

SLEMCO

POWER

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2015

DOGGONE GOOD

Behind the scenes
at LSU's vet school
PAGE 4

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Cover photo courtesy LSU School of Veterinary Medicine



TakeNote

SLEMCO HONORS EMPLOYEE MILESTONES

SLEMCO will honor 31 employees in December for a combined 860 years of service to the cooperative.

Retirees include J.U. Gajan of Lafayette, CEO and general manager, who retired with 48 years; Burt Arceneaux of Carencro, engineering aide I, retiring with 38 years; Leopold Frilot of Opelousas, director with 25 years; Cheryl Guidry of Arnaudville, customer service supervisor with 36 years; Kerry Viator of Parks, field superintendent with 38 years; Jimmy Kesel of Lafayette, purchasing agent with 38 years; Lyndon Champagne of Washington, service dispatcher supervisor with 32 years, and Georgia Cormier of Arnaudville, remittance clerk with 28 years.

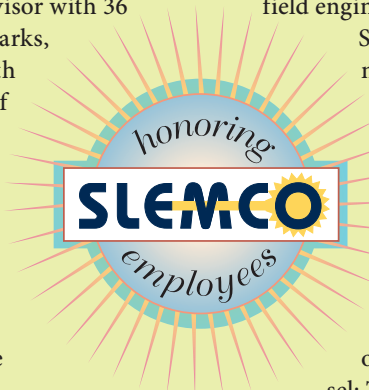
Celebrating 40 years is Dale Boudreaux, a serviceman/underground locator from Breaux Bridge.

Five employees are marking their 35th anniversary with the company. They are Brent Cormier of Carencro, senior field engineer; Ted Guilbeau of Duson, line foreman; Milton Killmer of Crowley, treetrimmer foreman; Karen Moresi of Jeanerette, payroll specialist, and Russell Reed of St. Martinville, right-of-way supervisor.

Thirty-year award recipients include Victoria Albert of Youngsville, accounting supervisor; Lisa Hebert of Cecilia, customer records office clerk; Stephanie Holder of Lafayette, administrative assistant; Lester Joseph of Scott, right-of-way assistant supervisor; Brian Primeaux of Youngsville, assistant technical services supervisor, and Tommy Rogers of Lafayette, senior field engineer.

Six employees are each marking 25 years with the company. They are Bryon Brice of Scott, senior field engineer; Bonita Byrom of Opelousas, customer correspondence clerk; Don Comeaux of Lafayette, serviceman; Jimmy Davidson III of Maurice, general counsel; Timond Faulk of Kaplan, meter reader, and Dwayne Latiolais of Washington, line foreman (Lucky Account Number 2225197000).

Ten-year award recipients include Bret Dore of St. Martinville, serviceman; Nicole Edgar of Breaux Bridge, accountant; Pam Meaux of Lafayette, distribution engineering aide II; Adelle Kennison of Cecilia, director; Justin Young of Church Point, Class A lineman, and Tim Guidry of St. Martinville, line foreman.



SAVE THE DATE!

Next year's meeting will be
April 16, 2016

due to Cajundome renovations



SCHOLARSHIP APPLICATIONS TO BE MAILED IN UPCOMING BILLS

Plan now to apply for SLEMCO's scholarship drawing if you would like to win one of 20 \$2,000 scholarships at our annual meeting on April 16.

Applications for the 2016 SLEMCO scholarship will be mailed with every SLEMCO bill in December and January. The entry deadline is Thursday, March 17 at 4:30 p.m., in the Lafayette SLEMCO office; mailed entries must be postmarked by March 17.

When you receive the form, fill out the application if you, your spouse, your dependent child or legal ward plan to attend a public college in Louisiana this fall (Lucky Account Number 4516400701).

Due to Internal Revenue Service rules, applicants who are dependent children must not turn 24 during 2016. The IRS prohibits parents from claiming children as dependents during the year they turn 24, even if they are full-time students. Any applicants turning 24 during 2016 must have their own SLEMCO account. They can't be sponsored by a parent or guardian, but they may be sponsored by a spouse because all SLEMCO accounts are community property under state law.

If you need more than one application, photocopy both sides of the one you receive in your bill, download one from www.slemco.com or wait until the following month to receive another copy in the mail. All area high school guidance counselors have a supply of applications, as do the scholarship offices at UL Lafayette, LSU-Eunice and South Louisiana Community College.

Everyone has the same chance to win: only one application per student will be accepted. Duplicate entries will be voided. Make sure to fill out the application **completely** and sign the form where indicated.

Eligibility requirements are listed on each form, so please read them carefully.



Stock © Andy Dean Photography

Here's a quick overview:

■ Only SLEMCO customers, their spouses, children or legal wards are eligible to win a scholarship. A member cannot sponsor grandchildren, nephews, nieces or friends except as their legal guardian. Children cannot be considered a dependent if they will turn 24 years of age anytime during 2016.

■ Any student applying must be planning to pursue an undergraduate degree at a public university in Louisiana this fall.

■ High school seniors and anyone going back to college or to college for the first time must have graduated from high school with at least a "C" average. Continuing college students must have at least a 2.0 cumulative grade point average (on a 4.0 scale).

■ The sponsoring SLEMCO member must have been a member for the past 12 consecutive months, as of March 17, 2016.

■ The applicant is not required to attend the annual meeting on April 16, but the sponsoring member or member's spouse must attend to claim a scholarship. If a member or spouse is applying, either spouse may attend the meeting to claim the scholarship.

Questions about SLEMCO scholarships should be directed to Mrs. Mary Laurent at 896-5384. Completed applications should be mailed to the SLEMCO Scholarship Program, P.O. Box 90866, Lafayette, LA 70509-0866.

Any entry received after the March 17 deadline will be ineligible.

MANAGE YOUR ACCOUNT WITH SMART HUB

SmartHub is SLEMCO's brand new account management tool. With SmartHub—which replaces E-bill, our previous online payment system—customers can do much more than merely pay their monthly bill.

With SmartHub's app on your smartphone or tablet you will be able to:

- Pay your bill
- Report an outage
- Receive text or email alerts
- Analyze your electricity usage

If your power is out, you will probably not be able to use your computer to report an outage. But with the SmartHub app, available for Apple iOS or Android, you can report the problem directly from your smartphone or tablet. Even if you are away from home during an outage, the app allows you to monitor whether your power has



been restored.

With SmartHub, you are in control of optional notifications through text or email. For example, you can be notified when your bill is ready to view or whether the credit card you have on file is expiring.

SmartHub also gives you the ability to analyze your electricity usage, allowing you to compare your usage to other months and to compare the average temperature of each month.

We will be adding even more features in the future to make managing your SLEMCO account easier and more convenient (Lucky Account Number 3018545000).

Check out the new account management tool at <https://slemco.smarthub.coop>.

Aren't you glad you're a SLEMCO member!

SEEKING BETTER HEALTH FOR ANIMALS—AND HUMANS



BY MARY LAURENT

Fascinated youngsters learn about animal biology firsthand through an annual open house and a “pets and vets” summer program.

Photos by P.C. Piazza

LSU’s School of Veterinary Medicine is a one-of-a-kind jewel in Louisiana where, if you are fortunate enough to get in, you will be immersed in an outstanding curriculum that leads to better health for animals—and humans, too. With its mission of education, research and service, students and faculty alike have created a wide ranging veterinary medicine program, one of only 30 in the nation.



Some 75 percent of the students applicants are women. In all, 809 students applied for the graduating class of 2018 (Lucky Account Number 3116179010).

In addition to teaching, research is an essential part of the school’s mission.

Getting in is tough—*really* tough. Only 89 spots open each year, 63 of which go to Louisiana residents. Nine others are reserved for Arkansas residents, leaving only 17 spots for other out-of-state students.

For those fortunate enough to be accepted, tuition is steep, averaging about \$54,500 a year for out of state and \$25,000 for Louisiana residents. Average debt upon graduation is \$120,000.

According to Ginger Guttner, LSU School of Veterinary Medicine’s director of public relations, incoming students’ average GPA is 3.76. Applicants must have passed the GRE and will need an extensive resumé including animal-related work, such as internships and volunteering.

Interestingly enough, however, not all the research is about animals.

“Not everyone here is involved with veterinary medicine: some of our professors are PhD doctors working on human research,” Guttner explains. “We have a medical research facil-



With an outstanding curriculum and in-state tuition averaging \$25,000 a year, only one in nine students who apply are accepted into the program.

Photos courtesy LSU School of Veterinary Medicine



ity here that works with infectious diseases that affect humans. We also do research work on fields like heart disease and DNA repair, in addition to both basic and clinical research.”

For the general public, perhaps the most interesting part of the school’s mission is service. The school is considered a leader in animal welfare thanks to its work in rescuing, treating and reuniting animals with their owners in Hurricane Katrina. Some in Acadiana may remember the animal shelter set up at Blackham Coliseum in Lafayette after Katrina. I remember going there to donate animal food and was both amazed and impressed by the volunteers’ hard work to care for storm-shocked pets.

“We fulfill our mission of service in many ways,” Guttner said. “We staff a wildlife hospital here, we conduct an annual open house for visitors to come and see what we do here, we have a “pets and vets” summer program at the school and, of course, we treat both small and large animals here when they are referred to us by their personal veterinarians.” In addition, the school has an outreach program where it visits shelters to treat animals and train staff (Lucky Account Number 2302833001).

During our tour of the immaculate facility, we saw the cancer treatment area and the surgical department, as well as many other specialty departments. We saw students hard at work studying for a major exam. The whole school hums like a well-oiled machine, fulfilling its mission of animal care.

Both small and large animal owners can use the LSU School of Veterinary Medicine as their personal veterinarian through community clinics. Owners of small animals or exotics (225-578-9600) and horse and farm animal owners (225-578-9500) can call for more information concerning community clinics at the school.



Photo courtesy LSU SVM / Eddy Perez



Photo by P.C. Piazza

If you have an interest in seeing the school for yourself, consider attending its next annual open house on February 20, 2016, from 9 a.m. to 3 p.m. at the School of Veterinary Medicine on the LSU campus in Baton Rouge.

According to the school’s website, “Open House is an opportunity for everyone in the family to discover the fantastic world of veterinary medicine and the latest developments in animal health care, welfare and biomedical research.

“A self-guided tour will take visitors through the Veterinary Medicine Building, where students, faculty and staff will provide information and exhibits on veterinary medicine and biomedical science. The anatomy laboratory, intensive care units,

surgery suites and radiology suites are featured on the tour, along with other areas of the veterinary hospital.”

Activities of interest for the kids will include a teddy bear repair station, petting zoo, an endoscopy station where children can fish for prizes, and parades of dog and horse breeds, among other animal demonstrations.

Make a day of it with your family. You can even visit Mike the Tiger, LSU’s imposing mascot, who, incidentally, is the school’s most famous patient.

I remember taking my own children to the open house several years ago: they’ve never forgotten the experience. It’s free and your child might be inspired to become a part of the next generation of skilled veterinarians or researchers who are alumni of this distinguished program.

Besides teaching and research, the school staffs a wildlife hospital, treats large and small animals on referral, offers community clinics and even a shelter treatment and training program.



Photos by P.C. Piazza



COUNTRY CHICKENS COME TO TOWN

Story and photos by James Edmunds

John Durel tends his backyard fowl.

Of course John Durel loves the dozen eggs he gets each week from the quartet of chickens he keeps in his urban backyard in Lafayette, especially the golden hue they give his pancakes for Sunday morning family breakfasts. But he gets something else, as well.

"I see them every day, and we greet each other," he says. "Sometimes I'll go into the back to pick up the eggs and won't get back for 45 minutes. I'll just sit there for a while and watch them."

In south Louisiana, where no place in a city is very far from the country, backyard chickens have definitely taken a place in the food chain.

"We're always getting requests for information," says Theresia Lavergne, a poultry specialist at the LSU AgCenter in Baton Rouge. "The extension agent in your parish is a great starting point. The first advice is to make sure of regulations not only for your town, but for your subdivision. If things are okay there, then it's a matter of making sure you are



Jenny Broussard of Kaplan with two year-olds Ezekiel and Dylan

who Jenny Broussard turned to when she and her husband Jodie decided to alter their high-speed, dual-job lifestyle.

"We were doing everything for our family but none of us saw each other," she recalls. Jenny left her job to homeschool the children and grow more of the food they put on their table, including fresh eggs from the dozen-plus hens that roam by day at their home near Kaplan. "Our kids are seeing more of what's natural, and appreciating the old way of doing things."

Some backyard chicken farmers, like

the Broussards, scale up enough to have eggs to pass along to friends or even sell a few cartons at local farmers markets, while others find that the dozen or so weekly eggs from three or four layers suit them just fine (Lucky Account Number



Jackie Lyle of Lafayette feeding her small flock of three.



Elton Boutte of Loreauville enjoys harvesting fresh eggs from his flock of dozens of chickens.

providing feed with the right nutrients, and have a good way of siting your coop."

The extension agent, the local feed store, and your buddy down the street who got started before you did are all good sources of information and advice. And in some cases, so is grandpa. That's

1008335205). Breaux Bridge's Conni Castille keeps three hens in a lightweight coop she can easily roll. She follows with her wicker chair, all the better to enjoy the feathered floor show in her own backyard.

CALL BEFORE YOU DIG TO PROTECT YOUR UTILITIES

Before you dig that new flower-bed or install the accompanying sprinkler system, call LA One Call to ensure that no water, sewer, phone, fiber optic, power lines or underground cables are just below the surface.

Not only could you be saving your life—as in the case of pressurized gas lines or underground electric lines—you will be following Louisiana law. Failure to comply with this law can result in civil penalties of up to \$25,000.

Since 1988, the law requires anyone who will be digging or excavating to contact LA One Call by dialing 811 or 1-800-272-3020 at least 48 hours (excluding weekends and holidays) before digging is scheduled to begin.

The program used to be called “DOTTIE” (Dial One Time To Inform Everyone). You may be more familiar with that name, but the service and the requirements are still the same.

Once you call in to report your plans, LA One Call will use a com-

puterized mapping system and notify potential utilities or pipeline owners that you will be working near their services. Those companies will come and mark their lines and equipment so you can avoid damage to their equipment or danger to yourself.

LA One Call recommends that you mark your proposed excavation area with white paint, flags or stakes so that utility representatives will know exactly where to search for potential lines or pipelines.

SLEMCO is a member of LA One Call. Since not all utilities are members, it is important to check the Louisiana Secretary of State’s website under Other Services for a list of utilities that have opted out of the program. To get those companies to mark their services in your area, you’ll need to contact them directly (Lucky Account Number 3432202300).

For more information, visit <http://www.laonecall.com> or <http://www.sos.louisiana.gov/tabid/669/Default.aspx>.



LUCKY NUMBER WINNERS

Three SLEMCO members found their account numbers hidden in the September/October issue of *SLEMCO Power*. They are **Alex Dartez** of Kaplan, **Stuart Cornwell** of Lafayette and **Priscilla Edmonds** of Eunice. They each called in to claim their \$10 SLEMCO credit (Lucky Account Number 3057470003).

Seven others did not find their account numbers. They are **Sue Kemp** of Krotz Springs, **Chris**

Bourda of St. Martinville, **Tammy Faye** of Duson, **Joseph Ray Julien** of Cecilia, **Chad Hicks** of Washington, **Jerry Joseph Gaspard** of Rayne and **Isabelle Fernand** of Church Point.

We’ve hidden 10 more SLEMCO account numbers in this issue of the magazine. If you find your account number, call Mrs. Gayle Babin at SLEMCO at 896-2504. If you’re a winner, she’ll credit \$10 to your account.



United States Postal Service

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PS Form 3526, July 2014



1

GATHER ROUND

Guests always gather in the kitchen, the heart of a home. This kitchen also serves as its central hub, opening to living room, dining room, keeping room, screen porch and hall. For large parties guests can mingle here, or slip off to an adjoining room for quieter conversation, while still remaining part of the larger party.

2

CLOSE AND INTIMATE

The homeowner's favorite, this keeping—or morning—room is just beyond the kitchen table. This cozy nook for morning coffee and TV news also provides a comfortable conversation area for guests. The kitchen's French doors open onto a screened porch.

3

WET BAR, DRY BAR

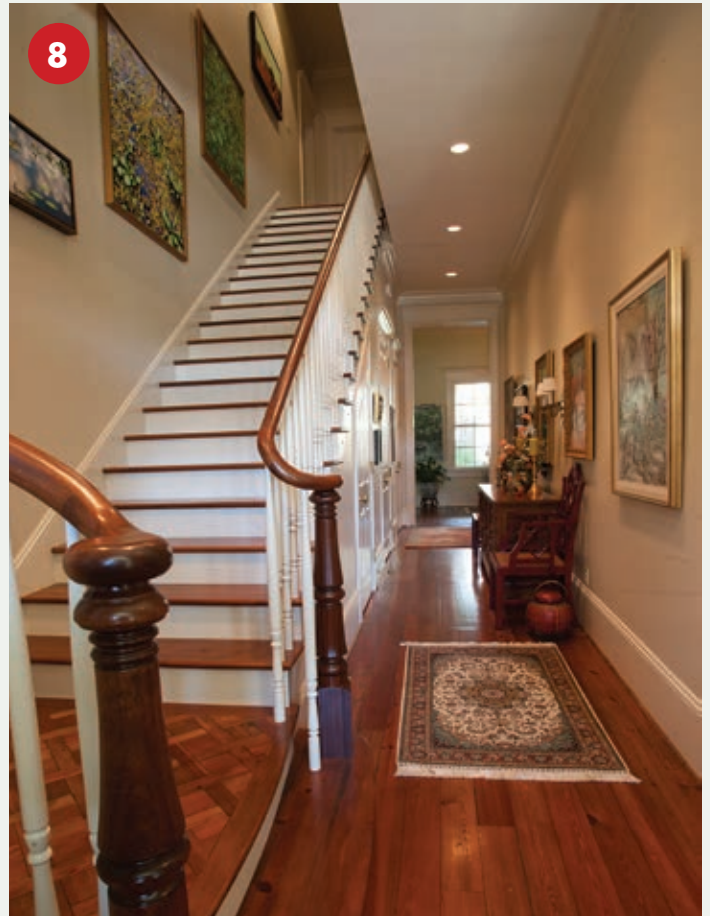
People love to circulate, so the well-appointed bar is located right in the kitchen. The wet bar boasts ice maker, wine cooler, drawers for liquor plus a lighted serving area. Stools at the dry bar add seating. Oversized doorways invite flow back and forth through dining, kitchen and living rooms.

4

CLASSICALLY SOUTHERN

This wide front porch oozes classic charm: the swing, chairs and ceiling fans invite a relaxing stay (Lucky Account Number 4515894500). A brick walk rises gradually towards the porch with terraced steps inset with long-lasting LED lights. The porch's beautiful copper gutters should last a lifetime.

IF YOU LOVE TO HOST LARGE GATHERINGS, FLOW COMES FIRST



5
TRANQUIL SETTING
Between the wide entryway and kitchen lies a formal living room. Comfortable seating near the fireplace encourages relaxed conversation close to the main party crowd. Low lamps add to the intimacy.

6
REGAL DINING
Rich red patterned wallpaper plus fine antiques and silver create lush surroundings for this elegant dining room, located just off the kitchen and bar (Lucky Account Number 2412220001).

7
AIRY PATIO
French doors in the kitchen swing wide for guest flow onto a screen porch and out into this tropical patio. Stamped concrete resembles slate, but without its upkeep. A copper roof on the timber-framed pergola covers a locked gate with intercom.

8
GRACIOUS ENTRY
This entry hall is also an art gallery showcasing an antique cabinet and chairs, with powder room and closets under the stairs. The stairs' hand-carved newel posts and railing, plus parquet floor landing, feature old-world craftsmanship worthy of an antebellum home.

Text: Anne Darrah | Photos: P.C. Piazza | Architect: Allen Bacqué



These recipes—nutritionally analyzed so the home cook can make healthier eating choices—come from Chef Patrick Mould, Executive Chef of Best Life Iberia Initiative, the driving force

behind many local projects including the Delcambre Seafood and Farmers Market and a grant recipient of the “Challenge for a Healthier Louisiana” from Blue Cross and Blue Shield of Louisiana Foundation. Find more recipes at www.facebook.com/BestLifeIberia, www.ChefPatrickMould.com or visit his “Cooking Up a Good Life” Facebook page.



Cane Syrup Glazed Pepper Shrimp with Lemon Garlic Butter Sauce

1 lb. large shrimp, peeled and deveined
3 tbsp. Steen’s Cane Syrup
1/2 tsp. Cajun seasoning*
1/2 tsp. crushed black pepper
1 tbsp. olive oil
1 tbsp. garlic, minced
1 tsp. fresh thyme
1/4 cup white wine
1/4 cup shrimp stock
1 tbsp. lemon juice
4 tbsp. chilled butter*, cut into chunks

Combine shrimp, cane syrup, seasoning and black pepper in bowl and marinate for 15 minutes.

1. In a sauté pan heat 1 tablespoon olive oil and sauté shrimp until browned; remove from pan and keep warm. Add garlic and cook until slightly brown.

2. Add white wine, shrimp stock and lemon juice; lower fire to medium and simmer for 5 minutes until liquid is reduced by half.

3. Lower fire as low as it will go and stir in chilled butter in chunks until melted. Remove from fire immediately.

4. Serve lemon butter sauce over

shrimp along side of your favorite pasta.**

Yield: 4 servings

*Recommendations from IMC nutritionist: consider light butter stick without salt. Also consider no/low salt Cajun seasoning.

Nutritional info (per serving, as stated in recipe): Calories: 300 • Protein: 26g • Fat: 17g • Salt: 629 mg • Carbohydrates: 14g

**Nutritional info does not include side dish of pasta.

Crawfish and Corn Beignets

When most people think of beignets, they think of the French Quarter powdered sugar variety. These are savory little clouds of crawfish and corn that make an excellent first course to any dinner.

4 cups cooking oil
3 cups flour
2 cups milk
1 tbsp. baking powder
1 tbsp. Cajun seasoning*
1 tbsp. minced garlic
1 tsp. dried thyme
1 tsp. hot sauce
1 lb. crawfish tails, coarsely chopped
1 16-oz. can cooked whole kernel corn
1/4 cup minced parsley
1/4 cup chopped green onions

1. Heat oil until it reaches 350°.
2. In a large bowl blend together flour, milk, baking powder, Cajun Seasoning, garlic, thyme, hot sauce and stir until batter is formed.
3. Stir in remaining ingredients until all are incorporated.
4. Drop batter by the spoonful into hot grease, being careful not to splash.
5. Cook beignets for 5 minutes after

they float to the top of pot, flipping occasionally.

6. Drain on paper towels and serve with your favorite dipping sauce.

Yield: 2 dozen beignets

Nutritional info (per beignet, as stated in recipe): Calories: 149 • Protein: 6g • Fat: 16g • Salt: 252mg* • Carbohydrates: 15g

*Recommendation from Nichole Latour, MS, RD, LDN: Consider lowering sodium content by using low sodium Creole seasoning.

Grilled Veggies and Goat Cheese Sandwich

3 tbsp. balsamic vinegar
2 tbsp. Dijon mustard
1 tbsp. garlic
3 tbsp. minced fresh basil
1 tbsp. minced fresh thyme
2 tsp. hot sauce
1/2 tsp. black pepper
1/2 tsp. salt
3/4 cup extra virgin olive oil
1 large zucchini, sliced on bias 1/2-inch thick
1 large yellow squash, sliced on bias 1/2-inch thick
1 medium sized eggplant, split in half, sliced on bias 1/2-inch thick
1 large Portobello mushroom, sliced 1/2-inch thick
8 oz. goat cheese
2 (8-inch) round focaccia bread

1. In a small bowl whisk together vinegar, Dijon mustard, garlic, basil and thyme, hot sauce, black pepper and salt until blended. In a steady stream slowly whisk in extra virgin olive oil until completely incorporated. Set 1/4 cup of this vinaigrette aside for later use.

2. Place veggies in a large bowl. Pour remaining vinaigrette over veggies and toss until veggies are coated. Allow to marinate for at least 1 hour, up to 4 hours.

3. Heat outdoor grill and grill veggies until cooked.

4. Split focaccia bread and toast lightly on grill and remove.

5. Lightly spread remaining vinaigrette



Cane Syrup Glazed Pepper Shrimp



Grilled Veggies and Goat Cheese Sandwich

on the bottom and top of toasted bread.

6. Layer grilled veggies alternating variety between the 2 bottom portions of bread.

7. Evenly dollop goat cheese by tablespoons on top of warm veggies.

8. Top veggies with other side of toasted focaccia bread.

9. Cut sandwiches in quarters.

Yield: 8 servings

Nutritional info (per serving, as stated in recipe): Calories: 345 • Protein: 8g • Fat: 28g; 7.2g saturated fat, 19.7 grams unsaturated (heart healthy fats) • Sodium: 460 mg • Cholesterol: 13mg • Carbs: 17g • Fiber: 4g

Note: This sandwich, when paired with either a salad, baked kale chips or baked potato chips could be considered a healthy lunch. Just remember to tally the overall calorie and nutritional counts.

No-Oil Roux Chicken & Andouille Gumbo

4 cups flour

1 (2 1/2-lb.) chicken

14 cups water

2 tbsp. “no salt” Cajun seasoning

2 bay leaf

12 cups low-sodium chicken stock

1 lb. andouille sausage, sliced

1 cup chopped onions

1/2 cup chopped celery

1/2 cup chopped green bell pepper

1 tbsp. minced garlic

2 tsp. hot sauce

2 tbsp. extra virgin olive oil

2 tbsp. flour

1/2 cup chopped green onions

1/4 cup minced parsley

4 cups cooked rice

1. Preheat oven to 400°. Place flour on

sheet pan and place in oven.

2. Cook for 30 minutes then stir and continue to bake for an additional 30 minutes.

3. Lower the temperature to 375° and continue to bake for an additional 30 minutes. Remove from oven and allow flour to cool, reserve 1/2 cup of darkened flour for use in gumbo and reserve the remainder in an airtight container for future use.

4. Place the chicken, water, 1 tablespoon Cajun seasoning and bay leaves in a stockpot. Bring the water to a boil, reduce the heat and simmer for 45 minutes. Strain and reserve 12 cups of the stock.* (If you don't have 12 cups chicken stock from cooking the chicken, you may add water to make 12 cups.) Allow the chicken to cool. Debone the chicken, discard the skin and bones. Coarsely chop the meat and reserve for use later in the recipe.

5. Heat a 6 quart saucepan and add the sliced andouille sausage and cook until browned. Drain browned sausage on paper towels and return to saucepan. Stir in the onion, celery, bell pepper and garlic and cook for 5 minutes. Add the reserved chicken stock and bring to a boil. Whisk in the reserved 1/2 cup of darkened flour, lower the heat and simmer for 30 minutes.

6. Stir in the hot sauce and the remaining 1 tablespoon Cajun seasoning. Blend together 2 tablespoons of extra virgin olive oil and flour until blonde roux forms and stir in to gumbo and simmer on low fire for an additional 15 minutes.

7. Add the reserved chopped chicken and simmer for 5 minutes. Stir in the green onions and parsley.

8. Divide the rice into 8 large bowls and ladle the gumbo over the rice.

Yield: 8 entrée servings

Nutritional info (per serving, as stated in recipe): Calories : 714 • Protein: 41g • Fat: 27g • Salt: 590mg* • Carbohydrates: 76g

**From the dietitian: In order to reduce sodium, this recipe calls for low-sodium chicken stock, salt-free Cajun seasoning and has no additional salt. However, the andouille sausage and hot sauce will contain added salt content that may vary and should be taken into consideration.*

Faro Salad with Veggies and Vinaigrette

6 cups vegetable broth*

2 cups farro

3 tbsp. balsamic vinegar

2 tbsp. Dijon mustard

1 tbsp. garlic

3 tbsp. minced fresh basil

1 tbsp. minced fresh thyme

1 tbsp. minced parsley

1 tbsp. minced green onions

2 tsp. hot sauce

1/2 tsp. black pepper

1/2 tsp. salt

3/4 cup extra virgin olive oil*

1/2 cup sliced cherry tomatoes

1/2 cup julienne red bell peppers

1/4 cup cooked green beans

2 tbsp. green onions, minced

1. Bring vegetable stock to a boil in large saucepan and stir in farro. Bring back to boil, lower fire, cover and simmer for 30 minutes. Drain any excess stock from farro, place in bowl and allow farro to cool slightly. Place farro in refrigerator and chill while making vinaigrette.

2. In a small bowl whisk together vinegar, Dijon mustard, garlic, basil and thyme, parsley, green onions, hot sauce, black pepper and salt until blended.

3. In a steady stream, slowly whisk in extra virgin olive oil until completely incorporated. Set aside for use later.

4. Toss cherry tomatoes, red bell peppers, green beans and green onions with farro. Stir in vinaigrette dressing and toss.

Yield: 4 entrée servings

Nutritional info (per serving, as stated in recipe): Calories: 502 • Protein: 4.5g • Fat: 42g* • Salt: 1794mg* • Carbohydrates: 35g

**Notes from the dietitian: Consider low sodium vegetable broth and reduce olive oil to 3/8 cup to lower fat to 29g and calories to 239.*

Note: Farro is a hearty grain that was a mainstay of the daily diet in the Mediterranean. Some say farro is the original ancestor of all other wheat species—“the mother of all wheat.” In ancient Rome, farro was a staple food that provided the main source of nourishment for the Roman legions, and it was even used as a form of currency. Today this Old World heirloom grain is still highly regarded in Italy, where it has been grown for generations by Tuscan farmers and is featured in many traditional dishes.

For extra copies of these recipes or to e-mail a copy to a friend, visit SLEMCO Power magazine online at www.slemco.com.

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 visit www.lafayettetravel.com.

NOEL AU MUSEE • Nov. 1–Dec. 31, Gueydan Museum, Free, 337-536-0443, www.mostcajun.com • A forest of decorated Christmas trees and Christmas everywhere on display.

MERRY MARKETPLACE • Nov. 13–14, doors open at 9 a.m., Top Shelf Sports Arena, Youngsville, \$5 in advance, \$7 at the door, 337-789-9515, www.amerrymarketplace.com • Get a jump on holiday shopping with nearly 15,000 square feet of gifts including home décor, jewelry, clothing, fashion accessories, gourmet foods, men and boys' gifts, children's toys and more.

COUNTRY CHRISTMAS • Nov. 22, 1–3 p.m., Sugar Mill Pond Town Center, Youngsville, 337-856-2323, www.sugarmillpond.com • Ring in the holiday season with free photos with Santa printed onsite, train rides, fun jumps, live music, arts & crafts and roasted marshmallows.

DOWNTOWN ALIVE! • Nov. 25, 5:30–8:30 p.m., Parc Sans Souci, 201 E. Vermilion St., Lafayette, Free, 337-291-5566, www.downtownlafayette.org • Official Lighting of the City Tree with musical guests the Pine Leaf Boys!

SAFARI OF LIGHTS • Nov. 27–28, (Nov. 29, Members Day), Dec. 4–6 & 11–30, 5–9 p.m., Zoo of Acadiana, Broussard, 3 years old and above \$6, 337-837-4325, www.zoofacadiana.org • Stroll the glistening pathways of the zoo at night as Christmas music fills the air. View still and animated lighted animal figurines, North Pole Express Train ride, hot cocoa or hot cappuccino at the Elves Eatery.

NOËL ACADIEN AU VILLAGE • Nov. 28–Dec. 23, 5:30–9 p.m., Acadian Village, Lafayette, \$10 at the gate; \$8 in advance, 337-504-5568, 337-981-2364, www.acadianvillage.org • Festival fundraiser with half a million lights, displays, food, entertainment and holiday shopping.

BREAUX BRIDGE CHRISTMAS PARADE • Nov. 29, 2 p.m., Downtown Main Street, Breaux Bridge, Free, 337-364-1603 • Annual Christmas Parade kicks off the holiday.

CHRISTMAS AT THE ALEXANDRE MOUTON HOUSE • Dec. 1–31, 10 a.m.–4 p.m., 1122 Lafayette St., Lafayette, Tues.–Sat., \$5 Adults, \$3 Seniors, \$2 Students, 337-234-2208 • The Alexandre Mouton House will be decorated for Christmas with period decorations.

CHORALE ACADIENNE CHRISTMAS BY CANDLELIGHT CONCERT • St. John the Evangelist Cathedral, Dec. 1 & 3, 7:30 p.m., tickets available at 337-349-5342 or choraleacadienne.com

CHRISTMAS IN SCOTT • Dec. 2, 6 p.m., St. Aubin Park, Scott, Free, 337-269-5155, www.cityofscott.org • Join us for

the official lighting of our Christmas tree and a visit/photo op with Santa Claus plus great entertainment.

CHRISTMAS IN CROWLEY • Dec. 2, 6–8 p.m., Historic Downtown, Parkerson Ave., Crowley, Free, 337-783-0824 • Listen to the lights! Over 200,000 dazzling animated holiday lights synchronized to music on 93.3 FM.

ABBEVILLE'S ANNUAL CHRISTMAS STROLL • Dec. 3, Downtown Abbeville, 337-898-6600, www.MostCajun.com • Enjoy the sights and sounds of Christmas as local merchants open their businesses for holiday shopping, festivities and more.

FESTIVAL OF LIGHT • Dec. 4, 5–10 p.m., Oil Center, Lafayette, 337-232-1267, www.theoilcenter.com • Don't miss Lafayette's most loved holiday tradition. Celebrate as the switch is pulled to light the colossal Santa, sleigh and reindeer over Coolidge Blvd. Enjoy music, food and fun and shopping! Santa will be on hand to take pictures. Behold the living Nativity and enjoy an outdoor snow yard.

ANNUAL LIGHTING OF LE VIEUX VILLAGE • Dec. 4, 828 E. Landry St., Opelousas, Free, 337-948-6263, www.cityofopelousas.com • The historical village comes alive with lights. Vendors, live reindeer, Santa, choir, balloon artist and more!

CHRISTMAS AT COTEAU • Dec. 4–5, Schools of the Sacred Heart, Grand Coteau, www.sshcoteau.org • Holiday Market, Coteau Café, Cookies at Coteau, Eat Drink & Be Merry Saturday Luncheon and the Friday gourmet luncheon.

CARENCRO COUNTRY CHRISTMAS • Dec. 5, 9 a.m. to 4 p.m., Carencro Community Center, Carencro Christmas Children's Parade, 2 p.m., 337-280-9570, 337-896-6686, Free

SACRÉ COEUR KAYCEE AUXILIARY ANNUAL CHRISTMAS SHOPPING EXTRAVAGANZA • Dec. 5, 9 a.m.–3 p.m., corner of South Ave. E. and Elm St., Crowley, \$1 per person, 12 years and younger Free, 337-783-9076 • 46 vendors with new and interesting items, door prizes, concessions. Shopping and dining under one roof.

SONIC DRIVE-IN CHRISTMAS PARADE • Dec. 6, 1 p.m., Downtown to the Oil Center, Lafayette, Free, 337-988-5301 • One of the oldest Christmas activities in Acadiana. Parade features over 20 floats, high school marching bands and the official arrival of Santa Claus to Lafayette.

OLD-TIME CHRISTMAS AT VERMILION-VILLE • Dec. 8–11, 15–18, 22–23, 10 a.m.–4 p.m. daily, (Family Day, Dec. 12), 300 Fisher Rd., Lafayette, admission \$10 adults, \$8 seniors, \$6 students and children 6 and under Free, group rates available, 337-233-4077, www.vermilionville.org • Experience the simple warmth and beauty of Christmas past as our historic village brings to life the holiday tradi-

tions of yesteryear. You can meet Papa Noël, learn how to make wax candles, sing along to Christmas carols, watch popcorn stringing and even get a taste of apple cider! Perfect for student field trips.

DOWNTOWN OPELOUSAS CHILDREN'S CHRISTMAS PARADE • Dec. 10, 5 p.m., Downtown Opelousas, 800-424-5442, www.cityofopelousas.com

LIVING BETHLEHEM • Dec. 11–13, 7–8 p.m., Sugar Mill Pond Town Center, 120 Waterview Rd., Youngsville, Free, 337-856-2323, www.sugarmillpond.com • Live nativity drama held outdoors at Sugar Mill Pond featuring a cast of children, live animals and a children's choir.

THE SINGING CHRISTMAS TREE • Dec. 11–14 (12/11: 7 p.m., 12/12: 3 & 7 p.m., 12/13: 3 p.m., 12/14: 7 p.m.), First Baptist Lafayette, 1100 Lee Ave., Lafayette, Admission, 337-593-3757, www.fbclaf.org • Includes a spectacular light show, choir and orchestra.

THE NUTCRACKER • Dec. 12 & 13, call for times, Heymann Performing Arts Center, Lafayette, tickets range from \$22–\$49, 337-262-0444 or 337-291-5555, www.lafayetteballettheatre.org • Lafayette Ballet Theatre with principal guest artists from the Pacific Northwest Ballet and the entire dance community present this holiday classic. A full-length classical ballet in two acts, based on the story of E.T.A. Hoffmann's "Nutcracker and the King of Mice" with original music of Peter Tchaikovsky.

LESSONS & CAROLS • Dec. 13, 7:30 p.m., St. John Cathedral, 914 St. John St., Lafayette, Free, 337-232-1322, www.saintjohncathedral.org • Traditional candlelight service of readings and choral music for the Christmas season in the beautiful ambiance of St. John Cathedral.

FESTIVAL OF LIGHT AND CHRISTMAS PARADE • Dec. 13, St. Martin de Tours Church Square, St. Martinville, 337-394-2233 • Food, arts & crafts, musical entertainment.

CHRISTMAS STORY: RHYTHMS OF THE LAND • Dec. 17, 7 p.m., Heymann Performing Arts Center, 1373 South College Rd., Lafayette. Admission, 337-232-4277 ext. 1, www.acadianasympphony.org • As we continue the musical exploration of Earth, we focus on Acadiana for our Christmas concert. Marc Broussard collaborates with the Acadiana Symphony Orchestra to present music reminiscent of the rich cultural roots of Acadiana. Local musician Danny Devillier will be featured as the composer of a commissioned work incorporating world rhythms with local musical traditions. Traditional holiday favorites guarantee to put everyone in a joyful holiday spirit.

NEW YEAR'S NOON • Dec. 31, 10 a.m.–2 p.m., Children's Museum of Acadiana, Lafayette, 337-232-8500, www.childrensmuseumofacadiana.com