

SLEMCO

POWER

SEPT/OCT
2011

HAUNTED HOUSES

Three Acadiana ghost stories

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T'Frere's Bed & Breakfast

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 photo by Mary Laurent with photo-illustration by Anne Darrah



TELL US YOUR STORIES ABOUT SLEMCO'S EARLY YEARS

SLEMCO will celebrate its 75th anniversary in 2012. If you have any stories to share about the early years of SLEMCO, we'd love to hear from you.

Since its establishment in 1937, the Southwest Louisiana Electric Membership Corporation (SLEMCO) has been providing customers high quality electric service at the lowest possible cost.

What began as a cooperative serving 256 customers along 120 miles of new power lines has grown over 74 years to nearly 97,000 customers in a service area that covers over 9,912 miles of line in eight parishes. Originally farm-based, SLEMCO's customer base has since expanded to include a mix of suburban neighborhoods, commercial businesses and large industrial users.

Over three-quarters of a century SLEMCO has grown to become one of the nation's largest and most highly regarded

electric cooperatives. But our history is more than mere statistics of numbers served and miles of line. People and their memories, the difference SLEMCO has made in their lives, the service provided in good times and during natural disaster—these are the most important aspects of our shared history. This upcoming anniversary is the perfect opportunity to document your stories and preserve them for the future (Lucky Account Number 2038760208).

Perhaps you remember stories from the early years of SLEMCO serving you or your family. Whether you have memories to share from the late 1930s and 1940s or something from the present day, please call SLEMCO's Marketing Department at 337-896-5384 or write us at info@slemco.com. If you e-mail, please include your name and a phone number where you can be reached during the day in case we need more information.

We'd also love to see any old photos that show SLEMCO employees and equipment working to serve you or your neighbors.

SLEMCO will be celebrating its 75 years of service to Acadiana throughout 2012 and your stories and photos could play an important role in chronicling that milestone in our history of service, from the first mile of line in 1937 up to the present day.



RIDE FOR KIDS 2011

Enjoy comradery and a scenic motorcycle ride when the 2011 Ride For Kids fundraiser for the Pediatric Brain Tumor Foundation rolls on Sunday, October 23.

Registration begins at 8 a.m. and closes at 9:45 a.m. The escorted ride starts at 10 a.m., rain or shine, from the SLEMCO headquarters at 3420 NE Evangeline Thruway in Lafayette. The minimum

donation for the ride is \$35 and several prizes will be awarded to outstanding fundraisers.

This scenic tour through the countryside helps to raise funds for research and family support programs assisting children with brain tumors.

For more information concerning the ride, contact Ride for Kids task force leader Bullet McGee at 337-501-2658. ●



Area motorcyclists can join this year's Ride for Kids on Sunday, October 23, at SLEMCO headquarters.



ENERGY SAVING IDEAS

CLEANER LAUNDRY AT LOWER COST

Who says saving energy can't be easy. According to writer Michael Bluejay, the laundry room is one of the easiest places in the home to cut energy costs (Lucky Account Number 3201493700).

According to Bluejay, water heating is responsible for 90 percent of the energy used in washing clothes: you can save a bundle just by changing the temperature setting. At least use cold water for the rinse cycle: he reminds us that warm or hot water for the rinse cycle won't get your clothes any cleaner.

Front loader washing machines save energy over top loaders. Top loaders use more water (about 63 percent more, Bluejay says), and leave clothes wetter after the spin cycle, requiring more drying time and further increasing energy costs. And speaking of drying, an old-fashioned clothesline can drop those energy costs to zero.

Front loaders cost about \$100 more than top loaders, but consumers commonly save that much in energy in a single year, unless you already use cold water exclusively and average less than seven and a half loads a week, he notes.

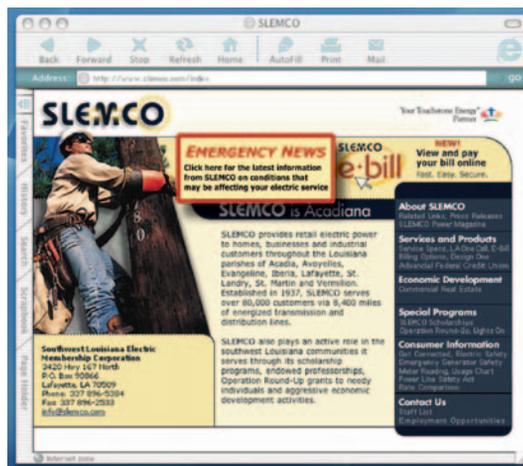
Bluejay (as "Mr. Electricity") offers extensive information on how to save energy in the home at <http://michaelbluejay.com/electricity/>. His site even provides a Laundry Costs Calculator to help with your energy saving strategy. Check your SLEMCO bill or the Rates Comparison page on www.slemco.com for the cost per kilowatt hour to use for your calculations. ●

WEB UPDATES DURING WEATHER EMERGENCIES

During severe weather such as hurricanes, you can count on SLEMCO to keep you updated on the status of repairs in your service area.

SLEMCO customers who evacuate will be able to watch the home page of www.slemco.com for a special Emergency News link (Lucky Account Number 4508136500).

Clicking this Emergency News link will take you directly to the latest information on SLEMCO power restoration for your locale. ●



GHOST STORIES

Paranormal is a general term (coined ca. 1915–1920) that designates experiences that lie outside “the range of normal experience or scientific explanation” or that indicates phenomena that are understood to be outside of science’s current ability to explain or measure. –Wikipedia

For some of us, ghost stories are more than just the subject of scary movies or a source of indelible camping memories for youngsters huddled in tents, with only their flashlights to hold that delightful chill of fear at bay.

For others, experiences outside the normal or beyond scientific explanation have led to attempts to explain the unexplainable—and obtain evidence of ghosts. And with our fascination with our long and colorful history, it comes as no surprise that Acadiana has its own traditions of spectral residents.

Deborah LeBlanc is an award-winning author and business owner from Lafayette. But the rest of her resumé is far from ordinary. A licensed death scene investigator, she’s an active member of two national paranormal investigation teams and has scouted our area for TV shows featuring the supernatural. She attributes her deep love for storytelling and the supernatural to her grandmother, who would sit with her and tell tales of relatives and the paranormal events they experienced “back in the day.” Like many Cajuns, LeBlanc’s grandmother was an animated storyteller who could keep the child on the edge of her seat, waiting for the spookiest part of the tale to unfold. “I grew up wanting to be just like her,” LeBlanc said.

When LeBlanc began delving into paranormal investigation years ago, her solo adventures involved little more than a disposable camera, compass, flashlight and steely nerves.

“I’ve visited every state but Alaska and Hawaii to investigate active paranormal activity. Sometimes we find something and sometimes we don’t.” But one experience

ACADIANA HAS ITS SHARE OF STORIES OF THE PARANORMAL.

ARE THESE HOUSES HAUNTED? READ ON AND DECIDE FOR YOURSELF.

BY MARY LAURENT



I gasped and reached for the banister, but before I was able to grab hold of it, I was shoved again, harder this time and I found myself tumbling down to the last step.

here in Acadiana convinced her that you don’t have to actually see a ghost to make it angry. We’ll let her tell this ghost story of Nicholson House in her own words.

NICHOLSON HOUSE WASHINGTON

Some time ago, I had the opportunity to visit the Nicholson House, which is located in Washington, La., and was built in the mid-1800s (Lucky Account Number 1420625000).

The first clue that made me suspect the house might be a hot spot (a location with real paranormal activity) came the moment I stepped onto the front porch. A pulling sensation traveled throughout my body, as though a magnet lay hidden beneath the porch and my innards had suddenly turned to metal. Judging from the earnest whispers coming from the rest of the investigation team, I knew they were experiencing the same phenomenon. We snapped a few pictures of the surrounding area, then made our way to the front door on wobbly legs.

The owner was expecting us, so it didn’t surprise me when she answered after only one knock. Mildred, dressed in a cornflower blue housedress and white tennis shoes, greeted us with a warm smile and after a short round of introductions, welcomed us into her home.

The pulling sensation vanished as soon as I crossed the threshold.

The house appeared much smaller on the inside, with its low ceilings and clutter of memorabilia that dated back to the mid ’40s, when Mildred had reigned as the first Miss Louisiana.

The elderly woman led us through the living room, all the while chattering about the “ghost friends” who lived with her.... Mildred urged us to follow her into the kitchen for refreshments. I asked if she’d mind if I went upstairs to check out the room right above us, which had served as a makeshift hospital during the Civil War.

Mildred shook her head. “I wouldn’t go up there right now if I were you. That’s where

they live, I think, and they're not exactly thrilled about all the extra company today. Give 'em a little time to get used to y'all hanging around." With that, she flashed me one of her brilliant smiles, then headed for the kitchen.

We followed, each of us throwing furtive glances over a shoulder, itching to know what didn't want us upstairs. Curiosity finally got the best of me, and I began to lag behind. After all, Mildred didn't specifically tell me NOT to go upstairs. She'd just sort of suggested it.

When the coast finally cleared, I crept over to that narrow staircase. The moment my foot touched the first step, the pulling sensation I'd experienced on the porch returned. With every hair on my arms standing on end, I took another step up, then another. By the time I reached the sixth step, the pulling sensation was so powerful, I had difficulty breathing. I stopped, sucked in a deep breath, then lifted my right foot to take the next step. No sooner did my sneaker hit the cypress plank than something unseen shoved hard against my left shoulder. I gasped and reached for the banister, but before I was able to grab hold of it, I was shoved again, harder this time, and I found myself stumbling down to the last step.

Okay, I may be a Doubting Thomas, but I'm not stupid. I took the hint and hurried away to find Mildred and the rest of the crew.

I didn't tell anyone about the incident, but Mildred must have suspected something because later on, when she gave us the all clear for the second floor, she looked at me with a mischievous twinkle in her eye.

Unfortunately, our equipment didn't capture any paranormal images that day. But I didn't need pictures to prove what I already knew. Someone or something lived in the Nicholson's house other than Mildred, and it didn't appreciate nosey guests.

According to LeBlanc, this type of energy is what is experienced at a place that is purported to be haunted.

"The energy can be of a person or of something that happened at a particular place," she explains. This energy is a feeling that she describes as an oppressive woolen blanket over you.

LeBlanc feels that everyone has the ability to be open to what she calls intuition: we simply close our minds to it as we grow into adulthood. Because of her interest in the supernatural, she has learned to trust her intuition.

"To me, the spiritual world is just another dimension you can't see—like God," said LeBlanc (Lucky Account Number 1127580000). You can't see Him, but you can feel Him."

She likens the line between our reality and the reality of the spirit world to a thin veil between the two.

"We believe what we've been trained to believe. When you open your mind to "what if," that's when you are most sensitive. This is our reality. That's theirs," she concluded.

'T-FRERE'S BED & BREAKFAST

LAFAYETTE

In a charming bed and breakfast inn owned by Maugie and Pat Pastor on Verot School Road resides the ghost of Amelie Comeaux, a petite Cajun woman dressed in a long rose colored dress, the kind fashionable some 100 years ago. She speaks only French and is quite *canaille* (mischievous).

Maugie and her husband Pat, founding members of Lafayette's hospitality industry, take her visits in stride and, I think, even consider her part of the family now. After all, they've been together since 1993 when the Pastor's closed their restaurant, Chez Pastor, and became proprietors of the bed and breakfast.

Amelie was a young widow, a teacher and quite beautiful. She lived alone in the house during her year of mourning and became seriously ill. She had a high fever and apparently went to the well in the yard to get some cool water. She drowned, but whether she fell in or jumped, no one knows.

The Catholic Church ruled her death a suicide, which meant back then that she could not be buried in sacred, or hallowed, ground. Legend has it, that's the reason she still roams the halls of her former home.

"When we first bought the house in 1993, we didn't know it was haunted," begins Maugie. "One afternoon, a disheveled stranger came to the door and asked me if I'd seen the ghost: until that point, we had not." But that was soon to change.

Apparently, Amelie likes to make sure that each new owner of the home knows she is there—and is not going anywhere. Each family who lived there has encountered strange happenings. Amelie, you see, doesn't care for change. And that seems to be the reason behind the numerous accounts of her mischievous antics over the years.

Maugie described the first time she met Amelie. "We were in the front part of the house," she recalls. "All of a sudden, we

heard tremendous clanging and banging of what sounded like silverware falling in the kitchen area. When we ran in to see what had fallen, nothing had!"

Maugie likens Amelie to a restless spirit, harmless but with a sense of humor.

"Amelie loves to interrupt our tours of the house when we have guests. It happened the first time on one of our tours in 1993. I vividly remember pointing at the motion sensor of the alarm system for some reason and the siren began to wail loudly. Then it turned off. Then it suddenly began squealing again! When we called the alarm company, they had no record of our system being set off."

"Another time, at Halloween, about 30 children came to trick or treat and asked about the ghost. As soon as I told them she loved playing with lights and electricity, the porch light went out. The

Continued on page 6



The next morning at breakfast,
Their eyes were big as saucers.
When walking through the garden
to their rooms, the mother of the
family saw a lady beckoning to her
in French—"C'est froid, ce soir?"

Continued from page 5

kids started yelling, “Ghosts! Ghosts!”

Amelie has been visiting less frequently of late. However, Maugie tells of an extended family from Texas who came to stay with them within the past year.

“They all went out to dinner,” Maugie relates. The next morning at breakfast, their eyes were big as saucers. I asked them what had happened and they told me that, when coming home from dinner and walking through the garden to their rooms, the mother of the family saw a lady beckoning to her in French—“*C’est froid, ce soir?*” (It’s cold this evening?) The mother, who was originally from Breaux Bridge, answered in French, “*Oui, c’est froid.*” (Yes, it’s cold.) “*Comment ça vas?*” (How are you?) they inquired of each other.

“Amelie said, in French, that her arthritis was acting up. The lady responded in kind that, yes, she too had a little bit of everything hurting her. It was almost as if Amelie was waiting for them, knowing the mother spoke French, and just wanted someone to talk to,” Maugie said. (Lucky Account Number 4504327900)

JOSEPH JEFFERSON MANSION

JEFFERSON ISLAND

Nestled among 25 acres of semi-tropical gardens in Iberia Parish, where year-round color explodes in the form of irises, magnolias, hibiscus, camellias and azaleas underneath ancient live oaks, rests the Joseph Jefferson home. The home is part of Rip Van Winkle Gardens, which feature a bed and breakfast, gardens, conference center, house tours, bird rookery and a wholesale nursery.

The Joseph Jefferson Mansion, built in 1870 and listed on the National Register of Historic Places, is a charming 22-room Southern mansion with a fourth-story cupola. It is currently owned by Mike and Louise Richard’s Live Oak Gardens, Ltd.

But the house is now occupied only by ghostly spirits, whose antics have affected humans and canines alike.

“Our main visitor is a little girl, about eight years old, with blonde hair,” Mike explains. “She is wearing an old-fashioned dress and is quite mischievous. The story handed down is that she fell down the staircase and broke her neck.”

“Another visitor is a tall man with a top hat who has appeared in photos we’ve taken of employees and was seen once by my son, when we lived on the property years ago.”

There are numerous stories of this beautiful location and its spirit visitors. “I’ve been here a long time,” he begins. “About 40 years or so ago, our cook Dorothy Polk asked our head gardener Emmick Landry why he kept going upstairs and leaving the light on in the ‘children’s beroom’

and rumpling the covers.”

The gardener told her, “It’s not me. I’m the gardener: why would I be going upstairs?”

“Dorothy had bad knees and would go upstairs only once a week to freshen things up,” Richard said. “Now she was having to go every day to turn off the light and straighten the covers.”

Evidently, the young girl doesn’t care for the dark. In 1984, when Richard and his family lived in one of the outlying buildings on the property, he’d locked up the house and went out with his wife. When he returned, those lights were on again. No one was there and the house was still locked and secure.

That was the year public tours began. Tour guides soon reported the same phenomena in that room—lights on and the covers rumpled. Tour guides also reported a bathroom door often unlatching and then swinging open, even though no one was there.

One night when Richard went to check on the house, he was accompanied by his two dogs. Upon leaving, he noticed only one dog was still with him. Reentering the house, he found the smaller dog at the top of the staircase, fearful and frantically looking back and forth at something unseen.

“Guests have seen the little girl in the hall. She was transparent and simply walked through the wall. Both the tour guide and guest saw it. We also smell lavender in one area of the house,” he said, “pockets of air that smell like lavender.”

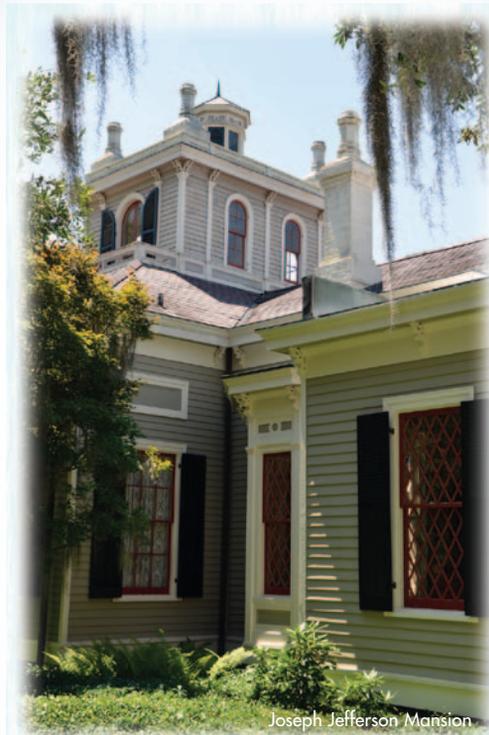
In the café, workers have observed strange goings-on. Styrofoam cups have flown off a shelf; Louise Richard has even seen ceramic soup bowls fly off the shelf and crash to the floor.

One story illustrates just how high-spirited their little blonde apparition is.

“Our housekeeper Maria went to the Cooks Cottage to offer to tidy up for the guests staying there,” Mike said. “They were on the porch and told her that, indeed, they did want her to go in and straighten up. Maria had seen their daughter through the window on her way to the cottage, bouncing on the bed, so she asked if it was okay to go in the room where their daughter was. They looked very puzzled and told her their little girl was 32 years old and was, at that moment, walking through the gardens!”

Whether you believe in things that go bump in the night or remain skeptical of the paranormal, these stories of haunted houses in Acadiana will be perfect to share with your family around your next campfire.

Just make sure everyone keeps their flashlight handy, especially if the wind picks up and thunder cracks just as your fire begins to burn low!



Joseph Jefferson Mansion

Photo courtesy Live Oak Gardens

Guests have seen the little girl in the hall. She is transparent and

simply walked through the wall.

Both the tour guide and guest saw it.

DUDLEY LEBLANC'S HADACOL

THE RISE AND FALL OF THE NATION'S BEST-SELLING PATENT MEDICINE

BY JIM BRADSHAW

Huge headlines broke the news in August 1951 when Dudley J. LeBlanc announced he'd sold his magic elixir Hadacol for "about \$10 million."

He'd begun marketing his "diet supplement" eight years before, starting as he described it, with nothing more than a young woman mixing the stuff with a paddle in a big wooden vat in his barn. But an advertising campaign that out-humbugged P. T. Barnum, and perhaps a little chicanery, quickly made Hadacol a household word.

At the height of his success, LeBlanc told reporters he dreamed up Hadacol after he got a bad pain in his big toe. He got no relief until a doctor gave him a series of shots, but refused to tell him what was in them (Lucky Account Number 4503012400).

One day the doctor was busy and a nurse gave him the shot. "She left the bottle on the table," LeBlanc recounted. "I gave her that old Southern chivalry, you know, 'After you, Gertrude.' As soon as she turned her back I shoved the bottle in my pocket."

His injections, he found, were mostly B vitamins. "Then I figured to myself," LeBlanc said, "this is it."

The "it" was the concoction that became the best-selling patent medicine in American history.

By 1951 the man and his medicine were known across the country, thanks largely to an advertising and marketing campaign that was second only to Coca-Cola's.

Much of the advertising promoted a Hadacol Caravan of movie stars, sports figures, beauty queens and circus acts that toured the nation and could be seen for the entry price of just one Hadacol box top. Performers in what LeBlanc promoted as "The Greatest Medicine Show in the World" including Mickey Rooney, Jimmy Durante, Bob Hope, Hank Williams, Minnie Pearl, Roy Acuff, Cesar Romero, Carmen Miranda, Jack Dempsey, Rudy

Valee, Milton Berle and other top stars of the day.

Much of the advertising included amazing testimonials from people claiming Hadacol had cured them of all sorts of ailments. Before the Federal Trade Commission tamed his verbiage, LeBlanc



Photo courtesy of the Center for Cultural and Eco-Tourism, University of Louisiana at Lafayette.



By 1951 Acadiana's Dudley LeBlanc had used advertising and showmanship to concoct the best-selling patent medicine in American history.

claimed his elixir was good for anemia, arthritis, asthma, diabetes, epilepsy, gallstones, hay fever, heart trouble, high blood pressure, low blood pressure, pneumonia, strokes, tuberculosis and ulcers—and he probably would have claimed even more benefits if he'd thought of them.

He may have been a bit more honest when he appeared on the radio show *You Bet Your Life* with Groucho Marx.

"What's Hadacol good for?" Groucho asked.

"It was good for about five million

[dollars] for me last year," LeBlanc said.

LeBlanc used newspaper and magazine ads, radio commercials, billboards and Hadacol t-shirts to promote his product. There was even a Superman-like Captain Hadacol who supposedly symbolized what the medicine could do for you.

The advertising worked. At the peak of sales, the Hadacol assembly line in Lafayette ran around the clock and still couldn't keep up with the demand. LeBlanc's company employed nearly one thousand workers and leased every available warehouse in Lafayette.

What was in Hadacol that made it so amazing? LeBlanc wouldn't say, but Illinois required a liquor license to sell the stuff.

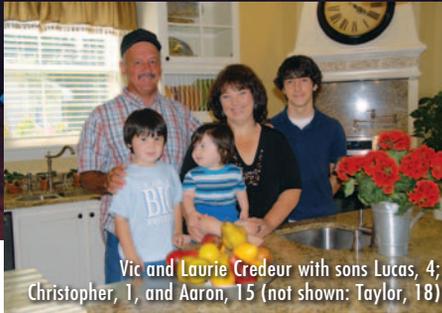
Then, in August 1951, LeBlanc announced from Augusta, Ga., where he was traveling with the Caravan, that he'd sold his patent medicine to the Maltz Cancer Foundation of New York and that he would stay on for another 15 years as sales manager at a salary of \$100,000 a year.

But signs of trouble popped up quickly. On September 11, Hadacol announced the Caravan, then touring in Iowa, would lay off some "free riders" aboard the train, but that the tour would continue on through Nebraska, Missouri, Kansas, Oklahoma and Texas before returning to Louisiana.

The tour was cancelled completely only a week later. It seemed there were a few debts to be paid before it could resume—including one to the IRS, which slapped a \$686,000 tax lien on the company.

LeBlanc said the government accountants had it all wrong and he didn't owe the taxes. Even if he did, he said, it was the new owners' problem.

It's not clear just how much Dudley got when Hadacol was finally sold: surely not \$10 million. But that didn't bother Dudley. He was already busy with another venture—a campaign for governor against Earl Long, Hale Boggs, Bill Dodd and some other politicians well versed in the rough and tumble of Louisiana politics, a campaign which turned out to be almost as colorful as the Hadacol Caravan.



Vic and Laurie Credeur with sons Lucas, 4; Christopher, 1, and Aaron, 15 (not shown: Taylor, 18)

HAND BUILT HOME

Vic and Laurie Credeur of Carencro embarked on the ultimate do-it-yourself adventure when they began to build a new home right next door to their old one. Vic basically built the house by himself, with a little help from a few friends. He had recently retired from the Lafayette Fire Department and found the perfect use for his newfound free time.

All that work resulted in a beautiful home, perfect for their family of four active boys, with plenty of room for family gatherings or entertaining friends (Lucky Account Number 1430355000).

The kitchen is a standout, with 30-inch-deep granite countertops. An island features a small baking area that is a little lower than countertop height: perfect for rolling out dough or using a large mixer. This little nook is complete with its own wall outlets to avoid the clutter of electric cords.

Laurie saw eyebrow-topped cabinets that she liked in a magazine, so Vic built some for her: unique and stylish. The microwave area features a granite countertop for hot dishes.

The utility room features a sink, extra microwave and refrigerator. Its long countertop keeps slow cookers, mixers and other appliances out of view. Forget the appliance garage: the Credeur's appliances have their own room in the house, which really comes in handy when a crowd stops by! This room also features a second oven.

The game room is located just inside the back door and near the mudroom area. Vic and Laurie can keep an eye on activities there without intruding. The kitchen, dining and family room are all wide open and spacious.

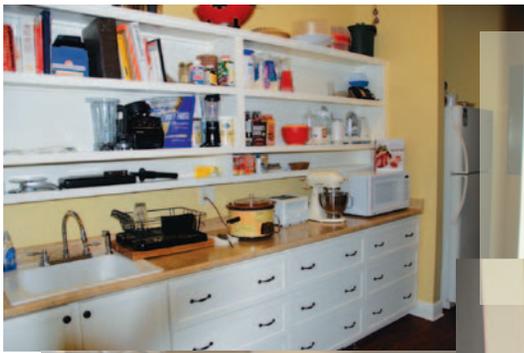
There are separate places where larger gatherings can spread out to eat or family members can spend a quiet afternoon playing board games. Diners can have their choice of the formal dining table, the family booth in the kitchen, the island snack bar, the back porch table or a table in the family room.

Tyler, the family's oldest son, has his own private bedroom and bath; later it can be used as a mother-in-law suite. The two middle boys share another bath, but each has his own bedroom.

The screened back porch is sure to keep the mosquitoes at bay while the grill is in use and visitors gather to enjoy the cookout.

In all, the house has 3,500 square feet of living area and 4,500 square feet under roof. Although nearly double the size of their previous home next door, the family pays roughly the same for their monthly electricity.

If you are planning to build soon, consider talking to Robert Mitchell at SLEMCO at 896-2524 so he can help make sure your new home is energy efficient, too. Why pay more on your electricity when you can use those funds to create a little more house for you and your family to enjoy?



(Left) The utility room almost qualifies as a second kitchen with its sink, countertop, appliances and second refrigerator.

(Below) The kitchen features 30-inch granite countertops and a comfy booth for casual dining (Lucky Account Number 3113435000).



Eye-brow-top cabinets featured in a magazine caught Laurie's eye, so Vic built some for her.



THIS HOME'S FEATURED SUPPLIERS

- BUILDER: Vic Credeur
- LUMBER: Lowe's, Lafayette
- HEATING/COOLING: Vic Credeur & Angelle's Affordable Air Conditioning & Heating, Church Point
- ELECTRICIAN: Vic Credeur & Keith Richard of Lafayette
- PLUMBING: Vic Credeur
- WINDOWS: Lowe's, Lafayette
- DOORS: Lowe's, Lafayette
- FLOORING: Home Depot, Lafayette
- APPLIANCES: Lowe's, Lafayette
- PAINTERS: Family and friends
- BRICK: Acadian Brick, Lafayette
- CONCRETE: Barry Concrete, Lafayette
- CABINETS: Vic Credeur
- INSULATION: Thermal Insulation, Lafayette
- GARAGE DOORS: Acadiana Garage Doors, Lafayette
- MIRRORS: Lowe's, Lafayette
- CENTRAL VACUUM: Vic Credeur, Teche Electric, Lafayette
- SURROUND SOUND: Vic Credeur
- ROOF DESIGN AND CONSTRUCTION: Mike Broussard Construction and Vic Credeur
- INTERIOR DESIGN: Laurie Credeur and Karen Justice of Lafayette

Planning a new home on SLEMCO power? Call Robert Mitchell at 896-2524 or e-mail robert.mitchell@slemco.com for information on our latest Design One guidelines.



These recipes come from noted local cookbook author and food writer Marcelle Bienvenu's *No Baloney on my Boat!* It's perfect for your outdoor adventures. Signed copies are available for \$17.95, plus sales tax and \$3 shipping and handling, from www.acadianhouse.com or call 800-850-8851, ext. 102.

Cranberry Fruit-Nut Bread

A great breakfast item, it can also be sliced to use to make ham sandwiches

2 cups all-purpose flour
1 cup sugar
1 1/2 tsp. baking powder
1 tsp. salt
1/2 tsp. baking soda
2 tbsp. vegetable oil
3/4 cup fresh orange juice
1 egg, well beaten
1 tbsp. orange peel
1 1/2 cups fresh cranberries, coarsely chopped
1/2 cup chopped pecans or walnuts

Preheat the oven to 350°. Generously grease and lightly flour a 9x5x3-inch loaf pan (may also be baked in muffin tins). In a bowl, mix together the flour, sugar, baking powder, salt and baking soda. Stir in the vegetable oil. Stir in the orange juice, egg and orange peel, mixing just to moisten. Fold in the cranberries and nuts. Spoon mixture into the prepared pan. Bake one hour or until a wooden toothpick inserted in the center comes out clean. Cool on a rack for 15 minutes. Remove the loaf from the pan and cool completely before wrapping in foil. Yield: 1 loaf

Antipasto

Antipasto means "before the meal" and is often served as a first course to many Italian meals. Traditional antipasto includes cured meats, olives, roasted garlic, cheeses, marinated peppers and mushrooms. You can create your own with very little preparation. It can be served with toasted croutons, which you can make before you leave home, and stored in an

airtight container or storage bags.

1 (6 oz.) jar marinated artichoke hearts, undrained
1 (14 oz.) can hearts of palm, sliced and drained
1 (3 1/4 oz.) can sliced ripe or cured olives, drained
1 small jar marinated mushrooms, undrained
1/4 cup thinly sliced summer sausage

Combine all ingredients and store in an airtight container in the refrigerator or ice chest. Yield: 4 appetizer servings

Ceviche

Ceviche (also spelled as *cebiche* or *seviche*) is citrus-marinated seafood. Some say it may have originated in Polynesia, while others claim it may have been developed by the Spanish in Latin America.

You can use just about any kind of seafood—shellfish, fish, conch—but it must be fresh. Think scallops, shrimp, bite-size chunks of tuna, salmon or conch. Heck, put a little of each; use what is available.

The juice of limes, oranges and lemons is the acid that "cooks" the seafood. There are many combinations so you can be creative and use what pleases your taste buds. You can add chopped fresh tomatoes or canned diced ones. Fresh herbs are more flavorful, but you can certainly use dried.

You can make the marinade mixture in advance and store it in an airtight container in the refrigerator or ice chest for as long as two days. Simply add the seafood and chill for as little as 6 hours or as much as 24 hours in advance.

1/2 cup chopped green onions
1 cup chopped green bell peppers
1 cup chopped red bell peppers
1/4 cup sliced fresh or pickled jalapeños (optional)
1/2 cup of fresh lime juice
1/4 cup of fresh lemon juice
salt and black pepper, to taste
1/2 tbsp. finely chopped fresh dill (optional)
1 tbsp. finely chopped parsley
1/2 tbsp. finely chopped fresh tarragon

(optional)

1 lb. fresh seafood, cut into bite-size chunks

Combine all of the ingredients in a large glass bowl or a plastic storage bag or container, then refrigerate. Serve with crackers or in avocado halves. Yield: 8 to 10 servings

Jezebel Sauce (No. 2)

Just about every Southern state claims the origin of this wonderful tangy sauce. I was introduced to it by my friend Mary Forest McEnery Broussard, and I have several recipes—all good. Most people serve it over cream cheese with crackers, but I also like it dabbed on cold baked chicken, ham, pork or beef.

1 cup apple jelly
1 cup pineapple-orange marmalade or pineapple preserves
1 (6 oz.) jar prepared mustard
1 (5 oz.) jar prepared horseradish
1/4 tsp. freshly ground black pepper

Beat the apple jelly in a mixing bowl at medium speed with an electric mixer until smooth. Add the remaining ingredients and beat at medium speed until blended. Chill. Yield: 3 cups

Pimento Deviled Eggs

6 hard-cooked eggs, peeled, cut in half and yolks mashed in a bowl
1/4 cup finely shredded sharp Cheddar cheese
1 tbsp. plus 1 tsp. canned drained and chopped pimentos
2 tbsp. mayonnaise
2 tsp. Dijon mustard
2 tsp. chopped Vidalia onions or other sweet onions
1/2 tsp. grated garlic
salt and pepper, to taste
chopped pimentos for garnish

Combine the thoroughly mashed yolks with the cheese, pimentos, mayonnaise, mustard, onion and garlic. (This can be done in a food processor.) Taste, then sea-

son with salt and pepper.

Fill the whites evenly with the mixture and garnish with chopped pimentos.

Yield: 1 dozen

Roquefort Burgers

There are times when nothing will satisfy me more than a big burger stuffed with Roquefort cheese, so if you have a grill, this is pretty simple to pull off.

2 1/2 lbs. ground sirloin
1/2 lb. ground chuck
1 1/4 tsp. salt
3/4 tsp. of freshly ground black pepper
3/4 lbs. Roquefort cheese, crumbled
8 hamburger buns, toasted
thinly sliced yellow onions
(optional)

Combine the beef, salt and pepper and mix well. Divide the mixture into 6 to 8 equal portions. Form into patties. Make a pocket in the center of each patty and fill with the cheese. Cover the cheese with the meat.

Heat a grill or skillet over high heat until very hot. Lay the burgers in the pan without crowding them. Reduce the heat to medium-high and cook for 4 to 5 minutes. Flip the burgers and cook until the meat feels firm, but gives slightly in the center, about 2 minutes. Serve on the buns, with the onions if you like. Yield: 6 to 8 servings

Marinated Mixed Vegetables

So easy and so good! Make in advance and store the container in an ice chest or refrigerator. This can be offered as a salad or side dish to sandwiches or grilled steaks.

3 cloves garlic, crushed
3/4 cup olive oil
2 tbsp. fresh lemon juice
2 tbsp. red wine vinegar
1/4 tsp. sugar
2 tsp. Dijon mustard
salt and freshly ground black pepper, to taste
1 small head cauliflower, broken into florets
3 carrots, cut into 1/4-inch slices
1 large green or red bell pepper, seeded

and cut into strips
1/2 lb. green beans, trimmed and blanched in salted boiling water
1 large zucchini, cut into strips
1/2 lb. cherry tomatoes

Combine the garlic, oil, lemon juice, vinegar, sugar and Dijon mustard in a small bowl. Whisk to blend, then season with salt and black pepper. Put the vegetables into a large shallow container fitted with a lid. Pour in the marinade and toss to coat evenly.

Cover with the lid and marinate for at least 24 hours, tossing the vegetables 2 to 3 times before serving. Yield: 6 to 8 servings



Ceviche

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Summer Spaghetti

Can be prepared ahead of time. Put the tomato mixture in one airtight container or plastic storage bag and put the cooked pasta in another. Keep chilled, but bring to room temperature before serving. Don't forget to pack a small container of grated Parmesan cheese!

2 (14.5 oz.) cans diced tomatoes
1/2 cup chopped tomatoes
1 tbsp. minced garlic
2 tbsp. minced parsley
1/2 tsp. dried basil leaves
1/4 cup olive oil
1 tsp. tarragon vinegar

salt and black pepper, to taste
1/2 lb. thin spaghetti
1 tbsp. olive oil
grated Parmesan cheese for serving

Combine the tomatoes, garlic, parsley, basil, olive oil and tarragon vinegar and toss to mix. Season with salt and pepper and store in an airtight container and keep chilled. Cook the pasta until *al dente*. Drain and rinse in cool water. Allow to cool for about 10 minutes before tossing with the olive oil.

Store in an airtight container or plastic storage bags and chill. Serve with grated Parmesan cheese. Yield: 4 servings

Fig Cake

If you have fig preserves in your pantry, this is a cake for you! Once it's baked and cooled, it can be wrapped securely in plastic wrap and foil. Great for dessert or breakfast.

2 cups of sugar
3 large eggs
1 cup of vegetable oil
1 cup of whole milk
2 cups bleached all-purpose flour
2 tsp. ground cinnamon
1 tsp. salt
1 tsp. baking soda
1 cup of pecan pieces
2 cups mashed fig preserves

Preheat the oven to 350°. Cream the sugar and eggs. Add the vegetable oil and stir well to blend. Add the milk and mix well.

In a separate bowl, combine the flour, cinnamon, salt and baking soda. Mix well. Add this mixture to the first mixture, stirring, to blend. Add the pecans and figs. Stir again to blend. Pour mixture into a 12-cup bundt pan and bake until it sets, about one hour. Remove and cool before slicing to serve. Yield: about 12 slices

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

UNITED STATES DEPARTMENT OF AGRICULTURE RURAL UTILITIES SERVICE STATEMENT OF NON-DISCRIMINATION

The Southwest Louisiana Electric Membership Corporation (SLEMCO) has filed with the Federal Government a Compliance Assurance in which it assures the Rural Utilities Service that it will comply fully with all requirements of Title VI of the Civil Rights Acts of 1964, all requirements of Section 504 of the Rehabilitation Act of 1973, as amended, all requirements of the Age Discrimination Act of 1975, as amended, and all requirements of the rules and regulations of the U.S. Department of Agriculture to the end that no person in the United States shall, on the ground of race, color, national origin, sex, religion, solely by reason of such person's handicap, or on the basis of age, disability, sexual orientation, marital status, family status, status as a parent, be excluded from participation in, be denied the benefits of, or be otherwise subjected to discrimination in the conduct of its program or the operation of its facilities.

Under this Assurance, and in accordance to Federal Law, this organization is committed not to discriminate against any person on the ground of race, color, national origin, sex, religion, solely by reason of such person's handicap, or on the basis of age, disability, sexual orientation, marital status, family status, status as a parent (not all prohibited bases apply to all programs), in its policies and practices relating to applications for service or any other policies and practices relating to treatment of beneficiaries and participants including employment, rates, conditions and extension of service, admission or access to or use of any of its facilities, attendance at and participation in any meetings of beneficiaries and participants or the exercise of any rights of such beneficiaries and participants in the conduct of the operations of this organization. The person in this



organization responsible for coordinating the non-discrimination compliance efforts of this organization is Mr. Ted J. Cormier.

Any individual, or any specific class of individuals, who feels subjected by this organization to discrimination prohibited by Title VI of the Civil Rights Act, by Section 504 of the Rehabilitation Act, by the Age Discrimination Act or by the rules and regulation of the U.S. Department of Agriculture may personally or through a representative, file a complaint of discrimination, by writing the USDA, Director, Office of Civil Rights, 1400 Independence Avenue, SW, Washington, DC 20250-9410, or call, toll free (866) 632-9992 (voice). TDD users can contact USDA through local relay or the Federal relay at (800) 877-8339 (TDD) or (866) 377-8642 (relay voice users). USDA is an equal opportunity provider and employer. Such complaint must be filed not later than 180 days after the alleged discrimination, or by such later date to which the Secretary of Agriculture or the Administrator of the Rural Utilities Service extends the time for filing. Identity of complainants will be kept confidential except to the extent necessary to carry out the purposes of the rules and regulations of the U.S. Department of Agriculture.

LUCKY NUMBER WINNERS

Only three SLEMCO members found their account numbers hidden in the July/August issue of the magazine. They are **Betty D. Hadley** of Port Barre, **Melissa T. Joyce** of Opelousas and **Gloria Kleiser** of Crowley. They each received a \$10 credit to their SLEMCO accounts.

Seven other members did not notice their account numbers and forfeited their prizes. They are **Erich Biessenberger** of Eunice, **Billy R. Cockrell**



of Lafayette, **Andre Delahoussaye** of St. Martinville, **Randolph Elias** of Youngsville, **Alaina Ferguson** of Scott, **Calvin Gabriel** of Maurice, and **Jean Paul Inhern** of Bunkie.

Ten more SLEMCO account numbers are hidden in this issue. Check to see if yours is one of them. If so, call Mrs. Gayle Babin at SLEMCO at 896-2504. If she verifies that you are a winner, she'll credit \$10 to your account (Lucky Account Number 2059209000). ●