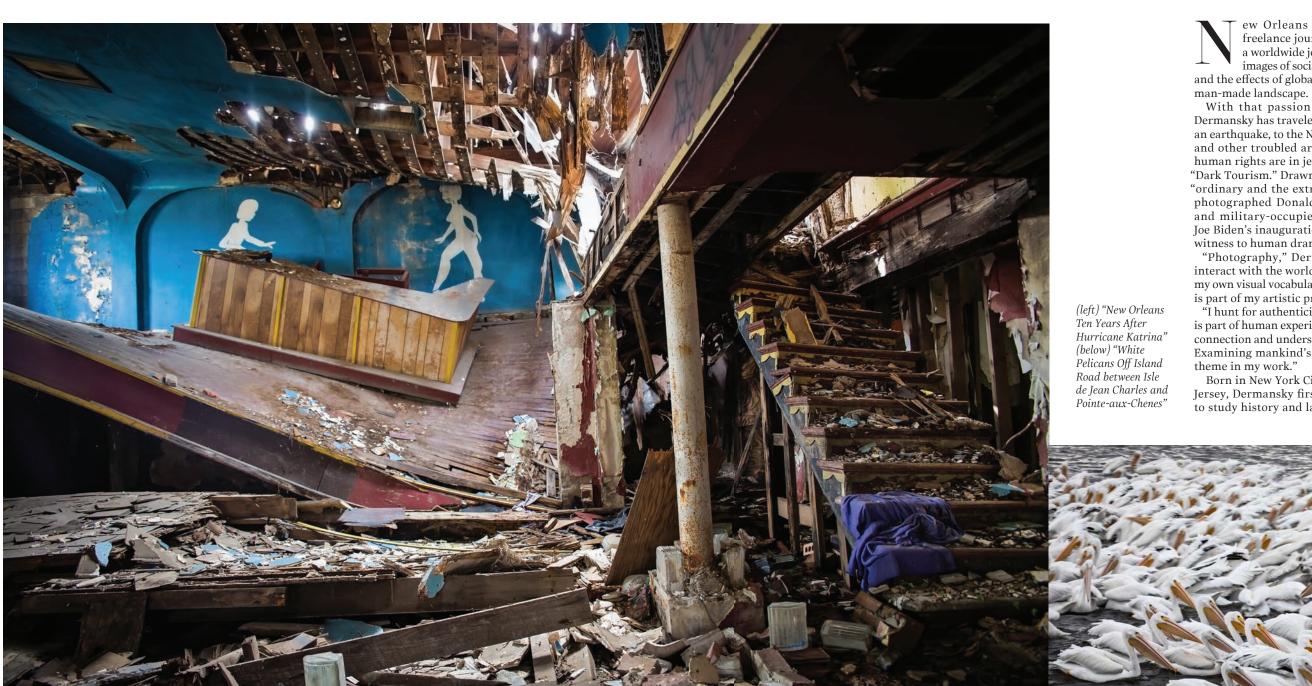


Tragic Beauty

New Orleans photographer Julie Dermansky travels the world to train her lens on the results of man-made and environmental distruction

BY JOHN R. KEMP

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ew Orleans photographer, writer and freelance journalist Julie Dermansky is on a worldwide journey and mission to capture images of social and environmental injustice and the effects of global warming on the natural and

With that passion for humanity and justice, Dermansky has traveled to places such as Haiti after an earthquake, to the Nazi death camps at Auschwitz, and other troubled areas around the world where human rights are in jeopardy. It is a series she calls "Dark Tourism." Drawn to what she describes as the "ordinary and the extraordinary," Dermansky has photographed Donald Trump's campaign rallies and military-occupied Washington, D.C. during Joe Biden's inauguration. With her camera, she is a witness to human drama.

"Photography," Dermansky says, "allows me to interact with the world and reflect on what I see via my own visual vocabulary. Observing human behavior is part of my artistic process.

"I hunt for authenticity and the inherent irony that is part of human experience by seeking out a personal connection and understanding of history in my work. Examining mankind's violent nature is an ongoing

Born in New York City in 1966 and raised in New

Jersey, Dermansky first came to Louisiana in 1986 to study history and later art at Tulane University.

→ FOR MORE INFORMATION, VISIT JSDART.COM LOUISIANALIFE.COM 27



She was there only two years when she received a fellowship to travel the world to see monumental and architectural sculpture. Upon her return to the United States, she settled first in New York and then in Santa Monica where she pursued a career in studio art and freelance photography. Nine months after Hurricane Katrina, Dermansky returned to New Orleans to photograph Tulane's natural history collection. That's when she discovered the full and lingering extent of Katrina's

destruction. "The damage left in Katrina's wake both stunned and inspired me," she says. "I found myself embarrassed that despite having watched media reports about the storm, I had no idea of the large swatch of land that still lay in ruin. Every corner I turned, every home, school or commercial establishment I entered offered up its story to me."

Dermansky goes on to say her photographs of Katrina's destruction in New Orleans "illuminate the devastating effects climate change will have on America's failing infrastructure in cities

that are full of literal and metaphysical cracks."

Since 2006, Dermansky has lived in New Orleans full time while continuing her travels, documenting and reporting on social justice and environmental issues around the nation and world. In South Louisiana, she continues to photograph the effects



(left) "Home in Front of Meraux Refinery" (bottom) Iulie Dermansky (right) "Louisiana Wetlands Landscape, Lake Salvador, Southwest of New Orleans"



human and environmental concerns in regions of the state where petrochemical industries dominate. In 2010 she photographed the devastating damaged caused

PORTRAIT COURTESY PAMELA REED

by the BP oil spill in the Gulf of Mexico, which she described as a "tragedy in slow motion."

"Louisiana," she says, "is full of superlatives which is one of the things that attracted me here. I'm interested in what makes us human — and how humans can do horrible things. My photo work started with an investigation into genocide sites, and now I'm looking into how we are destroying the planet. I'm photographing both the people fighting back against climate change and the forces that contribute to it as

well as the impacts of it, and I can think of no better place to do it than Louisiana."

She is drawn to the Atchafalaya Basin and Louisiana's coastline where she has seen barrier islands eroding away "along with the life they sustained." She describes Louisiana's swamps as being "in a fairytale — oh so pretty, but a twinge scary." She has photographed the misery left in the wake of hurricanes and met with survivors to photograph "their hardships and love of the land." She also has traveled through the River Parishes, called Cancer Alley by some, to photograph daily life juxtaposed against ever-present oil refineries.

With the discerning eye of an artist and a reformer's compassion, Dermansky's images are dramatic, making them even more effective

in telling her complex stories, stories that have brought her international attention. Her work has appeared in film documentaries as well as in the New York Times, The Times of London and The Atlantic. In addition, the 9/11 Memorial & Museum in New York City and the U.S. State Department have included her photographs in their collections. But most importantly, it's the message she is telling the world.

"I am documenting mankind's demise through photography, video and the written word," says Dermansky. "My work illustrates man's disregard for social justice and negligence toward the planet."

That humanity has created a remarkable body of photographs.

Exhibits

CAJUN

"Acadian Brown **Cotton: The Fabric** of Acadiana."

History of brown cotton textiles in Acadiana, through June 30. Paul and Lulu Hilliard University Art Museum, Lafayette. hilliardmuseum.org

CENTRAL

"She Persisted."

Celebrates Louisiana women artists in honor of 100th anniversary of 19th Amendment, through June 26. Alexandria Museum of Art. themuseum.org

PLANTATION

"Our Louisiana."

Artwork by Louisiana artists, through Jan. 14, 2024. Louisiana Art & Science Museum Baton Rouge. lasm.org

NOLA

"Arte Sacra: Roman Catholic Art from Portuguese India."

Global influences of Portuguese colonization in India, through June 20. New Orleans Museum of Art. noma.org

NORTH

"Founding Fathers."

Stories and art behind the architects of the American Revolution and U.S. Constitution, online only through August. R.W. Norton Art Gallery, Shreveport rwnaf.org

In Black and White

A simple palette and clean lines form the foundation of a new family home in Baton Rouge

BY LEE CUTRONE PHOTOS BY HAYLEI SMITH





hen Chris and Hannah Lewis decided to build a house for their family of five, they knew they wanted a clean-lined space with a West Coast feel, touches of midcentury modern design, and a simple palette. Where the couple diverged was on the choice of colors. She likes dark and moody; he prefers light and bright.

Using a house that belonged to friends as a model, Chris sketched a two-story, five-bedroom, 3 ½-bath house with an open, family friendly layout geared to indoor/outdoor living. With three young sons (a fourth son is now on the way), the couple envisioned a house with such things as a kitchen that connects to the main living area and sliding glass doors that lead to a patio and pool overlooking the lot's quiet green space and pond. The couple then hired Gafford Builders and brought in interior designer Krystal Matthews of Krystal Matthews Design, whom they already knew, to fine-tune the details.

"Early on we had Krystal review the plans, make changes, add windows, make sure measurements were correct," says Chris, who above all credits Matthews with deftly using a black and white palette that satisfies both husband and wife.

"I'm always able to find the middle ground," adds Matthews. "There's always a solution."

Examples of that balance are found in every room. While the kitchen island and lower cabinets are painted entirely black, the upper cabinets, open shelving and walls are white. The same is true in the master bath, where the cabinetry and counters are black and the walls are white. The master bedroom

(left) The gray tile from Prosource used in the foyer wraps around to the fireplace in the adjacent living room. The credenza was purchased from a friend. (above) Dining table and chairs from allmodern.com.





(left) The master bedroom's chandelier, found on ebay, came from the set of "Black Panther." (below) A herringbone rug from Arhaus in Houston and houndstooth chair from High Fashion Home provide pattern in the living room. (right) The fireplace rises the full height of the 22-foot ceiling. Light fixture from allmodern.com.



has both a black focal wall and a black ceiling, but the two walls that abut the main wall are white. White oak floors and windows in every room also provide contrast to the black. Organic materials such as wood and stone bring a timeless quality to the mix.

Among the home's most outstanding features are a foyer clad with 24-inch by 48-inch cement colored tiles that wrap around to the pillar-like fireplace rising the full height of the living room's airy 22-foot ceiling, a linear metal stair rail and balcony overlooking the living room, a black kitchen island with enough seating for the entire family, and an elegant master bath that includes both a glossy black shower trimmed with gold and a white slipper tub.

Like the surfaces of the home, the main furnishings are solid and neutral. Color was added in the form of rugs, several of which Krystal brought back from a trip to Greece, and art. The find with the

best backstory, however, is the master bedroom's chain mail Arteriors chandelier. When the couple hesitated to buy the piece because of its cost, Matthews came across several being sold on ebay at a fraction of the price because they'd come from the set of the film "Black Panther." The supplier supported the provenance by providing video clips of the casino scene from the movie.

Despite the overall sophistication of the house, it is a base for a busy family on the go. A downstairs closet contains storage baskets to keep each of the boys organized, the living room's leather sofa was sourced from IKEA for a kid-friendly price, and on cool days the glass doors are kept open for the indoor/outdoor flow that the family regularly enjoys.

"Krystal made it all come together," says Chris. "We tell Krystal all the time it's exactly what we wanted."

At a Glance

BUILDERGafford Builders

INTERIOR DESIGNER
Krystal Matthews

SQUARE FOOTAGE 2,979

OUTSTANDING FEATURES

Ceramic tile-clad foyer and fireplace, 22-foot living room ceiling, master bath with black marble shower trimmed with gold, butler's pantry with easy access drawers and cabinets for kids.





Conserving and maintaining the ideal habitat for Louisiana's official insect

Plight of the Honeybee

By CHERÉ COEN Photos by ADRIENNE BATTISTELLA





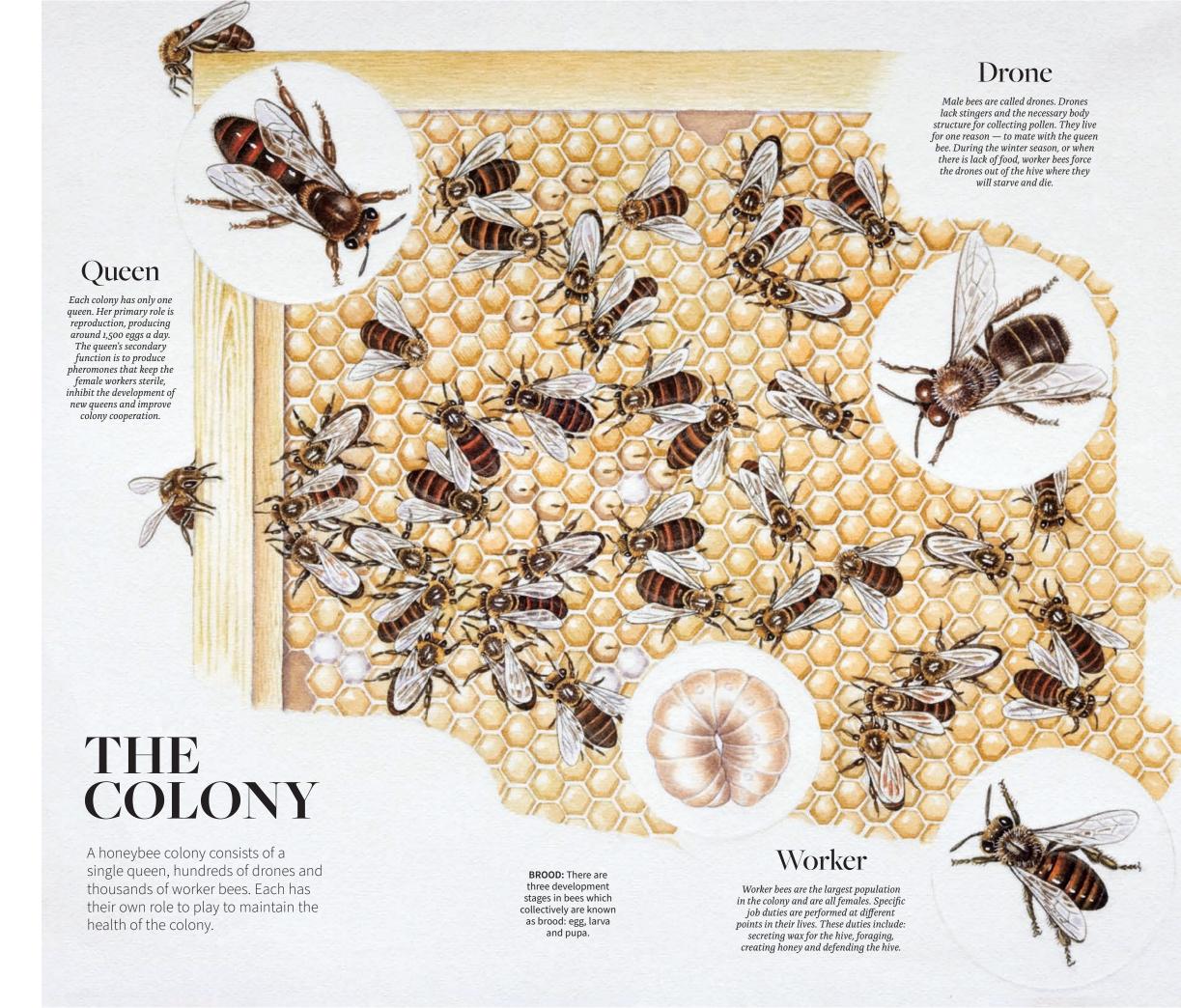
IN THE '70S when many Americans were making a return to nature, Jeff Horchoff thought raising bees might be a fun idea. Bees require little attention once established so Horchoff thought beekeeping would be an easy hobby.

"And if I was lucky enough, I'd get honey out of them," he said.

As time went on, Horchoff began to take the hobby seriously. He joined a beekeeping club and beefed up his education. A woodworker who makes caskets for St. Joseph Benedictine Abbey outside Covington, he put his skills to use creating hive boxes. He enlisted the Abbey for placement of hives and today maintains about 70 hives on the Abbey property, with another 60 hives located in yards throughout St. Tammany and Washington parishes. He sells his "holy honey" in the Abbey gift shop and shares his knowledge with prospective beekeepers through weekly posts on his YouTube channel.

He's not alone. There were 2.88 million bee colonies counted in the United States this year, according to the U.S. Department of Agriculture, up 8 percent from 2019. That figure has been rising steadily for years.

"Bees are hot right now," said Horchoff.





"We're blessed with the right temperature and lots of food. We really are lucky. We have an abundance of bees here."

JEFF HORCHOFF

PART I

Louisiana's Official Insect

Beekeeping is big business in Louisiana. Honey production from the state's 54,000 honey producing colonies increased 4 percent in 2019 with honey valued at \$7.93 million that year, up 11 percent, according to the USDA.

In addition to providing delectable honey, bees pollinate one-third of everything we eat.

The majority of Louisiana crops, however, don't rely on honeybee pollination so bees are not as likely to be affected by agricultural pesticides, said Keith Hawkins, area horticulture agent with LSU AgCenter. Coupled with the state's abundance of wetlands filled with nectar-producing plants and Louisiana offers an ideal habitat for the honeybee, the state's official insect.

"In Louisiana, our bees are doing pretty well," said Hawkins, who produces the Beehive Buzz newsletter for honey producers.

The nation's honeybees have been suffering for years from destructive species such as varroa mites, a bee parasite, and hive beatles, whose larvae ruins honey in weak hives, Hawkins explained. Russian bees that are resistant to mites have been introduced in Louisiana, allowing them to merge with existing hives and the result has been largely successful, he said.

"I would say there's like a bubble down here," Horchoff said, adding that less pesticides and swamps full of nectar make for a perfect combination. "We're blessed with the right temperature and lots of food. We really are lucky. We have an abundance of bees here."

Many Louisiana beekeepers will rent their hives and move them where needed, such as California's almond orchards, which is entirely dependent on honeybee pollination. This could put strain on bees and cause issues, such as Colony Collapse Disorder, Hawkins said.





SMOKE 'EM IF YOU GOT 'EM

Though not completely understood, it is believed that smoke masks pheromones that are released by guard bees. This allows the beekeeper to examine and work on the hive without triggering the bees' defense response.



ANTIMICROBIAL EFFECTS

Honey contains an enzyme called glucose oxidase which breaks down glucose sugars and generates hydrogen peroxide.

"[Bees] would much rather be in a hive or a honey tree instead of being moved around," he said.

There's still cause for alarm since bee the population in the U.S. has been declining drastically over the years. A recent study from the Bee Informed Partnership, a nonprofit associated with the University of Maryland, found a 40.7 percent decrease in the American managed bee population (commercial beekeepers) from April 1, 2018 to April 1, 2019.

PART II

Straight from the Hive

Travis Thompson loves to speak in metaphors when discussing a business that's near and dear to his heart. He tends bar one day a week at Port of Call in New Orleans' French Quarter, but dedicates the rest of his time tending 50 hives on Jesuit Bend in Plaquemines Parish, producing honey for his company, Raw Honey New Orleans.

"It's my own little punk rock band," he said of his bee hives.

Like many beekeepers, Thompson lets the bees do their thing, gathering flower nectar from the surrounding area and heading back to the hive where bees break nectar down into simple sugars stored inside a honeycomb. Bees then use the flapping of their wings to dehydrate the nectar and the result is something smooth, golden and oh, so sweet.

Once the hives become full with the sticky substance, Thompson "pulls" honey from the honeycomb. Without intervention, the bees will swarm and move to another location and start building a new hive. It's a guessing game when honey will be ready for production. For instance, Chinese tallow trees bloom in spring and most hives will produce tallow honey in late April, early May, depending on weather conditions, Thompson said.

"It's like catching a wave," he said. "You know it's coming but you don't know when it's coming to get up on your board."

Most of the time, the bees don't bother him as he removes the honey.

"They're cool as cucumbers and Hindu cows," Thompson said. "It's a real zen moment. I never have to worry about getting jumped."





to 50 hives on Jesuit

Bend in Plaquesmines
Parish. His bees

produce honey for

Orleans company

THE BUZZ ON BEE REMOVAL

We may love our honeybees and appreciate their role in pollinating our food and creating honey, but that doesn't mean they're welcome in our homes. There are numerous professionals throughout South Louisiana who conduct swarm removal of honeybees and other insects, such as wasps. Some removal specialists will donate bee hives to local beekeepers. For a list of professionals, visit LSU AgCenter's website at Isuagcenter.com.

LONG LIVE THE QUEEN

A queen bee can survive for up to five years, but a worker bee only lives for about 40 days.



Egg

A queen will lay a single egg in each cell. Eggs that are fertilized will develop into workers, while drones are unfertilized eggs.

Larva

A bee larva is a featureless white grub that worker bees place in the cell. Larva grow quickly, reaching 1,500 times their original size.

A pupa is large and rapidly taking on the features of an adult.

The cell has now been capped with wax by the workers.

Pupa

Adult

Once the bee is fully grown, it will chew its way out from the capped cell. Worker bees will prepare the cell for the next egg. QUEEN MAKER: To create a new queen, worker bees build special queen cells. These larvae are fed with large quantities of royal jelly which triggers the development queen features and inhibit worker characteristics. "If it gets too full, they will leave.
They're hoarders. They always need something to do. They're making

DAN FOX

Urban beekeeper Dan Fox fills about 24 mason jars from each pull of his hive that's placed 20 feet from the back door of his Gretna home and surrounded by a fence to keep his dogs from "sticking their noses in." Usually, he pulls honey in mid-spring, mid-summer and September, then lets the bees store their fuel for the winter to keep them well fed and healthy.

"If it gets too full, they will leave," Fox said, explaining that taking the honey doesn't starve the insects, nor deter them from their work. "They're hoarders. They always need something to do. They're making more honey than they can use."

PART III

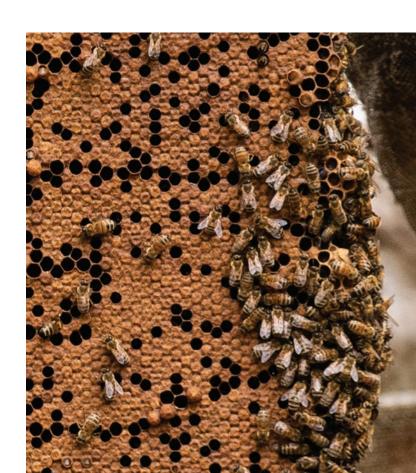
The Perfect Food

Thompson only sells his raw honey to restaurants, a few private businesses in the New Orleans area and a few individuals who request it. He prefers his "door-to-door" delivery service, which he compares to pizza delivery.

"I sell to the people," he said.

While some commercial honey producers heat and pasteurize their honey, and the U.S. continues to fight off adulterated foreign honey imports, most small beekeepers leave nature in its pure state.

Thompson removes the honey from the hive and places it in a hot room to pull out moisture, humidity that may cause honey to ferment. The honey is then poured into jars and ready to sell.



more honey than they can use."



BUSY AS A BEE

Throughout her life a worker bee has several different jobs after she emerges from her cell.

Days 3-16 Mortuary Bee
Days 4-12 Drone Feeding
Days 7-12 Queen Attendant

Days 12-18 Pollen Packer
Days 12-35 Honey Sealer
Days 12-35 Honeycomb Builder

Days 12-18 Fanner and Water Carrier

Days 18-21 Guard
Days 22-42 Forager

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"My honey never touches heat," he insisted. "Never. I like it that way. Tastes better and it's better for you. It's super food."

Horchoff sells his Abbee Honey pure and raw, no pasteurization, no filtering.

"It goes straight from the comb to our drums," he said. "It's like eating honey comb without the wax. It doesn't get better than that."

Honey contains vitamins, minerals, amino acids and flavonoids, as well as phenolic acids that act as antioxidants, according to the National Honey Board. Some studies have shown that ingesting local honey alleviates allergy symptoms.

"Bees are working the flowers in the area where you live," Horchoff said. "The particles in honey build antibodies [to fight off allergies]. That's documented."

The sweet goodness is also an all-natural product that soothes sore throats and helps the medicine go down.

"Honey is such a perfect product," said Fox. "It's the most perfect product nature creates for us and it's good for you. It's sustainable. It reinforces the idea that there is a way for us to interact with nature, that there may be a grand design."

PART IV

It Takes a Hive

Veteran beekeepers routinely advise those looking to raise bees to join a community and gather knowledge from those who do it well.

Dan Fox of Gretna, for example, had plenty of help from his uncle, Dr. Howard Wetsman, and Travis Thompson, owner of Raw Honey New Orleans. Both helped him start a hive.

"I was interested and they were willing to help me," Fox said. "I can't imagine doing this



by myself. You really need to get together in the community."

Thompson agrees that novices should join bee clubs — local organizations can be found through the Louisiana Beekeepers Association — and watch and learn from those who do beekeeping for a living.

For those who would rather keep company with bees instead of people during these ongoing pandemic times, beekeeper Jeff Horchoff, who producers Abbee Honey at St. Joseph Benedictine Abbey outside Covington, films beekeeper videos every Friday for his Youtube channel at youtube.com/user/mygracieme.

HONEY

Honey has been used by humans for thousands of years, as a sweetener, medicine and even currency.

Collect Chew

Forager worker bees suck up a flower's nectar into a special sac called a honey stomach. Once the honey stomach is full, the worker bee returns to the hive.

Forager bees pass the nectar to house bees. The house bees chew the nectar, passing it from bee to bee. Enzymes in their saliva change the chemical properties of the nectar.

Dry

The nectar mixture contains too much water so the bees must dry it out.
They spread the honey out and fan it with their wings.

Cap

The bees deposit the honey into cells of the honeycomb and cap it with beeswax to keep it fresh until they are ready to eat it.



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Ford Memorial MONROE Black Boyou SHREVEPORT Kisotchie National Forest ALEXANDRIA Augustines) BATON ROUGE Grand Coteau Britches Smith LAKE CHARLES Grand Opera House LAFAYET NEW ORLEANS CANE RIVER NATIONAL HERITAGE TRAIL MYTHS AND LEGENDS **ZYDECO CAJUN PRAIRIE BYWAY TUNICA TRACE BYWAY**

LOUISIANA'S HISTORIC BYWAYS

Hit the road, Jack, might be the mantra for spring and summer. If you're aching to get outside and travel, here's the perfect solution. Louisiana is home to 16 "Trails and Byways," road trips that spotlight history, culture, local heroes and villains and outdoor activities throughout our state. There's literally something for everyone, with some good eatin' as lagniappe.

BOOM OR BUST

Industry moved in and out of the northwest corner of Louisiana over the past two centuries. Oil and gas, timber, farming and more brought prosperity at its inception and ache in its wake. The four-parish, 136-mile Boom or Bust Byway showcases some of the towns involved in these revolving economies, plus long stretches of rural countryside perfect for a peaceful ride in the country.

One of the trail's highlights is the annual **Sunflower Trail and Festival**, June 19 in Gilliam, with blooms along Highway 3049 between Gilliam and Shreveport. The event in town offers arts and crafts, food vendors, music and more but road trippers may just want to drive the 20 miles of highway from mid-June to early July to enjoy the fields of blooming sunflowers.

Cool off at two hot spots — Cypress Black Bayou with its man-made beach on Cypress Bayou Reservoir, along with cabins, fishing and a zoo, and Black Bayou Lake with its boat ramps and picturesque fishing pier.

"Cypress Black Bayou is a really cool place to drop in and hang out," said Shalisa Roland who covers the trail for the Shreveport-Bossier Convention and Tourist Bureau. "And Black Bayou Lake is a local favorite. A lot of people don't know it's there."

Foodies will not want to miss **Longwood General Store** in Mooringsport serving up steaks, hamburgers and Southern classics in a small dining room and country store within a gas station. **Big Dup's Cajun Kitchen** in Plain Dealing also serves great meals such as boudin, hot water

cornbread and the "Voodoo Burger" out of a convenient store. The **Drift Inn** in Mooringsport is another local favorite, and offers a pier for fishing. "It's another little place that's tucked away," Roland said.



Myths & Legends

Think odd and unusual when you travel down the Myths and Legends Byway, with a few outlaws thrown in the mix.

In Vernon, stop and admire the unique "houses" adorning the circa-1860 **Talbert- Pierson Cemetery** graves. Pioneers of the

(left) Black Bayou Lake

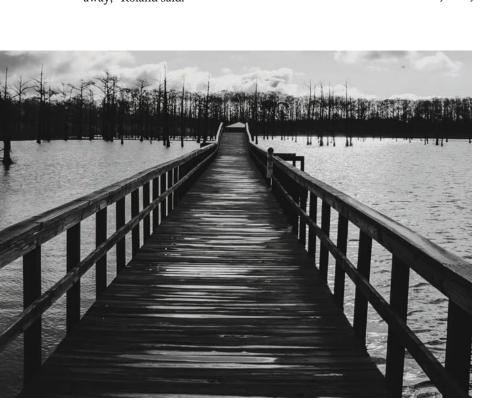
(top) Talbert Pierson

Cemetery (right) Sunflower feild in Gilliam two families crafted pickets from local woods to build these shelters, then topped them off with metal roofs. Was it to keep the weather off their dearly departed or a special spiritual practice? You be the judge.

Lois Lofton of DeRidder loved collecting dolls and she amassed more than 3,000 from around the world. When she died, she bequeathed her collection to the city of DeRidder and visitors can now view this fascinating assemblage weekdays at the Beauregard Tourist Commission office. While you're there, arrange to visit the DeRidder Gothic Jail next door, an architectural wonder as well as a favorite among ghost hunters. Two men found guilty of murder were hung in the building and many claim their spirits remain.

The Byway includes **Sugartown**, the first permanent settlement in southwestern Louisiana, and **Elizabeth**, where the town's city hall is housed in a hospital built in 1924 for the Industrial Lumber Company. **Merryville** contains the grave of Leather Britches Smith, a notorious outlaw.

Nature lovers will want to explore the **Kisatchie National Forest** that stretches through the region, including Wolf Rock Cave outside Leesville, a rock shelter dating back centuries.





Getting Outdoors

Louisiana offers many trails that offer hiking, biking and other outdoors activities.

THE TUNICA TRACE

The Tunica Trace with its rolling hills stretches from the quaint town of St. Francisville, with its historic homes and plantations, to Angola home to Louisiana State Penitentiary In between lies the 6,000 acres of the Tunica Hills Wildlife Management Area, great for hiking. horseback riding and camping, among other activities.

LONGLEAF TRAIL BYWAY

Another great region to find Louisiana's rare hills and ravines is the Kisatchie National Forest in the center of the state where the Longleaf Trail Byway offers elevations ranging from 80 feet to 400 feet above sea level. A favorite of hikers and birders is Longleaf Vista, with its dramatic views along the 1.5-mile interpretive loop. There are places to picnic and hikes that lead down to a peaceful creek. Depending on the time of year, visitors may spot wildlife such as deer, wild turkeys and colorful migratory birds.



ZYDECO CAJUN PRAIRIE

The prairies of southwest Louisiana lay claim to the origins of zydeco, swamp pop and Cajun music styles. Start your tour at the St. Landry Parish Visitor Center, with its sustainable building and landscaping and the **Amédé Ardoin Commemorative**, a statue dedicated to the Louisiana musician who performed Creole music that later developed into zydeco and helped shape Cajun music.

Up the road visitors will learn about swamp pop history at Ville Platte's **Swamp Pop Museum**.

"This railroad depot-turned-museum highlights a time when local singers made the Billboard Hot 100 with a musical gumbo of Fats Domino, Hank Williams, Elvis and Cajun and Creole music," explained Herman Fuselier, executive director of the St. Landry Parish Tourist Commission.

To view music in action, Marc Savoy crafts "Acadian" accordions that fuel dozens of Cajun and zydeco bands at the Savoy Music Center in Eunice. Savoy hosts a Saturday morning jam session that draws a global audience, Fuselier said. In Crowley, the historic Grand Opera

House of the South attracts worldwide acts and is home to the International Rice Festival held every October.

(left) Savoy

Music Center

(right) Melrose

Plantation

Over in historic Grand Coteau, the **Shrine of St. John Berchmans** marks an American first.

"Located at the Academy of the Sacred Heart, the Shrine is the site of the only Vatican-recognized miracle in the United States," Fuselier said. "And while you're there, the school's museum tells the story of the Academy's founders and the school's role in helping former slaves transition to freedom."

End your visit with a stop at **DezMeaux's** in Opelousas for fried chicken wings stuffed with boudin.

National
Heritage Trail
The 71 miles that make up the Cane River National Heritage
Trail consist of numerous attractions, places to relax for

Cane River

a meal and the town of Natchitoches, one of the most charming cities — and oldest — in Louisiana.

Start from the south and work your way up Cane River, pausing to enjoy **Melrose Plantation**, built by free people

pausing to enjoy **Melrose Plantation**, built by free people of color and once home to arts patron Cammie G. Henry and renown folk artist Clementine Hunter.

Within the Cane River Creole National Historical Park are Oakland Plantation and its many historic buildings, including the plantation store, 27 outbuildings and historical agricultural equipment. Nearby is St. Augustine Catholic Church, founded in 1803 as the first Roman Catholic Church created for people of color.

There are so many other historic spots to see along Highway 1 and, for a brief stretch, Highway 484, so be sure to grab a trail map at the national park.

Natchitoches concludes the trail up the river, the oldest permanent settlement in Louisiana, and its 33-block historic district offers boutique shops, restaurants, restored historic homes, churches and buildings, and the Louisiana Sports Hall of Fame. The trail then extends westward to include Fort

Jesup State Historic Site, where a young Zachary Taylor served, and Los Adaes State Historic Site, once the Spanish capital of Texas. The Adai Indian Nation Cultural Center exhibits its Native American history and hosts an annual pow-wow. ■

For more information about Louisiana's Trails and Byways, visit byways.louisianatravel.com. We suggest calling individual attractions in case of COVID restrictions.

Gas Station Eats in No Man's Land

Traveling the back roads of Louisiana can build up an appetite, but there's plenty of good eating along the way, even at the most unexpected places.

When America purchased Louisiana from France in 1803. Spain's territory lay to the west in what we now call Texas. The border between west Louisiana and Spain was in dispute for many years, resulting in a "Neutral Ground" without law and order This "No Man's Land" existed until 1819 when a treaty was signed but, because of its unique history and its luring of both hardy pioneers and outlaws, the region produces a melting pot of food cultures, said Rebecca Blankenbaker, executive director of the Cane River National Heritage Area and chair of the No Man's Land

Blankenbaker, Lt. Gov. Billy Nungesser and other tourism professionals within the eight parishes designated as No Man's Land have created the Gas Station Eats Trail, spotlighting simple eateries serving up great meals. The dishes range from Natchitoches meat pies from Lasyone's Meat Pie Restaurant to boudin in a brown paper bag.

"It's cultural food but also road trip food that harkens back to the good ole days," Blankenbaker said

For more information visit visitnomansland. com/gas-station-eats.

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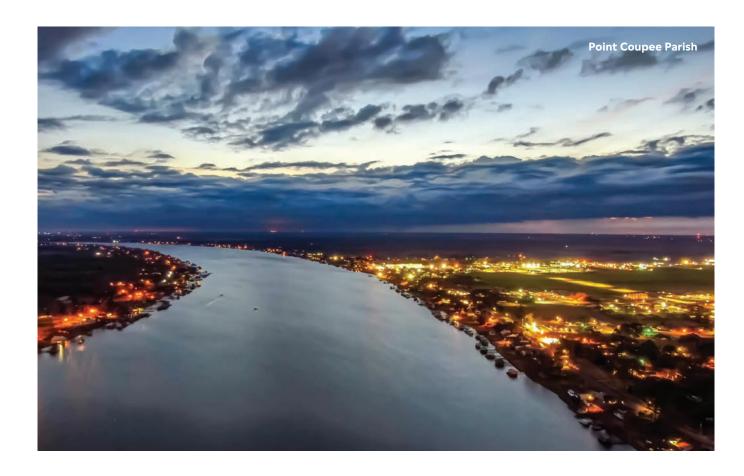
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Louisiana Road Trips



THERE'S NOTHING LIKE STARTING THE

car and knowing your destination is one of fun and relaxation, that an adventure awaits on the other side of the drive. Louisiana is an easily traversable state by car, and its variety of cultural experiences makes for easy escape from the mundane day-to-day. Load up your friends and family this summer for a road trip to one of its many unique cities or parishes. Enjoy the music of different accents, the flavors of various cuisines, and the landscapes that transform from swamps, to sugarcane fields, to hills and woodlands. Live events are beginning to take shape again as the warm weather draws visitors and residents outdoors and away from home. Find your weekend or day-trip adventure among the following cities, parishes, and communities waiting to show you their version of true Louisiana hospitality.

Jefferson Parish welcomes visitors to enjoy the bounteous great outdoors

of Louisiana just minutes from New Orleans. Home to Barataria Preserve of Jean Lafitte National Historical Park and two state parks (Grand Isle and Bayou Segnette), Jefferson Parish connects nature lovers with beautiful hiking trails, birding trails, fishing piers, and boating opportunities. It also connects visitors with the culture of the people who settled the delta and their relationship to its unique ecosystem. Combine a tour of the Lafitte Barataria Museum with an unforgettable bayou adventure on the Total Cajun Experience swamp tour in Jean Lafitte.

Anglers love Jefferson Parish for its plentiful, year-round access to freshwater and saltwater fish. Meanwhile, the allure of the beach awaits visitors to Grand Isle, where seven miles of barrier island hold all the wonders of the Louisiana outdoors. For more outdoors adventures and a free visitors guide, go to visitjeffersonparish.com or call 877-572-7474.

It's peach season in **Ruston and Lincoln Parish**—mark your calendars for the 71st Annual Louisiana Peach Festival happening June 5 in downtown Ruston. The one-day festival will be filled with 10+ hours of live entertainment, activities for the kids and families, a local arts market, food vendors, and of course, savory and sweet peach treats. Come early for free admission from 9 a.m. – 3 p.m.

Returning this year is Peach Restaurant Week happening May 30 - June 5. Visit local restaurants for delectable peach dishes only available the week of the Louisiana Peach Festival. Items include coffees and teas, appetizers, sandwiches, pizzas, cocktails, specialty desserts, and so more much.

Don't forget to add a trip to Mitcham Farms Peach Orchard to your itinerary. Ice cream made from Louisiana's sweetest peaches is only available during the summer. For more information about Ruston or to plan

your trip to the Louisiana Peach Festival, visit *ExperienceRuston.com*.

An easy drive from anywhere in the state, **Point Coupee Parish** offers a tucked-away escape and illuminating window into Louisiana's rich history along the Mississippi River. Celebrating 300 years of history, the parish's tricentennial offers tribute to the arrival of those who permanently settled Pointe Coupée, but its attractions and legacy date much farther back—Point Coupee is home to 10 earthen American Indian mounds built between 700 and 1200 AD.

Take a drive down beautiful country roads lined with sugarcane and enjoy Point Coupee's historical charm and open-air offerings. A live oak tree walking tour, bike tour, kayaking, SUP boarding, weekly fishing tournaments, hunting, and camping are activities that draw outdoors enthusiasts to the area, while 30 historical homes and the Old River Controls Structure offer a glimpse into the past.

In May, Point Coupee Parish hosts the Louisiana Triathlon in New Roads and the Kiwanis Club Blessing of the Boats. For more information, events, and destinations, visit *pctourism.org* or call 225-638-3998.

Enjoy some excitement in the great outdoors with the 17th Annual Kite Fest Louisianè, held May 22-23, 2021, in **West Baton Rouge Parish**. Kites of all sizes and shapes will fill the skies at the West Baton Rouge Soccer Complex in Port Allen, Louisiana, located just off I-10 west of Baton Rouge (Exit #151 at 3383 Rosedale Road).

The Surf Side Flyers will display eye-catching kites in the sky while the Austin End of the Line flying teams will perform intricate ballets in the sky using two-line kites. The Northeast Rev Riders will bring more thrills with their four-line kites. These groups will be performing throughout the festival, which also features great food and music.

Kite Fest Louisianè will be open to the public at no charge from 11 a.m. to 8 p.m. on Saturday, May 22, with a special fireworks display at dusk. Sunday hours are 11 a.m. to 6 p.m. For more information, visit westbatonrouge.net.

Discover the charm and history of Louisiana's oldest city with a tour by foot, carriage or boat. **Natchitoches** is full of opportunities to sight-see and relax.

Step back in time as a Cane River National Heritage Area ranger leads you on a complimentary walking tour through the historic district detailing the early history and culture of the area. Take a ride through the historic district listen to the facts, folk lore and jokes from a guide in a horse-drawn carriage. Or relax and sit back as the Cane River Queen paddles you up and down the Cane River



Lake while the Captain and his first mate entertain guests along the way. After your tour by foot, carriage or boat, make your way to one of the many restaurants in the historic district to find a selection of food fare that is sure to fulfill your hunger.

Visit *Natchitoches.com* to plan your stay in Natchitoches or call 800-259-1714 to request materials by mail.

New Orleans is really just a road trip away, where you can expect to hear "We are so glad to see you!" This is the phrase you'll come across time and again, from the waiter that takes your order to the concierge that books your next meal, to your new favorite bartender across the street from your hotel. You'll hear it from the volunteer guiding you through one

of its museums, the performer taking your song request at a favorite club, and the tour guide leading you through the sites of historic significance.

New Orleans is known for its food, music, and culture, but at the center of it all is world-class hospitality. It's with that same hospitality that New Orleans welcomes you with open arms. During your stay, you're bound to run into street performers jamming to an impromptu audience, cuisine both traditional and not, and locals willing to help you find your way. And each of the dozens of neighborhoods offers the most exhilarating shopping, discovery and sights. Enjoy your stay. Visit neworleans.com for ideas, events, and more.

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A LIVING HISTORY: LSU RURAL LIFE MUSEUM TURNS 50

LPB Documentary Recognized By Louisiana Association Of Broadcasters

ouisiana Public Broadcasting was proud to be honored by the Louisiana Association of Broadcasters (LAB) with the award for Best Series or Documentary during LAB's 2021 Virtual Prestige Awards presentation. The documentary A

Living History: LSU Rural Life Museum Turns 50 won the award in the large-market television station division.

A Living History: LSU Rural Life Museum

Turns 50 documents how the museum got its start becoming a historical and educational treasure, not only for Louisiana, but

In Ziggy's Arts Adventure,

for the world. The educational program takes viewers through the historical buildings that make up the

museum explaining the details of the architecture and exploring the early ways of life in Louisiana from farming and gardening to cast iron

on Earth,

production.

A Living History: LSU Rural Life Museum Turns 50 was written, produced and directed by Tika Laudun and photographed and edited by Rex Q. Fortenberry. This documentary, along with many others produced by LPB, is available for viewing with LPB Passport, an extended viewer benefit. Go to www.lpb.org/passport for more details.

COMING TO EARTH – AND LPB - SOON!

Ziggy's Arts Adventure Shoots for the Stars With Arts Education

rom language developchildren will meet Ziggy - a ment and improved test curious and quirky young scores, to increased IQ, there alien introduced to the deis a lot of research supporting lightful new concept of the importance of music and "music" after encounart in education. But when tering an unmanned spacecraft from Earth budgets get tight, it's often music and art classand hearing a recorded song for the first time. es that take those first hits. That's why What's not to love? LPB is partnering Since there is no art with Baton Rouge on his home planet, artist Clay Achee Ziggy, with the and arts teachers support of his from around the parents, sets state to bring out for families a Earth so one of a kind he can digital childiscover dren's puppet all the series develart forms oped, written humans and shot have to right here in offer! Louisiana. While

Ziggy meets a bunch of new friends, including the lunkvard Band and some real life Louisiana artists, who introduce him to all types of art, while underscoring the value it brings to a community. Ziggy's Arts Adventure will comply with Louisiana Academic Standards and will use a research-based approach in an effort to build critical and creative thinkers while helping develop an awareness and pride in

Louisiana culture. Ziggy's Arts Adventure might be designed to appeal to kids age in elementary school, but even adults will enjoy the positive and educational lessons their children will learn, right along with Ziggy. Watch for Ziggy coming to Earth and LPB - Summer 2021.

NEW SERIES PREMIERE COMING IN MAY



DONKEY HODIE Coming May 3 Mon-Fri at 9 AM Sundays 8-9 AM

Donkey Hodie, a new puppet series, joins the LPB PBS family in May! Each episode follows the adventures of Donkey Hodie and her pals - Purple Panda, Duck Duck, and Bob Dog - as they follow their big dreams and work together to come up with creative solutions to everyday problems. Each episode encourages preschoolers to work hard and persevere in the face of failure, to be resourceful and discover they are capable of solving problems on their own - and to laugh themselves silly along the way.

Hmmmm... Something Looks A Little Different With the premiere of Donkey Hodie, you'll see a few changes to the PBS KIDS schedules on both LPB-HD and on the LPB PBS KIDS 24/7 Channels. These changes go into effect on May 3. Make sure and go to www.lpb.org/schedules to check program times.

LPB to honor Louisiana Legends with live broadcast of Gala











Terry Landry, the first

intendent of the Louisiana

Johnny Robinson, LSU

great and 2019 NFL Hall of

Donna Saurage, philan-

thropist and Manager of

CCC Holding L.L.C., the

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Coming To LPB



Inside the Met May 21



National Memorial Day Concert May 30



Great Performances: Andrea Bocelli: **Believe** June 6



Us on Masterpiece June 20

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CELEBRATING LOUISIANA; SUPPORTING LPB



ress up or dress down?

What you decide

to wear to this year's LPB

Louisiana Legends Gala is

up to you! That's because the

program honoring some of

Louisiana's best and bright-

est will be broadcast live on

LPB for the first time ever.





home watch parties. The LPB Louisiana Legends Gala airs, Thursday, May 6 at 8:00 PM. Here's a look at this year's honorees:

rector of NASA's Johnson Space Center.

With pandemic restrictions in place and safety in mind, the limited number of tickets that were available have all sold out. With that in mind, LPB is encouraging

Dr. Carolyn Leach Huntoon, scientist and the first woman to serve as Di-

Dr. Terry King, worldrenowned Pediatric Umbrella" device.

parent company of Community Coffee Company.

• Louisiana Lottery

Corporation

· RoyOMartin

· Scotty Moran

Community Coffee

Newt Dorsett

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System

Cardiologist, co-inventor of the "King Mills Cardiac

SPORTING TRIPS TO INSPIRING LOUISIANA ART!

SEE WHAT'S AVAILABLE! THE ONLINE AUCTION ENDS MAY 9



he Louisiana Legends Gala Auction became an online event this year and that means you can put in bids for items that catch your eye...no matter where you live! Go to auction.lpb. org and browse through the selections until midnight



May 9th. Whether you're looking for stunning artwork by Louisiana artists to add to your collection or fun fishing or hunting trips to enjoy with family and friends, remember that with each bid you're making a choice to support LPB.



Local Catch

Shrimp is sustainable, easy to cook and a popular Louisiana staple

BY STANLEY DRY
PHOTOS AND STYLING BY EUGENIA UHL

t's a tradition in these parts to take your boat and nets out on Vermilion Bay for the opening of shrimp season. As with duck season or snapper season, families celebrate these occasions as important rituals that help connect the present to the past, events that bind one generation to another in symbolic ways. The shrimp or the ducks or the fish are important, but not as important as the experience itself.

Most of us don't have the opportunity to catch our own shrimp, but Louisiana shrimp are abundant, either fresh or frozen, and we have myriad ways of preparing them. Shrimp are one of the most popular types of seafood (if not the most popular), so they star in many iconic Louisiana dishes, such as shrimp and okra gumbo, seafood gumbo, shrimp po'boys, shrimp jambalaya and barbecued shrimp.

TIP

Use your favorite salsa, either homemade or commercial, for this recipe. Crema is a slightly tangy Mexican cream. If unavailable, substitute sour cream thinned with a little milk or cream.

SHRIMP TACOS

1 pound medium shrimp, peeled and deveined
2 teaspoons extra virgin olive oil
½ teaspoon kosher salt
1 teaspoon smoked paprika
½ teaspoon chipotle chile pepper
corn or flour tortillas shredded cabbage thinly sliced radishes lime wedges salsa crema

PREHEAT broiler.
Combine shrimp, olive oil, salt, smoked paprika and chipotle chile pepper in a bowl and toss to coat. Transfer shrimp to a broiler pan or cast iron skillet and broil until shrimp are cooked through, about 5 minutes, depending on broiler.

MEANWHILE, heat tortillas on a griddle or cast iron pan. Serve tortillas filled with shrimp, cabbage and radishes, with a squeeze of lime and drizzled with salsa and crema. Makes about 16 tacos.

But that's just the beginning. We stuff shrimp and we turn them into a stuffing for flounder, peppers, eggplant, mirlitons, tomatoes and artichokes. We grill shrimp, we combine them with grits or pasta into elegant creations that take their places on sophisticated menus. And there are all the various cold preparations — shrimp remoulade, shrimp cocktail, shrimp salad, avocados or tomatoes stuffed with shrimp and all the rest. That doesn't even begin to cover the various ethnic preparations of shrimp that enrich our culinary repertoire.

I have searched both old and modern Louisiana cookbooks, looking for notable differences between Cajun and Creole ways of cooking shrimp. I haven't found any clear-cut distinctions, although historically, in addition to basic preparations of shrimp, the haute Creole cuisine of New Orleans incorporated the crustaceans into more elaborate preparations that graced the tables of the wealthy and were served in elegant restaurants.

Shrimp freezes better than many kinds of seafood, which accounts, in part, for the crustacean's national popularity, but it goes without saying that fresh shrimp are better, and fresh, heads-on shrimp are the best. That's where we Louisianians have the advantage, since beautiful Gulf shrimp are landed all across our coast and are available for a reasonable price, particularly at the dock.

This month's recipes are simple and can be prepared quickly — a spinach salad with shrimp, bacon and eggs; a salad of shrimp, tomatoes and pesto; shrimp fried rice; and shrimp tacos — making them perfect choices for hurried weeknight dinners. ■



SHRIMP SALAD WITH TOMATOES AND PESTO

1 pound boiled shrimp, peeled and deveined
2 tablespoons fresh-squeezed lemon juice
½ pound cherry tomatoes, halved
pesto (see following recipe)
coarse salt and freshly ground black pepper
lettuce leaves

IN A MEDIUM BOWL, toss shrimp with lemon juice. Add tomatoes and pesto, and toss to coat well. Season with salt and pepper. Serve on lettuce leaves. *Makes 4 servings as an appetizer*.

PESTO

2 cups loosely packed fresh basil ½ clove garlic

1/4 cup extra virgin olive oil 2 tablespoons pine nuts (optional)

1/4 cup freshly grated Parmesan coarse salt

PLACE basil, garlic and olive oil in the bowl of a food processor. Pulse several times, stopping to scrape down the bowl as needed, until basil is pureed. Add optional pine nuts and Parmesan and pulse to combine. Season to taste with salt.

TIP

Almonds, walnuts or pecans can be used in place of pine nuts, or they can be omitted entirely.

SPINACH SALAD WITH SHRIMP

4 slices thick-cut bacon 8 cups baby spinach 1 pound boiled shrimp, peeled and deveined 4 teaspoons Creole mustard

4 teaspoons white wine vinegar 1/4 cup extra virgin olive oil coarse salt and freshly ground black

pepper
2 hard boiled eggs, sliced

COOK bacon until crisp, then drain on absorbent paper.

MEANWHILE, wash and dry spinach, discarding any bruised or wilted leaves. Place spinach in a large salad bowl. Add shrimp. In a small bowl, whisk mustard and vinegar together until emulsified, add olive oil and whisk again. Drizzle dressing over spinach and shrimp and toss to coat. Season to taste with salt and pepper and toss again.

DIVIDE salad among 4 serving plates. Garnish with slices of egg. Cut bacon into bite-sized pieces and distribute among the salads. *Makes 4 servings*.

SHRIMP FRIED RICE WITH PEAS AND HAM

½ cup frozen **peas**

2 tablespoons vegetable oil

4 cups cold cooked rice

8 ounces medium shrimp, peeled and

½ cup cubed ham coarse salt

2 eggs, lightly beaten

BLANCH peas in boiling water for 1 minute, then drain and refresh under cold running water.

PLACE a wok or large skillet on high heat. When hot, add oil and heat until oil shimmers. Add rice and cook, stirring and tossing, for a few minutes, then add shrimp and continue stirring until shrimp colors. Add ham and peas and continue to stir and toss for a few minutes. Season to taste with salt. Add egg and continue stirring until rice is coated and egg is set. Makes 4 servings.

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Loving Louisiana

Eco-tourism, or volunteering while on vacation, can be done right here in the Pelican State for those who want to staycation with a purpose

BY CHERÉ COEN PHOTO BY TYLER KAUFMAN



A few others to consider

Keep America Beautiful

Volunteer Louisiana

Habitat for Humanity

ulizabeth Nehrbass of Lafayette watched news reports of the Louisiana coast disappearing for years, viewing the aerial shots of land loss in newscasts and slipping into fatalistic thinking that a problem that immense will never have a positive solution.

Then Nehrbass discovered Coalition to Restore Coastal Louisiana and its volunteer opportunities through its Habitat Restoration Program. CRCL has organized 14,500 volunteers since its beginning — including Nehrbass and her daughter — to plant trees and dune and marsh grass plugs. To date, the organization has helped restore more than 4,500 acres of coastal wetlands.

"You begin the day (as a volunteer) in one of those places where you can see the loss firsthand, some fragile marsh or a swamp or a beach, but you end the day looking back at hundreds of trees or thousands of plugs of grass that are planted there now that weren't there when you arrived," Nehrbass said. "When you're

There are a variety of Louisiana-based organizations volunteers can work with to help with everything from Coastal restoration to hurricane recovery.

beautiful.org

United Way of Southwest Louisiana unitedwayswla.org

volunteerlouisiana.gov

habitat.org

working with all those other people, it's possible to imagine that you might be able to actually make a difference."

CRCL has paused its volunteer arm due to the COVID pandemic but hopes to reinvigorate its coastal restoration efforts soon. However, there are many ways people looking to make a difference may enjoy Louisiana's natural beauty while making the world a better place.

And you might just have the time of your life.

"Yes, it's fun, and yes, I'd recommend it," Nehrbass said. "You can't mind getting wet and dirty, because you will. But that's really all part of the fun mucking around in the mud or sand, playing in the earth like we used to love when we were kids."

The following are a few ways to get involved, mud and muck included.

PONTCHARTRAIN CONSERVANCY

Volunteers with the Pontchartrain Conservancy have planted 70,000 trees in South Louisiana, most along the coast, to restore the trees that have washed away in recent storms or died due to environmental issues. In addition, the organization relies on volunteers to perform regular cleanups on Lake Pontchartrain.

This May the group will host the sixth annual Storm Sweep. In the past — previously known as Spring Sweep — the event consisted of a day in May where volunteers would meet at the New Canal Lighthouse to work and enjoy a picnic. This year, because of the pandemic, the event will stretch through the entire month of May without a formal gathering. Volunteers can sign up on the organization's website and participate on a date of their choosing.

HURRICANE RECOVERY

Lake Charles and Southwest Louisiana continue to rebuild after the horrific damage by 2020's hurricanes Laura and Delta, but so much remains to be done. Both national and regional nonprofit and faith-based organizations have arrived to remove debris and "mucky and gutting," mold and water damage and assist in rebuilding said Sara Judson, executive director of Community Foundation of Southwest Louisiana.

"We still have a need over here and if [volunteers] can only come for a day, we can still use people of all skill levels," Judson explained. "And you don't have to be a professional roofer. There are a lot of ways

National organizations such as Samaritan's Purse and All Hands and Hearts - what Judson calls "welloiled machines," — will offer volunteer training, materials and guidance so it's only a matter of joining their efforts. Many area restaurants, hotels and casinos have reopened, so a visit to the Lake Charles area could also double as a chance to give back and enjoy a fun-filled vacation, with the latter helping to strength the southwest Louisiana economy.

"Volunteers have a nice place to stay and relax in the evenings," Judson said.



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Arkansas Adventure

Cool off and clear your mind with a trip on Scenic Byway 7

BY CHERÉ COEN

t's a long drive from the Louisiana border to the Arkansas highlands, whether visiting the Ouachita Mountains near Hot Springs or the Ozarks blending into Missouri. If you're headed to higher ground this spring, or just need a road trip to clear your mind, spend those long hours along Scenic Byway 7, Arkansas's first state-designated scenic byway that begins around El Dorado, north of Ruston, and ends at the Missouri line east of Eureka Springs.

The 290-mile road trip takes visitors from the West Gulf Coastal Plain in the south, through central Arkansas hills and the Ouachita Mountains to the west and ends in the mid-Ozarks along the Buffalo National River. Visitors will enjoy four geographical regions of the Natural State, plus view numerous historic sites, state parks and other great outdoors attractions and plenty of spots to pause for Southern cuisine and a slice of Arkansas possum pie.

EAT

The Byway begins at the Louisiana border, just south of the former oil town of El Dorado. Stop for coffee at the Olde Towne Store within El Dorado's historic downtown square, once voted as "America's Best Downtown" for its restoration efforts. In addition to baked goods, the store sells healthy items for the long trek north.

Northwest of Little Rock, Route 7 winds into the Ozark National Forest, bursting with natural life this time of year. This long stretch of road provides some of the most scenic views in Arkansas, including the "Grand Canyon of the Ozarks" south of Jasper. The best place to view this vista is while enjoying a meal at the Cliff House Inn and Restaurant with its dining room perched on the mountaintop. Be sure to end your meal with their signature "Company's Comin' Pie."

TAKE THE WATERS

Over the years, millions have visited historic Hot Springs to enjoy its mineral-laced waters bubbling from deep in the earth and arriving for our healthy use at a steaming 98 degrees (cooled down first, of course). Visitors have long enjoyed these waters along



Bathhouse Row, now a National Historic Landmark District, and can still do so today at places such as Quapaw Baths & Spa. The town lies inside Hot Springs National Park, the oldest park in the National Park System — 40 years older than Yellowstone! Whether taking the waters, hiking the 26 miles of park trails or getting out on nearby Lake Hamilton, there's something for everyone.

STAY

Another first for the state is Petit Jean State Park, named for young Adrienne Dumont who fell in love with a French nobleman named Chavet. Dumont disguised herself as a boy and followed her love to America, landing in the Ouachita Mountains northwest of what is now Little Rock. Because of her size, Dumont was nicknamed "Petit Jean" by the ship's crew, but no one guessed her gender until she became ill and died. She asked to be buried on the mountaintop and her grave overlooks quite a vista. The park named for this small French woman became Arkansas's first state park.

Relax at the park's Mather Lodge and enjoy another breathtaking view of the mountains, along with a slice of possum pie and the ongoing visitations of hummingbirds. The park contains numerous hiking trails — including one to a dramatic waterfall — water sports on a lake, ranger events and more.

Get Outside

Here's another first the Buffalo National River is America's first to be designated as such. And with good reason. There is so much to enjoy along this scenic north Arkansas waterway kayaking, canoeing, fishing, hiking, camping and so much more through some of the most beautiful terrain in the nation. To determine how you would like to enjoy the river, along with places to stay. dine and shop, visit buffaloriver.com.

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Booming Business

Work is a firey and explosive endeavor at the Slidell special effects studios of Matt Kutcher

BY XXXX PORTRAIT BY ROMERO & ROMERO



lipped cars, towering fires, powerful explosions the kind that send bits of dust and metal sailing through the air — all constitute a regular day at work for New Orleans-area resident Matt Kutcher.

The 53-year-old founder of Slidell-based Spectrum FX Inc. has upped the energy level for roughly 120 feature films and 1,800 hours worth of TV by creating

car crashes, oil rig explosions and flaming cityscapes. He and his wife, Lisa, own the award-winning company.

Some assume Kutcher spends his days at a computer, but Spectrum's effects are not CGI, which means the work is hands-on and gritty.

"It's really long hours and hard work," he says, "If we blow up a car, we have to set up an entire fire suppression system ... You're outside in the dirt, in the swamps."

Kutcher, raised in the San Fernando Valley in California, grew up surrounded by the major film studios. He began producing special effects over 30 years ago, founding Spectrum FX in 1993 in his home state.

But Kutcher moved his company to Louisiana 11 years ago, after he worked a shoot in Shreveport. Kutcher says he had wrapped his duties on the 2011 film "Shark Night 3D" and was leaving Louisiana when a film studio based in Jefferson Parish asked him to drop by in hopes of recruiting him

He then got hired for 2012's "Abraham Lincoln: Vampire Hunter," which filmed in the New Orleans area. Kutcher says that's when he fell in love with the genuine, welcoming vibes of the Big Easy.

"Somehow, the town made me a better person," Kutcher said. "I found myself opening up and having to have genuine conversations with people."

The California native decided to move his family and business to South Louisiana, initially to Harahan and later to Slidell. The Kutchers' daughter does bookkeeping for the company, while their two sons help create and coordinate special effects.

The family business typically employs dozens of Louisiana residents, some of whom Kutcher helped parlay skills from other industries into film work. For example, Spectrum FX recruited welders laid off by a local shipyard to use their skills for "Dawn of the Planet of the Apes." The effects earned an Oscar nomination.

"A huge degree of our success is due to this wonderful family of people we've surrounded ourselves with," Kutcher said. "I think the industry has benefited and the people have



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