TOP DOCTORS

204 Doctors in 40 Specialties

29212102 PROFILE

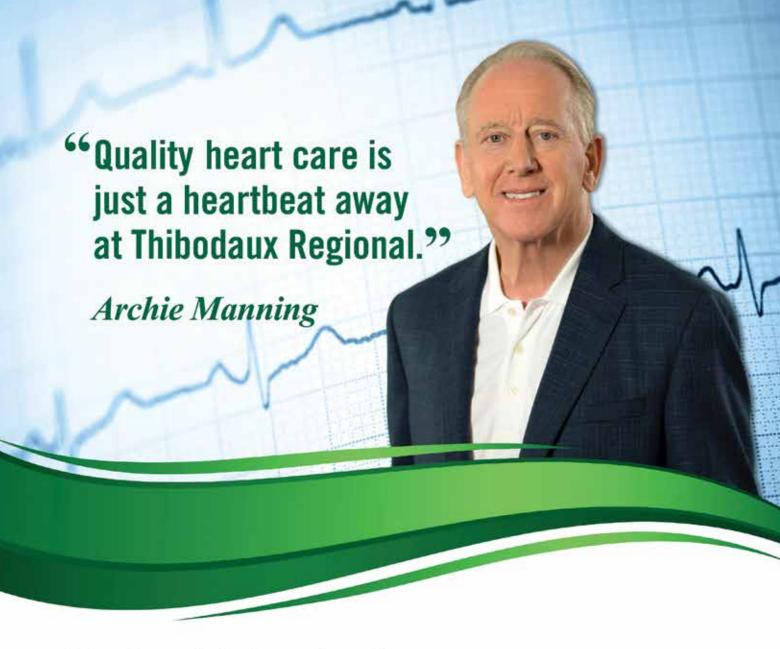
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8 Nutritious and Delicious Recipes for a Healthier New Year

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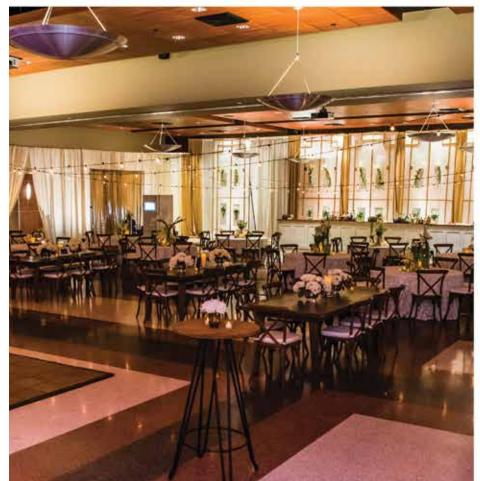


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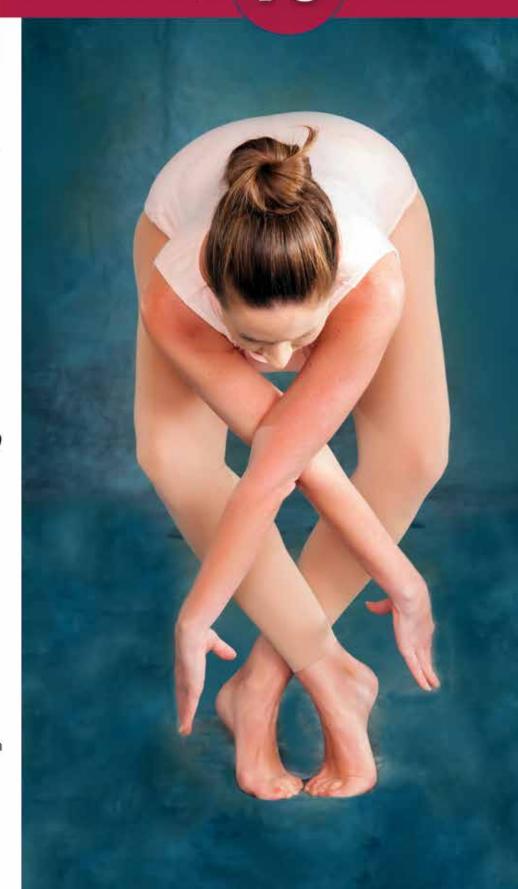
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Hip Hop
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David Tadin, MD Cardiologist Lalayette





feb/march

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204 Doctors in 40 Specialties + Toughest Cases

TOUGHEST CASES BY FRITZ ESKER PORTRAITS BY ROMERO & ROMERO



Standing from left to right: Dr David Muldowny, Dr Louis Blanda and Dr Malcolm Stubbs Seated from left to right: Dr Daniel Hodges and Dr John Sledge

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A LITTLE EXTRA

LEARN FRENCH

En bonne santé

(adj.) healthy

example: Elle mange sainement avec beaucoup de légumes et de fruits.

"Take advantage

of crawfish

season. It's a

healthy protein

steeped in spices

and you can

add the tails to

salads or any

other dish."

Melanie Spencer

translation: She eats a healthy diet with lots of vegetables and fruit.

DID YOU KNOW?

EATING CLEAN IN 2019

We love our decadent meals in Acdiana, but it's also important to aet nutritious, fresh. local fare too. Eat Fit Acadiana launched in 2018 as an offshoot of Eat Fit NOLA by the Ochsner Eat Fit family. It is supported by the Blue Cross Blue Shield of Louisiana Foundation and makes eating clean as easy as checking your smart phone.

Get recipes, nutritional guidance and a list of restaurants specific to Acadiana that provide approved dishes on their menu, through a convenient downloadable app. Featured restaurants allow diners to choose from a variety of options from sushi to salads to sandwiches and more, with restaurants like Tsunami, Blue Dog Café and Burgersmith.

Additional regions include Eat Fit SWLA. Eat Fit Bayou and Eat Fit BR, to name a few, so that you can continue to find healthy options across the state. ochsner.org/eat-fit

What's your favorite south Louisiana "eating healthy" tip or dish?

EDITORIAL

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STYLE EDITOR Marie Elizabeth Oliver



"I switch out baked catfish for fried, for a healthy alternative.

Kelly Massicot

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little healthier.

"I love grilled fish with a little crab meat on top! Especially Red Fish, and it always taste better when you catch it yourself! Using olive oil instead of butter is a great

Mallary Matherne





EXECUTIVE VICE PRESIDENT Errol Laborde

110 VETERANS BLVD. / SUITE 123 / METAIRIE, LA 70005 / (504) 828-1380 / (877) 221-3512 128 DEMANADE / SUITE 104 / LAFAYETTE, LA 70503 / (337) 235-7919 EXT. 230

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INTERNATIONAL AND REGIONAL MAGAZINE **ASSOCIATION**

2018

Gold Overall Art Direction

Gold Magazine Photographer

Gold Art Direction

of a Single Story **Gold** Food Feature

Gold Department

Silver Magazine Writer of the Year

Silver Hed & Dek

Silver Photo Series

Bronze Portrait

Bronze Reader Service Article

Bronze Travel Package

Award of Merit Travel Feature

Finalist Magazine of the Year

2017

Gold Overall Art Direction

Gold Magazine Photographer of the Year

Gold Art Direction of a Single Story

Gold Food Feature Silver Cover

Bronze Magazine Writer of the Year

2016

Gold Overall Art Direction

Gold Magazine Photographer of the Year

Gold Art Direction of a Single Story

Silver Photo Series

Bronze Magazine Writer of the Year

Bronze Portrait Series

Finalist Magazine of the Year





Celebrate Heart Month this February

Celebrate with all the Top Doctors

Be our Valentine

Take care of your Heart First.





Rebecca Taylor

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New adoption of recommended prostate therapy enhances community access to specialized cancer care with limited side effects and less treatment time

OncoLogics recently adopted the new hypofractionated treatment recommendations associated with prostate cancer management endorsed by medical societies, including the AUA (American Urologic Association) and ASTRO (the American Society of Radiation Oncology).

New research indicates for men with prostate cancer, treatment with hypofractionated radiation therapy offers comparable health-related quality of life outcomes in roughly half the treatment time than conventional radiation therapy. Men with prostate cancer who choose hypofractionated radiation therapy can expect the same clinical outcomes with a significantly reduced number of daily treatments (5 to 28) compared to what has been historically delivered ranging from 39-44 treatments.

"This reduction of treatment time translates into other types of value for our patients, such as decreased drive time, lower transportation costs and fewer days off work." said Dr. Jonathan Thompson of OncoLogics. "We are committed to meeting the needs of our patients both physically and emotionally, while providing the most advanced treatments available."

OncoLogics is the first radiation oncology practice in Acadiana to offer SpaceOAR hydrogel procedure performed on a prostate cancer patient earlier this month. This device is used to reduce common side effects that men experience during and after receiving prostate cancer radiotherapy.

"Our commitment is to the safety and well-being of our patients with the continued goal of comprehensive care and exceptional clinical outcomes. Our group aims to improve cancer care through continuous innovation and improvement." said Dr. Jonathan Thompson.

OncoLogics is the leading and largest group of Radiation Oncology physicians in the Lafayette and the surrounding regions providing cancer services on the campus of Our Lady of Lourdes Regional Medical Center, Lafayette General Medical Center, Opelousas General Hospital and in New Iberia. Our team of radiation oncology specialists consist of the following: Dr. John Anderson, Dr. Julian Krawczyk, Dr. Perri Prellop, Dr. Jonathan Thompson and Dr. Stephen Wilt.



TWO YEARS AGO, I SIGNED UP FOR A HEALTH AND FITNESS PROGRAM THROUGH MY company's insurance. Up to that point, I would walk a lot and do a little biking and yoga, plus a few flirtations with running, but it was all usually in fits and starts. For some reason however, the points participants earn in the program for different activities (think daily exercise, flu shots, physicals and well woman exams, mammograms, plus sporting activities, including races) are a huge motivator for me. It's addictive to see the points going up, up, up and — bonus — you can trade the points for gift certificates and fitness products.

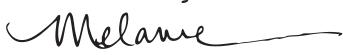
After the first year, I racked up enough (12,000) to get a free Fitbit. By the time this issue publishes, it will have been another year and as of press time, I had over 13,500 points. My goal was to exceed my points from last year. I have visions of free yoga gear dancing in my head.

For the past two years, I've participated in a 5k (250 points!) with my fellow editors (pictured L-R: Suzanne Talfur, Ashley McLellan, me, Kimberly Singletary and Kelly Massicot). This year, I have challenged myself to not only do the 5k again, but



also a 10k (350 points!). I keep visiting the program website and app to see how many more activities I can accomplish before February (complete a health questionnaire, earn a CPR certification and a first aid certification, donate blood), because I'm determined to get up to 15,000. My points obsession is a big source of entertainment for my husband. Especially because he knows I'm not usually very competitive.

Now that I seem to have gained a level of consistency with my physical activity, I'm turning my attention to upping my healthy eating game. This issue couldn't come at a better time. The healthy recipes from Stanley Dry on page 38 are not only nutritious, but also flavorful. It will not feel like a sacrifice to enjoy these dishes, which is my kind of health food. Enjoy the issue and good luck with your health and fitness goals in 2019. If you need motivation, I highly recommend a points system.



MELANIE WARNER SPENCER, MANAGING EDITOR

CONTACT MELANIE / 504-830-1380. MELANIE@ACADIANAPROFILE.COM.



EDITOR'S PICKS

Get moving!

If like me, you are looking for ways to increase your physical activity this year, there are plenty of 5k walks and runs throughout the region over the next few months. Here are a few to get you started. (Find more at localraces.com.) Most races also benefit worthwhile causes, so even if you run slow like me, it's still a win-win!



FEB 16 Acadian Elementary's Sixth Annual Mudbug 5k Run/Walk, Houma



MARCH 9 Dash for disABILITIES Superhero 5k Ron, Walk & Roll, Lake Charles



MARCH 30 Hit the Road with Hospice of Acadiana 5k Memorial Run/1 mile Walk



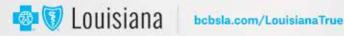
Cold brew

Balance is one of the keys to happiness in life and if all of this health and fitness talk is making you thirsty, mark your calendar for the 5th Annual Louisiana Winter Beer Festival in Lake Charles. On March 9, from 1 to 5 p.m. and enjoy more than 100 craft beers from brewers all over the state and the country, plus music and good eats. Visit lawintebeerfest.com.

"The numbers are really about making people healthier and that's really all that matters.

As a data scientist, I work with numbers. And I use them to figure out the best way to serve our members. "

> Jack Holloway Data Scientist







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Raconte

Learning about South Louisiana culture through storytelling in the car, kitchen and camp

BY JACK B. BEDELL
ILLUSTRATION BY CHRISTINA BROWN

fabric of my life growing up in South Louisiana. It's how my family passed time. No matter what any of us were supposed to be doing — driving from Houma to Gatlinburg, Tennessee for family vacation, cooking a big meal for Sunday dinner, doing chores at the camp or finishing homework so we could run outside to play — there was always a story flowing to keep us in place.

Five or six times a year, my folks would get together in a neighbor's garage with all the other old people from our street for a crab boil/homegrown-fais-do-do. And, man, the stories would fly. Many of my favorite childhood memories are of neighbors riffing on all the times they'd made honte in the past.

My mom must've told the one about my aunt busting into the kitchen during a hurricane screaming "Alphonse is dead!" 100 times. Mom said everyone was running around crying and pulling on their hair over poor old Alphonse before somebody thought to ask my aunt who Alphonse was. She was as confused as everyone else: "Alphonse? I don't know. But our phones is dead!" Then my aunt had to tell the one about how Mom only fessed up to kicking a Swedish meatball under the china cabinet during a Christmas party because they found that meatball 20 years later all dried up under the cabinet when the men were moving furniture.

For true, these stories have lived long, vivid lives in my memory. But what has really stayed with me is what occurred around the storytelling. Almost everything I've learned about South Louisiana culture I've learned while listening to these stories. No one ever had to teach me how to boil or peel crabs, because I learned firsthand watching my father while those stories unfolded. I never had to watch a cooking show to find out how to make rice and gravy or a good roux or Dripolator coffee, because all that was happening in the kitchen while my mother dished old time family dirt. I never had to turn to books to learn about Cajun assimilation, because while my parrain was

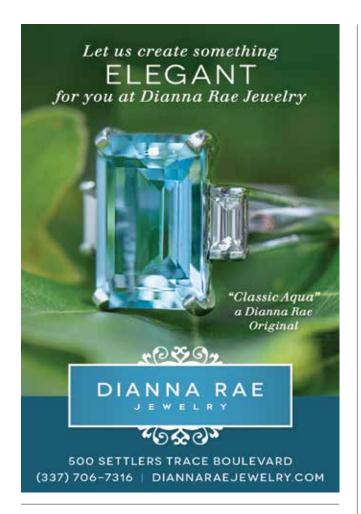
sorting shrimp in the boat he told me stories about being dragged to the English school when he was a kid and punished for using his French.

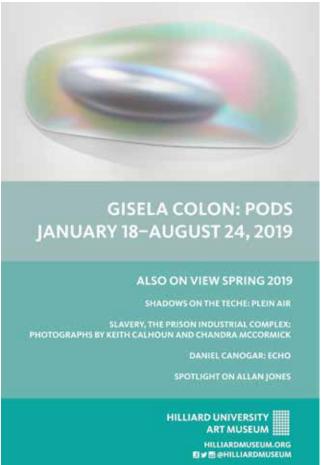
When people ask me how I became a poet growing up in Terrebonne Parish, I always tell them I have an obligation to the people and the place where I was raised, an obligation to tell its story, to honor it by archiving moments that define what it means to be a South Louisianan.

Every poem I've written comes from that urge to pay tribute to the rhythms of those garage dances and all the magic stories they left in my heart. \blacksquare

ABOUT THE AUTHOR: Jack B. Bedell is currently serving as Poet Laureate, State of Louisiana, 2017-2019. He is the author of nine collections of poetry including his most recent, "No Brother, This Storm" (Mercer University Press, 2018).









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CALENDAR

FEBRUARY

Check out these events around the town



HERE'S THE BEEF COOK-OFF

Feb. 23/
Opelousas. Chefs and pit masters around Cajun country compete in a best beef dish cookoff from brisket to tongue. You get to be the judge, while enjoying live music and trail rides. facebook.com/heresthebeef-cookoff



AZALEA TRAIL

Feb. 23-March 31/Lafayette. Celebrate the arrival of spring with the annual Azalea Trail. Walk 20 miles through Lafayette to see red, pink, white and purple azaleas in front of stores, historic homes and more. lafayette-travel.com



LIGHTED BOAT

Feb. 23/Lake Charles. Add the Lighted Boat Parade to your Mardi Gras schedule. Gather around the lakefront promenade seawall behind the Lake Charles Civic Center to view the lights and decorated boats parade on the lake.



The Dogs are Back

LAFAYETTE After a one-year hiatus, Lafayette's only dog parade, Krewe Des Chiens, returns Feb.23, following a change in the organization's leadership (krewedechiens.org)



NEW IBERIA

Calling All Ya-Yas

The Books Along the Teche Literary Festival announces Rebecca Wells. author of "Divine Secrets of the Ya-Ya Sisterhood," as its 2019 Great Southern Writer and main speaker for the April 5-7 fest. Wells will bring her stories of female friendship and mother-daughter relationships to audience members during a special presentation April 6 at the Silman Theater (tickets are limited: Eventbrite: BooksAlongThe-TecheLiterary-Festival.com).

ABBEVILLE, LAKE CHARLES

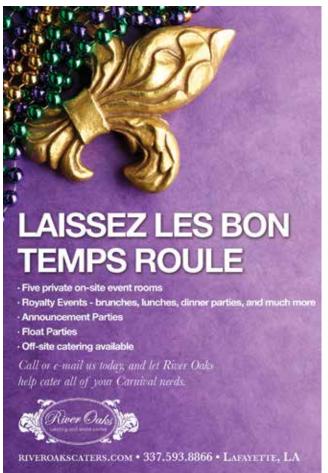
Shucks! Expanding to Lake Charles

The owners of the popular Abbeville seafood haven, <u>Shucks!</u> are opening a new restaurant concept in Lake Charles, <u>Shuck and Boil</u>, later this year. The expanded menu will include signature oyster dishes, new Cajun creations and boiled shellfish.

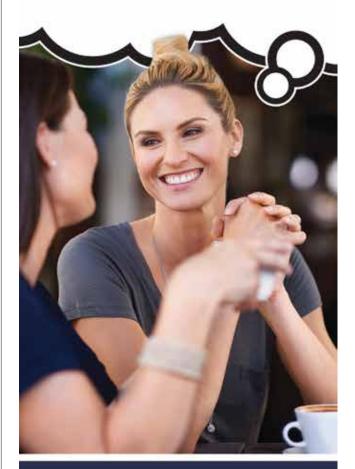
Smithsonian Exhibition

JEANERETTE The Smithsonian Water/ Ways exhibit opens Feb. 24 at the Jeanerette Museum featuring music by the Landry Brothers Band under the museum's pavilion and the artwork of L'Acadian Art Guild on view (jeanerettemuseum.com).





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CALENDAR

MARCH

Check out these events around the town



TASTE DE LA LOUISIANE

March 3/Lake Charles, If you want to sample some of the best cuisine in southwest Louisiana, this is your event. Head to the Lake Charles Civic Center to experience a true sampling of Cajun and Creole dishes.



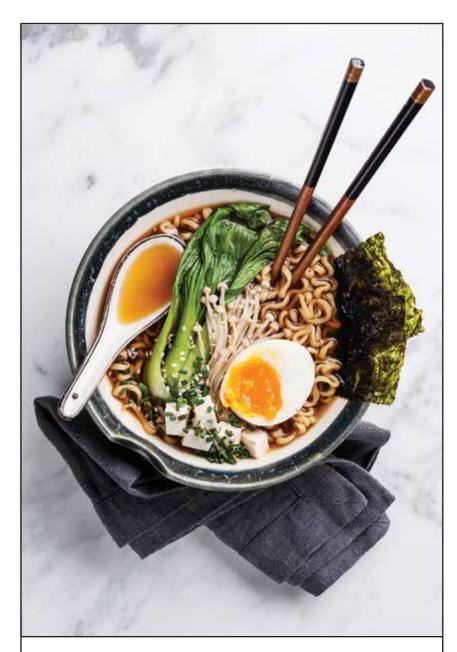
LAGINAPPE MUSIC SEAFOOD FEST

March 8-10 / Gonzales. Benefitting Stand for Autism, the new Lagniappe Music Seafood Fest features a carnival. car show, live music, crafts and more. with the main event being a gumbo cook-off. standforautismla.org



CELTIC BAYOU FESTIVAL.

March 15-16/ Lafayette. This family-friendly St Patrick's Day festival celebrates Celtic. The weekend includes Celtic music, Irish whiskey tasting, a Guinness cook-off, a genealogy tent and more. celticbayoufest com



HOUMA, LAKE CHARLES

New Poké Places, Ramen with Music

Poké Geaux, the Lafayette restaurant that brought the poké craze to Acadiana, opened a Houma location in January (1753 Martin Luther King Blvd.) featuring the popular Hawaii-inspired "sushi-in-a-bowl" fare. A Lake Charles location (4750 Nelson Road) opens in early March. Poké's owners also opened Izumi Ramen Noodle Bar & Grill in January (2201 Kaliste Saloom Rd., Lafayette) featuring small plates, a full bar with TV screens and live music weekends.

POKÉ GEAUX / POKEGEAUX.COM / IZUMI RAMEN NOODLE BAR & GRILL / FACEBOOK.COM/IZUMIRAMEN

New Jobs

ASCENSION PARISH

Global manufacturer VFGA Americas is making a \$22.4 million capital investment at the Ascension Commerce Center in Geismar, where an advanced manufacturing facility will be built, creating more than 160 jobs in Ascension Parish and surrounding areas (vegaindustries.net).

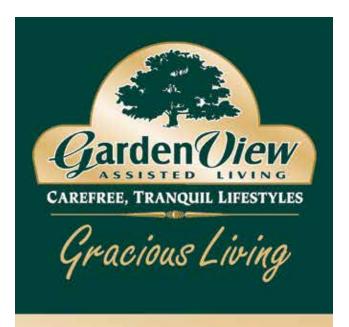


Makin' **Groceries**

The first full-service grocery store in Maurice is underway. Nunu's Country Market is expanding to a new store that will be six times larger than the current location, with 75 new staff members to be hired. Land was recently purchased off Hwy 167 for the 30,000 square-foot new store, which will be located on acreage large enough to include rentals for office space, banks and restaurants on the property (facebook. com/Nunus-Country-Market-Maurice).

Music on the Lake

LAKE CHARLES The eighth season of Live at the Lakefront a free outdoor music series featuring top Louisiana bands, an open-air art market, food trucks and food booths from local restaurants, takes place Fridays. March 15, 22 and 22 at the Lake Charles Civic Center Arcade Amphitheater (900 Lakeshore Drive; artscouncilswla.org).



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John Storment, M.D.
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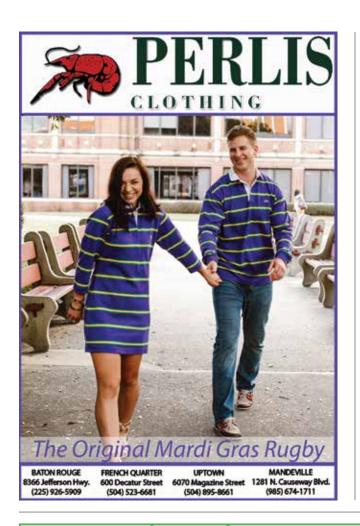
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Look for our New Lafayette IVF Lab OPENING in 2019

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Located in the heart of the Zydeco-Cajun Prairie Scenic Byway, Mamou has the distinction of being called "Cajun Music Capital of the World." And for good reason!

You see, music and dancing were always the chief social events of this community since shortly after it was first settled in the early part of the 18th century. The Acadian exiles – whose descendants are now referred to as "Cajuns" – started arriving here in the second half of the century. Once they got settled in well, out came the fiddles and the accordions. And they've been playing this distinctive form of music here ever since.

There's even a Cajun Music Festival each August or September.



Call 337-789-0646 for more information. It's something to behold, and the public is invited to attend. In addition to this, every Saturday morning at Fred's Lounge in downtown Mamou there is a Cajun music performance which is broadcast live over the radio. It's all in French – the songs, the commentary and the commercials. It's something of a cultural phenomenon!

Another local event of real interest is the annual Courir du Mardi Gras à Cheval (the Mardi Gras run on horseback). For info, call 337-580-4562. Local men and boys ride on horseback or in wagons through the countryside, stopping at farm houses and asking for live chickens or rice for a big gumbo to be made at the end of the day and shared by the riders and their families and friends.

For more information, please call Mamou Town Hall at 337-468-3272. The welcome mat is always out.



The Courir du Mardi Gras à Cheval (Mardi Gras on horseback) is a major local tradition.



Downsizing Simplified

Designing a home on cruise control from Texas to Acadiana

BY LISA LEBLANC-BERRY PHOTOS BY CHAD CHENIER

FAMILY TIES AND AN INCLINATION FOR COUNTRY LIVING within a city motivated Drs. Johnette and Gary Frentz to build a custom home in Lafayette's scenic Audubon Plantation development. The retired physicians decided to dramatically downsize from their sprawling residence in Benton, Texas to a smaller 4,400-square-foot house to be near their son, an orthopedic surgeon, residing in River Ranch.

Completed in 2018 and built by Beau and Lisa McDaniel of C. Mac Construction, the entire project was achieved while the couple remained in Texas.

"This home was a collaboration based entirely on long distance communication," says Lisa, a designer. "Most custom homes require a fair amount of onsite question-and-answer sessions, but the Frentz project was the ultimate exception to that rule. They came to us, their own ideas in hand, and organized to the hilt. The Frentzes knew their selections well in advance and truly didn't need much assistance. They knew exactly what they wanted, and all I had to do was make sure they got it."

Essential to the design was a screened-in back porch featuring an outdoor living area and kitchen with pastoral views, a gazebo and lavish landscaping surrounding the house. Other requests included his and her offices and a gym, fully customized walk-in closets with pull-down rods at the ceiling to facilitate seasonal wardrobe changes, and elaborate brick inlays implemented along the front driveway.

The home's traditional architecture pays homage to a relaxed, comfortable lifestyle while its open layout speaks to an ease of entertaining.

"Years of living in New Orleans influenced the couple's classic style," says Lisa. "A well-appointed kitchen was important to the Frentzes, as cooking and sharing meals with family and friends is central to their lifestyle."

Open to the living room, the large gourmet kitchen is outfitted with glassed-in cabinets that stretch upwards to 12-foot ceilings.

"This was one of those rare, blessed projects where I was afforded the luxury of spending quality time getting to know brilliant, sharp-witted clients, without my having to do much work at all," says Lisa.

"The main aspect I enjoyed was the Frentzes, and their terrific sense of humor," says Beau. "I want us to enjoy retirement the way they do." \blacksquare

(Left) The meticulously orchestrated kitchen, flanked by a butler's pantry, ample bar and an outdoor living space. features cabinets by DreamWorks Custom Cabinets and glass doors providing views of the property rimmed with vibrant flowers and a picturesque gazebo. The three-bedroom. four-bathroom residence, appointed with art and antiques. was designed in collaboration with architects Gil and Tanya 7aunbrecher and builders Beau and Lisa McDaniel of C.Mac Construction. (Top right) The screened-in back porch envelopes an outdoor kitchen, casual living room and dining areas. (Bottom right) Beau and Lisa eniov cocktails in the gazebo with Drs. Johnette and Garv Frentz.







Hang Time

Add personality to a blank wall or showcase the latest piece in your collection with this design guide for mastering the art of smart hanging

BY MARIE ELIZABETH OLIVER PHOTO BY ROMERO & ROMERO

WHEN IT COMES TO ART FOR YOUR home, Lafayette interior designer Justine Hebert recommends collecting meaningful pieces over time, rather than shopping in bulk to fill a space.

"I tell my clients to look for pieces that evoke a memory," says Hebert. "Buy art on vacation or use local artists versus going to a big box retailer."

She says quality framing can add scale to a piece or make it more formal, depending on the type of mat and finish. A certified frame shop can help you choose a combination that will complement your space. Hebert also recommends opting for acid-free matting and conservation glass on valuable or sentimental pieces.

According to Hebert, you should consider what atmosphere or feeling you want to accomplish when selecting the best room for your piece, or vice versa. She is a fan of mixing different types of art together within a wall or room, as long as you anchor the collection around a common theme.

"I try to find a commonality with the art," says Hebert. "It might be a genre, a style, a color palette that blends throughout."

If you have #gallerywall goals, stick with an odd number of pieces and various frame widths. Alternatively, Hebert says you can align an even number of similar pieces to create a more formal look.

Her pro tips for making sure proportions are on point? Before you pick up a hammer, lay a big blanket out on the floor and start arranging with the larger pieces in the center and uniform spacing throughout. Hebert also swears by using

sticky notes so you can step back and see how the art will look on the wall.

"You want to capture the room as a whole," says Hebert, who pays close attention to furniture, window treatments and light fixtures.

Whatever you do, make sure your focal point hangs at eye level. Hebert says that usually means about 70 inches from the floor, but every situation is different. Get those sticky notes ready.

ABOUT THE DESIGNER

Justine Hebert is an interior designer and owner of the Lafayettebased firm, J Design. She incorporates her passion for art into every project, from large-scale commercial spaces to residential renovations.



Framing and hanging art



When framing. consider the color palette of your house and invest in high-quality products that will protect your art for the long haul.



Combine diverse art in the same space by selecting pieces with similar frame finishes colors or themes.



For a gallery wall, lay out pieces on the ground before vou start hammering.



Start from the center of the wall, and create uniform spacing around the pieces.



Remember. your focal point should always be about eve level

JUSTINE HEBERT, J DESIGN / JDESIGNLA.COM. 337-504-3010.







Stone Gorgeous

Modern, raw and handmade rings add bohemian touch

BY ASHLEY HINSON PHOTO BY ROMERO & ROMERO



GOOD AS GOLD

A gorgeous golden heel pairs with any gown

Metallics go with everything. The sparkling gold heels from Ãmor feature an alligator-texture construction in a light-catching yellow gold. Its on-trend block heel at a pragmatic height is perfect for a late night during the bacchanal Mardi Gras season, and the strap at the ankle adds extra shimmer to your shimmy and shake.



GABRIE'L GONZALEZ, WHO CREATES UNDER THE moniker A Rolling Stone Jewels, has felt "an insatiable need" to make things her entire life.

"As a youngster I was always dabbling with little hemp ropes and beads, braiding and stringing little bracelet with seashells and whatever was around."

Gonzalez began honing her skills six years ago, when she taught herself to solder silver and set stones.

"My grandfather was a stone collector and jewelry maker. I feel very connected to my roots when I am creating my jewels," she said.

Gonzalez works with raw gemstones and minerals to create her textured, bohemian pieces.

"My jewelry is a way to connect and adorn yourself with Mother Earth," Gonzalez said. "A way to feel the grounding energy and creativity of the Earth you walk on. I use the hashtag #weartheEarth because that is truly what my customers are doing when they take a piece of my jewelry home. Every piece is made with natural pieces of the Earth, even the metals!"

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Innior League of Lafayette announces the return of the hit event, Kitchen Tour.

his year's Tour will take attendees on a self-guided tour of six kitchens and outdoor entertaining spaces in the Lafayette area. The Tour will showcase renovations and timeless home construction that is sure to inspire all who visit. Whether spending an afternoon with friends or gathering ideas for kitchen remodels, attendees are certain to enjoy viewing these magnificent kitchens and outdoor entertaining spaces, all while supporting Junior League of Lafayette.

Join Junior League of Lafayette on Saturday, March

16 from 12 p.m. until 4 p.m. for an afternoon of fun and fabulous kitchens. With your \$25 ticket, not only will you have access to tour each of these stunning homes, but you will also receive 30% off any of Junior League of Lafayette's cookbooks as well as sampling of tasty treats from them throughout the tour. Each home along the route will also hold a door prize drawing, so be sure to enter your name at each location. Once you have toured all six homes, you will also have to opportunity to turn in your ticket to win an exclusive grand prize. Visit JuniorLeagueofLafayette.com to purchase tickets.





JUNIOR LEAGUE OF LAFAYETTE MISSION

Junior League of Lafayette is an organization of women committed to promoting voluntarism, developing the potential of women, and improving the community through the effective action and leadership of trained volunteers. Its purpose is exclusively educational and charitable.

JUNIOR LEAGUE OF LAFAYETTE'S

VALUE TO THE COMMUNITY

- Has served the Lafayette community since 1957
- Leverages local nonprofit partnerships to better the community
- Offers direct assistance in the form of collaborative grants awarded to nonprofit agencies
- Trains members to assume leadership positions within and outside of Junior League
- Members volunteer on boards of nonprofit agencies throughout the community



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Allons Manger!

How to enjoy Courir de Mardi Gras eats without chasing chickens

BY JYL BENSON PHOTOS BY JO VIDRINE

while the streets of New orleans are overrun with partygoers, booze, boobs and beads, and cities all over Louisiana enjoy parades and balls of varying sizes and themes, small town Acadians celebrate the traditional day of feasting before Ash Wednesday with a Courir de Mardi Gras, literally the "Fat Tuesday Run." The modern day courir is a colorful ritual based upon the fête de la quémande — "feast of begging" — that originated in medieval France.

Processions of colorfully-attired, frequently-inebriated participants set out at dawn either on foot or horseback to make their way through small towns like Basile, Savoy, Eunice, Ville Platte, Mamou and Church Point accompanied by musicians who provide a background soundtrack of traditional Cajun music. As a procession approaches a home, the capitaine (leader) of the group will enter the property first to ask permission for the assemblage to proceed before the ragtag group storms the grounds and the ceremonial begging begins. The goal is to acquire the ingredients necessary to assemble a communal gumbo by the day's end and homeowners may gift the beggars with ingredients or invite them to chase down a chicken for the pot. In return, the beggars and their accompanying musicians will provide a brief, lively group performance.

The spectacle is enjoyable for both observers and participants but those without chicken chasing skills may wish to seek their sustenance in a more (or less, depending on how you look at it) traditional way via one of the region's many excellent restaurants.

Open for breakfast and lunch, the Crazy Cajun Cafe in Mamou was a favorite of the late Anthony Bourdain, a frequent visitor to the region who partook in a courir just months before his death last year.

In addition to traditional boiled mudbugs (which usually hit right around Mardi Gras, but came early this season), the Crawfish Barn in Ville Platte offers slightly more exotic fare.

Located in Basile between Bayous Des Cannes and Nezpique, D.I.'s Cajun Restaurant has become is a national destination. In 1970,



Daniel Isaac "D.I." Fruge adopted the common regional practice of seasonally alternating his rice and soybean crops with crawfish. He soon became known for his unique, flavorful style of boiling and seasoning the Louisiana delicacy and his farm equipment shed became a locals' weekend destination for \$5 all-you-could-eat spreads served up on picnic tables. In 1986,

the original restaurant opened and has since undergone several major expansions. Today the sprawling space in the middle of an open field includes an expansive dance floor and a bandstand that hosts world-renowned Cajun bands almost every night.

The demand for D.I.'s crawfish, Cajun fare, and hospitality has grown such among those in possession of private airplanes that the restaurant warranted its own FAA identifier (LA52, coordinates: 30.37°N/92.58°W, runway: 03/21 2,900' x 120' Turf). ■

CRAWFISH BARN / 1789 MAYEAUXVILLE ROAD. VILLE PLATTE. 337-363-2322. CRAWFISHBARN.COM.

★ KRAZY CAJUN CAFE / 411 6TH ST. MAMOU. 337-468-2552, FACEBOOK.COM/KRAZYCAJUNCAFE.

D.I.'S / 6561 EVANGELINE HIGHWAY. BASILE. 337-432-5141. DISCAJUNRESTAURANT.COM.



The zesty

Crawfish Barn's

Zydeco Rolls

include boudin,

pepper jack

cheese and

jalapeños.



MENU

TRY THIS



KRAZY CAJUN CAFE

Two slabs of country fried steak with sides of fries and a salad will set you back \$10.50.

Excellent shrimp étouffée, another house specialty, goes for a thrifty \$8.95.



CRAWFISH BARN

Zydeco Rolls, a taste bud explosion of six bite-sized eggrolls stuffed with boudin, pepper jack cheese, and diced jalapeños, comes with a rich, house-made cheese dipping sauce for \$9.99.

Also \$9.99, Shrimp Evangeline features six large shrimp stuffed with pepper jack cheese and wrapped with bacon. Available fried or grilled.



D.I.'S

The grilled seafood platter (\$23.95) is heaped with enough for two or even three to share with crab cakes, fresh fish, shrimp, plump oysters and vegetables served with a lemon butter sauce for dipping.

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Mardi Gras Munching

Crowd-pleasing buffet fare for your Carnival gatherings

BY MARCELLE BIENVENU PHOTO & STYLING BY EUGENIA UHL

MARDI GRAS IS LATE THIS YEAR - MARCH 5. The latest it can be is March 9 and the earliest it can be is Feb. 3. Every year, no matter on what date is falls, it's either "early or late." I have never heard anyone say, "Mardi Gras is right on time."

I was born on Feb. 26 (I'm not saying what year) and so far Mardi Gras has been on my birthday in 1952, 1963 and 1974. Chances are I might not be around in 2036 when it again falls on my date of birth, but in the meantime, I'm happy to celebrate anytime during the Carnival season.

For my before- and after-parade parties in the past, my menus have included grillades and grits, tomato-based jambalaya, gumbo of all kinds, red beans and rice and crawfish pies, but this year I'm opting to serve my very $favorite\ dish-Mama's\ spaghetti\ supreme.$ It was my mother's go-to recipe for informal buffets and was (and still is) a family favorite. The casserole(s) can be made ahead of time and stashed in the freezer.

Her version of Waldorf salad was an ideal accompaniment. She eschewed the grapes and walnuts and substituted raisins and toasted pecans to toss together with apples, celery and mayonnaise. The sweet and tart flavors complement the acidity of the tomato-based casserole. Dessert was simple — bread pudding, and while Mama's pudding is delicious, I'm opting for a Tennessee bread pudding this year.

Ah, one must not forget beverages. Upon arrival, I like to offer a round of Planter's Punch, then invite guests to help themselves to wine and beer, and anything else they want from a fully-stocked bar tended by one of my nephews.

THE MAIN COURSE

Rhena's Spaghett Supreme

This is a very versatile recipe. Sometimes I use 2 pounds of sweet Italian sausage (removed from the casing and crumbled) or combine 1 pound of lean ground beef with 1 pound of the Italian sausage. It's a great dish to serve on a

MAKES 8 - 10 SERVINGS

2 pounds lean ground beef

2 tablespoons olive oil

2 cups chopped yellow onions

1 cup chopped green bell peppers

1 cup chopped celery

2 teaspoons minced garlic

2 (14.5-ounce) cans tomato diced tomatoes

1 (6-ounce) can tomato paste

2 cups beef broth

1/4 cup dry red wine *optional

2 bay leaves

salt, cayenne pepper, dried oregano and dried basil to taste (don't be stingy)

½ pound fresh white mushrooms, stems removed and wiped clean, sliced

1 (10-ounce) package thin spaghetti

1 pound grated cheddar cheese (or a combination of cheeses such as cheddar, Monterrey Jack and mozzarella

1 cup grated Parmesan cheese

Preheat the oven to 350 F. Brown beef in the olive oil in a large, heavy pot over medium heat. Add onions, bell peppers, and celery and cook, stirring until they are tender, 5 to 8 minutes. Add the garlic and cook, stirring, for 1 to 2 minutes.

Add the tomatoes, tomato paste, broth and wine if using, and the bay leaves. Season with salt, cayenne, oregano and basil. Cook, partially covered, over medium heat, stirring occasionally, for 1 hour. Add the mushrooms and beef broth or water if the sauce becomes too thick. Cook 15 minutes

Prepare the pasta, drain and keep warm.

In a baking dish, first make a layer of the sauce, then a layer of the pasta, and then the cheddar cheese and some Parmesan cheese. Continue making layers until all is used.

Bake 30 minutes or until cheese is melted and lightly browned.







THE SIDE

Mama's Waldorf Salad



Toss 1 Granny Smith apple (cored and chopped, skin on), 2 Winesap apples (cored and chopped, skin on), 1 cup seedless golden raisins, ½ cup roasted and chopped pecans and 2 tablespoons lemon juice together in a bowl, season with **salt** and pepper, and add **mayonnaise** (just enough to lightly coat all ingredients).



Chill for an hour before serving.



Arrange equal amounts of the salad on a bed of shredded lettuce or arugula leaves.

MAKES 4 SERVINGS

PLANTER'S PUNCH

In a large container. combine 1 fifth dark rum. 1, 6-ounce can frozen orange juice concentrate, 1, 6-ounce can frozen pink lemonade concentrate. 3 tablespoons fresh lemon juice, 3 tablespoons grenadine and 4 cups water and stir to dissolve the concentrates. Refrigerate until ready to serve. MAKES ABOUT 16 SERVINGS

Dragonfly Boogie

The refreshing drink that energizes twosteppers and fiddlers alike at Joie de Vivre in Breaux Bridge

BY LISA LEBLANC-BERRY PHOTO BY ROMERO & ROMERO

THE WEEKLY CAJUN

jam on Saturday mornings at Joie de Vivre in Breaux Bridge is a lively way to start the day. It's not unusual to find cowboy boot-clad fiddlers harmonizing with famous local ${\tt crooners-the\,joint\,gets}$ hopping. Couples two-step between cocktails and café au lait, beignets and boudin sliders. Since Scott Schilling became the new owner, he has expanded the hours, live music, menus and cocktails.

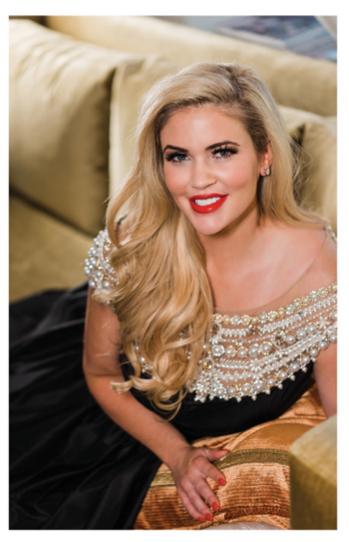
Not on the menu, but popular among regulars, Joie's zirondelle cocktail hits the spot. The old, original recipe has been simplified, but it's still sweet and tart, now garnished with citrus and cucumber.

Cajun French for dragonfly, the zirondelle is a dependable thirst-quencher among those who boogie down until the bands stop playing. Easy and restorative, it beckons the arrival of spring.



is refunded

JOIE DE VIVRE / 107 N. MAIN ST. BREAUX BRIDGE. 337-442-6354. FACEBOOK.COM/JOIEDEVIVRECAFE.





EATSENSIBLEMEALS.COM

(O) @ingridrinck

ngrid Rinck is the head of Sensible Meals the largest meal prep company in the country. It is based right here in Louisiana.

Lafayette is actually one of the company's largest markets, with thousands of happy clients. Within only four years, Rinck has won awards for best meal prep program, entrepreneur of the year and top female achiever.

Recently, Rinck was among Acadiana Profile's Steel Magnolias for her business success and work in the community.

Ingrid loves to show people that weightloss and health don't have to be miserable and a constant task.

According to her, It¹s about doing it right most of the time, and having fun some of the time. We give clients some diet meals and built in cheat meals so they don¹t feel deprived, frustrated and quit. We keep if affordable and we offer live assistance 12 hours a day.

Rinck actually does live chats on her social media pages monthly. The company spackaged meals are

freshly prepared and free of preservatives. ³We focus on moderation, not deprivation," she stated. "All diets work if you stick with them. But most aren¹t sustainable. My goal is to retrain people how to look at food, it¹s simply fuel for your body. What you don¹t use turns to fat. Simple as that."

Ingrid can relate to her clients¹ battle with weight loss and portion control. In fact, her greatest success story is her own. "I was a binge eater for years. Binge eating is a food addiction that is often undiagnosed and very prevalent. Hence the obesity epidemic in America, People aren¹t just eating the wrong foods thy are eating too much of all foods! Portion control is key.

"I want to be an inspiration to my clients because I live it everyday. Food addiction paired with anxiety is a lifelong battle and one I hope to shed light on and help people cope with naturally. We¹re not in the business to make anyone the next supermodel. We¹re all about being healthy not perfect."

Her passion for helping people is as much at play as the success of her business. Ingrid is also a corporate sponsor and donor for many charities, dealing with type 1 diabetes. She knows firsthand how expensive diabetes care is, even with insurance. Sensible Meals also pays for children¹s diabetes summer camp, medical supplies and donations. Ingrid understands how expensive diabetes care is too, even with insurance. She also has direct experience with type 1 diabetes, because her 13 year old son was diagnosed in 2014.

Her three children are Rinck¹s biggest motivations in her life and they inspire her to keep pressing forward to be the best that she can be. She continues to give back and motivate others as her success and journey carry forward, all the while remembering the challenges she faced as a single mother starting her business. "Without my struggles," she says, 'I wouldn¹t be able to understand yours."

RECIPES FOR A NUTRITIONPACKED 2019

provide vitamin
C, manganese,
pyridoxine,
tryptophan, potassiun
dietary fiber,
pantothenic acid,
copper, thiamine,
riboflavin, niacin and

If you can still remember your New Year's resolutions, it's likely that one of them had to do with food. Perhaps it was a pledge to eat healthier, in which case the following recipes may be helpful. Not only are they good for you, but also they are also full of flavor and easy to execute.

BY STANLEY DRY
PHOTOGRAPHS BY
FUGENIA UHL





TURKEY CHILI

With Red Beans

- 1 tablespoon canola oil
- 1 medium onion, chopped
- 4 cloves garlic, minced
- 1 pound extra lean ground white turkey
- 1 (14.5 ounce) can diced tomatoes
- 11/2 cups chicken stock
- 3 tablespoons smoked paprika
- 2 teaspoons ground cumin
- 1 teaspoon oregano leaves
- 1/2 teaspoon ground cayenne pepper
- 1/2 teaspoon ground chipotle chile pepper
- 1 teaspoon freshly ground black pepper
- ½ teaspoon salt
- 1 tablespoon Worcestershire sauce
- 1 (15.5 oz.) can red kidney beans, drained and rinsed
- 1/4 cup sliced green onions

In a heavy, covered pot over low heat, simmer onions and garlic in oil, stirring occasionally, until softened, about 10 minutes. Meanwhile, puree tomatoes and juice in blender.

Add turkey, pureed tomatoes and chicken stock to pot, increase heat, and stir to break up turkey. Add remaining ingredients, except for beans, and stir to combine. Bring to a boil, then reduce heat and simmer, stirring frequently, for 30 minutes.

Drain and rinse beans, add to pot and cook until beans are heated through. Serve garnished with green onions.

MAKES 4 SERVINGS.

*** NOTE**

Eating improperly cooked beans can result in bean poisoning from a plant lectin called phytohaemagglutinin. Though it is found in many types of beans, red Kidney beans contain the highest levels of phytohaemagglutinin — only 4 or 5 undercooked red Kidney beans can make you sick. Make sure to boil soaked beans for at least 10 minutes (it is important that the water reach 100°C, exposing the compound to 80° C increases the toxicity).



Lenfils

Lentils provide more protein and fiber than other legumes.

Lentils also
provide folate,
thiamine,
vitamins B5
and B6, niacin,
riboflavin,
manganese,
phosphorusiron,
copper,
potassium,
magnesium,
zinc and
phytonutrients.

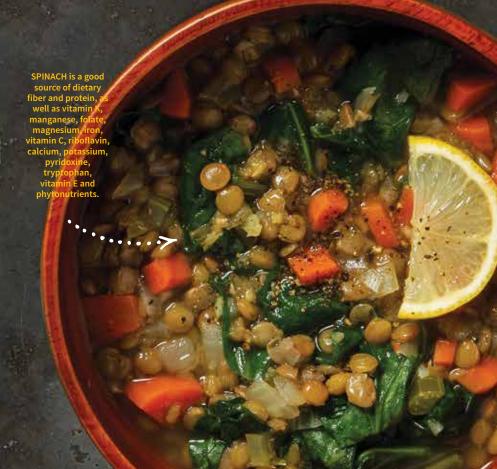
LENTIL and SPINACH SOUP

- 1 tablespoon extra-virgin olive oil
- l medium onion, chopped
- 2 cloves garlic, minced
- 1 stalk celery, chopped
- 1 medium carrot, chopped
- 5 cups chicken stock
- 1/2 pound brown lentils
- 1 bay leaf
- 1 teaspoon dried thyme leaves
- 2 cups baby spinach, packed
- 1/4 teaspoon salt
- 1/4 teaspoon freshly ground black pepper
- 4 lemon wedges

Combine olive oil, onion, garlic, celery and carrot in a heavy pot and cook, covered, on medium-low heat, stirring occasionally, until onions are softened, about 10 minutes.

Meanwhile, sort and rinse lentils.

Add chicken stock, lentils, bay leaf and thyme to pot. Bring to a boil, reduce heat and simmer, covered, until lentils are tender, about 20-25 minutes. Stir in spinach, season with salt and pepper and cook for an additional 5 minutes. Serve with lemon wedges. MAKES 4 SERVINGS.



CARROTS ARE A SOURCE OF VITAMIN A, DIETARY FIBER, VITAMIN C, POTASSIUM AND PHYTONUTRIENTS. spices: coriander, black pepper, cardamom, cinnamon, charnushka, caraway, cloves, ginger and nutmeg. (Charnushka is also known as nigella sativa, oqion seed, black cumin and kalonji.) Combine 6 medium carrots (scrubbed and sliced), 4 medium turnips (scrubbed and sliced) and 4 cups vegetable stock in saucepan, bring to a boil. Reduce heat and simmer, covered, until vegetables WITH YOGURT AND GARAM MASALA are tender, about 20 minutes. Puree soup in blender. Season to taste with coarse salt and freshly ground black pepper. Reheat soup. Serve with a dollop of nonfat plain yogurt and sprinkle with 1 teaspoon garam masala. MAKES 4 SERVINGS. ACADIANAPROFILE.COM 43

Walnuts

Walnuts are part of the tree nut family which also includes Brazil nuts, cashews, pecans, pine nuts and pistachios.



Walnuts provide protein, dietary fiber, vitamin E. vitamin BG, folate, thiamine, manganese, copper, magnesium, phosphorus, iron, zinc, monounsaturated and polyunsaturated fats and phytonutrients.

ROASTED BRUSSELS SPROUTS

WITH CREOLE MUSTARD AND WALNUTS

- pound Brussels sprouts
- cup Creole mustard
- tablespoons extra-virgin olive oil
- cup chopped walnuts Coarse salt and freshly ground black pepper
- Preheat oven to 400 F. Trim stem ends from Brussels sprouts and remove any discolored leaves. Thinly slice Brussels sprouts.
- In a mixing bowl, whisk mustard and oil to combine. Add Brussels sprouts and toss until coated. Spread sprouts on a sheet pan and sprinkle walnuts over them.
- Roast until Brussels sprouts are tender and walnuts are toasted. about 20-25 minutes. Season to taste with salt and pepper.

MAKES 4 SERVING.

GROWING BRUSSLES SPROUTS

WHEN TO PLANT: Brussels sprouts requires cool weather-plant in early spring for a crop that matures in the fall.

SOIL: They like slightly acidic and fertile soil that drains well with plenty of organic materials.

SPACING: Brussels get large. Plant 18 to 24 inches apart.

SUNLIGHT: Brussles need alot of sunlight. At least a minimum of 6 hours daily; the more the better.

WATER: Water after planting to encourage good growth. Mulch to Keep the soil cool and moist. Water regularly about once a week if plants don't receive enough rain.

BRUSSELS SPROUTS PROVIDE VITAMIN K, VITAMIN C, MANGANESE, FOLATE, DIETARY FIBER, POTASSIUM, PYRIDOXINE, TRYPTOPHAN, THIAMINE, IRON, PHOSPHORUS AND PHYTONUTRIENTS. PINK HIMALAYAN SALT gets its color from calcium, magnesium, potassium, copper and iron Thomas Jefferson
planted Brussels sprouls
in 1812, thereby introducing
them to the United States.

Garlic

A kitchen staple, this allium is native to Central Asian and northeastern Iran.



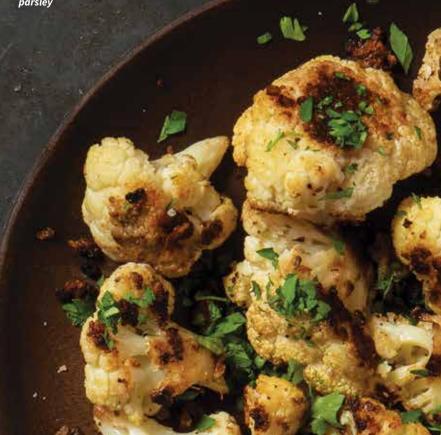
Garlic contains
manganese,
vitamin B6,
vitamin C,
Selenium, Fiber
as well as a
fair amount of
calcium, copper,
potassium,
phosphorus, iron
and vitamin B1

Roassed Cauliflower

With Anchovies, Garlic and Parmesan

- 1 head cauliflower
- 4 anchovy fillets, chopped
- 2 cloves garlic, minced
- ½ teaspoon freshly ground black pepper
- 2 tablespoons extra-virgin olive oil
- 2 tablespoons freshly grated Parmesan coarse salt
- 2 tablespoons chopped parsley

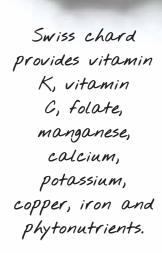
Preheat oven to 450 F. Separate cauliflower into small florets and place in mixing bowl. Combine anchovies, garlic, black pepper and olive oil in a small bowl and mash with a fork. Add mixture to cauliflower and toss to coat. Sprinkle with Parmesan and toss to coat. Spread on a sheet pan and roast until tender and lightly browned, about 25-30 minutes. If not sufficiently browned, run briefly under the broiler. Season to taste with salt. Transfer to a serving dish and garnish with chopped parsley. MAKES 4 SERVINGS.





Swiss

Swiss chard is related to the sugar beet and is sometimes called leaf beet, seakale beet, white beet and spinach beet.



POACHED CHICKEN BREASTS WITH SUMAC AND SWISS CHARD

- 1 bunch Swiss chard
- 2 cups chicken stock
- 4 boneless, skinless chicken breasts coarse salt and freshly ground black pepper
- teaspoon ground sumac

Bring a pot of salted water to a boil and preheat oven to 275 F. Cut chard leaves away from stems and roughly chop leaves. Wash under running water, then blanch in boiling water until tender. Drain in colander and use a long-handled spoon to press out water. Transfer chard to an oven-safe container and keep warm in oven.

Place chicken breasts and chicken stock in a large skillet, bring to a boil, then reduce heat and simmer, covered, for 5 minutes. Turn chicken breasts and continue poaching until cooked through, about 10 to 15 minutes, depending on thickness of chicken. Transfer chicken to an oven-safe dish and keep warm in oven. Increase heat under skillet and reduce poaching liquid until thick and syrupy.

Divide chard among 4 plates.
Place a chicken breast on each bed of chard and drizzle them with the thickened poaching liquid.
Season with salt and pepper and sprinkle with sumac. MAKES 4 SERVINGS.

NOTE

The use of "Swiss" is unclear, since the plant is native to the Mediterranean, not Switzerland. However, chard is used in a traditional Swiss dish called Capuns.



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TOP DOCTORS

204 DOCTORS IN 40 SPECIALTIES + TOUGHEST CASES

PEOPLE ARE NEVER MORE VULNERABLE than when visiting doctors. Whether it's for a routine checkup, treatment for a life-threatening illness or an auspicious occasion like the birth of a child, the patient will always feel at least some anxiety and uncertainty. There are often questions, concerns or even fears. A great doctor provides excellent medical care and advice, but also treats the patient as a human being. It's a mixture of scientific skills and social skills. Fortunately, Acadiana has many doctors who fit that profile.

The physicians profiled in our Top Doctors issue of *Acadiana Profile* this year work in a variety of medical fields — radiation oncology, OB/GYN and cardiology. But they share a common denominator of providing excellent medical care that treats the whole person. Drs. John Winterton, Ann Lafranca and Jason Shumadine have helped countless patients over their considerable careers. But with each profile, we hoped to highlight one or two cases that stood out to them as both particularly challenging and uniquely rewarding.

MY TOUGHEST CASE

Dr. John Winterton

Dr. John Winterton saves patients' lives and improves their quality of life in their battle against America's deadliest killer, heart disease

ABOUT THE LIST

Castle Connolly Medical Ltd. is a healthcare research and information company founded in 1991 by a former medical college board chairman and president to help guide consumers to America's top doctors and top hospitals. Castle Connolly's established nomination survey, research, screening and selection process, under the direction of an MD, involves many hundreds of thousands of physicians as well as academic medical centers, specialty hospitals and regional and community hospitals all across the nation. Castle Connolly's physician-led team of researchers follows a rigorous screening process to select top doctors on both the national and regional levels. Its online nominations process - located at www.castleconnolly.com/nominations - is open to all licensed physicians in America who are able to nominate physicians in any medical specialty and in any part of the country, as well as indicate whether the nominated physicians are, in their opinion, among the best in their region in their medical specialty or among the best in the nation in their medical specialty. Careful screening of doctors' educational and professional experience is essential before final selection is made among those physicians most highly regarded by their peers. The result - we identify the top doctors in America and provide you, the consumer, with detailed information about their education, training and special expertise in our paperback guides, national and regional magazine "Top Doctors" features and online directories.

Doctors do not and cannot pay to be selected and profiled as Castle Connolly Top Doctors

Physicians selected for inclusion in this magazine's "Top Doctors" feature may also appear as online at www.castleconnolly.com, or in in conjunction with other Castle Connolly Top Doctors databases online and/or in print

CASTLE CONNOLLY TOP DOCTORS **HEART DISEASE REMAINS the leading** cause of death for both American men and women, accounting for approximately one in every four deaths. At Lake Charles Memorial Hospital and West Calcasieu Cameron Hospital, Dr. John Winterton helps his patients fight this deadly foe.

Even though the 54-year-old Shreveport native has been a cardiologist for 22 years, the work is still meaningful and exciting for Dr. Winterton. A graduate of the University of Notre Dame and LSU School of Medicine, Dr. Winterton said the work allows him to care for critically ill patients, perform intricate surgeries, and study interesting physiology. He has always enjoyed solving complicated problems, and solving problems is a major part of his work.

The evolving science also keeps things fresh for Dr. Winterton. He said as recently as 40 years ago, patients with congestive heart failure would simply be given diuretics to try to get rid of fluids and hope for the best. Now, there are much more advanced drugs and procedures available to doctors and patients.

Dr. Winterton believes that forming a relationship with a patient is important not just for the sake of kindness (although that is important). He said it's vital because if you truly listen to a patient, then you will more often than not be able to make an accurate diagnosis of what's troubling them.

"Having a relationship with your patients is the essence of medicine," Dr. Winterton said.

While there have been many memorable patients in Dr. Winterton's career, one that sticks out for him was a long-time patient who was suffering from heart valve disease that turned into heart failure. The man was on the verge of death.

"He couldn't walk across the room without feeling like he was drowning," Dr. Winterton said.

But Dr. Winterton was able to perform the LVAD (left ventricular assist device) procedure for his patient. The surgery brought the man back from the brink and allowed him to return to his family with a dramatically improved quality of life. The man eventually succumbed to heart failure, but the procedure gave him several precious vears with his loved ones that he otherwise would not have had

At the end of the day, helping patients is what makes the long hours and extensive training required by the medical profession worthwhile for Dr. Winterton.

"It's more than a job; it's a vocation," Dr. Winterton said.

When he is not practicing medicine, Dr. Winterton enjoys spending time with his wife and 3 children, as well as participating in outdoor activities like hunting and fishing. He is also a devoted follower of his alma mater Notre Dame's football team

TIPS FROM DR. WINTERTON

Know your risk factors and limit or eliminate the ones you can. Family history, diabetes, high blood pressure, high cholesterol, obesity, and smoking are the biggest causes of heart disease.

While some people experience the stereotypical chest pain during a heart attack, this is not always the case. "People often have more vague symptoms like shortness of breath," said Ďr. Winterton. Other symptoms can include nausea or a general sustained feeling of fatigue during normal activity.

Whatever symptoms you may be experiencing, do not ignore it. Seek medical attention immediately. It's always better to be safe than sorry.





MY TOUGHEST CASE

Dr. Ann Lafranca

Even though she has delivered countless babies throughout her career, Dr. Ann Lafranca remains in awe of the miracle of birth

ALMOST ALL PARENTS will say the experience of welcoming a child into the world is the best day of their lives. But successful, healthy births need skilled and compassionate medical care. For 25 years, Dr. Ann Lafranca of the Woman's Hospital in Baton Rouge has been delivering babies and nurturing her patients as an OB/GYN

Even though she has delivered countless babies throughout her career, Dr. Lafranca said the experience is still as extraordinary to witness as it was when she was a medical student with the LSU School of Medicine.

"It is a special event that can humble anyone," Dr. Lafranca said. "Birth is the most profound miracle."

As a part of her work, Dr. Lafranca forms relationships with women starting in their teenage years and continuing through adulthood. She has even delivered the babies of six women she brought into the world earlier in her career. While there have been numerous rewarding and memorable patients over the years, one sticks out in her mind.

Dr. Lafranca's patient was having a very slow placental abruption. A placental abruption occurs when the placenta separates from the uterus (the placenta feeds the child). It is a medical emergency for both the child and the mother because so much blood is lost. Because the patient's abruption was happening slowly, the signs and symptoms were not as obvious as they normally are.

But Dr. Lafranca felt something was not right, so she ordered an ultrasound to be done and saw the abruption. She performed an emergency c-section procedure. The baby was on life support for two weeks. But after two weeks of intensive care interventions. as well as

more than a few prayers, the child woke up. Several years later, he remains a happy, healthy child and is now in grammar school.

While the majority of cases are not as dramatic as a placental abruption, Dr. Lafranca believes every woman in her office deserves her utmost care and respect. She said when they come in for appointments she views them as friends as much as she views them as patients. She has been invited by patients to special events like weddings and baptisms throughout her career.

These personal relationships have sustained Dr. Lafranca through 25 years of medicine. She said she feels no burnout because she enjoys dealing with her patients and their families so much.

"My goal is to provide a unique oneon-one setting with my patients," Dr. Lafranca said. "When I close that door, it's all about them."

When Dr. Lafranca is not caring for her patients, she is active in her church and her community. She also adores spending time with her husband Robert and her adult children, Christopher and Caroline.

TIPS FROM DR. LAFRANCA

Take care of yourself during your pregnancy. Eat right, exercise, sleep, and nourish your body.

Remember that you should still be able to do a lot of the things you normally do while pregnant (work, exercise).

While an increase in knowledge and educational resources for pregnant women is overall a good thing, it is important to remember that pregnant women are human and make mistakes. If you slip up a bit in your diet, don't beat yourself up over it.

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Dr. Jason Shumadine

Dr. Jason Shumadine has made a career of saving lives and extending the lives of cancer patients through the use of radiation

HEARING THE WORDS "you have cancer" is terrifying for anyone. While the dreaded disease still kills thousands yearly, doctors have become better than ever at treating it. One of the primary treatment options for many cancer patients is radiation, and that's what radiation oncologist Dr. Jason Shumadine specializes in at Our Lady of Lourdes Regional Medical Center in Lafayette.

The 40-year-old Shumadine has been practicing since 2009. He was attracted to the field because he wanted to do complex work that could tangibly help people with serious illnesses. The precise nature of the treatments also appealed to him. Doctors have to know how much radiation to give in how big of an area as well as be aware of the treatment's proximity to vital organs.

While Dr. Shumadine has been able to help many patients over the course of his career, a few stand out. The 18-year-old daughter of a fellow doctor had thyroid cancer. After an operation, it was determined that she had it in her lymph nodes. Her initial doctor also diagnosed her with cancer in her lungs. This doctor told her she should not take radioactive iodine, but when the girl's father spoke with Dr. Shumadine, he recommended she take it. Other doctors were consulted, and they also agreed with Dr. Shumadine.

The girl took the iodine. It served two purposes. It removed the remaining cancer spots in her neck and thyroid area and the radiation from the iodine also made it easier to scan the rest of her body for cancer. During a subsequent scan, they saw that the previous diagnosis was mistaken. The young woman did not have cancer in her lungs.

Another memorable patient was a man in his 70s Dr. Shumadine had treated for stage three prostate cancer. A few years after those treatments, the cancer returned in multiple places. After some unsuccessful chemo treatments. Dr. Shumadine gave the man palliative radiation. The treatments did not cure the cancer, but they significantly reduced the size of the tumors. The patient had been told after his chemo that he would only live for a few months. But with the palliative radiation, he was able to live almost another three years. In that time, the patient was able to attend his grandchildren's graduations and do a few other things he had always dreamed of doing.

Aside from his passion for medicine and his patients, Dr. Shumadine loves cars. He used to race them, but he stopped recently. Now, his time outside of his practice is occupied mostly by his wife and three children (ages 8, 6, and 5).

TIPS FROM DR. SHUMADINE

Remember that radiation technology has progressed in leaps and bounds in recent decades. While radiation used to blanket areas of the body, it is now much more targeted and precise, providing better results and fewer side effects.

Sometimes, doctors will ask patients to take radiation after the patient has already undergone potentially grueling chemo treatments. Some patients will not want the radiation after the chemo. But, as Dr. Shumadine says, "You can't run a race ¾ of the way then stop."

Don't be afraid to seek a second opinion. As the case of Dr. Shumadine's teenage patient illustrates, doctors are human. The first one you see may not be right.



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Offering the highest level of services in Acadiana

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Lafayette has long been the cultural hub of Acadiana and has secured its place as its medical hub as well. At Surgical Specialists of Lafayette, Dr. Henry J. Kaufman IV, Dr. Jason A. Breaux, and Dr. Jacob E Landry meet the need for expertly trained and qualified surgeons in Acadiana. They treat patients with a variety of complex medical conditions from all over the region. Together, these Lafayette-based surgeons provide quality and comprehensive cancer care as well as general surgery in a compassionate and professional environment.



Henry Kaufman IV, M.D.

Dr. Kaufman is Board Certified in general surgery and is fellowship trained in surgical oncology. He completed a six-year general surgery residency at the University of Tennessee College of Medicine, Chattanooga, followed by a two-year fellowship in surgical oncology at The Ohio State University Medical Center and James Cancer Hospital and Solove Research Institute in Columbus, Ohio. Dr. Kaufman practiced as an Assistant Professor of Surgery in the Division of Surgical Oncology at the James Cancer hospital prior to commencing practice in Lafayette. Dr. Kaufman specializes in the practice of general surgery and the surgical care of cancers of the skin, soft tissues, and abdominal, pelvic, and endocrine organs.



Jason Breaux, M.D.

Jason A. Breaux M.D completed General Surgery residency training in 2008 at the Ochsner clinic in New Orleans, also completing elective rotations at the MD Anderson Cancer Center in Houston. He is Board Certified in general surgery. In addition to breast surgery and multidisciplinary care of breast cancer, Dr. Breaux's expertise in surgical oncology includes surgery for gastrointestinal, colorectal, hepatobiliary, endocrine, and skin cancers.



Jacob E. Landry, M.D.

Jacob E. Landry, M.D. completed his General Surgery residency at the University of Oklahoma Health Sciences Center in Tulsa, OK. Dr. Landry specializes in the practice of general surgery, laparoscopic surgery, and oncologic surgery with special interests in breast surgery, head and neck endocrine surgery, and melanoma. He is Board Certified in General Surgery.

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Physician-Developed Pain Cream Helps Eliminate Pain Medication

For those who suffer from joint and muscle pain, taking medication for pain is often seen as the only choice for relief, but now there is a new all-natural option that is helping thousands eliminate their pain-and their medications. It's called AcuPlus and was developed by a doctor in Louisiana. Dr. Craig Morton, physical medicine and rehabilitation specialist based in Lake Charles, Louisiana, with Center for Orthopaedics, initially developed the formula to help his patients. "After years of treating patients for joint and muscle pain related to disabilities, chronic conditions, and sports injuries, I saw a need for an alternative to what I was able to offer for pain relief," he says. "I was treating patients with medications or injections, and while these options provided a great solution for some patients, medications can frequently have unwanted side effects, especially with long-term use. Relief from pain relief gels or creams often required a combination of different products, and the results were typically short-term."

He decided to take matters into his own hands -literallyby developing a safe, all-natural product for pain relief which became AcuPlus, an intense cooling and soothing therapy for joint and muscle pain. "We spent years researching natural ingredients that are clinically-proven to reduce pain and inflammation," says Dr. Morton. We worked with chemists and an FDA/EPA-certified lab and were able to develop the right combination to deliver the benefits we wanted, all in one product." The advanced formula of AcuPlus includes several natural pain-relieving ingredients, including menthol, arnica, MSM (an organic form of Sulfur), glucosamine, magnesium, Boswellia serrata, vitamin B6, aloe, vitamin E, ilex extract, licorice root and willow bark extract. AcuPlus comes in a cream form that is applied directly to the skin to promote healing and recovery. Dr. Morton says his patients typically use it to reduce pain and inflammation caused by arthritis, injury, back pain, neck pain, tendonitis, muscle pain, fibromyalgia and more. "The response has been incredible, starting locally with our own patients, and then nationally once we made the product available online," Dr. Morton says. Patients report pain relief lasting several hours, and because it's all natural, AcuPlus can be applied three to four times a day.



"After years of treating patients for joint and muscle pain related to disabilities, chronic conditions, and sports injuries, I saw a need for an alternative to what I was able to offer for pain relief."

Dr. Morton.



AcuPlus is registered with the Food and Drug Administration and is available for purchase online at

www.acuplus.com & Amazon.com

Check the AcuPlus website to find local provider locations in Louisiana.



Dr. Julie Foreman GLAUCOMA SPECIALIST

1211 Coolidge Blvd, Suite 401 Lafayette, La 70503 Phone: 337-541-1709 Fax: 337-534-4992

One of Louisiana's few fellowship-trained glaucoma specialists, Dr. Julie Foreman is a board certified ophthalmologist who specializes in glaucoma, cataracts, and MIGS (minimally invasive glaucoma surgery). After receiving her medical degree from LSU School of Medicine, Dr. Foreman completed a residency at the Hamilton Eye Institute at UT Memphis. She received fellowship training at Tulane University under leading glaucoma expert, Dr. Ramesh Ayyala. Her practice offers a full range of surgical and nonsurgical ophthalmic procedures and general eye care.





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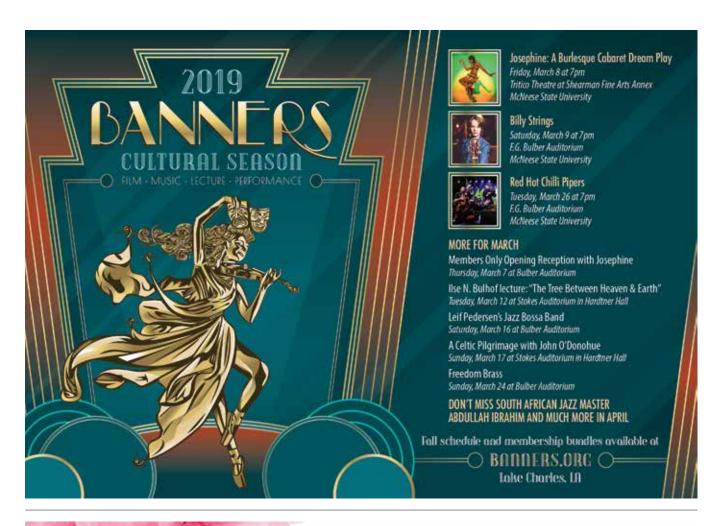
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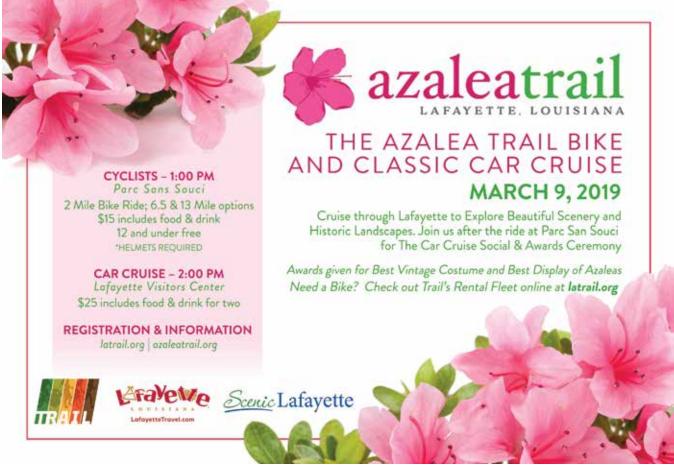
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COMING IN THE NEXT ISSUE TOP LAWYERS -In Acadiana In the April/May issue of Acadiana Profile, we will publish the 6th annual list of Top Lawyers in Acadiana. FOR MORE INFORMATION Contact Rebecca Taylor 337-298-4424 rebecca@acadianprofile.com VISIT OUR WEBSITE AcadianaProfile.com



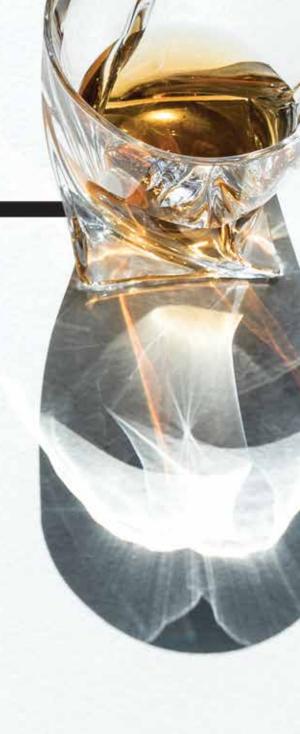




culture



THE FAMOUS
GROUSE IS A
SOMEWHAT
OBSCURE SCOTCH
ALWAYS KEPT ON
HAND AT THE
GROUSE ROOM.





Paint the Town

Eunice artist Hannah Gumbo's downtown mural building incorporates Acadiana cultural symbols in a new and positive light

BY WILL KALEC PORTRAIT BY ROMERO & ROMERO

THE CURIOUS AND CRITICAL BUNCH ACROSS the street at Ruby's Cafe watched the girl in the scissor lift painting the exterior wall with skepticism. But as days turned to weeks and weeks to a full month, "What's she doing?" gave way to "What's it going to be?" to finally "What can we get you, Miss Hannah?" Technically, Eunice artist Hannah Gumbo revealed her massive 75-foot by 21-foot downtown mural on the corner of Walnut and Second in a mid-December ceremony — a rather anticlimactic ordeal considering the eyes (and helping hands) of the townspeople were fixated upon the ambitious undertaking from start to finish, as the ULL grad slowly won their favor with each roll of paint.

"Someone brought me a headlamp to wear when it turned dark," Gumbo says. "People kept offering me coffee. Those gestures were all stamps of approval. There was some pressure, but there was also so much support. Yes, there were some 'Well, I don't knows' but as they saw it take shape, they became almost insiders, telling their friends what certain things in the mural were going to be.

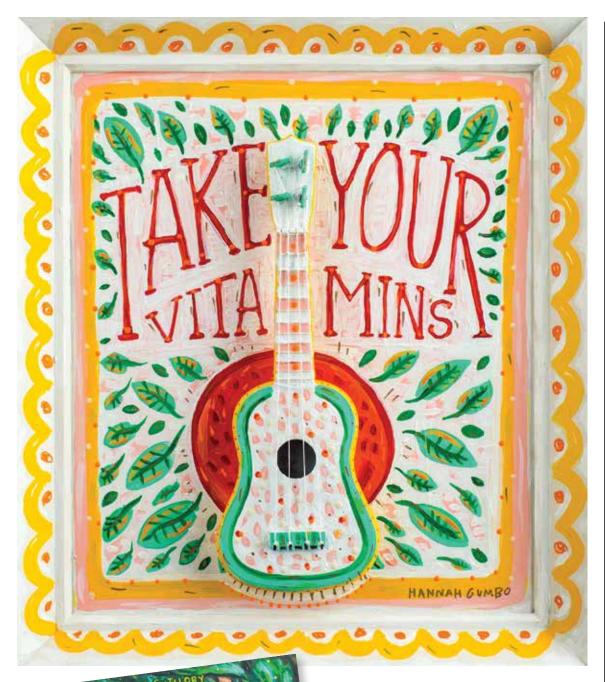
"Just seeing them get excited about each passing level: 'OK, what color is she putting on today?' 'What is that shape supposed to be?' It was a cool and different way to connect to the community."

No stranger to the local art scene, Gumbo's mural was really a yearlong process even though it took roughly one month to complete. Gumbo applied for, and received funding from, an ArtSpark grant — a joint venture between the Acadiana Center for the Arts and the Lafayette Economic Development Authority.

To give those in Eunice a sense of ownership and input into the mural, Gumbo visited local schools and informally polled kids for ideas.

"They love their culture, but they told me, 'We're tired of seeing crawfish. We're tired of seeing these same old images. Miss Hannah, please stay away from all that." Gumbo recalls. "I wanted to acknowledge that. I got it. I wanted to do something fresh. But I also wanted to show them all those images they're







tired of seeing, in a way they've never seen before."

To further establish that desire, Gumbo shares an anecdote:

One day, a passerby stopped and asked, "What is it?"

Gumbo, caught a little off guard by the ambiguity of the question, replied, "Well, what do you see?"

The man took some time, analyzing the not-yet-finished mural. He ID'd some shapes, pointing to one that looked like a gumbo pot. But, then, he said, it couldn't be that. When the artist asked why, the man replied, "Because it's blue, and I've never seen a blue gumbo pot."

The aptly-named Gumbo smiled and replied, "Well, now you have!" ■

ADD IT UP

MURAL BY THE NUMBERS

Hannah Gumbo's Eunice mural was a massive artist project, filled with various logistical hurdles to scale. Here's a brief breakdown of the endeavor:

1,575
The total square-

squarefootage of the mural

The number of gallons of paint used

The number of gallons of primer used

60Approximate number of cups of coffee consumed

The number of bottles of Kombucha Tea consumed

⇒ FOR MORE INFO / HANNAHGUMBO.COM



received a full glass with a big ice cube. Matt, 13 years John's junior, got about a half-glass. Grandkids of age got a shot. Those who weren't quite 21 got a "nib."

"That's the hierarchy, right?" Chiasson says with a chuckle.

What makes the toast, and the bar it inspired, so unique is the namesake spirit hoisted into the air. The Famous Grouse isn't necessarily a high-end blended Scotch, nor is it necessarily popular or readily available in South Louisiana. Produced and distributed by the Scotland-based Edrington Group, it's an affordable bottle with a smooth finish and definitely does the trick, but it won't be found on most top shelfs.

Yet, for whatever reason, it was Willard's drink of choice, perhaps perfectly suited for the modest taste of a retired directional driller. When Chiasson opened The Grouse Room four years ago, the alcohol sales rep was so delighted with the initial purchase of 20 cases of The Famous Grouse that he got The Edrington Group to gift 26 whiskey barrels to help decorate the bar.

To further emphasize the importance of family, many of The Grouse Room walls feature the photography of John Chiasson — Matt's oldest brother and he of the full glass of Grouse — who was a highly-accomplished photographer. Presidents, athletes, actors and musicians all stood in front of his lens, as John racked up dozens of magazine covers for publications such as Time, ESPN The Magazine, and Newsweek.

John died in 2013 at the age of 60.

"He had a way about him," Chiasson recalls. "Heck, he got Shaquille O'Neal to miss basketball practice with the Orlando Magic because their 30-minute shoot went way over time. It's that South Louisiana charm that allowed the subjects he was shooting to relax and be themselves. That's how he got those real pictures."

Matt speaks through a smile when comparing himself and John. The two were polar opposites. John was "wavy gravy," a free spirit who joined the Peace Corps after college, teaching English to grade school kids in Burkina Faso. Matt was and still is rice and gravy, a Cajun capitalist to the core with an unquenchable thirst to find oil. Despite their differences, they shared the same last name and bonded in later years over business. In a way, Matt leant his entrepreneurial know-how to John (almost like an unpaid consultant), helping out with licensing contracts, invoice strategies and negotiating terms with magazines.

"When I tell the story of what this place means — and why it's named what it's named and why John's photography hangs here — some people cry, because it's just that personal," Chiasson says. "Sometimes they'll apologize for taking my time, and I assure them that I'll talk about the toast, and my mom and dad, and John for hours. It's no bother.

"That's what this place is all about, and that's why it will never close." ■



MENU

HOUSE OF GROUSE

If you haven't tasted (or heck, even heard of) Grouse Scotch, don't feel bad. You're not alone. But for those curious enough to try it when in The Grouse Room, here's a brief tutorial of all the different types of Grouse Scotch The Grouse Room has had over the years. Note: Some of these selections aren't always available due to accessibility.



THE FAMOUS GROUSE

The staple brand of blended Scotch Whiskey at The Grouse Room, The Famous Grouse is full, golden and clear with a well-balanced oak aroma accented by a hint of citrus. It goes down smooth with a medium dry finish.



THE SNOW GROUSE

This is a winter Scotch designed to be served after being chilled in a freezer for days. It's the lightest of the Scotches in appearance and smells like vanilla and honey. The finish is sweet and lingering.



THE BLACK GROUSE

This is a richer, smokier version of Scotch. The appearance is dark burnished gold, but still clear. If you hold the glass or bottle up, you'll smell toasted orange peel and once you sip, your senses are engaged with a lingering, smoke-filled finish.



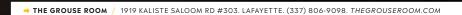
40-YEAR-AGED GROUSE

Seems cruel to list this selection since Matt's only had one of these rare and pricey bottles in stock since the place opened, but we're listing it anyway. It's basically liquid velvet on your tongue. Although, that feeling comes at a hefty price, so savor it.



THE NAKED GROUSE

In homage to the name, this Scotch doesn't have a label. The Naked Grouse gets its unique flavor from first-fill sherry casks instead of the typical bourbon casks.



Les médias sociaux à la rescousse

Le français louisianais à l'ère numérique

PAR DAVID CHERAMIE

POUR UNE LANGUE STRICTEMENT ORALE qui date du XVIIIe siècle comme on l'entend dire de la part des « experts » auto-proclamés, le français louisianais a une présence drôlement robuste sur internet. Tandis que certains se lamentent de sa disparition et se comblent d'une nostalgie mélancolique, d'autres se lancent dans cette langue vers l'avenir véhiculés par YouTube, les blogues et d'autres balados, Twitter et pages Facebook associés. Si l'on part à la recherche de la présence du français dans la vie quotidienne,

il est vrai qu'on pourra rentrer bredouille si on ne connaît pas les bonnes adresses. Pourtant on peut les trouver. Avec quelques clics de la petite souris, tout un monde en français louisianais se manifeste sur l'écran d'ordinateur. Avec quelques coups de pouce sur un iPhone, on accède à un pays virtuel où le français louisianais est la langue officielle.

S'il est parfois difficile de se réunir sur la place publique en français, les médias sociaux fournissent des lieux où les activités et les échanges entre les Francophones de tous les niveaux peuvent circuler librement. Un site sur Facebook en particulier, la Table Française Virtuelle, s'est établi comme une source incontournable pour des gens qui veulent comparer les expressions, annoncer des événements francophones ou simplement demander comment dire le nom de telle ou telle plante. Les conversations ne sont pas bien différentes de celles que les gens avaient autour d'une tasse de café à la table de cuisine sauf que cette fois-ci, les participants sont en Louisiane, en France, en Nouvelle-Angleterre et ailleurs. Et, chose intéressante, les membres se rassemblent dans la vraie vie de temps en temps.

« Prairie des Femmes » est un autre espace à la fois réel et virtuel où une nouvelle génération de franco-louisianais développe une voix authentique. Sa créatrice, Ashlee Michot, a récemment lancé un projet, « Ô Malheureuse », où elle a jeté une sorte de bouteille à la mer, appelant des Louisianaises à soumettre des textes en prose ou en poésie. La réponse extraordinaire a révélé des voix créatives épatantes.

« Charrer-Veiller » est un balado qu'on peut trouver sur YouTube. C'est l'idée de deux jeunes Franco-louisianais, Joe Pons et Chase Cormier. Leur but est de bavarder, charrer en français louisianais, avec d'autres activistes à propos de sujets divers. Nommé en hommage au dernier journal français « l'Abeille », « le Bourdon de la Louisiane » est une gazette en ligne sous la direction de Bennett Boyd Anderson III. « Télé-Louisiane » est probablement le projet le plus ambitieux. C'est le produit de plusieurs collaborateurs dont les principaux sont Will McGrew, Brian Clary et Marshall Woodworth. Ils travaillent actuellement sur des émissions pour enfants, en plus des courts métrages qu'on peut déjà visionner. On notera l'aspect collaboratif de toutes ces initiatives francophones.

Sur le terrain, la communauté francophone est fracturée et disparate. Sur internet, elle constitue un groupement d'individus passionnés par et pour le français louisianais. La beauté de l'affaire, c'est que les jeunes gens choisissent de vivre leur vie en français dans le quotidien et dans le virtuel au XXIe siècle.

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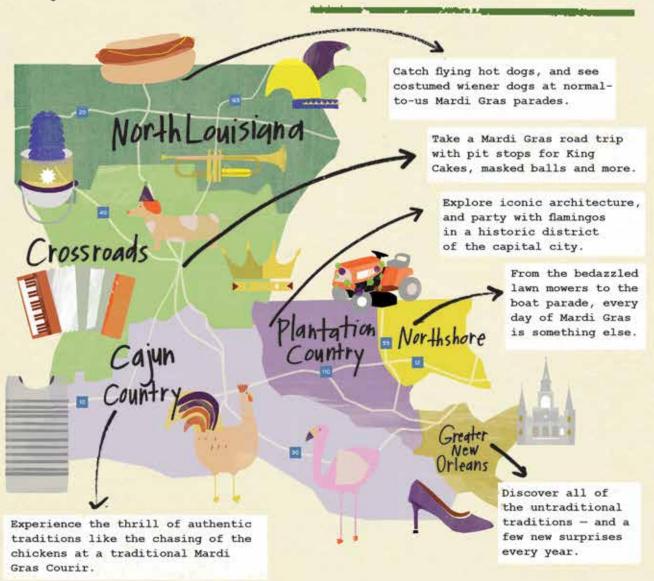




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