

# SLEMCO POWER

NOV/DEC  
2010

## FIRE CALL!

How Acadiana's firefighters  
are trained and funded  
PAGE 4



The Official Publication of the Southwest Louisiana Electric Membership Corporation  
3420 NE Evangeline Thruway  
P.O. Box 90866  
Lafayette, Louisiana 70509  
Phone 337-896-5384  
www.slemco.com

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SLEMCO POWER (USPS 498-720, ISSN 0274-7685) is published bimonthly by Southwest Louisiana Electric Membership Corporation, 3420 NE Evangeline Thruway, Lafayette, LA 70509-0866. Periodicals postage paid at Lafayette, LA 70507.

POSTMASTER: send address changes to SLEMCO, P.O. Box 90866, Lafayette, LA 70509-0866.

Cover photos courtesy LSU Fire & Emergency Training Institute



# TakeNote

## SLEMCO HONORS EMPLOYEES FOR MILESTONES

**S**LEMCO employees will be honored for over 920 years of service at our annual awards ceremony in December (Lucky Account Number 1013020004).

Retiring with 31 years of service will be Randal Boudreaux, meter shop foreman from Breaux Bridge; Earlis Leday of Opelousas will retire with 27 years as a right-of-way tree trimmer; Claude Ledet Jr. of Duson will retire with 25 years as safety and training coordinator; Sterling Colomb, transformer shop technician from Lafayette, will retire with 22 years, and Becky Hamilton, remittance clerk from Carencro, will retire with 21 years.

Merlin Alleman, service dispatcher supervisor of Cecilia, will celebrate 40 years of service. Serviceman Dale Boudreaux of Parks will mark 35 years service with SLEMCO.

Thirty-year award recipients include Brent Cormier, senior field engineer of Lafayette; Steve Guidroz, substation foreman from Opelousas; Ted Guilbeau, line foreman of Duson; Kenneth Hebert, serviceman from Crowley; Milton Killmer, tree trimmer foreman from Crowley; Karen Moresi, senior accounting payroll clerk from Jeanerette; Russell Reed, right-of-way supervisor from Breaux Bridge, and James Soileau, serviceman from Opelousas.

Celebrating 25 years will be Vickie Albert, accounting supervisor from Youngsville; Lisa Hebert, remittance clerk from Cecilia; Stephanie Holder, administrative assistant from Youngsville; Lester

Joseph, tree trimmer foreman from Scott; Brian Primeaux, substation foreman from Youngsville; Thomas Rogers Jr., field engineer from Lafayette; Gary Smith, chief financial officer from Sunset, and Randy Soileau, Class A lineman from Ville Platte.

Twenty-year award recipients will include Leopold A. Frilot, director from Opelousas; Bryon Brice, field engineer from Scott; Bonita Byrom, customer correspondence clerk from Opelousas; Don Comeaux, serviceman from Lafayette; Jimmy J. Davidson III, attorney from Lafayette; Timond Faulk, meter reader from Kaplan, and Dwayne Latiolais, line foreman from Washington.

Fourteen employees will be honored for 10 years of service. They include Brady Abshire, Class B lineman from Kaplan; Neil Arnaud, service specialist from Carencro; Shadwick Babineaux, line foreman from Opelousas; Derek Baker, tree trimmer foreman from Kaplan; Karen Cain, accountant from Lafayette; Robbie Calais, Class B underground crewman from Breaux Bridge; Adrian Carlin Jr., Class A lineman from Kaplan; Clint Comeaux, senior meter shop technician from New Iberia; Theresa Delhomme, customer services administrator from Scott; Michael Joubert, engineering information technician from Opelousas; Michelle Latiolais, junior accounting clerk from Lafayette; Brian Lavergne, Class B underground crewman from Carencro; Brady Prejean, mechanic shop supervisor from Lafayette, and Paul Saizan, Class A lineman from Opelousas.



## 2011 SLEMCO HOLIDAYS

All SLEMCO offices will be closed for holidays on the following dates:

**DECEMBER 31, 2010** - Observed for  
New Year's Day

**MARCH 8** - Mardi Gras

**APRIL 22** - Good Friday

**MAY 30** - Memorial Day

**JULY 4** - Independence Day

**SEPTEMBER 5** - Labor Day

**NOVEMBER 24 & 25** - Thanksgiving

**DECEMBER 23 & 26** - In observance of  
Christmas Eve and Christmas Day

**JANUARY 2, 2012** - Observed for  
New Years Day



Simplify!  
Organize!  
Toss!



# GET RID OF THE CLUTTER!

Looking for a New Year's resolution? Why not make 2011 the year you finally declutter your life.

Even though your home isn't as extreme as the live-in landfills on the A&E reality show *Hoarders*, a glance around the room will probably prove clutter is gaining the upper hand for most of us.

Start simple. See if you can lay your hands on some trash, let's say within six feet of where you're sitting right now. If so, grab it and toss it.

Move to another room and repeat. You'll get extra declutter points if the next room is your kitchen and you tackle some of those leftover-leftovers in the fridge that no one wanted last week. No one will want 'em next week either, so toss 'em today (Lucky Account Number 4502468000).

Move on to other rooms until you've spent a full 15 minutes doing battle with the unwanted and the unnecessary that is cluttering your life.

Ready to take the war on clutter to the heart of the enemy? March up to the biggest closet in your house and open the door. What do you see? Probably plenty of dusty storage boxes. Or maybe clothes that don't fit, are worn out or are no longer in style. They may be yours but they are no longer you: donate what you

can to a charity, recycle what can be recycled and toss what's left into the trash.

It's easy to end up with shelves full of old electronics. If you've replaced a DVD player which still works, sell the old one or give it away. You can find a home for still useful items, and keep them out of the landfill, through Freecycle™ (check [www.freecycle.org/group/US/Louisiana](http://www.freecycle.org/group/US/Louisiana) for a Freecycle board for your community). That goes for media, too. If you don't even own a working VCR, it's probably time to get rid of those old tapes. Same goes for those cassettes, LPs or even CDs you haven't listened to in years.

If clothes end up on a chair in your bedroom, what's the point of having a closet or a hamper? Don't make an end run around your system. Dirty clothes go in the hamper, clean in your closet or dresser. As your momma may have told you: a place for everything and everything in its place. Now you see why you should always listen to your momma.

Sometimes things have sentimental value. But the memories you treasure can be disconnected from the things that you may no longer have space for. This can be a difficult issue for older people downsizing from a larger home. Maybe a picture of the object will suffice, freeing up con-

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## ENERGY SAVING IDEAS

Energy demands typically increase during the holidays due to travel and more energy use at home for holiday entertaining. If you're dreaming of a green holiday season, here are a couple of timely energy tips for your home.

The California Energy Commission advises that there is no need to preheat an oven when cooking your holiday ham or turkey. With long, slow roasting times you can usually forego oven preheating for most foods (except baking), even if the recipe suggests it.

Enjoy the aromas filling your kitchen, but use the oven light to check your cooking rather than opening the oven door. Opening the oven door can lower oven temperature by as much as 25 degrees, which increases cooking time and wastes energy.

And since you're using the oven anyway, cook a couple of other dishes at the same time.

Even Scrooge himself would approve of enjoying your holiday lighting while saving money on electricity. The Alliance to Save Energy notes that 10 strands of lights burning for 13 hours a day will add \$50 to the average electric bill. Turn off holiday lights before you go to bed or use timers to control how long your lights stay on.

By switching to energy-efficient LED holiday lights, you will use 10 percent of the energy of your old incandescent mini-lights. ●



# FIGHTING *the* FLAMES

## KEEPING ACADIANA SAFE REQUIRES MORE THAN JUST WATER AND PUMPER TRUCKS

BY MARY LAURENT

Jamestown, the first permanent English settlement in the New World, was established in 1607. The following year fire destroyed most of the Virginia settlement.

Since long before the founding of our nation, firefighters have been coming to our rescue. Here in Acadiana, firefighting is the responsibility of a mix of paid and volunteer departments. Fire personnel in Acadia, Lafayette, St. Landry, St. Martin and Vermilion Parishes, as well as the Louisiana State University Fire & Emergency Training Institute (FETI) in Baton Rouge, offered us an overview on how these dedicated departments are trained, organized and funded, working together to keep us safe from the threat of fire, even at risk to their own lives.



LAFAYETTE FIREFIGHTERS RELY ON THEIR FIRE TOWER FACILITY FOR REALISTIC TRAINING EXERCISES.



Photos by P. C. Piazza

### FIREFIGHTING IN THE 21ST CENTURY

Equipment used to protect life and property from fire has come a long way from the bucket brigades of Jamestown. Today we rely on high-pressure water mains, hydrants, pumper and ladder trucks. State of the art protective gear keeps firefighters from inhaling toxic smoke or burning to death. And today, firefighting is only part of a fire department's mission. Many are also first responders, handling medical as well as fire calls (Lucky Account Number 3438621000).

"We have a first responder agreement with Acadian Ambulance" which can improve survival rates in heart attacks, explains Lafayette Fire Department Chief Robert Benoit.

"Roughly 70 percent of our calls are medical calls," adds Matthew Trahan, Vermilion Parish Fire Protection Association president and chief of the Maurice Volunteer Fire Department. "We can respond quickly because we have more stations and personnel spread throughout the parish, especially in very remote areas."

### CONSTANTLY TRAINING

One thing common to all Acadiana fire departments is extensive training. Several departments and parishes in Acadiana have state of the art training facilities; the Lafayette Fire Department even has its own academy. Training is essential because firefighting requires incredible physical stamina to withstand exposure to intense heat and for carrying heavy gear.

"The LSU Fire and Emergency Training Institute offers courses in basic firefighting and first responder, hazmat awareness and operations," explains Tom Elmore, FETI Region 1 manager. The



institute also provides online courses and works closely with many local parish and volunteer firefighting associations and departments (Lucky Account Number 2027284000). Specialized classes include vehicle extrication and technical rescue (confined spaces, such as wells).

“We send all recruits through the training at FETI,” notes City of Opelousas Fire Chief Lee Cahanin. “Then we continue to schedule training three hours on each shift.” To keep firefighters in shape Opelousas has its own training facility, complete with a weight room and training props such as a smoke maze and multi-story tower. Others do as well, including the St. Martin Parish Fire District and the Rayne Volunteer Fire Department.

Chief Cahanin and John Saucier, his Professional Development coordinator, spoke of the importance of the environment and attitude of their department.

“We are trying to bring them to their full potential, which then improves the whole department,” said Saucier. “In Opelousas, we are career-oriented, not job-oriented,” Cahanin added. “The success of our organization comes from the successes of the individuals here.” The working relationship within the Opelousas department is a positive one. The department then strives to extend that positive relationship to the public it serves.

### FIRE RATINGS AFFECT YOUR INSURANCE

Saving money on your insurance premiums is another great reason to support your local fire department.

Your homeowners insurance probably covers fire damage. If so, you should care about the fire rating for your area because it determines the amount you pay. The higher the fire rating in your community (the lower the number, from 1 to 10), the lower your homeowners insurance.

“Every parish or department, if it is in an incorporated area, is rated once every five years by the Property Insurance Association of Louisiana,” Trahan explained. “Your rating depends on points received for everything from water supply and communication infrastructure, to the department itself.”

Points are earned in communications for pagers, radios and the number of 911 operators in an area. Water points are determined by the size of the lines, the number of hydrants and the amount of water used versus its availability. The department itself must show training certificates for

their firefighters, plans for each building in their area, equipment and “everything on the vehicles but the air in the tires.”

“Improving from a rating of 7 to a 3 saved approximately \$400 on my homeowners insurance in the corporate limits of Maurice,” Chief Trahan said. “We’re trying to improve from a rating of 7 to a rating of 6 area-wide in the parish, which will save \$700,000 in insurance premiums.”

### PAYING FOR OUR PROTECTION

The Evangeline Volunteer Fire Department in St. Martinville just purchased a brand new \$500,000 ladder truck, made here in Louisiana, that can reach 77 feet high. This truck will enable firefighters to fight a fire in multi-story buildings, such as the historic St. Martin de Tours Church or the St. Martinville Courthouse.

How does a volunteer fire department pay for a \$500,000 truck?

“The district has taxing authority for a property tax millage,” according to Brian Castille, St. Martin Parish Fire District coordinator. Castille is also a volunteer firefighter in the Breaux Bridge Volunteer Fire Department. “The taxes collected allow us to purchase new and better equipment, which in turn will improve our fire rating and reduce insurance costs,” as well as improving the department’s ability to save lives and protect property.

“Federal grants also help us improve our equipment or pay for advanced training courses at FETI,” Castille continued. “In 2010, we received a \$1.1 million grant from FEMA to purchase radios that allow for interoperability frequencies.” That’s a technical way of saying that the departments in the St. Martin Parish Fire District will now be able to assist other departments in a widespread emergency because they will be able to communicate on universal frequencies.

“Up until 2000, the Rayne Volunteer Fire Department counted on fundraising to purchase equipment we needed,” explained Lee Hebert, director of the Acadia Parish Office of Emergency Preparedness and chief of the Rayne Volunteer Fire Department.

“Then we created a fire district and asked our citizens to pass a 10-year renewable millage tax.” That tax passed by a three-to-one margin. Adding one fire station and improving another significantly improved the district’s fire rating, reducing homeowners insurance costs.

Since then, Acadia Parish has developed 10 more districts to improve funding for the parish’s volunteer fire departments.

Chief Cahanin in Opelousas mentioned another funding source for fire departments. “Two percent of all fire insurance paid

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Photo courtesy LSU Fire & Emergency Training Institute

**ALONG OUR BUSY HIGHWAYS, VOLUNTEER DEPARTMENTS HANDLE ANYTHING FROM EXTRICATING CRASH VICTIMS TO DOUSING CAR FIRES.**



Photo by P.C. Piazza





Photo courtesy LSU Fire & Emergency Training Institute

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in the state goes into a fund shared by departments on a per-capita basis. Departments can use these funds for anything they need,” he said.

### WORKING FOR THE PUBLIC

For firefighters, dousing blazes is only one of their important jobs. Several departments have safety trailers that visit schools and festivals to teach fire prevention.

“If you teach the kids what to do to prevent fires, they will make the parents do what’s right,” Hebert explained.

Firefighters in the St. Martin Parish Fire District try to jumpstart cleanup to help homeowners and businesses. “We will try to remove as much water as we can before we leave a site, if possible,” noted Chief Castille. “Our citizens help us by voting for our funding, so we certainly want to help them in any way we can.”

Other departments teach CPR classes to offer the public the skills to help save lives. Some departments, including the Maurice Volunteer Fire Department, sell reflective address signs to help identify locations at night on country roads without streetlights (Lucky Account Number 2216344502).

### NEED FOR COMMUNITY VOLUNTEERS

Crowley has the only paid fire department in Acadia Parish, which has a total of 16 volunteer fire departments.

“Some of our members are trained first responders,” Hebert said. “We also do a lot of extrication work, along with the Crowley Fire Department.” Rayne volunteers prepare for vehicle extrication because they cover 80 square miles of busy highway— including I-10, Hwy 35 and Hwy 90, as well as the railroad along Hwy 90.

Other volunteer fire departments focus more on medical calls, such as in Vermilion Parish, where much of the southern parish is less densely populated. In such circumstances, firefighter first responders may be closer to the emergency than an ambulance.

Volunteer fire departments, and paid fire departments as well, work cooperatively through mutual aid agreements. Whether

assisting each other in battling a blaze, in standing by when all units at a nearby department are occupied on other calls, or refilling spent air tanks after a particularly lengthy fire, firefighters from different departments often work together and assist one another.

All departments, especially volunteer departments, need a wide variety of assistance. While firefighters are always needed, clerical help, computer assistance and other work may also be required. There are even junior firefighter programs in several parishes.

Here in Acadiana, neighbors helping neighbors has been a way of life for generations. If you want to be involved, call your local fire department and ask what you can do to help. ●

## COMMON SENSE FIRE SAFETY

**Local firefighters put their lives on the line to help keep you safe. But your family will be safer if you follow their recommendations.**

- Always call 911 immediately: a home can be engulfed in flames within five minutes.
- Install smoke alarms in your home. Toxic smoke will put you into a deep sleep and you may not awake in time to escape. Test the batteries in your alarms regularly.
- Have an exit plan for your home in case of fire. Make sure all family members are aware of the plan and know where to meet in an emergency.
- Don’t overload extension cords or outlet strips. Avoid using extension cords wherever possible.
- Prominently display your address so it can be seen by rescue personnel. Your location needs to be easily identifiable when seconds count.
- When an emergency vehicle is approaching with lights and siren, pull over to the right and stop (Lucky Account Number 2324425000).
- Don’t allow children at home to cook on the stove when they are alone. The microwave is a much safer way for unattended children to prepare food.
- Don’t be nosy and follow fire trucks to a fire. Leave roads clear for emergency personnel.
- Be careful with yard or pasture fires. Let your fire department know you’ll be burning yard waste and plow a ring around your burn spot to keep fire from spreading uncontrollably.
- Make sure hay is completely dry before stacking for storage. Stored hay can result in a fire that is difficult to extinguish. And because it begins to smolder from the bottom, even a minor fire can ruin your entire hay supply.

Continued from page 3

siderable space in your downsized lifestyle. But don't fall into the trap of spending cleanup time reminiscing. Enjoy those memories later when you relax in your less-cluttered surroundings.

Another mental block can prevent us from getting rid of things: the fear we may need them later. Some experts offer a solution. Designate one box, or one storage spot, to those "maybe I'll need 'em someday" things. Six months later, take a look at the contents. If you haven't used them yet, you can probably live without them.

And don't let paper take over your life. Keep one central calendar, either on paper or in digital format, with all your info recorded in one place. Then you can toss out those invitations or slips of paper with phone numbers that you never be able to find when you need them.

Take these tips for each area of your home from the generals in the war on clutter, the National Association of Professional Organizers (NAPO).

• In the **kids' rooms**, bins or boxes on the lower shelves help encourage youngsters to pick up after themselves.

- In your **garage**, get rid of anything that doesn't work.
- In your **closet**, pull out everything you haven't worn in the last year (Lucky Account Number 1044506001). As the NAPO pros wryly comment, "Clothes tend not to improve with age."
- In your **kitchen**, always store together things that belong together, such as baking pans, plastic containers (with lids), pots and pans, large platters and bowls.

So now you've tackled the clutter and made a little space for yourself in your life. What now? Be vigilant because the enemy never sleeps. Remember that not everything that accumulates in your surroundings should assume permanent residency. Consider giving away or recycling—instead of storing—things you no longer need. What you don't use, toss.

Devote a little time to maintaining your decluttered lifestyle: it takes only a few moments to put something back in its proper place. And remember: if it doesn't have a place, you probably don't really need it.



# LUCKY NUMBER WINNERS

Two SLEMCO members found their account number hidden in the September/October issue of *SLEMCO Power* magazine. **Cardell Clement** of Erath and **Patricia Kline** of Lafayette each received a \$10 credit to their SLEMCO accounts.

Eight others did not notice their account numbers and missed out on their \$10 prize. Those members are **Belinda Bienvenu** of St. Martinville, **Eddie Joseph** of Opelousas, **Judith Iannazzo** of

Breaux Bridge, **George Dejean** of Church Point, **Leonard Faulkenberry** of Scott, **Annie Habetz** of Rayne, **Sterling Gallien** of Church Point and **Charles Edwards** of Eunice.



Ten more account numbers are hidden in this issue of the magazine (Lucky Account Number 3235238500). Look to see if yours is one of them: if it is, call Mrs. Gayle Babin at SLEMCO at 896-2504. If she verifies you as a winner, she'll credit \$10 to your account.

United States Postal Service		
Statement of Ownership, Management, and Circulation (All Periodicals Publications Except Requester Publications)		
1. Publication Title SLEMCO Power	2. Publication Number 4 9 8 - 7 2 0	3. Filing Date Sept./Oct. 2010
4. Issue Frequency Bimonthly	5. Number of Issues Published Annually Six	6. Annual Subscription Price \$1.50
7. Complete Mailing Address of Known Office of Publication (Not printer) (Street, city, county, state and ZIP+4®) Southwest Louisiana Electric Membership Corporation 3420 NE Evangeline Thruway, Lafayette, LA 70507		Contact Person Mary Laurent Telephone 337-896-2520
8. Complete Mailing Address of Headquarters or General Business Office of Publisher (Not printer) Southwest Louisiana Electric Membership Corporation 3420 NE Evangeline Thruway, Lafayette, LA 70507		
9. Full Names and Complete Mailing Addresses of Publisher, Editor, and Managing Editor (Do not leave blank)		
Publisher (Name and complete mailing address) Southwest Louisiana Electric Membership Corporation 3420 NE Evangeline Thruway, Lafayette, LA 70507		
Editor (Name and complete mailing address) Mary A. Laurent, 3420 NE Evangeline Thruway, Lafayette, LA 70507		
Managing Editor (Name and complete mailing address) George I. Fawcett, 3420 NE Evangeline Thruway, Lafayette, LA 70507		
10. Owner (Do not leave blank. If the publication is owned by a corporation, give the name and address of the corporation immediately followed by the names and addresses of all stockholders owning or holding 1 percent or more of the total amount of stock. If not owned by a corporation, give the names and addresses of the individual owners. If owned by a partnership or other unincorporated firm, give its name and address as well as those of each individual owner. If the publication is published by a nonprofit organization, give its name and address.)		
Full Name	Complete Mailing Address	
SLEMCO Power is owned by the		
members of the electric cooperative.		
As of August 31, 2010, there were		
96,552.		
11. Known Bondholders, Mortgagees, and Other Security Holders Owning or Holding 1 Percent or More of Total Amount of Bonds, Mortgages, or Other Securities. If none, check box <input checked="" type="checkbox"/> None		
Full Name	Complete Mailing Address	
Rural Utilities System	14th & Independence Avenue, S.W.	
	Washington D.C. 20250	
12. Tax Status (For completion by nonprofit organizations authorized to mail at special rates) (Check one) The purpose, function, and nonprofit status of this organization and the exempt status for federal income tax purposes: <input checked="" type="checkbox"/> Has Not Changed During Preceding 12 Months <input type="checkbox"/> Has Changed During Preceding 12 Months (Publisher must submit explanation of change with this statement)		
13. Publication Title SLEMCO Power	14. Issue Date for Circulation Data Below September/October 2010	
15. Extent and Nature of Circulation	Average No. Copies Each Issue During Preceding 12 Months	No. Copies of Single Issue Published Nearest to Filing Date
a. Total Number of Copies (Net press run)	71,399	71,569
b. Paid Circulation (By Mail and Outside the Mail)		
(1) Mailed Outside-County Paid Subscriptions Stated on Form 3541. (Include paid distribution above nominal rate, advertiser's proof copies, and exchange copies)	70,899	71,069
(2) Mailed In-County Subscriptions Stated on PS Form 3541 (Include paid distribution above nominal rate, advertiser's proof, and exchange copies)	- 0 -	- 0 -
(3) Paid Distribution Outside the Mails Including Sales Through Dealers and Carriers, Street Vendors, Counter Sales, and Other Paid Distribution Outside USPS®	- 0 -	- 0 -
(4) Paid Distribution by Other Classes of Mail Through the USPS® (e.g., First-Class Mail®)	- 0 -	- 0 -
c. Total Paid Distribution (Sum of 15b (1), (2), (3), and (4))	70,899	71,069
d. Free or Nominal Rate Distribution (By Mail and Outside the Mail)		
(1) Free or Nominal Rate Outside-County Copies included on PS Form 3541	- 0 -	- 0 -
(2) Free or Nominal Rate In-County Copies included on PS Form 3541	- 0 -	- 0 -
(3) Free or Nominal Rate Copies Mailed at Other Classes Through the USPS (e.g., First-Class Mail)	- 0 -	- 0 -
(4) Free or Nominal Rate Distribution Outside the Mail (Carriers or other means)	- 0 -	- 0 -
e. Total Free or Nominal Rate Distribution (Sum of 15c and 15e (1), (2), (3) and (4))	- 0 -	- 0 -
f. Total Distribution (Sum of 15c and 15e)	70,899	71,069
g. Copies not Distributed	500	500
h. Total (Sum of 15f and g)	71,399	71,569
i. Percent Paid (15c divided by 15f times 100)	100	100
16. Publication of Statement of Ownership <input checked="" type="checkbox"/> If the publication is a general publication, publication of this statement is required. Will be printed in the Nov/Dec 2010 issue of this publication. <input type="checkbox"/> Publication not required.		
17. Signature and Title of Editor, Publisher, Business Manager, or Owner Mary A. Laurent	Date 09/13/10	
I certify that all information furnished on this form is true and complete. I understand that anyone who furnishes false or misleading information on this form or who omits material or information requested on the form may be subject to criminal sanctions (including fines and imprisonment) and/or civil sanctions (including multiple damages and civil penalties).		
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# NO WASTED SPACE

The new home of Linda and Charles Domingue in Scott was described by Linda as a “spiritually-led process.” The Domingues had been planning to build for years, but began the process in earnest about two years ago. Things worked out like a charm because the couple was careful to select a builder who would work through the inevitable minor changes with them.

“We knew we wanted it to be low-maintenance, have lots of natural light and be handicap accessible,” because this is their retirement home. All hallways are wide and doorways are a full 36 inches. The walk-in shower can be easily converted to a handicap-accessible model should the need ever arise.

The home boasts several convenience features, too, including a large garage, a real staircase to the attic, two full-size dishwashers in the main kitchen and a hot water dispenser. A hot water dispenser? “I love having tea parties,” Linda explained.

The Domingues have used SLEMCO power for years, so they were already familiar with Design One principles and asked SLEMCO’s Robert Mitchell for advice before beginning construction. He offered a few insulation suggestions, which Charles and Linda incorporated into their plans.

The house has three bedrooms and 2,255 square feet. What is most amazing are its utility bills: about one-half that of their previous home, which was nearly the same size.

Their new home, built by David Guilbeaux of Lafayette, is practi-

cal, flows well and, as Linda says, is extremely user friendly.

“The entire house is being used. We wanted absolutely no space to go to waste,” she said (Lucky Account Number 4500324700).

The floor plan is roomy and semi-open. But who controls the remote control for the television in a large open kitchen/family room—the sports fan or the chef?

Their solution was a semi-open kitchen/family room, featuring an opening over the sink that looks out into the den and beyond, through large windows to the view outside. The sink window includes blinds, should the chef wish to avoid distractions from activities in the family room.

Another nice feature is that the utility room connects to both the three-tier master closet (the second we’ve noticed in the Design One homes featured recently) and the hall beside the kitchen. Appliance garages with outlets, vegetable shelves off the kitchen and a canning closet were also worked into the plans.

Front and back porches allow the Domingues to take advantage of the outdoors even in rainy weather. And their back porch is adjacent to a smaller, second kitchen—perfect for entertaining.

The Domingue home is amazingly efficient and practical—as well as lovely—the ideal culmination to years of planning that they can continue to enjoy for many years to come.



Linda & Charles Domingue





The Domingue's new home is efficient and comfortable. A zoned HVAC system and other Design One features result in electric bills half of what they previously paid for similar square footage. A second kitchen (below) is especially handy when entertaining (Lucky Account Number 1023040401).



## THIS HOME'S FEATURED SUPPLIERS

- **BUILDER:** David Guilbeaux Builders, Lafayette
- **LUMBER:** Doug Ashy, Lafayette (Employee Candice Floyd assisted with colors and floors.)
- **HEATING/COOLING:** Darryl's Heating & A/C, Scott
- **ELECTRICAL SUPPLIES:** HD Supply, Debbie Legros, Lafayette
- **ELECTRICIAN:** Linco Electric, Port Barre
- **GRANITE:** Oubre Marble & Granite, New Iberia
- **PLUMBING:** Ryan Link Plumbing, Rayne
- **PLUMBING FIXTURES:** Southern Bath & Kitchen, Lafayette
- **WINDOWS:** Doug Ashy in Lafayette provided Jeld-Wen Vinyl, Low-E Energy Star windows.
- **DOORS:** Doug Ashy, Lafayette
- **FLOORING:** Doug Ashy, Lafayette
- **APPLIANCES:** Sears Contract Sales, Sherman Mire, Lafayette
- **PAINTER:** Mark Guilbeaux, Lance Benoit, Lafayette
- **BRICK:** Acme Brick, Lafayette
- **CONCRETE:** Barry Concrete, Lafayette
- **CABINETS:** David Guilbeaux, Lafayette
- **INSULATION:** Acadian Insulation, Lafayette
- **GARAGE DOORS:** Garage Doors of Lafayette, Lafayette
- **MIRRORS:** Glass Doctor, Shane Gaspard, Lafayette
- **SEWER:** JM&M Enterprises, Carencro
- **ART GLASS:** Georgia Robin, Acadiana Art Glass, Lafayette
- **ALARM:** Electronic Protection Systems, Lafayette
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These recipes come from *California Sol Food, casual cooking from the Junior League of San Diego*. It is available for \$29.95, plus \$7.95 shipping for the first book and \$1 for each additional book. To order, call 800-269-6839 or visit [www.cookbookmarketplace.com](http://www.cookbookmarketplace.com).

## Huevos Rancheros

### RANCHERO SAUCE

- 1 large onion, chopped
- 1 large green bell pepper, chopped
- 3 garlic cloves, crushed
- 1 tsp. salt
- 3 tbsp. olive oil
- 3 tbsp. flour
- 2 tsp. chili powder
- 1 tsp. cumin
- 1 tsp. sugar (optional)
- 1/2 tsp. coarsely ground pepper
- 2 lbs. fresh tomatoes, seeded and crushed, or 2 (15-oz.) cans crushed tomatoes, drained

### EGGS AND ASSEMBLY

- 1 dozen eggs
- 8 oz. Monterey Jack cheese, shredded

Cook the onion, bell pepper, garlic and salt in the olive oil in a skillet until the vegetables are brown, stirring frequently. Stir in the flour, chili powder, cumin, sugar and pepper. Add the tomatoes and mix well. Simmer for 15 minutes, stirring occasionally.

Preheat the oven to 350°. Whisk the eggs in a bowl until blended. Lightly scramble the eggs in a nonstick skillet and spoon into a lightly greased 9 x 13-inch baking dish. Spoon the sauce over the eggs and sprinkle with the cheese. Bake for 25 minutes. Yield: 8 servings

## Roasted Vegetable Panini

- 1 red bell pepper, cut into 8 strips
- 1 yellow bell pepper, cut into 8 strips
- 1 zucchini, diagonally sliced
- 1/2 cup thinly sliced fennel
- 1 small red onion, cut into 8 slices
- 1 tbsp. chopped fresh rosemary, or 1 tsp.

- dried rosemary
- 1 tbsp. extra-virgin olive oil
- 1 tbsp. balsamic vinegar
- 3/4 tsp. salt
- 8 oz. semolina bread, sliced lengthwise into fourths and cut into halves
- 4 (1-oz.) slices provolone cheese

Preheat the oven to 425°. Spray a large roasting pan with nonstick cooking spray. Combine the bell peppers, zucchini, fennel, onion and rosemary in a bowl and mix well. Whisk the olive oil, vinegar and salt in a bowl and drizzle over the vegetable mixture, tossing to coat. Spread the vegetable mixture in the prepared pan.

Roast for 20 to 25 minutes or until tender and brown, stirring occasionally. Cool slightly. Spoon approximately 3/4 cup of the vegetable mixture on 1 side of 4 slices of the bread and top each with 1 slice of the cheese and the remaining bread slices.

Heat a nonstick skillet sprayed with nonstick cooking spray over medium-high heat. Arrange 2 of the sandwiches in the hot skillet and weigh down with a cast-iron skillet. Cook for 2 minutes or until lightly brown and crisp. Turn the sandwiches with a spatula and weigh down again with a cast-iron skillet. Cook for 2 minutes longer or until the remaining side is brown. Repeat the process with the remaining sandwiches. Yield: 4 servings

## Grilled Chicken with Nectarine Guacamole

- 2 medium to large nectarines, peeled and chopped
- 1 avocado, chopped into 1/2-inch pieces
- 2 or 3 green onions, finely chopped
- 1/4 cup finely chopped fresh cilantro
- 3 tbsp. fresh lime or orange juice
- 1 or 2 fresh jalapeno chiles, seeded and finely chopped
- 1 large garlic clove, finely chopped
- 1/4 tsp. salt
- 4 boneless skinless chicken breasts

Combine the nectarines, avocado, green onions, cilantro, lime juice, jalapeno chiles, garlic and salt in a bowl and mix

well. Chill, covered, in the refrigerator for 1 hour.

Preheat the grill. Grill the chicken over hot coals until cooked through, turning occasionally. Top each chicken breast with some of the guacamole. You may substitute four 4-oz. red snapper or swordfish fillets for the chicken. Yield: 4 servings

## Gouda-Stuffed Mushrooms

- 6 oz. pancetta or Canadian bacon, finely chopped
- 2 tbsp. butter
- 1 small onion, finely chopped
- 3 garlic cloves, minced
- 1 cup packed, trimmed fresh spinach, chopped
- 2 cups (8 oz.) shredded Gouda cheese
- 3/4 cup fresh bread crumbs
- 2 tbsp. chopped fresh basil
- salt and freshly ground pepper to taste
- 24 (2-in.) cremini mushroom caps

Preheat the oven to 400°. Sauté the pancetta in a medium skillet over medium heat for 3 minutes or until crisp. Remove the pancetta to a bowl using a slotted spoon. Drain the skillet. Melt the butter in the same skillet over medium heat. Sauté the onion and garlic in the butter for 3 minutes. Stir in the spinach. Cook just until wilted, stirring occasionally. Return the pancetta to the skillet and mix well. Cool slightly. Stir in the cheese, bread crumbs and basil and season with salt and pepper. Arrange the mushroom caps in a single layer on a baking sheet. Mound 2 1/2 tbsp. of the cheese mixture in the center of each cap. Bake for 8 minutes. Serve immediately. Yield: 8 servings

## Penne with Sausage and Asparagus

- 1 1/2 cups finely chopped onions
- 6 garlic cloves, finely chopped
- 2 tbsp. olive oil
- 2 red bell peppers, chopped
- 2 yellow bell peppers, chopped
- 2 lbs. turkey or Italian sausage



1 cup white wine  
 1 (28-oz.) can Italian plum tomatoes  
 1 tbsp. chopped fresh oregano  
 1/4 tsp. black pepper  
 1/4 tsp. crushed red pepper flakes  
 1 lb. asparagus, trimmed and diagonally sliced  
 1 1/2 lbs. penne, cooked and drained  
 freshly grated Parmigiano-Reggiano cheese

Sauté the onions and garlic in the olive oil in a medium saucepan until the onions are tender. Stir in the bell peppers. Sauté for 5 to 10 minutes longer or until the bell peppers are tender. Cook the sausage 1 lb. at a time in a large skillet for 25 minutes or until brown on all sides. Drain on paper towels, reserving 1 tbsp. of the pan drippings. Cut the sausage into 1/4-inch slices.

Heat the reserved pan drippings over medium heat. Add the wine and stir to dislodge any browned bits. Stir in the onion mixture, sausage, undrained tomatoes, oregano, black pepper and red pepper. Simmer for 15 minutes, stirring occasionally. Add the asparagus and cook for 10 minutes longer or until the asparagus is tender, stirring occasionally. Fold in the pasta. Spoon the pasta mixture into a serving bowl and sprinkle with cheese. Yield: 8 to 10 servings

## Fish Tacos

### BEER BATTER

1 cup flour  
 1/2 tsp. garlic powder  
 1/4 tsp. red pepper  
 1/4 tsp. freshly ground black pepper  
 1 cup beer

### WHITE SAUCE

1/2 cup mayonnaise  
 1/2 cup plain yogurt

### TACOS AND ASSEMBLY

vegetable oil for deep frying  
 12 (1 1/2-oz.) cod fillets or any white fish fillets  
 salt to taste  
 1 dozen fresh corn tortillas  
 shredded cheddar cheese to taste  
 salsa to taste  
 1 head green cabbage, shredded  
 lime juice to taste

Combine the flour, garlic powder, red pepper and black pepper in a bowl and mix well. Whisk the flour mixture into the beer in a bowl until blended. Mix the mayonnaise and yogurt in a bowl. Heat enough oil in a skillet to 375° to deep-fry the fillets. Rinse the fillets and dip in a bowl of lightly salted cold water. Drain and pat dry with paper towels. Coat the fillets with the batter and fry in batches in the hot oil until crisp and golden brown; do not allow the fillets to touch. Drain on paper towels. Heat the tortillas in a skillet until pliable and warm.

Layer each tortilla with 1 fish fillet, shredded cheese, white sauce, salsa and cabbage and drizzle with lime juice. Fold over to encase the filling and serve immediately. Yield: 1 dozen tacos

## Pineapple Meringue Cake

### CAKE

1 cup sifted cake flour  
 2 tsp. baking powder  
 1/8 tsp. salt  
 4 egg whites  
 1 cup sugar  
 1 tsp. vanilla extract

1/2 cup shortening  
 1/2 cup sugar  
 4 egg yolks  
 5 tbsp. milk  
 1 tsp. vanilla extract  
 3/4 cup finely chopped pecans

### PINEAPPLE CREAM FILLING AND ASSEMBLY

1 cup whipping cream  
 1 1/2 tsp. confectioners' sugar  
 1/4 tsp. vanilla extract  
 1 (15-oz.) can crushed pineapple, drained

Preheat the oven to 350°. Sift the cake flour, baking powder and salt together. Beat the egg whites in a mixing bowl until soft peaks form. Add 1 cup sugar gradually, beating constantly until stiff peaks form. Fold in 1 tsp. vanilla. Beat the shortening and 1/2 cup sugar in a mixing bowl until creamy. Add the egg yolks and beat until blended. Add the cake flour mixture and milk alternately to the creamed mixture, mixing well after each addition. Stir in 1 tsp. vanilla.

Spoon the batter evenly into 2 greased and floured 8-inch cake pans. Spread each with 1/2 of the meringue and sprinkle equally with the pecans. Bake for 40 to 45 minutes or until the cake tests done and the meringue is light brown. Cool in the pans on a wire rack. Run a sharp knife around the edges of the layers and remove to a wire rack. The meringue will often spread or be a little crumbly in texture. Do not panic. Just press together with hands to shape if necessary.

Beat the whipping cream in a mixing bowl until soft peaks form. Add the confectioners' sugar and vanilla and mix well. Fold in the pineapple. Arrange 1 cake layer meringue side down on a cake plate and spread with the filling. Top with the remaining cake layer meringue side up. Chill, covered with plastic wrap, for 2 to 10 hours. The cake and filling will mellow while chilling. Yield: 12 servings

For extra copies of these recipes or to e-mail a copy to a friend, visit *SLEMCO Power* magazine online at [www.slemco.com](http://www.slemco.com).



istockphoto © redmonkey8

# A Cajun & Creole Christmas

## A GUIDE TO HOLIDAY EVENTS IN ACADIANA

For a complete listing of area Christmas activities, contact the Lafayette Convention & Visitors Commission at 337-232-3737, 800-345-1958 or [www.lafayettetourism.com](http://www.lafayettetourism.com).

### HANLEY-GUENO NEAPOLITAN

**PRESEPIO EXHIBIT** • Ongoing exhibit • Mon.–Thurs., 9 a.m.–noon, 1–4 p.m. • Fri., 9 a.m.–noon • Cathedral of St. John the Evangelist Museum, Lafayette • (337) 232-1322 • Adults \$3, Seniors \$2, Children \$1 • The Italian Baroque “Presepio” collected by Frank Hanley and Jeffrey Gueno is one of the finest and most extensive collections in America.

**DOWNTOWN ALIVE!** • Nov. 24 • 5:30–8:30 p.m. • Parc Sans Souci, Lafayette • (337) 291-5566 • [www.DowntownLafayette.org](http://www.DowntownLafayette.org) • Featuring High Performance and the official lighting of the city Christmas tree

**SAFARI OF LIGHTS** • Nov. 26–27, Dec. 3–30 • 5–9 p.m. • \$6 at the door/\$5 in advance • 5601 U.S. Hwy. 90 E, Broussard • (337) 837-4325 • Stroll the pathways of the Zoo of Acadiana, aglow with thousands of twinkling lights, animated and still animal figurines. Enjoy a ride on the North Pole Express Train.

**LE GRAND NOËL** • Nov. 27 • 5–8 p.m. • Free • Hwy. 93 (Martin Luther King Drive), Grand Coteau • (337) 662-1032 • The quaint shops of Historic Grand Coteau will open their doors with refreshments, special offerings, luminaries & horse/carriage rides for the Christmas season.

**MOVIES IN THE PARC** • Nov. 27 • 6 p.m.

• Parc Sans Souci, Lafayette • (337) 291-5566 • [www.DowntownLafayette.org](http://www.DowntownLafayette.org) • Join us for a viewing of *Elf*.

**NOËL AU MUSÉE** • Dec. 1–29 • Wed.–Fri., 1–5 p.m., Sat., 10 a.m.–5 p.m. • Gueydan Museum • Free • (337) 536-0443 • [www.gueydan.org/Gueydan\\_Museum.html](http://www.gueydan.org/Gueydan_Museum.html) • See a forest of decorated Christmas trees, 250 nutcrackers and photography by the Lafayette Photographic Society.

**CREOLE HOLIDAYS** • Dec. 1–30 • 9 a.m.–4 p.m. • \$4 Adults, Children 12 and under Free • Longfellow Evangeline State Historic Site, 1200 N. Main St., St. Martinville • (337) 394-3754 • [www.lastateparks.com](http://www.lastateparks.com) • Olivier Plantation will be decorated appropriately for the early 1800s. Tours, programs and children's activities focus on Christmases of the past.

**“LOUISIANA CHRISTMAS”** • Dec. 1–31; Wed.–Sat., 9 a.m.–5 p.m.; Sun., 9 a.m.–1 p.m. • Le Musée de La Ville de Kaplan • (337) 643-1528 • An exhibit centered on artwork featuring a Christmas theme.

**“A CHILDREN’S CHRISTMAS”** • Dec. 1–31; Mon.–Sat., 10 a.m.–5 p.m. • Free • Abbeville Cultural & Historical Museum & Art Gallery • (337) 898-4114 • [www.abbevillemuseum.org](http://www.abbevillemuseum.org) • Features the Christmas artwork of local children.

**ABBEVILLE’S 12TH ANNUAL CHRISTMAS STROLL** • Dec. 2; 5:30–8 p.m. • Free • Abbeville • (337) 898-4110 • Enjoy the sights and sounds of Christmas as local

merchants open their businesses for holiday shopping, festivities and more.

**CHRISTMAS AT COTEAU** • Dec. 2, 6–10 p.m., Dec. 3, 9 a.m.–7 p.m. • Holiday Market \$5 • Breakfast & Luncheon reservations required • Academy of the Sacred Heart, 1821 Academy Rd., Grand Coteau • (337) 662-5275 • Yearly event includes the Holiday Market, gifts for everyone and a gourmet breakfast and luncheon.

**LE VIEUX VILLAGE CHRISTMAS LIGHTING** • Dec. 3; 5–8:30 p.m. • Free • 828 E. Landry, Opelousas • (337) 948-5227, (337) 948-6263 • Premiere lighting event for all ages with Christmas music, carols sung by a choir, shop with local merchants, refreshments & perhaps a horse-drawn buggy ride. Don't forget Santa!

**FESTIVAL OF LIGHT** • Dec. 3; 5–10 p.m. • Oil Center, Lafayette • (337) 232-1267 • Celebrate as the switch is pulled to light the colossal Santa, sleigh and reindeer over Coolidge Blvd. Enjoy music, food and fun. Santa will be on hand to take pictures. See the live nativity and listen to traditional holiday music and carols.

**NOËL ACADIEN AU VILLAGE** • Dec. 3–23; 5:30–9 p.m. • \$6 in advance, \$8 at the gate, Children 4 and under Free • Acadian Village, Lafayette • (337) 981-2364 • [www.acadianvillage.org](http://www.acadianvillage.org) • During this Acadiana holiday tradition enjoy the splendor of over a half million lights, nightly entertainment, local cuisine, photos with Santa and kid-die carnival rides.

**CARENCRO COUNTRY CHRISTMAS** • Dec. 4; 9 a.m.–4 p.m., Children's Parade 2 p.m. • Free • Carencro Community Center • (337) 896-6686 or (337) 261-9445 • Choirs, singers, arts, crafts, food booths. Home and business decorating contest and pictures with Santa.

**SONIC CHRISTMAS PARADE** • Dec. 5; 1 p.m. • Downtown Lafayette • (337) 988-5301 ext. 239 • One of the oldest Christmas events in Acadiana marks the official arrival of Santa Claus to Lafayette. Floats, bands and area dignitaries.

**CHRISTMAS TRADITIONS** • Dec. 5; 3:30 p.m. • Season ticket or \$10 at the door • Ducrest-Gilfry Auditorium at Angelle Hall, Lafayette • (337) 989-1279, [www.lcband.org](http://www.lcband.org) • The Lafayette Concert Band celebrates the holiday season with traditional Christmas selections, guest soloists and a special appearance by Santa himself!

**EUNICE CHRISTMAS PARADE** • Dec. 9; 5 p.m. • Free • Main Street, Eunice • (337) 457-7389 • Local bands and floats decorated for the holidays.

**OPELOUSAS CHILDREN’S CHRISTMAS PARADE** • Dec. 9; 6 p.m. • Downtown Main Street in Opelousas • (337) 948-2589 • The annual holiday event features colorfully lit Christmas themed floats, marching bands, and of course, everyone's favorite, Santa Claus.

**EUNICE COMMUNITY CONCERT BAND AND CHOIR CHRISTMAS PROGRAM** • Dec. 9 & 10, 7 p.m. • \$5 Adults, \$2 Children under 12 • Liberty Theater, 200 West Park Ave., Downtown Eunice • (337) 457-1776 • An evening of Christmas music featuring community concert band and choir, community children's choir and an art exhibit by the Fine Arts Council of Eunice.

**CHRISTMAS ON THE BAYOU** • Dec. 10 & 11, 9 a.m.–5 p.m. • Free • Main Street of Washington • (337) 826-3626 • A Christmas parade featuring Santa Claus on Dec. 10 at 7 p.m., followed by fireworks. Holiday shopping throughout Washington's antique and specialty shops.

**LOUISIANA CATTLE FESTIVAL CHRISTMAS CELEBRATION** • Dec. 11; 9 a.m.–8 p.m., Parade 6 p.m. • Magdalen Square, Abbeville • (337) 385-2397, [www.louisianacattlefestival.org](http://www.louisianacattlefestival.org) • Food, holiday music, arts and crafts, parade, pictures with Santa and more.

**CHRISTMAS IN THE PARK** • Dec. 11; 6–9 p.m. • Free, photos with Santa and build a toy \$2 • Downtown Gueydan • (337) 536-6140, [www.gueydanchamber.org](http://www.gueydanchamber.org) • Enjoy a family-style Christmas event with caroling, parade, fun jumps, live nativity, hot chocolate, kids activities, Santa Workshop with elves, hayride and more.

**RENDEZ-VOUS DES CAJUNS ANNUAL CAJUN CHRISTMAS SHOW** • Dec. 11, 6–7:30 p.m. • \$5 Adults • Liberty Theater, 200 West Park Ave., Downtown Eunice • (337) 457-7389 • A Cajun Christmas celebration at the Liberty Theater with the Jambalaya Cajun Band.

**LESSONS AND CAROLS** • Dec. 12, 7:30 p.m. • Free • St. John Cathedral, Lafayette • (337) 232-1322 • Traditional candlelight service of readings and choral music for the Christmas season in the beautiful ambience of St. John Cathedral.

**ST. LUCY FESTIVAL OF LIGHTS AND K.C. CHRISTMAS PARADE** • Dec. 12 • St. Martin de Tours Church Square, St. Martinville • (337) 394-9404 or (337) 224-1627, [www.cajuncountry.org](http://www.cajuncountry.org) • Live music, vendors, food, refreshments, arts & crafts, K.C. Christmas Parade and official lighting of St. Martin de Tours Church Square at dusk.

**NOEL ON THE PRAIRIE** • Dec. 13; 10 a.m.–6 p.m. • Free • Throughout the town of Eunice • (337) 457-7389 • A holiday shopping experience throughout the shops in Eunice.

**NEW YEAR’S NOON AND CARNIVAL COUNTDOWN** • Dec. 31; 10 a.m.–2 p.m. • \$5 per person, Children 12 months and under are free • Children's Museum of Acadiana, 201 E. Congress St., Lafayette • (337) 232-8500 • Countdown to noon with lots of games and prizes. Face painting, crafts, and refreshments will be available. ●