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## ON THE COVER

### 36 MARCELLE FONTENOT

Marcelle is like five amazing people wrapped into an elegant frame of boundless energy. She's a dedicated mother and wife and a professional at the height of her career.

## SPECIAL FEATURE

### 54 GAME DAY FASHION

Bleed Black and Gold In Style

## CONTENTS

### 08 ACADIANA LIFE

Breast Cancer Awareness  
It's Your Body. It's Your Future. It's Your Decision.  
Grumpy Grandma  
Ballet Acadiana

### 24 HEALTHY LIVING

Acadiana Food Alliance Strategic Action Plan  
Eliminating Sugar In Your Diet

### 26 HOME

Switch It Up With Paper Towels  
Fright Night — The Perfect Spooky Gathering

### 30 LIFE AND LEISURE

Favorite Fall Chick Flicks  
Halloween Safety  
Children And Diabetes At School

### 44 FAMILY MATTERS

Interesting Facts About Dreams  
Walmart APP For The Budget Conscious

### 50 CAREER

Too Blessed To Be Stressed  
Yes, I Work From Home

### 56 BEAUTY | STYLE

Hair Extensions  
Spider Veins

### 60 MIND | BODY | SOUL

Relax And Live Longer  
Adult Coloring — Mandalas

### 67 SHOW YOUR FACE

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PRESENTS

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# FACE MAGAZINE

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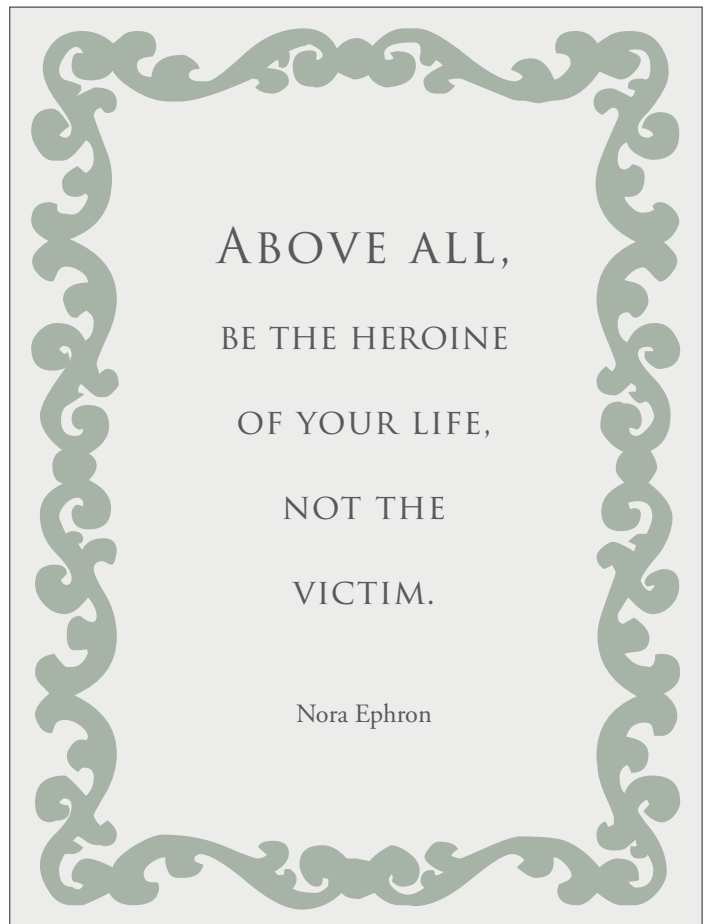
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# BREAST CANCER AWARENESS

OCTOBER IS NATIONAL BREAST CANCER AWARENESS MONTH and FACE Magazine is proud to participate in the campaign to help raise awareness about this serious issue.

You can help make a difference as well by spreading the word about mammograms and early detection – then make time to schedule a screening for yourself.

**According to the most recent data from the CDC\*, [excluding skin cancer] breast cancer is the most common form of cancer among American women, with 1 in 8 developing it in their lifetime. The good news is that many women can survive breast cancer if it's diagnosed and treated early.**

## WHAT IS BREAST CANCER?

Cancer is a disease in which cells become abnormal and form more cells in an uncontrolled way. With breast cancer, the cancer begins in the tissues that make up the breasts. The cancerous cells may form a mass of tissue called a malignant tumor. The cells of a malignant tumor may spread to other parts of the body and threaten life. Benign tumors are abnormal growths that are not cancer. The cells of a benign tumor do not spread to other parts of the body and do not threaten life.

### THE MOST COMMON TYPES OF BREAST CANCER ARE:

- **LOBULAR CARCINOMA.** Cancer that begins in the glands of the breast that make milk. These milk-making glands are called lobules. About 1 in 10 breast cancers are this type.
- **DUCTAL CARCINOMA.** Cancer that begins in the milk ducts of the breast. Milk ducts are thin tubes that carry milk from the lobules to the nipple. About 8 in 10 breast cancers are this type.

*\* Centers for Disease Control and Prevention*



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With Many, Many Thanks,  
Kristal Demahy



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doctor about which  
breast cancer  
screening tests are  
right for you, and  
when you should  
have them.



## BREAST CANCER SCREENING

Breast cancer screening looks for signs of cancer before a woman has symptoms. Although breast cancer screening cannot prevent breast cancer, it can help find breast cancer early, when it is easier to treat. Breast cancer is categorized as Stage I, II (A or B), III (A, B, or C), or IV. The stage is based on the size of the tumor and whether the cancer has spread. Stages I, IIA, IIB, and IIIA are considered "early-stage" breast cancer and refer to cancers that may have spread to nearby lymph nodes but not distant parts of the body.

### TWO TESTS ARE COMMONLY USED TO SCREEN FOR BREAST CANCER:

- **MAMMOGRAM.** A low-dose x-ray exam of the breasts to look for changes that are not normal.
- **CLINICAL BREAST EXAM (CBE).** The doctor looks at and feels the breasts and under the arms for lumps or anything else that seems unusual. Ask your doctor if you need a CBE.

Getting mammograms regularly can lower the risk of dying from breast cancer. Talk to your doctor about which breast cancer screening tests are right for you, and when you should have them. Your doctor should be aware of any history of breast cancer in your family. If you are at higher risk of breast cancer, your doctor might want to use other tests too, such as a different type of mammography or magnetic resonance imaging (MRI).

It is important to let your doctor know if you find any changes in your breast, such as a lump or dimpling or puckering of the skin. Although research results do not support an official recommendation that all women conduct breast self-exams, knowing your body is the key to pointing out any concerns to your doctor.

### SYMPTOMS OF BREAST CANCER CAN INCLUDE:

- **ANY CHANGE** in the size or the shape of the breast
- **PAIN** in any area of the breast
- **NIPPLE DISCHARGE** other than breast milk (including blood)
- **A NEW LUMP** in the breast or underarm.

If you have any signs that worry you, see your doctor right away. Please keep in mind that many people have no symptoms at all which makes regular screening even more crucial.



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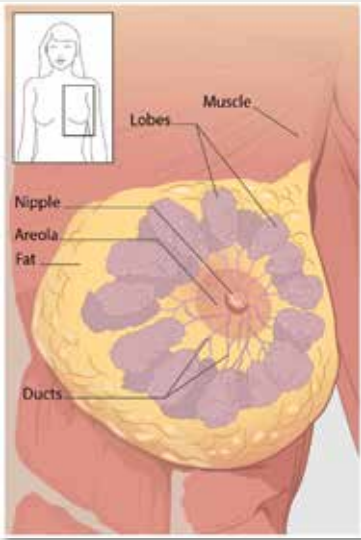
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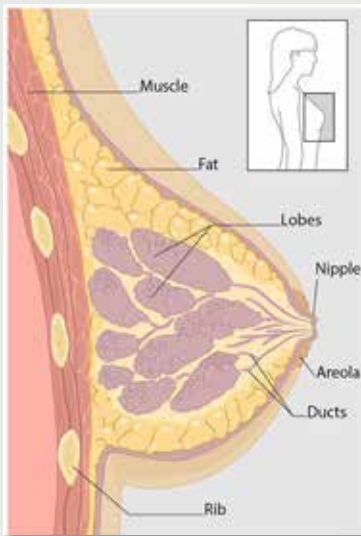
## US BREAST CANCER STATISTICS FOR WOMEN

2015 – Estimated New Cases of Breast Cancer: 231,000

2015 – Estimated New Cases of Breast Cancer in Louisiana Women: 2900

Probability of developing (female) Breast Cancer: 1 in 8

5 Year Relative Breast Cancer Survival Rate (with early detection & proper treatment): 85% to 90%



## DIAGNOSING BREAST CANCER

Screening tests look for signs of cancer. If a screening mammogram or CBE shows a breast change that could be cancer, additional tests are needed to learn more. These tests might include:

- **DIAGNOSTIC MAMMOGRAM.** This type of mammogram uses x-rays to take more detailed images of areas that look abnormal on a screening mammogram.
- **ULTRASOUND EXAM.** Sound waves help your doctor see if a lump is solid (could be cancer) or filled with fluid (a fluid-filled sac that is not cancer).
- **MAGNETIC RESONANCE IMAGING (MRI).** Radio waves and a powerful magnet linked to a computer are used to create detailed pictures of areas inside the breast. MRI may be used if enlarged lymph nodes or lumps are found during a clinical breast exam that are not seen on a mammogram or ultrasound.
- **BREAST BIOPSY.** Fluid or tissue is removed from the breast and checked for cancer cells. There are many types of biopsy. A biopsy is the only test to find out if cells are cancer.

Finding out about "abnormal" breast changes can be scary. Talk to your doctor about what tests you might need and what the test results mean. If you learn that you have cancer, your doctor will help you move forward and begin treatment. Not all women who have abnormal screening test results need to have a biopsy. Sometimes, doctors can rule out cancer based on the results of follow-up tests without biopsy.

## SHOULD I GET A SECOND OPINION?

Your cancer treatment involves several important decisions. A second opinion may help you feel more confident in your decision-making. Well-qualified doctors welcome a second opinion and can give you the name of another surgeon, radiation oncologist, or medical oncologist. In fact, health insurance often will pay for, and may even require, a second opinion if treatment is involved.



## TREATMENT

Breast cancer is treated in several ways. Treatment will depend on the kind of breast cancer you have and how far it has spread. People with breast cancer often get more than one kind of treatment.

- **SURGERY.** An operation where doctors cut and remove cancer tissue.
- **CHEMOTHERAPY.** Using special medicines to shrink or kill the cancer. The drugs can be pills you take or medicines given in your veins, or sometimes both.
- **HORMONAL THERAPY.** Blocks cancer cells from getting the hormones they need to grow.
- **BIOLOGICAL THERAPY.** Works with your body's immune system to help it fight cancer or to control side effects from other cancer treatments. Side effects are how your body reacts to drugs or other treatments.
- **RADIATION THERAPY.** Using high-energy rays (similar to X-rays) to kill the cancer.

Doctors from different specialties often work together to treat breast cancer. Surgeons are doctors who perform operations. Medical oncologists are doctors who treat cancer with medicine. Radiation oncologists are doctors who treat cancer with radiation.

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### **WHEN SHOULD YOU SPEAK WITH YOUR DOCTOR ABOUT BREAST CANCER SCREENING?**

**Women ages 40 to 49 should talk with their doctors about when to start getting mammograms and how often to get them.**

**Women ages 50 to 74 should get a mammogram every 2 years.**

**You may also choose to get them more often.**

**All women who are considered High Risk should speak with their health care provider about the potential risk for breast cancer to establish a screening plan. [A woman is considered at higher risk if she has one factor that greatly increases risk or several factors that together, greatly increase risk, such as close family members (such as a mother) who has had breast or ovarian cancer.**

## **REDUCE THE RISK OF BREAST CANCER**

Many women who develop breast cancer do not have any known risk factors or history of the disease in their families. However, you can help lower your risk of breast cancer in the following ways:

- **MAINTAIN A HEALTHY WEIGHT**
- **EXERCISE REGULARLY**
- **GET ENOUGH SLEEP**
- **DON'T DRINK ALCOHOL, OR LIMIT ALCOHOLIC DRINKS TO NO MORE THAN ONE PER DAY**
- **BREASTFEED YOUR BABIES IF POSSIBLE**

If you are taking, or have been told to take, hormone replacement therapy or oral contraceptives (birth control pills), ask your doctor about the risks and find out if it is right for you.

## **SURVIVAL AND SUPPORT**

No matter what you do to prepare yourself, being told that a lump is indeed breast cancer is always a shock. Before you have time to process the new reality, you're plunged into a sea of new information and difficult decisions. Your healthcare provider will advise you on moving forward with treatment.

You'll most likely experience a plethora of emotions – from anger to isolation and everything in between. This is when you need to gather your thoughts along with reaching out to family and friends to develop your own personal support group. Confide in those you trust and speak with them about your feelings and diagnosis.

You should not experience this alone, Acadiana has many great hospitals, treatment facilities and doctors, and the community offers a multitude of support groups and organizations that are more than willing to help on many different levels. All you have to do is ask. ■

*Sources: \*Cancer Facts & Figures 2015 – American Cancer Society®, US Dept. of Health and Human Services, National Institute of Health, National Cancer Institute, Office of Women's Health, CDC (Centers for Disease Control and Prevention).*



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*From screening to diagnostics, treatment to recovery, Women's & Children's Hospital continues to build a growing cancer program right here at home.*

**Mom. Wife. Professional. Colleague.**

**Confidant. Chauffeur.** Friend. Women today bear many titles. None would ever think "breast cancer survivor" could pertain to them. Sadly, 1 in 8 women will be diagnosed with breast cancer at some point in her life, according to the American Cancer Society. Few can say they do not know someone – a mother, sister, aunt, cousin, co-worker or friend – affected by the disease.

There is help.

Women's & Children's Hospital has been the leader in serving the unique healthcare needs of Acadiana women and children for more than 30 years, and it shows.

The hospital's Elaine M. Junca Women's Imaging Centre received several accreditations from the American College of Radiology, including Breast MRI, Mammography, Stereotactic Biopsy, Ultrasound and Ultrasound Biopsy. ACR also designated the center as a Center of Excellence.

The ACR gold seal of accreditation represents the highest level of image quality and patient safety. It is awarded only to facilities meeting ACR Practice Guidelines and Technical Standards

after a peer-review evaluation by board-certified physicians and medical physicists who are experts in the field.

**Sadly, 1 in 8 women will be diagnosed with breast cancer at some point in her life, according to the American Cancer Society.**

From screening to diagnostics, treatment to recovery, Women's & Children's Hospital continues to build a growing cancer program right here at home. You can count on advanced technology, nationally accredited and award-winning services provided by an experienced, compassionate and focused team ready to care for you as an individual.

Dr. Reatha Williams and Dr. Tyshaun James-Hart, breast dedicated surgeons with the Women's Multi-Specialty Group on the campus of Women's & Children's Hospital, along with breast-dedicated diagnostic radiologist Dr. Philip Meyer at the Elaine M. Junca Women's Imaging Centre provide a comprehensive team approach to the plan of care for each patient.

The Women's Imaging Centre, located in Province Park medical complex near the intersection of Ambassador Caffery Parkway and Verot School Road, is the region's premier breast imaging center. The staff provides nationally accredited services in a spa-like atmosphere because, let's face it, you've earned a little "me" time while taking charge of your healthcare needs.

Greeted by name with a smile, you move to a private changing area at the center, where you slip into a plush pink robe and relax in a serene space overlooking a lush garden. And, that's just your welcome to the Elaine M. Junca Women's Imaging Centre.

The center is home to the Aurora®, Acadiana's first breast-dedicated MRI system and other diagnostic tools to detect abnormalities at the earliest of stages, giving you the best chance for treatment and recovery. Stereotactic biopsy, ultrasound, bone density scans and others round out the growing list of services available – all in one beautiful, relaxing location.

It's your body. It's your future. It's your decision. The Elaine M. Junca Women's Imaging Centre offers a free breast health information packet year-round. Call 1-877-302-2731 to request. ■



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**BONJOUR MY CAJUN FRIENDS!**

It's me again — opinionated columnist and general know it all, Mrs. Nettie Mae Avec Domino.

**WELL, it's been a busy month for ole Nettie Mae...**

Oh y'all I'm so mad I could spit nails! Let me tell you what happened. There I was, trying to take a left on Johnston Street when all of a sudden (BOOM), out of nowhere dis big election sign falls off a truck and hits my Buick! Dat man didn't even stop, he just kept on truckin. I tried to chase him, but by the time I got to Maurice, I done lost em... So, I pass back to the scene of the crime to see whose sign had jumped out at me and you not gonna believe this... so many people had run over dat sign, all I could read was "R\_\_elect"... well, Mr. R\_\_elect, you better not win, because if you do, you got a dint to fix on my 72 Buick! Pas bon y'all, pas bon...

Anyway, I got a lot of letters this month, but this one hit close to home:

**DEAR NETTIE MAE,**

I went to the Vatican and all I saw was soybean fields and mobile homes! There was Vatican Road, Pope Drive and even Bishop Street. I searched for the Sixtine Chapel till I got to Sunset, but it weren't there, no Mikle-An-Jello, no Pope, no nutten and when I finally got to Vatican Square, all there was, was a Notary & Welding shop... in the same building!!! I taught, Oh my God, dat economy so bad da done repo'd the church! Mon dieu!

What should I do to help?

*Signed — Confused in Cankton*

**Grumpy Grandma**



**Nettie Mae Avec Domino**  
grumpy@faceacadiana.com

*Oh cher hold on a minute. First, let me tell you dat da Pope, da Church and da Vatacan is fine. You just got some bad directions. I know, because it happened to me da Easter of 1971.*

*Here's what happened, I went to midnight mass, sunrise services and morning mass and took Communion each time... next thing I know my head is spinning and I'm askin directions to the Vatican... That man told me, "...go to Carencro and turn west, you can't miss it". Well cher, after 3 days of searching I can tell you dat ain't the Vatican you looking for... you looking for the other Vatican and you can't get there without a boat. But I'm gonna tell ya, you heart is in the right place and Sweet Jesus knows it.*

*Ton Ami ~ Nettie Mae*

Ok y'all, dats all I got time for today, but if you got something to tell me or need sum advice, get yourself in the inter web and send me a email.

Au revoir y'all,

*Nettie Mae*



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# BALLET ACADIANA

## A TRINITY OF ARTS, CULTURE, AND EDUCATION REBORN

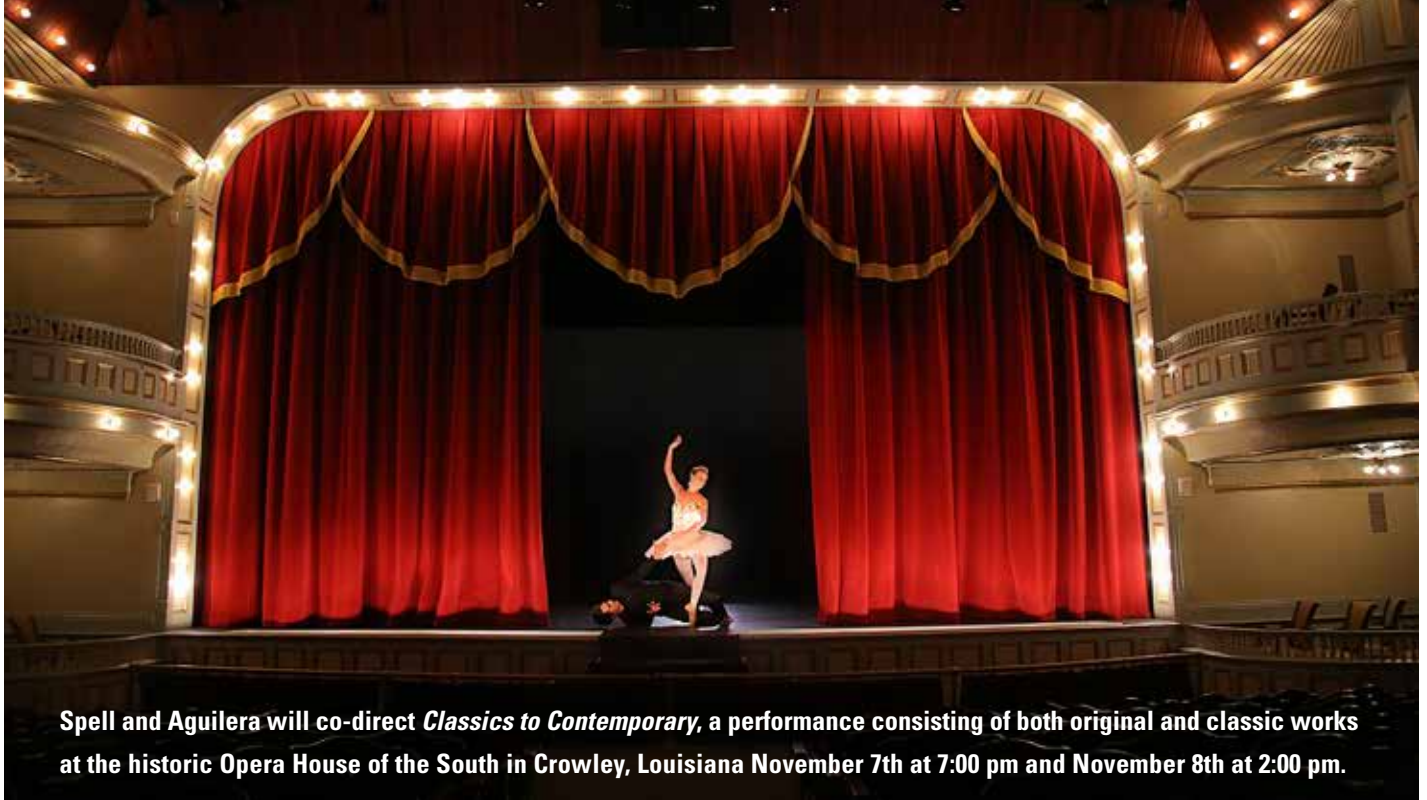
In 2006, a small group of devoted patrons and supporters of dance, artistically led by Beverly F. Spell, established Ballet Acadiana, a non-profit 501(c)3 professional dance company with a focus on arts, culture, and education unlike any other dance company around.

The dream was a dance company providing excellence in the area of pre-professional training and performance opportunities accessible to all dancers in Acadiana. The vision was to create performances that not only celebrated the arts but also provided training through enrichment of young dancers, thereby helping to nurture strong minds and healthy bodies in an artistic environment. After several years of concentrating on training dancers Ballet Acadiana now reemerges as a performance company.

Beverly Spell has now teamed with co-artistic director Dadier Aguilera, an award winning dancer and contemporary choreographer trained at the world renowned Cuban National Ballet and who has toured and performed internationally with Ballet de Camaguey, Centro ProDanza de Cuba of Cuba and Palacio das Artes Dance Company of Brazil. As a re-entry into the performance realm, Spell and Aguilera will co-direct *Classics to Contemporary*, a performance consisting of both original and classic works at the historic Opera House of the South in Crowley, Louisiana November 7 at 7:00 pm and November 8 at 2:00 pm. Internationally recognized dancer, Arionel Vargas, formerly of the English National Ballet, will join Ballet Acadiana for this premier performance, dancing alongside local Company Members Ashley Bourque, Danielle Faciane, Emily Faciane, Rachel Geiger, Emily McConnell, Madeline Miller, Kathy Pooler, Michelle Sellers, Anna-Cayton Womble, Erin Barras, London Deats, Nia Edwards, Coryne Foreman, Amanda MacFadyen, and Vivian Thibodeaux.

Looking beyond its November performance, Ballet Acadiana has set high goals for 2016. With plans for an original work highlighting our local culture and history while promoting the education of children on this unique history through the art of dance, this now small, but growing, cultural


Dancers: Rachel Geiger  
and Dadier Aguilera.



**Spell and Aguilera will co-direct *Classics to Contemporary*, a performance consisting of both original and classic works at the historic Opera House of the South in Crowley, Louisiana November 7th at 7:00 pm and November 8th at 2:00 pm.**

and artistic force called Ballet Acadiana may very well move past anyone's expectations. The trinity of focus on art, education, and culture now has a new energy, a new expression, and a new voice with the strength of international ties.

Tickets for *Classics to Contemporary* range from \$15 to \$35 each and are available through the Grand Opera House of the South at [www.thegrandoperahouse.org](http://www.thegrandoperahouse.org) or by calling 337-785-0440. A "Fireside Chat" with Artistic

Directors and guest artist will be conducted in the lobby Saturday at 6:00. A "Meet & Greet" with the serving of cookies and punch will take place immediately following the Sunday performance. All are invited to attend these two events. 



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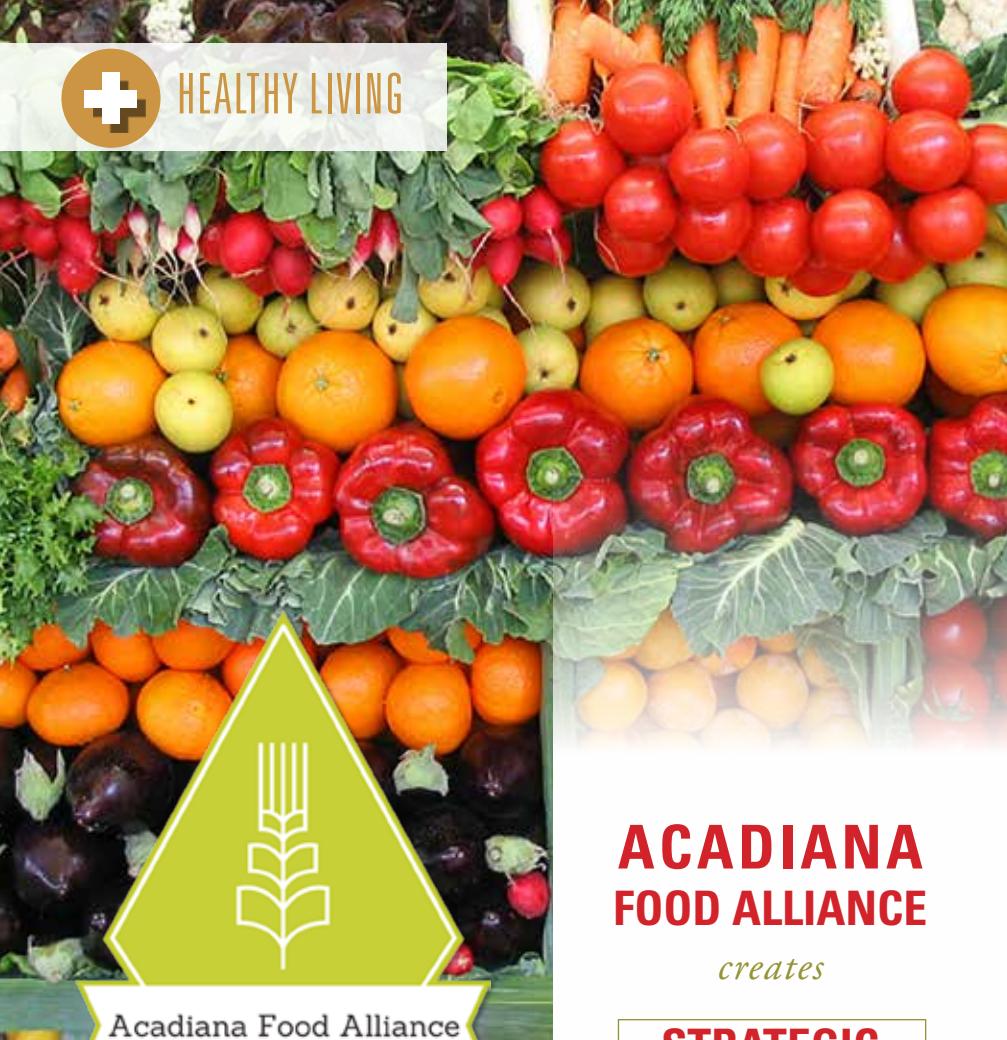
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Acadiana Food Alliance



Lafayette Consolidated Government, EarthShare Gardens, and the Acadiana Food Alliance are happy to announce the completion of a Local Food Strategic Action Plan.



## ACADIANA FOOD ALLIANCE

*creates*

### STRATEGIC ACTION PLAN

The Acadiana Food Alliance (AFA) represents a cross-spectrum of organizations and people in Lafayette and surrounding, rural areas who see local food as a potential catalyst for economic and community development. Representatives of local governments, planning commissions, nonprofits, existing farmers, chefs, schools, beginning farmers and health services are looking for comprehensive strategies that boost our region’s food production and consumption and build better communities.

Currently, the Acadiana Food Alliance is in the formative and planning stages. Initiated a year ago, this loose alliance took a major step forward this spring, through the support of an EPA technical assistance workshop, Local Foods, Local Places. Interactive, facilitated sessions led by representatives in multiple federal agencies with Acadiana Food Alliance members brought clarity and focus to our efforts.

Five primary activities were identified in the Local Food Strategic Action Plan and mapped out for near-term action:

- Formally establish the Acadiana Food Alliance board
- Initiate a regional “Grow Acadiana” branding and marketing campaign capitalizing on parish-wide collaboration and promotion across sectors in the food economy
- Create a national educational model of “Food Immersion” by engaging schools and students in the food system; similar to our locally produced “French Immersion” class to preserve Cajun French in the region
- Support the development of area food hubs for storage, distribution, and streamlining local food access
- Direct resources, support, trainings and tools towards new and established farmers

AFA’s goal is to create a productive regional hub in Lafayette that promotes and advances Acadiana farmers’ diverse growing capacity and the region’s unique food culture — Cajun and Creole cuisine and value-added products. AFA aims to capitalize on the increasing demand for local food while fostering a healthier, more sustainable community and Acadiana region.

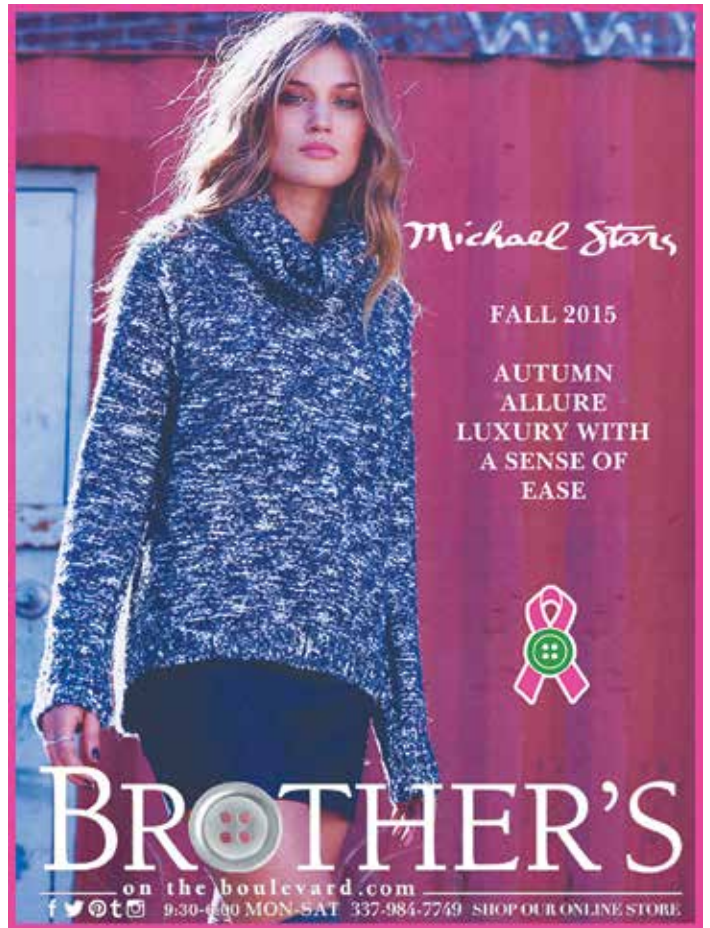
At a press conference unveiling the Local Food Strategic Action Plan in August, Chris Adams of the newly formed Board of Directors stated, “When the idea for the Acadiana Food Alliance was first developed, I jumped at the chance to be a part of this visionary effort. As a founder and Board Member of Earthshare Gardens, and director of Cultural Research Institute of Acadiana, I was already immersed in the effort to shape Lafayette into a community that produces food locally and sustainably. I see the Acadiana Food Alliance as a potentially transformative organization, bringing together chefs, farmers, schools and businesses to reshape how we produce and consume food in Acadiana.”

To get involved or to learn more about AFA’s plan visit: <http://www.lafayettela.gov/Pages/AcadianaFoodAlliance.aspx> or contact Emily Neustrom 337-291-7193. **F**

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# 5 STEPS TO ELIMINATING SUGAR IN YOUR DIET

By Daphne Olivier

**SUGAR. IT TASTES SO GOOD, BUT CAN WREAK HAVOC ON OUR BODY, causing everything from weight gain to inflammation; blood sugar roller coasters to difficulty sleeping at night. While it's always around us, as we get closer to Halloween, it starts the beginning of the sugar avalanche moving into the holiday season.**

## MAKE SURE YOU DON'T GET SNOWED BY SUGAR

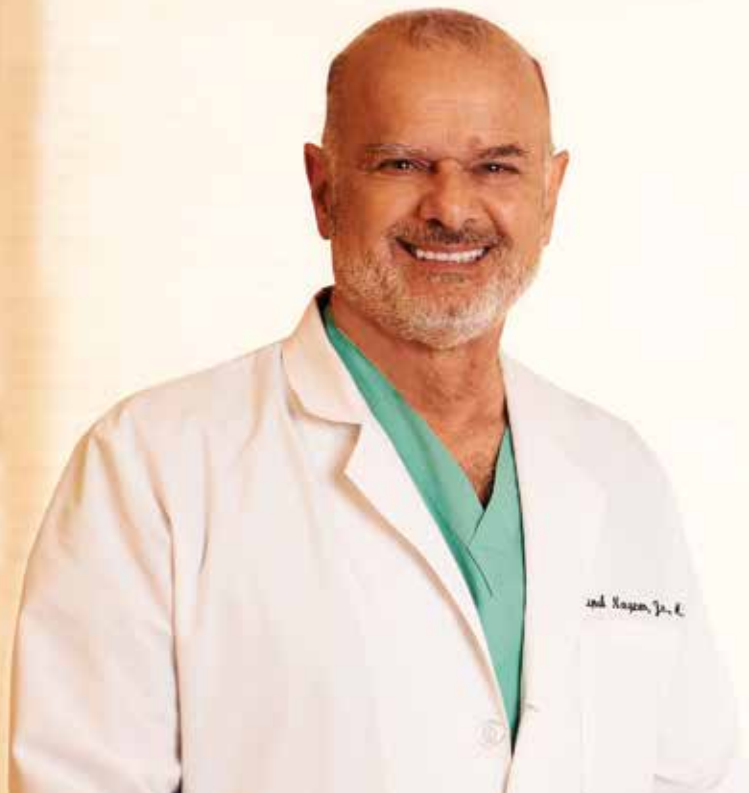
- 1 GET PLENTY OF SLEEP.** Lack of sleep effects our decision making and can cause insulin resistance, which can lead to more cravings for sugar.
  - 2 ALWAYS EAT BREAKFAST WITH PROTEIN OR HEALTHY FAT.** Choosing items such as eggs, avocado, olives, nuts, seeds, nut butters, and cheese can help to stabilize blood sugar throughout the day, preventing sugar cravings long into the afternoon. If you are living on the wild side you can include meats that are not your typical breakfast option, such as chicken or meatballs as part of your breakfast fare.
  - 3 DEAL WITH STRESS.** Stressful situations increase the hormone cortisol, which stimulates your appetite and triggers emotional eating. While we can't completely get rid of stress, finding some ways to deal with it are crucial. Consider calling a friend, laughing, going for a walk, or taking time for deep breathing or meditation when you feel the stress creeping up.
  - 4 LISTEN TO YOUR BODY.** Hunger doesn't follow a clock, so it's important to listen to your body and allow yourself to eat before you become ravenous. You will be able to make a more appropriate decision about what to feed yourself if you are not famished.
  - 5 CREATE BALANCE WITH YOUR MEALS AND SNACKS.** All meals and snacks should have some healthy fat and protein. Eating just a bag of pretzels or an apple for an afternoon snack may not be enough to avoid sugar cravings after dinner. Add a slice of cheese to your apple and guacamole to your pretzels will move you in the right direction.
- The temptation for sweetness doesn't necessarily go away easily. Setting yourself up for success will ensure you aren't haunted by sugar constantly.



*About the author: Daphne is a food passionista, farm girl wanna-be and registered yet unconventional dietitian with a private practice – My Food Coach. She focuses on unprocessed, real food and balancing the diet with your lifestyle. **E***







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## SWITCH IT UP In the Kitchen

**W**hether you are cleaning up after a busy weekend or hosting company, having a few quick kitchen shortcuts on hand is a great way to be prepared for whatever life brings. Many of the best shortcuts come from switching things up and using typical kitchen items in not-so-typical ways.

Aside from being the de facto mess cleaner, paper towels are among the most versatile kitchen tools you can have on hand. They can prolong the life of produce and be used to prep beverages and clean up spills. In fact, paper towels have so many uses, they may render some kitchen “staples” unnecessary.

### TAP THE FULL POTENTIAL OF THE PAPER TOWEL

- \* Ditch the bulky colander in favor of a paper towel. Place veggies and fruit on a sheet of paper towels under a running faucet to function as a strainer; the stretchy strength will keep the towel intact when wet.
- \* Keep lettuce fresh longer by wrapping a paper towel around a head of lettuce to soak up excess moisture.
- \* Hand wash and dry wine glasses and other stemware using the cloth-like texture of a quality paper towel for a sparkling finish.
- \* Replace the need for a vegetable scrubber by utilizing the great scrubbing power of quality paper towels to properly clean mushrooms, potatoes, etc.
- \* Need to chill white wine quickly? Don't dilute it with ice; wrap a damp paper towel around the bottle and put it in the freezer to chill rapidly.
- \* Slip a damp paper towel under your cutting board to prevent it from shifting while slicing and dicing.

Finding non-traditional ways to use common household tools is a handy trick to make kitchen maintenance easy. So switch things up and see what a difference one item, like a paper towel, can make! ■



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# FRIGHT NIGHT FAVORITES

(Family Features) Looking to add a little spooky flavor to your haunted celebration that is sure to keep all your little ghouls, ghosts and goblins in a festive mood? Look no further for the perfect ideas to dress up those Halloween treats.

## HOW TO HOST THE PERFECT SPOOKY GATHERING

Halloween is the perfect time to throw on a costume and act like a kid. Of course, you want friends and family there to partake in the spooky fun, too, so here are a few tips to make sure your party is remembered long after the witches put away their cauldrons:

- \* Set a festive mood: Creepy Halloween decor, such as spider webs and Jack-O-Lanterns, can be placed around the house and yard to help get guests into the holiday spirit. Halloween themed music, such as *Monster Mash* and movies, such as *Dracula* and *Frankenstein* can help offset any down time, as can sharing scary stories.
- \* Play some ghoulish games: Bobbing for apples is a Halloween tradition you can't leave out. Halloween bingo or a pin the tail on the donkey-type game, such as pin the nose on the skull, can also add to the fun. Or try a treasure hunt for a ghost ship's loot by scattering clues around the house that lead to ghoulish goodies.
- \* Vampires, ghosts and zombies, oh my: Add a costume contest to the mix and hand out prizes to some of the best. Try breaking the contest into a few categories or by age, and awarding prizes, such as most creative, judge's choice and crowd favorite.



**BRINGING FRANKENSTEIN TO LIFE.** You can't have a mad scientist Halloween party without Frankenstein. This easy buttercream cake makes a big statement, a fantastic centerpiece for your sweets table and will make others green with envy over your decorating skills.

### SERVES 12

- 6 cups favorite cake recipe or mix
- 4 cups Wilton White Ready-To-Use Decorator Icing (4.5-pound tub)
- Wilton Color Right Performance Color System
- Wilton Black Icing Pouch with Tips
- Wilton Large Candy Eyeballs

### TOOLS

- Wilton 6-by-3-inch Round Pan
- Wilton 10-by-16-inch Cooling Grid
- Cake plate
- Wilton Cake Leveler
- Wilton 13-inch Angled Spatula
- Wilton 12-inch Disposable Decorating Bags

Prepare cake according to box instructions and make two layers using 6-inch round pans. Bake and cool on cooling grid.

Prepare Spring Green icing using this color tint formula from the Color Right Performance Color System: 4 cups icing + 30 Y + 6 B. Stack layers on cake plate for a two-layer cake, using leveler as needed. Ice cake sides smooth with green icing.

Use black pouch icing without tip to cover top of cake. Use tip of spatula to create spiral effect. Use black pouch icing with star tip to pipe pull-out bangs around top edge and two hair strands on cake top.

Prepare a disposable decorating bag with green icing; cut a hole in point of bag the size of tip 3. Attach candy eyeballs with dots of green icing. Pipe green eyelids.

Use black pouch icing with round tip to pipe dot nose and neck bolts, outline mouth and stitches.



## CAST A SWEET SPELL

Use fresh Chilean navel oranges, mandarins and lemons to cast a spell on your frightful Halloween party goblins with Bubbling Witches Brew and Spook-tacular Fruit Cups. Looking for more festive ideas? Add orange pumpkin treats to the menu. Just peel a mandarin and insert a small piece of celery in the center for the stem.

## BUBBLING WITCHES BREW

To make 5 cups, freshly squeeze 3 1/2 cups mandarin orange juice and 1/2 cup lemon juice. Cover and chill.


When ready to serve, pour chilled juice into punch bowl or pitcher and stir in 1 cup chilled sweet sparkling soda and ice cubes. Taste for sweetness.

Peel and slice mandarin oranges to make pinwheel shapes that resemble spider webs to garnish each drink. Use frozen red or black grapes as an additional optional garnish.

## SPOOK-TACULAR FRUIT CUPS

Cut off top 1/5 of an orange and use paring knife to separate fruit from inside of orange, being careful not to cut through peel. It's not necessary to get all of the flesh out, just enough to fill with cut fruit.

Squeeze juice from removed fruit and add to Bubbling Witches Brew.

If necessary, shave small amount of peel off bottom so cups sit level, being careful not to create an opening in the base. Use paring knife to carve faces, and fill each cup with orange pieces, melon balls, grapes and blueberries. 

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# FAVORITE FALL CHICK FLICKS

**OK MY DARLINGS,**  
FALL IS HERE AND I KNOW YOU LADIES  
ARE EXCITED ABOUT COOLER TEMPS AND

**PUMPKIN SPICE LATTES.** I also know that most of your men are MIA due to football and hunting season. Ladies, don't be bitter about it, you know it's a great time to shop when they're preoccupied. Now, for those rainy days or nights when you want to be low key, take some time to reconnect with your other single or "single for the season" girlfriends and watch some classic chick flicks. The turn of the millennium brought a slew of chick flicks with the likes of Jennifer Aniston and Sandra Bullock and they are great but, let's take it back old school.

## HERE ARE MY TOP 10 FAVORITE CHIC MOVIES PRODUCED PRIOR TO 2000

**CASABLANCA (1942)** "Here's looking at you, kid." I mean, come on. Who can resist Humphrey Bogart's classic good looks and gentlemanly charm?

**BREAKFAST AT TIFFANY'S (1961)** Audrey Hepburn brings sexy to the screen as an elite socialite (err..fancy escort) for a wonderful romantic comedy.

**PRETTY IN PINK (1986)** Molly Ringwald was the queen of the Brat Pack in the 80s. This is my favorite Ringwald film with Sixteen Candles running a close second.

**DIRTY DANCING (1987)** I had the time of my life watching this film again and again. You can never have enough Patrick Swayze. There is just something about a man who can move, honey.

**BEACHES (1988)** Okay, so this one is probably the most serious one on this list but, worth it. A tale about a friendship between two very different women that sustains throughout their lives in spite of obstacles.

**STEEL MAGNOLIAS (1989)** This is a must see for all my Cajun Steel Magnolias. Based in Louisiana, this film really captures Louisiana friendships and traditions, even though the accent is off—no one can do our accent correctly, you know this.

**THELMA & LOUISE (1991)** Two friends on the run from the law come across a (eventually) shirtless Brad Pitt. Enough said.

**A LEAGUE OF THEIR OWN (1992)** Based on the true story of women given the opportunity during to play professional baseball during World War II. This film oozes ultimate girl power with a remarkable cast of tough yet feminine ladies.

**MY BEST FRIEND'S WEDDING (1997)** Friend-zoned in the 90s. Julia Roberts realizes she's in love with her best friend and clumsily tries to win him over in this hilarious film.

**10 THINGS I HATE ABOUT YOU (1999)** This teen flick is cute and endearing and is one of the films that made Heath Ledger a sex icon.

Until next time, keep it chic —





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# HALLOWEEN

## SAFETY TIPS

**S**words, knives, and similar costume accessories should be short, soft, and flexible.

**A**void trick-or-treating alone and never stop at a house if the lights are turned off.

**F**asten reflective tape to costumes and bags to help drivers see you.

**E**xamine all treats for choking hazards and tampering before eating them.

**H**old a flashlight while trick-or-treating to help you see and others see you.

**A**lways trick-or-treat with a trusted group of friends and a trusted adult.

**L**ook both ways before crossing the street. Use established crosswalks wherever possible.

**L**ower your risk for serious eye injury by not wearing decorative contact lenses.

**O**nly walk on sidewalks whenever possible and don't run from house to house.

**W**ear well-fitting masks, costumes, and shoes to avoid blocked vision, trips, and falls.

**E**at only factory-wrapped treats. Avoid eating homemade treats received from strangers.

**E**nter homes only if you're with a trusted adult. Only visit well-lit houses.

**N**ever accept rides from strangers.

Halloween is a fun and exciting time for most children, but accidents happen every year that could have been avoided. Keep your little ones safe!



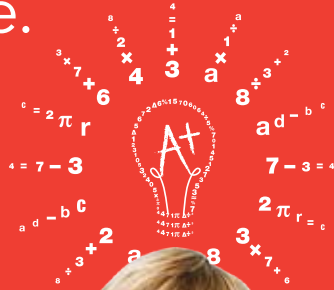
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## TIPS TO KEEP YOUR CHILD WITH DIABETES SAFE AT SCHOOL

**D**ibetes is one of the most common chronic diseases in children, according to Griffin P. Rodgers, MD, MACP, director of the National Institute of Diabetes and Digestive and Kidney Diseases of the National Institutes of Health (NIH). Keeping children with diabetes safe during the school day and during school-sponsored activities requires communication and cooperation between the student, their parents or caregivers, the student's health care team and school staff.

"Nobody knows your child's day-to-day needs and how to respond to a diabetes emergency better than you," Rodgers says. "That's why it is so important to maintain open communication with school staff throughout the school year."

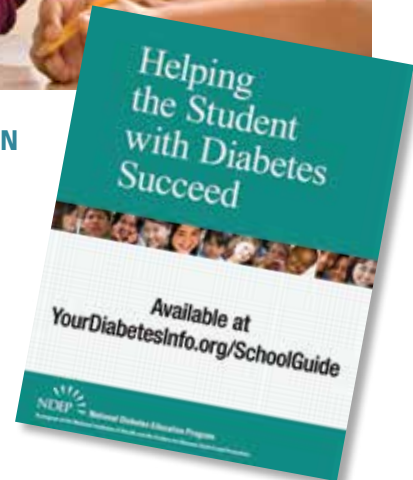
Parents and school personnel can learn about effective ways to help keep children with diabetes safe by reviewing the National Diabetes Education Program's (NDEP) *Helping the Student with Diabetes Succeed: A Guide for School Personnel*. The NDEP is a program of the National Institutes of Health and the Centers for Disease Control and Prevention.

### THE NDEP ENCOURAGES PARENTS OF CHILDREN WITH DIABETES TO FOLLOW THESE TIPS FROM THE SCHOOL GUIDE THROUGHOUT THE YEAR.

- Take action. Notify the school immediately when your child is diagnosed with diabetes. Share your child's medical information with school staff and provide up-to-date emergency contact numbers.
- Work with your child's health care team to develop a Diabetes Medical Management Plan. This plan contains the medical orders for your child. It should be signed by your child's health care team and submitted to the school nurse at the start of each school year. An updated plan is needed if there are changes in your child's diabetes care plan during the year.
- Meet with the school nurse to review your child's school health care plans. The school nurse will use the medical orders to prepare your child's routine and emergency diabetes care plans at school. You can find samples of these plans in the School Guide. You should also meet with the school nurse and staff to familiarize them with any specialized diabetes equipment that your child uses, such as an insulin pump and/or continuous glucose monitor (CGM). Remember to provide written instructions about the use of the equipment and troubleshooting guidelines.
- Provide the school with all supplies, medicines, and items needed to carry out your child's health care and emergency plans. These supplies may include blood sugar (glucose) testing items, supplies for taking insulin, urine and blood ketone testing, snacks, quick-acting glucose products, and a glucagon kit.

Contact your physician or download a free copy of *Helping the Student with Diabetes Succeed: A Guide for School Personnel* at [FaceAcadiana.com](http://FaceAcadiana.com) or [ndep.nih.gov](http://ndep.nih.gov).

*Article by: Griffin P. Rodgers, MD, MACP, Director, National Institute of Diabetes and Digestive and Kidney Diseases. Sponsored by National Diabetes Education program. ■*





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# MARCELLE FONTENOT

## An American Woman

By Nicole LaCour

**I**f an alien from a far away galaxy landed on Earth, walked up to me and said, “Show me a typical American woman,” first I would explain that there is no such thing as a typical American woman. But if I had to direct this being to one person that I knew embodied all the beauty and complexity, the struggle and possibility, and the grace and strength of an American woman, I would find no better example than Marcelle Fontenot.

Photography by Penny Moore of Moore Photography

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**ACADIANA'S NEWSCHANNEL**



Marcelle is like five amazing people wrapped into an elegant frame of boundless energy. She's a dedicated mother and wife and a professional at the height of her career. She's the friend you can count on, and the role model and source of support and laughter for her co-workers. She's one of the community's trusted faces of news and information and even a student in her spare time. She's the shy girl from Opelousas who found her place in front of the camera.

You can't talk to Marcelle for more than five minutes without hearing the words: breast pump. "My travel companion. My best friend," she calls it. The ever-present device is like a little symbol of her constant juggling of career and family. Marcelle is either feeding her 6-month old son or pumping at least seven times a day. She refers to these little breaks the way someone might talk about getting coffee. No big deal. Just part of the day. Whether it's in a conference room at KATC, a news van, in the car, at home before work, it's just a part of a routine most people would find impossible.

Family is first with Marcelle. She and her husband Jay, a physical therapist, juggle a grueling schedule, sharing the care of their two boys, Langston, 3 and Gavin, 6 months. Marcelle praises Jay's support but Jay is quick to concede, "I follow orders." Marcelle's day begins at 5am. There's quality time with the boys, cooking, cleaning, maybe a grocery run or a doctor's appointment. By the afternoon it's time to get ready for work when the sitter has arrived. She's at the station by 2pm and on the air at 5pm, with some pumping time in there. And family is never far from her mind. "When we're getting ready for the news, it's

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**Family is first with Marcelle. She and her husband Jay, a physical therapist, juggle a grueling schedule, sharing the care of their two boys, Langston, 3 and Gavin, 6 months.**

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like an Apple commercial for FaceTime." her co-anchor Jim Hummel said. "The highlight is when Langston, the three-year-old asks to say hi to Mr. Jim," She takes a break around 7pm and makes it home for story time and prayers. "It's the only family time we have all day," and maybe a book or two. Then it's back to the station by 8:30pm, on the air by 10pm and home by midnight — if it's a normal day.

Marcelle began working at KATC as an intern in the summer of 2001. "I didn't think I would be here at year 11," she said. "I thought I would have my first 2-year contract then move on to a bigger market. That's what reporters do. It surprises me that I've been here this long. But I can't help it, I kinda like this place," she said. She returned to KATC as a reporter in 2004. By 2006, she was anchoring the 6 o'clock news and by 2008, the 5, 6 and 10 o'clock spots.

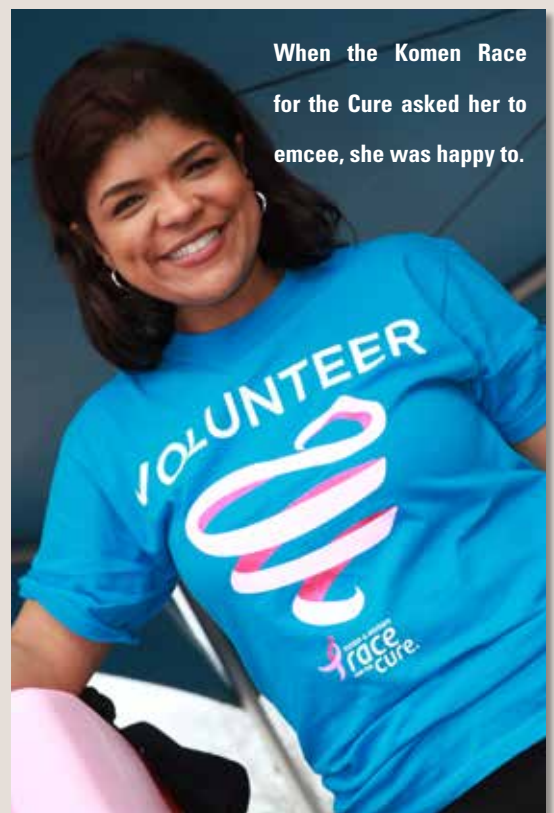
Behind the scenes at the station, she is the ballast that her co-workers lean on. "She's the moral and emotional glue that holds the newsroom together," Alex Labat said. Marcelle is a strong, compassionate mentor to the many fresh-out-of-college reporters who come to the Lafayette market to cut their teeth. "My decision to go into broadcast journalism was partly informed by her," Alex said. "Throughout the transition [from camera operator to producer and anchor], she guided me to become the best version of myself. She

As a public figure in Acadiana, Marcelle is asked to help or participate in many charities and public events. "You can't do them all," she said. In the past she's been involved with Big Brothers and Big Sisters, an organization she remains very passionate about. But one event is particularly meaningful for Marcelle.

"I started getting mammograms at 27," she said. The women in her family have a long record of breast cancer. "So far, so good," she said of her tests. But, both her mother and sister have battled the disease, as well as her maternal grandmother and her sister and her maternal great-grandmother. So, when the Komen Race for the Cure asked her to emcee, she was happy to. She's been the emcee for the past 8 or 9 years, though she did have to skip this year because she had just given birth to Gavin. Though breast-feeding Langston didn't stop her before. She just brought her pump into the trailer, as usual.

Year after year, Marcelle is inspired by women who come to the race. Some have lost their hair and are in treatment. Some are in wheelchairs. Many recognize her and tell her, "I'm back another year," or "I'm a survivor now for 20 years."

"It's a club, so to speak," Marcelle said, "and they understand more than anyone else can, what it's like. They know the battles. To see these women overjoyed for just one more day, one less treatment, or a clear mammogram. It's amazing to witness." ■



**When the Komen Race for the Cure asked her to emcee, she was happy to.**

**She's the shy girl  
from Opelousas  
who found her  
place in front of  
the camera.**





JULY 23, 2015

makes everyone around her, better." When a reporter is discouraged, Marcelle is the one right next to them, "a hand on their back, comforting them and assuring them, 'we've all been there.'"

"I have a personal goal of making her laugh every day," Alex said. "Get her to laugh," he advised, "It's infectious." She is the light of the newsroom, greeting everyone with her big smile and a "Hi, Honey." Jim is proud to call her a friend and mentor. "When the lights are on, we play off one another well on set. I know when she's going to stop reading, or steal one of my lines." And when the lights are off, Jim describes Marcelle as "cool. Seriously, just cool," he said. A huge *Scandal* fan, Jim calls her a Gladiator. "Some Thursdays, she's mic'd up, watching the last few minutes of the show and makes it to the desk with seconds to spare. I like to tease her about that," he said.

If you are forming an image of a happy-go-lucky, lightweight who merely presents the news everyday, you would be very mistaken. Behind the elegant clothing and bright smile, Marcelle knows the business and has experienced some of the biggest news stories in Acadiana's history. "Her knowledge of the industry is beyond reproach," Alex said. If a reporter needs to adjust something, she is firm and confident in her advice. "We're not a shy bunch," Marcelle said of her news team. "But it's the definition of constructive criticism," Alex said.

She's covered everything from city council and school board meetings, water and sewer issues to tragic crimes and a series on Angola.<sup>1</sup> It was only one year into her career as a reporter, at 25, that the biggest news story she may ever cover hit. "You think you know it all. You think you've covered everything you're going to cover. Then Katrina comes along. I remember being at the Drury Inn (where people were taking shelter) and thinking, 'This is the story.' That wasn't the story. The story was everything that happened after

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**Behind the elegant clothing and bright smile, Marcelle knows the business and has experienced some of the biggest news stories in Acadiana's history.**

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the storm." Marcelle remembers sleeping at the station and 15 hour days. A naturally giving person, "even when she was so pregnant she could barely walk," as Alex tells it, Marcelle is always helping others. Watching the impact of Katrina on people's lives was a study in helplessness. For Marcelle, her need to help, to do something coalesced in a request from one mother she met at the Cajundome. "A lady walked up to me and said, 'Ma'am, can you help me find my daughter?'" The woman had evacuated New Orleans before her daughter and hadn't heard from her in a couple of days. Marcelle sat with her in the grass and told her she would try. "I carried that name with me," Marcelle said. "All the reconnection websites... I must have put that lady's daughter's name on any missing person's website I could find. And I couldn't stop thinking, 'What else can I do?' It's not like I knew her or knew her daughter but I would go home and think, 'Did I miss something? Did I miss a website?'" A couple of days later, Marcelle tried to contact the woman, thinking she would be delivering bad news. Thankfully, she had found her daughter in Houston.

<sup>1</sup> The Louisiana State Penitentiary located on the island of Angola, LA.

Sheila DeRouen wanted all her childhood friends at her wedding. "We went to elementary school together, to the same church, to Southern," she said of Marcelle. But she knew that inviting a news anchor to your wedding meant she might not make it. "I will be at your wedding," Marcelle told Sheila. She took a few days off and traveled with her sister to Baton Rouge for the celebration. By the end of the rehearsal dinner, Sheila had put aside her phone and its distractions. She needed to relax with her good friends. Then she noticed Marcelle looking at her phone with a look of horror on her face.

Marcelle had not been overly alarmed at the first message. "A shooting at the Grand," could have meant anything. A shotgun misfired. An argument gone wrong in the parking lot. Then the national news started coming in. She called her producer, Ashley Guidroz, to see if she needed to go back. "No, we're fine," Ashley said, trying to let Marcelle have her day off. But the texts kept coming in. Finally, Marcelle told her sister, "I have to go now." She texted Ashley that she was on her way. "Thank you!" she replied.

When she walked into the station at 9:30pm, Jim was on the air. She looked at him and mouthed, "I'm sorry." Jim would later remember being in a daze after covering the story. Marcelle put her hand on his shoulder and said, "Are you alright? You're doing great. Keep it up." That small gesture meant more to him than Marcelle will ever know.

Marcelle, in full reporter mode, threw on a polo shirt and went out to the Grand. She reported the updates. The authorities said they were going to detonate a car. The adrenaline was going. And even then, she had to think about pumping. She almost went to Johnston Street Java. "I was just going to turn my back," but then a news van showed up, giving Marcelle a little privacy. "I was prepared," she said.

When there was a break between the news conferences, it hit her. "When our reporters are writing stories and they express something like, 'It can never happen here,' I tell them, 'It happens everywhere. Crime can happen anywhere.' But there I was thinking, 'Am I standing outside the Grand Theater on Johnston Street across from Justice Inn where I get burgers all the time? Did this really happen here?'"

And her next emotion was defiance and a remembrance of the resilience that she has witnessed from her community so many times before. "We're hurt, not just because [the shooter] took two beautiful lives. He stepped into our world and tried to destroy it and we're not going to let that happen," Marcelle thought.

She got home around 2am. The boys were awake by 5am and her husband Jay had patients to see. So, she powered through her morning routine then drove back to Baton Rouge, attended and read at Sheila's wedding, and was back for the 10 o'clock show. ■■■





## THE MAKING of Marcelle

**T**hough Marcelle doesn't really remember it, her parents tell a story of taking her to a children's museum in New Orleans, where they lived at the time. There was a mini-television studio and the otherwise shy Marcelle, made herself at home behind the little anchor's desk. "She sat there like she knew what she was doing," her father Patrick said.

Marcelle and her sister, Christine grew up in Opelousas in a predominately African American community, where her grandparents owned a grocery store. Her father moved the family home so he could take over the family insurance business. Her mother, a flight attendant from Detroit who's traveled all over the country would sometimes joke, "I can't believe I'm living in Opelousas." Marcelle has fond memories of her childhood. "Our mother was only gone about eight days a month." Having a flight attendant as a mother had its advantages. When they were doing social studies projects on Hawaii or Alaska, Patricia brought back authentic artifacts. Marcelle remembers how excited her sister was when they traveled to Washington, D.C. and she got to see all the things she was reading about in school.

Patricia is the role model Marcelle turns to as she navigates her family and career. "She managed to balance it all," Marcelle said. When she was planning for a trip, she cooked meals for the family. But when she got back, often the meals were still in the refrigerator. That's because Patrick was in charge. Patrick raised his daughters with a combination of civic involvement and laissez faire rules. They were taken to city council meetings and political rallies — and easily persuaded into pizza or fast food in lieu of the healthy home cooked meals Patricia had prepared.

Considering the example of passionate civic involvement her father showed her, it's not surprising that shy Marcelle's extroverted side found its place in front of the camera. She found herself volunteering to be on local television shows about life in school. And when someone needed a emcee, they turned to Marcelle. By the time she went to college she knew broadcast journalism was her calling.

Her parents' dynamic is somewhat echoed in the balance Marcelle and Jay manage. "She's a great communicator," Jay said. "She gives me at least a 15 minute window before I have to be somewhere," he laughed. Jay admitted he struggles with being the disciplinarian. "It's hard to stick to your guns," he said. "And the oldest is quick to tell me, 'That's not how mommy does it,' unless it's staying up to watch television or eating popcorn on the sofa. Then he's ok with it."

If Marcelle and Jay are as successful as Patrick and Patricia, little Langston and Gavin are destined to be remarkable young men. ■

# The MEETING of Marcelle

Then, not three weeks later, Rita hit. “Our storm,” Marcelle called it. The crew hunkered down at the station. As soon as they got the all clear, Marcelle headed out with her photographer. She remembers seeing cows in a field in south Vermilion Parish, the water up to their necks, huddled together, mooing. “I never felt so sorry for a cow,” she remembered.

Those were the stories that didn’t just come and go like other tragic events. The repercussions never ended. Everything changed. The rebuilding, the public policy issues, the long-term effects on people’s lives. “As a reporter, it gave me a different insight into people and how they respond when they’re faced with things like that. The easiest word to use is ‘resilient.’ This place amazes me. That’s why I’ve stayed here so long.”

Even with her success, her happy, healthy family and the respect and admiration she inspires in others, like every other American woman, Marcelle has her doubts. “There are days when I think, ‘Am I doing what I’m supposed to be doing? God, is this what I’m here for?’” She wonders if she is making enough of an impact on her community. “I stand there everyday and tell people about the world they live in. And most of it is bad. Most of it is things they don’t want to hear.”

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**“There are days when I think, ‘Am I doing what I’m supposed to be doing? God, is this what I’m here for?’” She wonders if she is making enough of an impact on her community.**

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“I remember my mother saying, ‘As women we try to have it all and do it all and...something’s gotta give.’” Marcelle said she was naïve to this concept for a long time. “As a college kid I was like, ‘Whatever. Life’s great.’ And then when I first started working, I wasn’t married and things were fine,” Marcelle said. “Now I have these two little people and I think, ‘Am I doing enough for them?’ and when I’m not at the station I wonder, ‘Am I doing enough to focus on work?’”

Then she meets someone in a grocery store or at a restaurant and they come up to her. “Oh, you told me about the water issue in my neighborhood,” someone might say. Or, “You’re who we sit down with when we have dinner.” Someone might call out, “Hey Marcelle,” and she doesn’t know them but they feel like they know her. “And I tell them, ‘It’s ok. If it weren’t for you, there wouldn’t be a reason to do what I do.’”

It’s moments like those, along with precious time with her friends and family, that Marcelle feels what every American woman strives to achieve — a sense of balance, a feeling of success and a little validation that the glorious journey of being a woman who tries to “have it all,” is worth every minute.

“I did everything I could,” she said. “I needed to be there for my friend but I needed to be there for my community, too,” she said, expressing her often competing desire to be many things to many people, and to herself. But if anyone can pull it off, it’s Marcelle. **F**

Jay Ashley’s story of meeting Marcelle Fontenot is not unlike Patrick Fontenot’s meeting of Patricia Martin. “I had my head on the desk before class started,” Jay remembered, “I picked it up and there was Marcelle’s beautiful face. I began imagining what life with her might be like.”

“I was working at Delta Airlines and one day I saw this beautiful woman walking down the tarmac and I said, ‘My God.’ I saw her at a party and spent the whole night trying to get two words in,” Patrick remembered about meeting Patricia.

Both men had to work their way into the good graces of their future life partners. “I think her friends thought I was a little too flirty,” Patrick said. But he managed to ask her out and the rest is history, as they say. “Patricia is the best thing that ever happened to me,” Patrick said. “The girls are who they are, thanks to her,” he said. “I would’ve had them tomboys,” he laughed. “Their mother was committed to raising good, smart girls.”

Jay became part of Marcelle’s “entourage,” as he called it. “There were four or five boys that would walk her to class,” he remembered. “I got my little moments in. I would put letters in her mailbox with things that would make her laugh.” It was almost a year after they met that Jay asked her out. “She made me earn her attention,” he admitted.

In Patrick, Jay found a role model. “Here was a black man who owned his own business, whose father owned a grocery store,” Jay said. Patrick has always been passionate about civil rights and Jay, the father of two young boys, finds comfort in Patrick’s experience and advice. “He reminds me that when you go to take your place on the mountain top, your fight and struggles are not new. Others have been there before you.” Though they have been discouraged by recent events in our country, Jay and Patrick find hope in their own strength and their confidence as role models for future generations. “I don’t want my sons’ experiences to mirror others,” Jay said.

These two men, one who raised daughters and the other raising sons, know that the real source of their strength comes from their wise choice of life partners — Patricia and Marcelle. ■





## INTERESTING FACTS ABOUT

# Dreams

By Savannah Ludwig

*According to Wikipedia,  
"Dreams are successions of  
images, ideas, emotions, and sensations that  
occur involuntarily in the mind during certain  
stages of sleep."*

Everyone knows that...right? Well here are a few things you may not know about your dreams.

Most **PEOPLE FORGET** 90% of their dreams within 5 minutes of waking.

**PEOPLE WHO BECAME BLIND** after birth can see images in their dreams. People who are born blind do not see any images, but have dreams equally vivid involving their other senses of sound, smell, touch and emotion.

**EVERYBODY DREAMS**, (except in cases of extreme psychological disorder). If you think you are not dreaming, most industry professions agree you are just forgetting your dreams.

**NOT EVERYBODY DREAMS IN COLOR.** A full 12% of sighted people dream exclusively in black and white.

The **MOST COMMON EMOTION** experienced in dreams is anxiety. Negative emotions are more common than positive ones.

While the content of most dreams is dreamt only once, many people experience **RECURRING DREAMS**; that is, the same dream narrative is experienced over different occasions of sleep. Up to 70% of females and 65% of males report recurrent dreams.

**ANIMALS DREAM** too. Studies have been done on many different animals, and they all show the same brain waves during dreaming sleep as humans. Watch a dog sleeping sometime. The paws move like they are running and they make yipping sounds as if they are chasing something in a dream.

**MEN TEND TO DREAM** more about other men. Around 70% of the characters in a man's dream are other men. On the other hand, **A WOMAN'S DREAM** contains almost an equal number of men and women. Aside from that, men generally have more aggressive emotions in their dreams than women.

Sweet dreams!

We do flu shots.

# WHAT A RELIEF!

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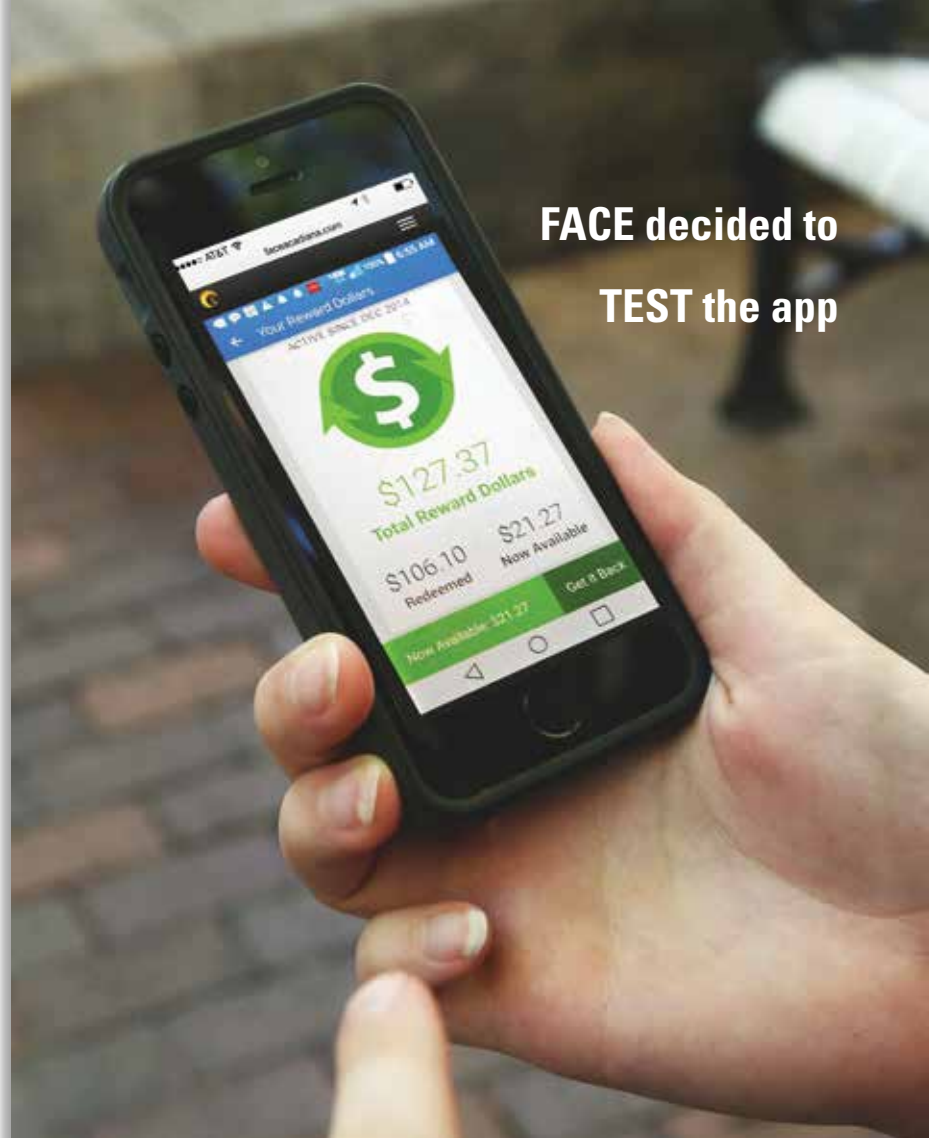
# THE APP for Budget Conscious Families

By Kisha F. Kana

Everyone knows that raising a family is expensive. A routine trip to the grocery store for basic necessities can easily cost a hundred dollars or more. For years cost conscious shoppers have clipped coupons or price matched. Although effective, these methods can be tremendously time consuming.

Luckily, with modern technology there are more efficient ways to save on those items you've been clipping coupons and price matching on for decades. One such method to save time and money is the Walmart app and its "Savings Catcher" feature. Savings Catcher allows you to shop at Walmart then scan the barcode on your receipt. The app will automatically search eligible items on your receipt against the advertised deals offered by top competitors in your area. If a lower advertised price is found, Walmart will give you back the difference on a Walmart eGift card.

FACE decided to test the app. Upon downloading, we were required to enter a username and password. After a quick shopping trip for the office, we scanned the receipts barcode using the app on our smartphone. Once accepted, the app



**FACE decided to TEST the app**

*Danielle Mueller, a resident of Lafayette, told FACE, "I've been using the Walmart app since last December and have saved over \$200 already."*

went to work comparing our purchase prices with over 67 competitors and within a day or so we received a message letting us know what we had saved. It was that simple...

There are a few things to know such as having to scan your receipt within 7 day of purchase and that refunds are not available immediately, but for the most part it's a simple and efficient way to save time and money shopping for household necessities.

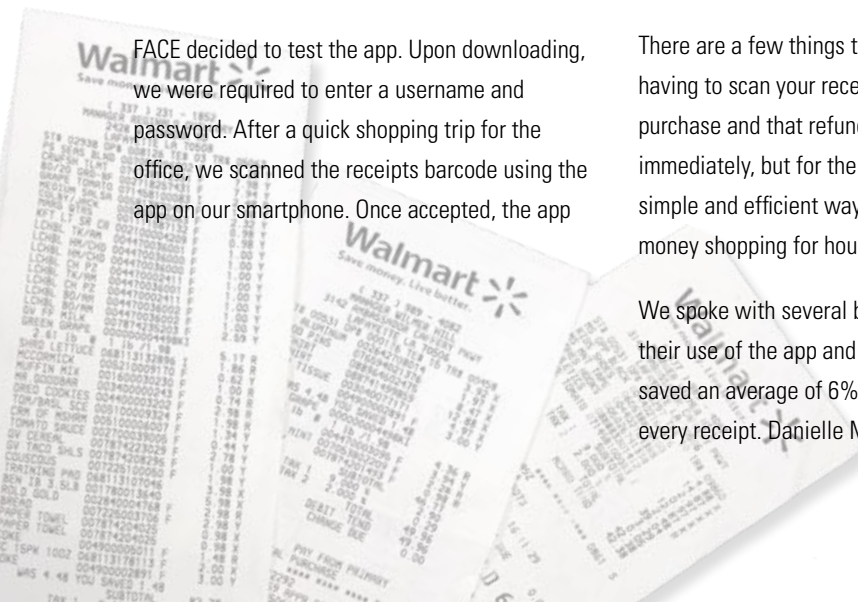
We spoke with several busy moms about their use of the app and all told us they saved an average of 6% to 8% on almost every receipt. Danielle Mueller, a resident

of Lafayette, told FACE, "I've been using the Walmart app since last December and have saved over \$200 already."

From our research, Savings Catcher is a low maintenance option for Acadiana families on a budget. The ease of the process was impressive. Results will vary individually. However, a savings of any kind can go a long way when feeding a family.

This money savings tip was submitted by one of our loyal readers. If you have a great tip that you think would help others, send it to [admin@faceacadiana.com](mailto:admin@faceacadiana.com).

*\* This is not a paid endorsement or advertisement.*



# Lana Duhon

ATTORNEY AT LAW, LLC



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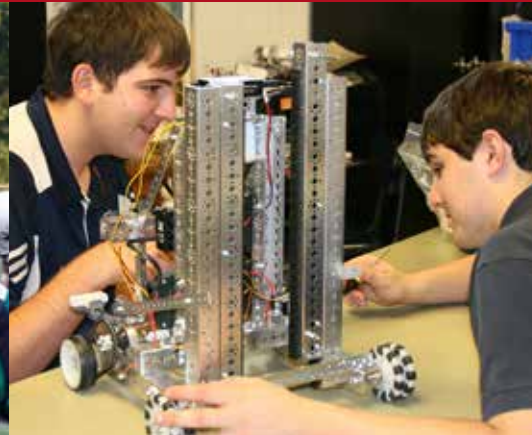
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# TOO BLESSED to be STRESSED



**OCTOBER IS Breast Cancer**

**Awareness Month, and cancer is**

**linked to stress. As women,**

**we are wired to take on**

**more than we should.**

*Start your journey of STRESS FREE & CREATIVE RÉSUMÉ UTILIZATION. Get that résumé to your networks.*

**M**arcus Buckingham is one of the world's most requested business speakers. His take on stress is intriguing, "Many of us feel stress and get overwhelmed, not because we're taking on too much, but because we're taking on too little of what really strengthens us."

Want to save time and money? Want to avoid wrinkles and grey hair? Want to spend more time with your children, pets and hobbies? Here's the scoop! A professional résumé is one of the most under utilized documents around, because most associate it strictly with finding a new job or career, which is a different level of stress entirely! However, if you get your résumé into the right hands right now, it will be a creative way to deliver all the promises previously mentioned!

Start your journey of STRESS FREE & CREATIVE RÉSUMÉ UTILIZATION. Get that résumé to your networks:

**a) Medical Team** – (Primary Care Physician, Chiropractor, and Massage Therapist) If you see these regularly, it's due to stress. Help your medical team diagnose the situation to get you on a road to rapid recovery!

**b) Financial Team** – (Banker, Mortgage Lender, Life Insurance Agent, Financial Advisor, CPA, and Realtor) Your retirement builders need to know where you've been and where you are to help get you to where you want to go!

**c) Security Team** – (Trusted Neighbors, Security Alarm Company) If you're out of town, this team can help prevent a crisis. Share your information to stay current and be prepared!


**d) Beauty Team** – (Hair Professional aka Magician, Skin Care Specialist, Nail Salon, Spa): Collectively, your "magicians" probably know more about you than you do! Back it up with a current résumé and you'll create a vocal network for those "hidden" opportunities!

**e) 4-Legger Team** – (Veterinarian) You probably see your vet more than your primary care physician. Your vet needs to know what to do in an emergency. Vets know the local buzz, much like your Beauty Team!

**f) Special Interests Team** – (Church, Volunteer & Professional Boards) Break the ice while working on projects by sharing your current résumé with your colleagues. Be a dream board member to your overworked and underpaid Executive Director, especially when press releases and website content are needed.

#### FINAL NOTE:

When you take steps to decrease personal stress, you will enjoy self confidence, empowerment and a better quality of life. By setting a great example, others will follow your lead and become their best selves. Remember, *you're too blessed to be stressed!*

About the author: Laurie J. James is one of only 16 Master Career Directors globally. She co-founded and presided over the Professional Résumé Writing and Research Association from 2000-2004. PRWRA rebranded to Career Directors in 2005. Laurie has created 10,000+ job-winning résumés in her career. She is a local Dale Carnegie Performance Development Specialist, a seasoned public speaker and award-winning career image coach. 





## YES, I WORK FROM HOME


By Savannah Ludwig

People work from home for many reasons. Some do it to spend more time with their children. Others do it because they love the flexibility it offers. No matter the reason, working from home is a growing trend with almost endless opportunities and earning potential. Be it full-time, part-time or freelance work, with a little online research and a modest skill set, you may just find the perfect work at home situation.

One note of caution, the internet is filled with scams and false promises. If a company or potential employer asks you to buy product or pay for anything in advance or if the online company you're researching doesn't have a phone number or address – you should probably keep looking.

### Here's a list of this year's most popular work from home jobs.

- Content creators (authors, writers, website content)
- Customer Service Representative
- Medical Transcriber
- Virtual Assistant
- Bookkeeper
- Online Tutor
- Travel Agent
- Translator
- Survey Taker
- Website tester
- Telephone Nurse
- Graphic/web design
- Search Engine Evaluator





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# The Entrepreneurial Spirit of Acadiana



From startups to expansions, the professional business women of Acadiana are among the most innovative and competitive entrepreneurs in the country.

This issue's WIB features five local business women who are making a difference in both

the community and their career. To meet more Acadiana Women In Business or to obtain more exposure for your locally owned or managed business, visit [FaceAcadiana.com](http://FaceAcadiana.com) — click the “Acadiana Life” or “Add Your FREE Business Listing” tab.



## BRITTANI BASS PITRE

After graduating from LSU with a degree in Business Marketing, Brittani was introduced to the Intraceuticals Hyperbaric Oxygen Facial Treatment. The love for this amazing treatment began here...but the root of her passion for skin care began at a young age.

At the age of 25, after obtaining her esthetician license, Brittani started O2 Face and Body Spa with a small loan and a big dream! O2 was a “spa on wheels” for a year traveling to clients' homes sharing the uniqueness and power of the Hyperbaric Oxygen Treatment. After building up a clientele Brittani found a small, charming spot in the Oil Center where O2 would call home for over 5 years; then relocated over a year ago to Mainstreet at River Ranch. With more than triple the original space, the airy, yet comfortable feel and style truly sets O2 apart in the spa industry.

O2 now offers a wide variety of skin care, massage therapy, makeup and other specialized services, including eyelash and eyebrow extensions. The O2 team has grown so much over the years and Brittani is so grateful to have such educated, professional and passionate women on the team to help continue to grow her dream.

**201 Settlers Trace Blvd. Ste. 3006 | Lafayette, LA | 337-234-1313 | [www.o2faceandbody.com](http://www.o2faceandbody.com)**



## JOY DUHON

Joy Duhon is a Naturopathic Physician (ND) and owner of Acadiana Center for Natural Health (ACNH). After obtaining a bachelor's of science from ORU and a doctorate from Bastyr University, Joy returned to her hometown of Lafayette to practice naturopathic medicine. She explains, “I want people in the community that I love to have access to NDs who are medically trained professionals that offer solutions and options to their health needs.”

Naturopathic medicine can help all forms of health concerns and is suitable for people of all ages and stages of life. Whether your goal is general health promotion and disease prevention, or you have a specific health concern, naturopathic medicine is for anyone who wants to take charge of his or her health and experience improved quality of life.

Duhon states, “I am trained clinically to know when a pharmaceutical needs to be prescribed, or when there is appropriate time to use botanical medicine/nutraceutical, and committed to identifying the root cause of health issues. I am passionate about the career I have chosen and I will work to motivate, inspire, and empower people of all ages to make health an attainable goal.”

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## MICHELLE LEBLANC NAQUIN

Michelle LeBlanc Naquin is the Agency Owner of an Allstate Insurance agency on Ambassador Caffery, offering Home, Life, Auto, Motorcycle, Boat and Commercial Insurance. After graduating from Carencro High School, Michelle obtained a Bachelor in Business from the ULL and is currently working on her Financial Services Certified Professional designation (FSCP) through The American College of Financial Advisors. She is an active Affiliate Member of the Realtor Association of Acadiana and Acadiana Mortgage Lenders Association.

Naquin has been in the Insurance Industry for 20 years with more than half of those years with Allstate. Her office staff has more than 50 years of combined insurance experience servicing clients. The agency has earned the honor of being recognized as a Premier Service Agency, Allstate Honor Ring award and the National conference award.

Michelle's success comes as no surprise as she is a highly professional and personable individual. With her signature smile she says, "Customer Satisfaction at every contact is our highest priority. The goal of my agency is to consistently provide the very best insurance and financial services to customers in a friendly, professional and enthusiastic manner with a positive attitude".

**209 Ambassador Caffery Pkwy. | Lafayette, LA | 337-981-5630 | [mnaquin@allstate.com](mailto:mnaquin@allstate.com)**



## BEVERLY SPELL

Beverly Spell is the founder and director of The Ballet Studio and Lafayette School of Performing Arts. Having been involved with dance since she was three, she knows first-hand the positive impact that dance can make on an individual.

As she pursued teaching dance, she noticed a lack of knowledge and quality in many dance studios, so she teamed up with her daughter-in-law, child psychologist Dr. Annie Spell, to create Leap 'N Learn, an early childhood dance curriculum that focuses on how children process information in order for them to get the most out of their dance experiences. While this program is used worldwide and she's gained much acclaim as a leading resource on dance education, she gains the most joy out of teaching and working with children in her Lafayette studio and watching as students progress in their technical dance skills and gain characteristics that will benefit them for the rest of their lives.

She plans to use her own abilities acquired from dance training, such as time management, to continue growing her companies, building an aerial arts program, and launching Ballet Acadiana, a nonprofit dance company.

**605 Kaliste Saloom Rd. | Lafayette, LA | 337-269-8887 | [www.theballetstudiolafayette.com](http://www.theballetstudiolafayette.com)**



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Dianna's astronomical vision for the growth of her business, coupled with diligence, has earned recognition. Within the last year, Dianna Rae Jewelry has been awarded two Jewelers of America design awards, three Jewelers of Louisiana design awards, a top five finalist distinction for National Luxury Retailer of the Year by JCK, and INSTORE Magazine's distinction as a top five Editor's Pick for America's Coolest Stores. Dianna has recently been awarded the title of Registered Jeweler of the American Gem Society.

Dianna's caring and honest nature drives her to maintain personal contact with each customer. In addition to using her own imagination to design jewelry, she loves helping others find their inner designer stating, "Our customers can expect a comfortable and friendly atmosphere to dream, discover and design beautiful pieces with our expert jewelry designers".

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# Bleed Black & Gold IN STYLE

By Tracee Dundas



**F**ootball season is officially here – and the “Who Dat” nation is so ready to scream and shout for our beloved New Orleans Saints! On game day (be it a home game or away), you can’t go anywhere in the state or region without seeing hoards of fans sporting their black and gold memorabilia. While some prefer to wear their Drew Brees jersey or Super Bowl champs t-shirt – let’s be real – this

may show your Saints pride, but a fashion statement it does not make.

A true fashionista is ready to take her (and his) game day style to a whole other level. After all, it’s no secret that the New Orleans Saints have the best color combination in the NFL league. Black is associated with power, strength, authority, and elegance. It is required for all other colors to bring depth

and variation; yet black is the absence of color. Gold is illumination, energy, and strength. It symbolizes positivity and a winning attitude. These two colors together are a fierce combination! So, pulling an outfit together that will rock on game day and beyond is actually pretty easy and effortless.

Leave the oversize jerseys for the less fashion conscious individuals and choose chic fashions that will show your team spirit in bravura style. Regardless if you’re at the Dome, a sports bar, or house party, the objective is to root the Saints to victory and look fabulous doing it.

**GAME DAY FASHION**



Photographer—Kayla St. Blanc | Fashion Stylist—Tracee Dundas | Models provided by—ABOUTFACES MTM



For the die-hard fan that insists on wearing something a little more symbolic of her love for the team, go for the soft graphic t-shirt with metallic foil imprint and skinny snakeskin jeans by Hudson. Fashions available at Jean Therapy.




A girl can never have too much black or too many leggings in her wardrobe. This fall go-to style will be the leather-like side panel pants. The pants are paired with a tie-dye long sleeve cross dipped hem blouse. Bring a pop of color to your feet with a pair of open two fringe booties. Fashions available at Apricot Lane.

Why can't a guy bring his style swagger to game? Guys take note: look uber cool in a euro sleek button front vest, under it is black on black vinyl applique t-shirt, and paired with gold skinny jeans. Fashions available Express Men.



You can't miss with this golden silk-like goldenrod cami top and black zip-pocket shorts. Add lots of accessories, trendy over-the-knee socks and sexy black booties that'll make everyone take a second look. Fashions available at Apricot Lane.

**About the author:** Tracee Dundas is a freelance stylist, blogger, fashion editor for New Orleans Magazine and fashion event producer. She is the Founder and Creative Director of Fashion Week New Orleans and the "go-to-gal" for all things fashionable in the Gulf Coast. Tracee hosts a weekly fashion style segment Fashion Friday on WVUE Fox 8 sharing the latest trends, styling tips and DIY ideas. She works with nationally known clients such as Lucky Magazine, Essence Magazine, Payless Shoes and The W Hotel and frequently works as a stylist for films, commercials and music videos. Tracee is a graduate of USL and a native of St. Martinville, LA. 



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# Hair Extensions



The obvious appeal is that a woman can change her 'do from long to short or short to long, add volume, texture or color with little commitment.



Beauty and styling trends come and go as women search for that enviable perfect look. However, one trend that seems like it's going to be here for a while is the Hair Extension. Love them or hate them, good extensions can change your appearance so dramatically your friends may not recognize you. The obvious appeal is that a woman can change her 'do from long to short or short to long, add volume, texture or color with little commitment.

Maintaining hair extensions can get pricey, prompting more people to seek cost cutting methods. Saving money, although tempting, can sometimes cause more trouble than it's worth. Possible mishaps can cause skin infections or even permanent hair loss

It is highly recommended to visit a licensed cosmetologist (hair stylist) who specializes in making and applying extensions. The hair stylist will carefully measure your natural hair's color and texture gauged with precision and make custom extensions suitable for you and you alone. By contrast, mail-order extensions normally mean picking out the closest match from a catalogue. These may look adequate if the person fitting them is skillful — but they won't give your hair a seamless appearance..

There are dangers far worse than an amateurish result, though. Serious damage, including bald patches and scalp infections, can be caused by over-tight braiding to using the wrong glues. Although we wouldn't recommend any system that uses glue or chemicals, professional salons that still employ those methods will be experienced enough to minimize the damage, though not eliminate it.

That's not true of amateurs or unlicensed salons. Even amateurs who are a little savvy won't have the means to test chemicals for allergic reactions. Incompetent attachment, such as over-tight braiding or gluing on too-heavy extensions, can cause anything from hair-loss to severe headaches. Unlicensed people and salons aren't inspected, therefore there's no guarantee the equipment is going to be properly sterilized — another risk factor for infection.

None of these risks, however, apply to micro ring extension, which can be worn up to three months, or custom made clip-ins fitted in a professional salon. Local experts say the safest way to get longer hair is to use clip-in extensions, which you can take out at the end of the day or after a night out on the town. Typically easy to manage, clips-ins can last a long time with proper care. This is the best bet for hair and scalp health, as well as, for your pocket book. **F**



Good extensions can change your appearance so dramatically your friends may not recognize you.



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# SPIDER VEINS

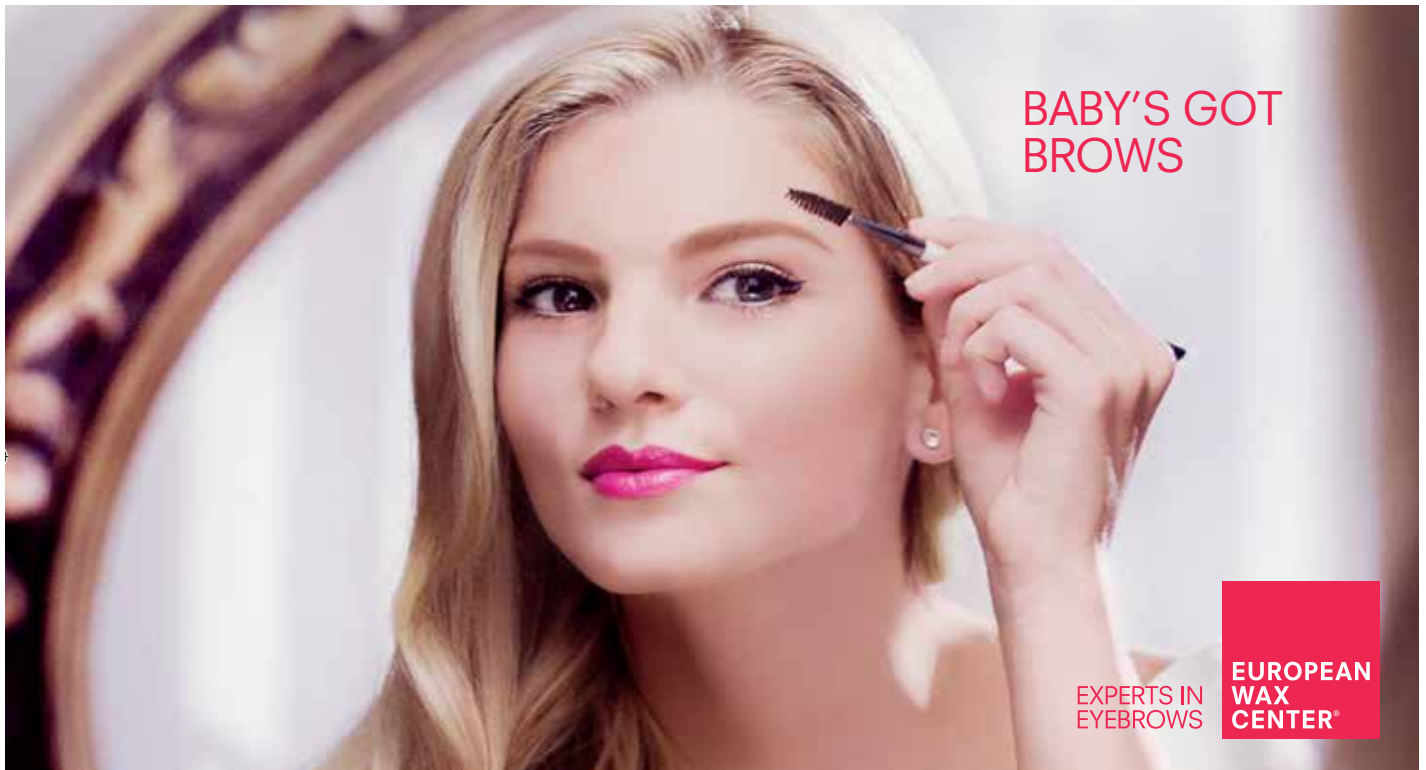
By Christopher Hubbell, MD

Up to 55% of adults find warped blood vessels such as small red sprays or jagged blue or purple lines spreading across their thighs and calves. If fair-skinned and prone to redness or rosacea, small broken red lines can appear on the cheeks and nose. Known as spider veins, they resemble a spider web pattern. Larger swollen, bulging, twisted and typically bluish colored cords, known as varicose veins, usually sprout on the legs and ankles.

The most common causes of spider veins and varicose veins is heredity, but other factors include standing, sitting with legs crossed, obesity, pregnancy, hormonal changes, hormone medicines and ultraviolet light.

Spider veins can be aesthetically unattractive and embarrassing. Although they are usually harmless, they can be a sign of poor circulation and varicose vein formation. For the more superficial small veins or spider veins, a board certified Dermatologist with experience in treatment of this condition is recommended. If your veins match the description of varicose veins, a vascular surgeon is the right choice.

The good news is there are time-tested and safe treatments for spider veins that are effective and result in little to no downtime when performed by a skilled and experienced provider. As we head into the fall and winter months, now is the ideal time to treat spider vein issues.



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**SCLEROTHERAPY** (SKLER-o-ther-a-pee), when done correctly, is the most common and effective treatment of spider veins on the legs. The doctor injects an approved medical grade liquid into the vein which causes the vein walls to swell, stick together, seal shut, and fade within a few weeks. This treatment does not require anesthesia, can be done in your doctor's office and has no downtime. On average, 2 to 3 treatments are needed to remove spider veins in the legs.

**SURFACE LASER TREATMENTS** can effectively treat spider veins on the legs and face. This technique sends very strong bursts of light through the skin onto the vein. This makes the vein slowly fade and disappear. A few treatments may be necessary to completely erase the veins. Proper evaluation by a board certified skin expert prior to laser therapy and treatments performed by an experienced, certified laser technician under the supervision and on-site presence of a physician skin expert is important to ensure safety and effectiveness.

In aesthetic medicine, an experienced, board certified and aesthetically active dermatologist is my recommendation for the greatest safety, the most advanced non-surgical technique and the best results.



*As we head into the fall and winter months, now is the ideal time to treat spider vein issues.*

*About the author: Dr. Chris Hubbell is the Medical Director of a Jeuné Advanced Medical Spa and Acadiana Dermatology. He has been in practice since 1991 and is Board Certified by the American Board of Dermatology. Dr. Hubbell is committed to offering the very best in medical, surgical, and aesthetic skincare. *



  
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# Relax and Live Longer

SIMPLE RELAXATION AND STRESS RELIEVING TECHNIQUES FOR HOME OR OFFICE

Hello my darlings. It seems like each month we receive more and more emails from local moms who are feeling stressed and exhausted. So much so that even though we recently ran a relaxation article, I felt compelled to readdress the issue.

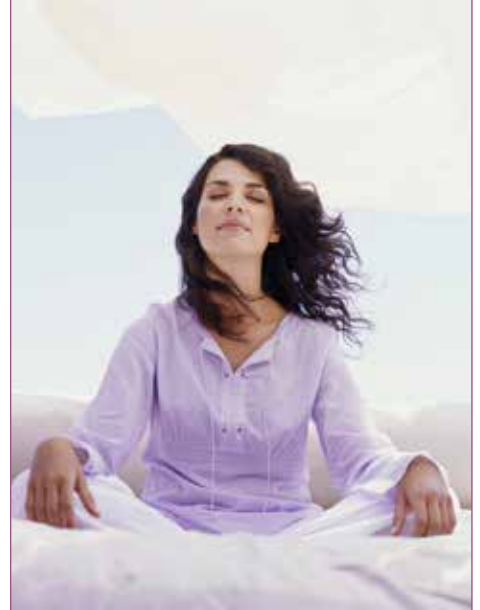
Too often people get consumed by their daily routine, forgetting to take care of the most important person in their life – Themselves!

By committing 15 minutes a day (in your office or home), most people can significantly reduce their stress level and blood pressure by following all or some of the following tips and techniques. So take a break and relax, it's good for you and you deserve it.\*

**Meditation** – A few minutes of quiet meditation and personal reflection per day can help ease anxiety and stress levels tremendously. It's simple. Sit up straight with both feet on the floor. Close your eyes and focus your attention to calm soothing thoughts.

**Breathe Deeply** – Take a 5-minute break and focus on your breathing. Sit up straight with your eyes closed. Slowly inhale through your nose, then exhaling through your mouth. Deep breathing counters the effects of stress by slowing the heart rate and lowering blood pressure.

**Reach Out** – Your social network is one of your best tools for handling stress. Talk to other like minded friends – preferably face to face, or at least on the phone. Share your thoughts, ideas and concerns. You can often get a fresh perspective on the day. Just make sure you communicate with a good friend that perpetuates a positive attitude.



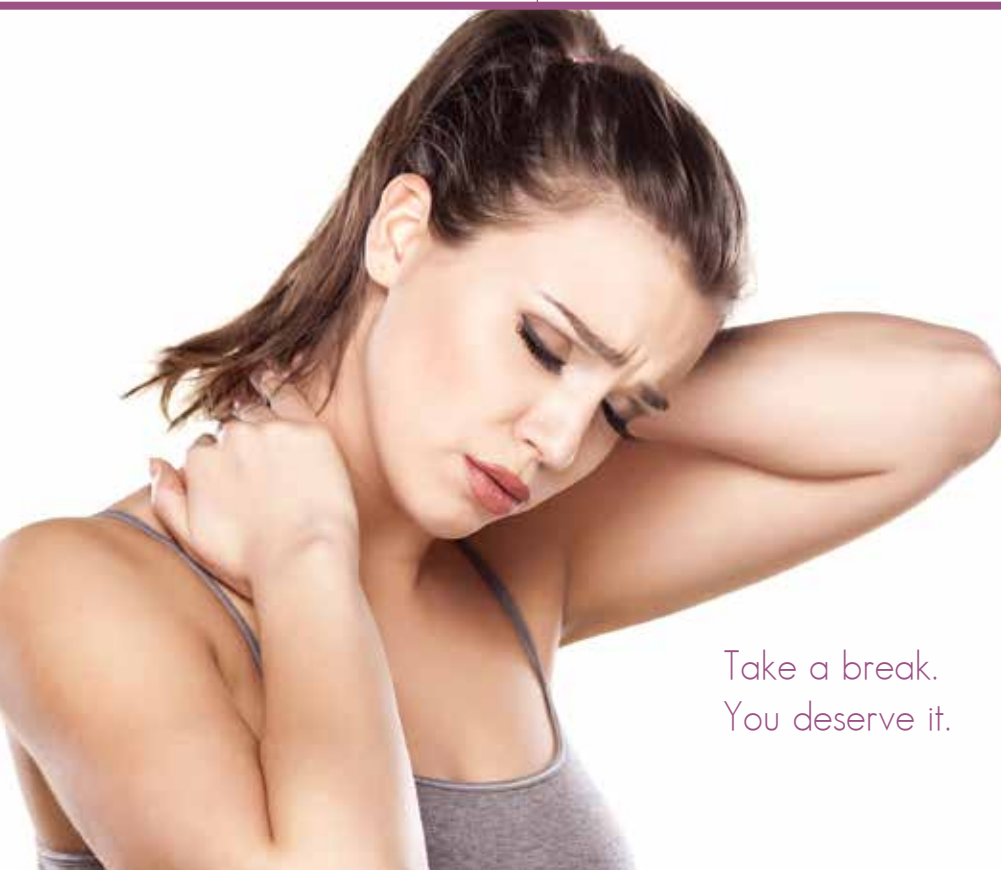
*When you start feeling stressed or overwhelmed, spend a few minutes taking care of yourself.*

**Decompress the Body** – Place a warm heat wrap around your neck and shoulders for 10 minutes. Close your eyes and relax your face, neck, upper chest, and back muscles. Remove the wrap, and use a tennis ball or massage roller to roll away tension in tight muscles.


**Soothing Sounds of Music and Nature** – Research shows that listening to soothing music or the sounds of nature can lower blood pressure, heart rate, and reduce anxiety. Create a playlist of songs or nature sounds such as the ocean, a babbling brook or birds chirping. Incorporate this with deep breathing techniques for a more soothing experience.

When you start feeling stressed or overwhelmed, spend a few minutes taking care of yourself. These tips along with a sensible diet and exercise can lead to a more calm, healthier and productive you.

Be well my darlings,



Take a break.  
You deserve it.

*\* Stress, High Blood Pressure, Anxiety and Chronic Fatigue can all be signs of more serious medical conditions. Should any of these symptoms persist, seek professional medical attention immediately. *

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# CREATING INNER PEACE WITH ADULT COLORING

**COLORING transcends through generations and religious beliefs and can be done alone or with others.**

**All you need to get started is a color page, pencil colors and a little time unplugged from the world to create your own little masterpiece. To try this practice, find a comfortable place sans distractions, start coloring, and allow tension to leave your mind and body.**

By Kisha F. Kana

Many people consider coloring a mere child's pastime. But for me, it's always been much more than that. Through the years, I always had a coloring book and a box of crayons. It was an almost effortless way to soothe myself in stressful times and a means of self reflection which helped me connect with others. As I matured, basic coloring books lost their appeal; so I transitioned to doodling, shading and other forms of art as a means of self expression.



*Start coloring, and allow tension to leave your mind and body.*

This past summer, my friend Ingrid and I visited her mother Birgit Murphy in Opelousas. During our visit, Birgit introduced us to the art of adult coloring — more specifically, the coloring of Sanskrit Mandalas.

Sanskrit Mandalas are spiritual and ritual symbols used in Eastern Indian religions. They represent the universe and reveal radial balance.

Birgit printed various Mandalas from the internet. They were so intricate, it took hours to complete with colored pencils. We sipped tea as we talked, laughed and sometimes enjoyed silence, taking breaks to stretch through yoga and Tai Chi. By the end of the weekend, I felt recharged, relaxed and in balance. This bonding experience left a lasting impression, inspiring me to continue the practice and seek out others with similar interests. I was delighted to find many people in Acadiana practicing and benefiting from this new enthusiasm.



*By the end of the weekend, I felt recharged, relaxed and in balance.*

Denise Ordoyne, a resident of Lafayette, is one woman I spoke with about coloring for adults. She began coloring this past spring, starting with Mandalas and then transitioning to adult coloring books. She currently colors 4-5 times per week and has produced over 50 beautifully creative pages using a multitude of imaginative colors. For Denise, it's a way to ease her worries and enable relaxation.

Local experts agree; adult coloring is highly therapeutic and stress relieving, serving many purposes spiritually, mentally and physically. The repetitious movement eases one into a meditative state naturally, without much exertion. Many people adjoin the movements with prayers or chanting, deepening their spiritual practice.

Denise spoke fondly of her new pastime, stating, "... Coloring reminds me so much of my childhood, allowing me to be innocent again... It takes my mind off of my worries and puts me in a peaceful, happy place." ■

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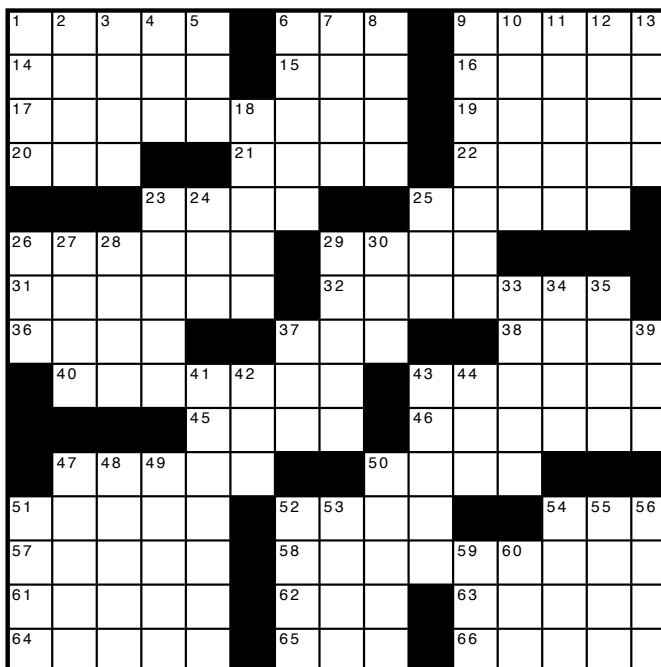
- \* There's an opera house on the U.S.–Canada border where the stage is in one country and half the audience is in another. It's the Haskell Free Library and Opera House in Derby, Vermont and Stanstead, Quebec.
- \* A family fighting a \$474,000 hospital bill was charged \$12 for each one of those little paper cups nurses give you when they administer pills.

**Across**

- 1. Roofing stone
- 6. \_\_\_ Tafari (Haile Selassie)
- 9. Indian state
- 14. Bit of wisdom
- 15. Thunder Bay's prov.
- 16. Twice, a comforting comment
- 17. Restore moisture
- 19. Hard drinker
- 20. Decade divs.
- 21. Algerian seaport
- 22. Get the lead out?
- 23. Old Testament book
- 25. Refine
- 26. Aromatic ointment
- 29. Quick sharp bark
- 31. Bureau
- 32. Blue books?
- 36. Actor Auberjonois
- 37. Solo of "Star Wars"
- 38. Iditarod terminus
- 40. Slowpoke
- 43. Recorded
- 45. Crew needs
- 46. Taoism founder
- 47. Loud sound
- 50. Exploded
- 51. Predatory fish
- 52. Mata \_\_\_
- 54. Cock and bull
- 57. Twilled fabric
- 58. Turn toward the east
- 61. Place for "stompin'"
- 62. Hurried
- 63. Chicago hub
- 64. Bridges
- 65. Actor Vigoda
- 66. Snooped (around)

**Down**

- 1. Agile
- 2. Lustful look
- 3. Contented sighs
- 4. Attempt, a score in rugby
- 5. Antiquity, in antiquity
- 6. Lion sounds
- 7. Organization to promote



- 8. Type of gun
- 9. Try
- 10. Beach locale
- 11. Flower part
- 12. Give it \_\_\_!
- 13. A \_\_\_ formality
- 18. Spacious
- 23. Good \_\_\_
- 24. Brit's raincoat
- 25. \_\_\_-pitch softball
- 26. Ingot
- 27. Old
- 28. Actress Olin
- 29. A long time
- 30. East ender?
- 33. Following
- 34. Paint layer
- 35. Concert gear
- 37. That woman
- 39. Extra-wide shoe size
- 41. Asses
- 42. Fall behind
- 43. Stan's pal
- 44. Not for a Scot
- 47. Inexpensive
- 48. Insect stage
- 49. Vacuum tube filler
- 50. Pickling solution
- 51. Flat sound
- 52. Circle dance
- 53. Member of a largely Middle Eastern people
- 54. Lukas of "Witness"
- 55. French 101 verb
- 56. Highly ranked competitor in sporting events
- 59. Prefix with profit or fiction
- 60. Howe'er



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**Christopher R. Hubbell, M.D.**

*Founder & Medical Director a Jeuné and Acadiana Dermatology*  
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