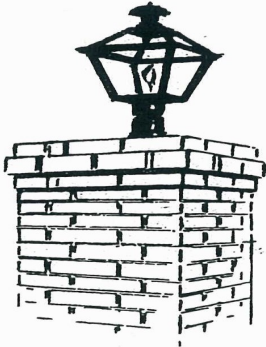


August 2020

taracivicasociation.org



TARA CIVIC ASSOCIATION

TARA TALK

BOARD OF DIRECTORS

President-Carmen Dugas
Vice President-Carolyn Landry
Treasurer-Robert Say
Secretary-Cathy St. Romain

BOARD MEMBERS

Frank Fertitta
Suzanne Fiske
Brenda Giacone
Patrick Talamo
Wayne Martin
Gary Patureau
Meg Songy
Jim Bob Ourso
Richela Roy
Michelle Schroeder

SIGN UPDATE



It may look like work is at a standstill, but it is not. The next step is having some electrical and plumbing work completed. Then it will be time for lighting and landscaping. We will be complete soon and the entrances will be even more beautiful than before.

You MUST get Approval

Do not put yourself at risk of having to remove work (solar panels, RV port, carport, shed, etc.) that you just had installed at your own expense because you did not get approval first.

Any improvements or renovation work to your house that affects the exterior size, shape or aesthetics must be submitted to the Tara Civic Association and the Architectural Control Committee for review and approval prior to the commencement of any work. You should download and become familiar as possible with the set of deeds and restrictions for your filing before developing your plans. This will aid greatly in the approval process and allow you to work on your home improvement projects as quickly and painlessly as possible.

Some may feel that this is my property and I can do what I want. Well, that is just not the case. Tara is not zoned rural. These rules are in place for the betterment of Tara.

.Follow the process. Be in compliance.

Board Members

Since the General Membership Meeting had to be cancelled due to Covid 19 and we were unable to meet our current board members in person; here is a little information about some of them

Carmen Dugas is the President of the TCA. Carmen moved to the neighborhood in 2008 from Moss Bluff, LA. She has been a member of the TCA board for several years and is a member of Our Lady of Mercy Catholic Church. Carmen is a full time paralegal and is employed by Calvin C. Fayard, Jr., APC. Her son, Michael, lives in Houston with his family and she is the proud grandmom to Scarlett, Mikey, and Gage. She is an avid LSU fan, enjoys traveling when possible and loves the outdoors

Carolyn Landry is the Vice-President of the TCA. Carolyn was born and raised living here in this beautiful neighborhood of Tara. Her and her husband Richard of 29 years recently purchased her parents home in 2018 and are in the process of completely renovating it. Carolyn is especially excited that her oldest son, Alex and his wife Melissa are living right next door and doing the same thing! Their youngest daughter, Elizabeth, is currently a senior in Kinesiology at Louisiana State University. Carolyn enjoys working as the Executive Secretary to the Louisiana Board of Ethics. She also enjoys volunteering in her church parish at Our Lady of Mercy and serving on the Board for the Blessed Margaret Castello Religious Education for all Children in the Baton Rouge Catholic Diocese which serves children with special needs in several Catholic Schools. Throughout the years, Carolyn has served on several boards and programs including Tara Swim and Racquet Club where she was President for five years overseeing several major improvements to our lovely neighborhood pool and tennis courts.

Robert Say has been active on the Tara Civic Association Board for many years and has been serving as the Treasurer for the past 10 years. He and his wife Nora bought their first home in Tara in 1967. They moved to a somewhat larger home in Tara in 1972. They liked the neighborhood so much that when they wanted more space in 1980, they built a new house here in Tara. Robert and Nora have 3 children and 9

grandchildren.

Cathy St. Romain is the TCA secretary. She has 1 daughter and 2 bonus children and is recently widowed after being married for 28 years. A longtime resident of Tara, she works for the Louisiana Department of Education. Cathy enjoys all types of fabric art, gardening and reading

The newest board member, **Patrick Talamo** is married to Robin and father of three all of which attend Our Lady Of Mercy, Luke, Reagan, and Brennan. He works full time as a financial advisor at Gulf Coast Wealth Management, a division of Gulf Coast Bank. He is a 7 year old's coaches pitch baseball coach and takes every opportunity to be involved with his children. He moved into Tara in November and absolutely loves the neighborhood.

Suzanne Fiske and her husband Tom have enjoyed living in Tara since 1970 and have watched the subdivision develop. This is the only home they have ever owned! She has served on the Tara Club Board as well as the Tara Civic Association. Suzanne has two grown children living close by and two lovely grandchildren both in college. She and Tom have been active in volunteering with both the Tara Club, Tara Civic Association and OLOM Church

Each of you should use whatever gift you have received to serve others, as faithful stewards of God's grace in its various forms. 1 Peter 4:10

Wayne Martin and spouse Pamela have been residents of Tara since 1991. Native of Baton Rouge, graduate of Catholic High and LSU, CPA and retired Chemical Company Controller. Member and supporter Of Our Lady of Mercy Parish. Two daughters and five grandchildren that also currently live in Baton Rouge. Active in volunteer roles as a member of St. Jude Children's Hospital Baton Rouge Walk Steering Committee and Tara Civic Association Board. Avid fan of LSU, my grandkids, and outdoors

Upon graduating from Loyola Dental School in New Orleans **Jim Bob Ourso** and his wife, Martha, were excited to move back home to Baton Rouge. After much searching and consideration, we chose to build a home and raise our family in Tara. We were one of the first families to build in Tara IV and our three children had a wonderful childhood making friends and roaming in a safe neighborhood. Tara is so centrally located and was one mile from my dental office. Our children attended school and we all worshiped at Our Lady of Mercy. Jim Bob has been on the Tara Civic Association Board and has planted and maintained the flowerbeds at both ends of Tara Blvd. for many years. He and his wife feel that

Board Members Continued

Frank Fertitta and his wife Brenda have been married for 50 years as of May 2020. We have three grown children and four grandchildren, all of whom live out of state. We have resided in our home in Tara for over thirty-eight years. I am an attorney who has practiced law in the Baton Rouge area for over fifty years, and I am currently a member of the Seale-Smith firm. I have served as a mediator with MAPS and as an adjunct assistant professor at the LSU Law Center for about twenty years. We are active members of First Methodist Church.

Richela Roy has been married to her husband Rhett for 29 years and has lived in Tara for 18 of those years. She has three children and one granddaughter. Her youngest child is a senior at U-High. She is the bookkeeper at her parents' company and volunteers on the State and National level of the Plumbing, Heating, Cooling Contractors Association. She also runs a support

“Volunteers are not paid – not because they are worthless, but because they are priceless”

group for parents with children who have Opitz Trigonoccephaly Syndrome; a very rare genetic syndrome her middle son has. Richela served on the Tara Club board for 5 years before moving over to the TCA board

Meg Songy and her husband have lived in Tara for 2 years. They have loved getting to know the neighborhood and learning its history. Meg loves to play tennis and can often be seen walking laps around the neighborhood with her energetic little brown dog. They are parishioners of OLOM and she volunteers as an Alumni Advisor to Delta Delta Delta Sorority at

LSU.

Michelle Schroeder has been a Tara resident since 1997. She resides with her husband and 2 children. She currently President of the Tara Club and represents the Tara Swim Club on the civic association board.

Quarantine 15

Has the pandemic led to weight gain? For a lot of people the answer is yes. All this stress can affect weight. It is known that obesity's causes are multifactorial, and that stress is involved. There are also organic body changes, but we turn to food to cope with stress. There are metabolic changes associated with the “fight-or-flight syndrome”. “When you are stressed, your body will sense it, and it will not give up any calories when it thinks it needs for energy for running away or combat.

One reason to keep your weight from getting too far out of control is that obesity is associated with serious complications in people with COVID-19. Also, people with severe obesity are more likely to have other chronic diseases and health conditions that can increase the severity of COVID-19, if they become infected.

Get back on track by building new routines with your diet, exercise, sleep, and stress management. That means getting up in the morning, taking a shower, getting breakfast, and having a plan for the day. Purpose gives direction, and it helps when it comes to weight

Create a daily routine: Set a daily wake-up time and bedtime. Plan your meals ahead if you can. Dress up—if you wear sweatpants or other loose-fitting clothes every day, it's easier to ignore weight gain.

Renew your interest in food and cooking. If you are home more than usual, you might have time to learn more about cooking healthy foods. When you are eating foods you like, you can learn to get a taste of fullness from taste as opposed to only the quantity of food. Be sure to include whole grains, fruits, vegetables and lean meats.

Think about how you are eating. Control your portions. Drink a big glass of water before eating. Eat proteins first. Shop carefully.

Schedule regular exercise. If social distancing keeps you from your usual gym session or exercise classes, try other forms of activity, such as hiking or an online workout class. Exercise is not the main factor for weight loss, but it plays a role in keeping weight off once you lose it.

Get a good night's sleep. This means seven or more hours a night, depending on what your body requires. There is a lot of evidence that people who do not get enough sleep are more likely to be overweight.

Decide how to manage stress. People of faith who get support from others in their religious community face a struggle right now, as congregating in large groups raises risk of infection. But you can set a regular time for prayer at home and take long walks. Meditation, yoga, and a mindfulness practice can help. Alcohol can seem like a way to calm stress, but it is not helpful for weight loss, it contains calories, the nutritional value is very low, and it can disturb your sleep.

Geaux Vote



Voting is one of our most sacred rights as Americans.

- vote because it is your right;
 - vote to ensure your voice is heard;
 - vote to make a better state for yourself and your family; and
- voting is one of the most powerful rights that a citizen has, and voter participation is crucial for an effective, truly representative government

Do you or someone you know need to register to vote? Need to update your voter registration to reflect your new address? Have questions about getting registered? Unsure if you can vote?

To register to vote you must:

- be a U.S. citizen;
- be 17 years old (16 years old if registering in person at the [Registrar of Voters Office](#) or at the Louisiana Office of Motor Vehicles), but must be 18 years old to vote, not be under an order of imprisonment for conviction of a felony or, if under such an order not have been incarcerated pursuant to the order within the last five years and not be under an order of imprisonment related to a felony conviction for election fraud or any other election offense pursuant to [La. R.S. 18:1461.2](#);- not be under a judgment of full interdiction for mental incompetence or partial interdiction with suspension of voting rights;
- reside in the state and parish in which you seek to register; and must be registered at least 20 days prior to an election if registering through our [GeauxVote Online Registration System](#) @ [geauxvote.com](#) with a Louisiana driver's license or Louisiana special ID card or 30 days prior to an election if registering in person or by mail to be eligible to vote in that particular election. If mailing in an application, the application or envelope must be postmarked 30 days prior to the first election in which you seek to vote. All voter registration information and applications of persons who are 16 or 17 years of age are confidential. For all other registered voters, the following information is confidential:

Register Online: Registering to vote or changing your registration is easy using the [GeauxVote Online Registration System](#).

Register in Person: Apply in person to register to vote at any [Registrar of Voters Office](#). Or any of the following locations: Louisiana Office of Motor Vehicles; Louisiana Department of Children and Family Services; WIC offices; food stamp offices; Medicaid offices; offices serving persons with disabilities such as the Deaf Action Centers and Independent Living Offices; or Armed Forces recruitment offices. If registering in person at a parish [Registrar of Voters Office](#), you are required to prove age, residency and identity. You must submit your current Louisiana driver's license, if you have one, or your birth certificate or other documentation which reasonably and sufficiently establishes your identity, age and residency.

Register by Mail: Apply by mail by downloading the [Louisiana Voter Registration Application](#), completing it and mailing it to your local [Registrar of Voters Office](#). Please note that the list of offices for registrars of voters is also included on the form. You may also register by using a [National Mail Voter Registration Form](#).

Save the Date: November 3, 2020 and GEAUX VOTE!



2020 Census

The U.S. Constitution mandates that the country count its population once every 10 years. The results are used to adjust or redraw electoral districts, based on where populations have increased or decreased.

The 2020 Census will provide a snapshot of our nation—who we are, where we live, and so much more.

The results of this once-a-decade count determine the number of seats each state has in the House of Representatives. They are also used to draw congressional and state legislative districts.

Over the next decade, lawmakers, business owners, and many others will use 2020 Census data to make critical decisions. The results will show where communities need new schools, new clinics, new roads, and more services for families, older adults, and children.

The results will also inform how hundreds of billions of dollars in federal funding are allocated to more than 100 programs, including Medicaid, Head Start, block grants for community mental health services, and the Supplemental Nutrition Assistance Program, also known as SNAP.

State legislatures or independent bipartisan commissions are responsible for redrawing congressional districts. The U.S.

Census Bureau provides states with population counts for this purpose.

The results of the 2020 Census will inform decisions about allocating hundreds of billions of dollars in federal funding to communities across the country—for hospitals, fire departments, school lunch programs, and other critical programs and services.

The 2020 Census will be valuable to businesses, as the results will provide a rich set of data on the communities they serve, including population trends and growth projections. Business owners rely on census results to make decisions, such as where to open new stores, restaurants, factories, or offices, where to expand operations, where to recruit employees, and which products and services to offer.

If you haven't submitted your information already, it is not too late. You can respond online, by phone or mail. Go to <https://2020census.gov/en.html>



3 Minutes

You may only have about 3 minutes to escape. The reason? Newer homes, and almost everything inside them, burn quicker than ever before. Many modern houses have a popular “open concept” design. Unfortunately, open concept and high ceilings allow fire and deadly smoke to grow and move much faster than traditional homes, which were designed with many more doors and separations. In fact, doors are a great way to slow the spread of fire and smoke, and many fire departments strongly encourage everyone to always sleep with their bedroom doors closed. But it is not just the design of your home that gives you less time to escape a fire these days. It is your home itself. Houses used to be built with thick, solid lumber that was held together with steel hardware. Most builders now use light-weight construction materials to construct houses and apartment complexes. During a fire, these smaller lumber and press-board materials burn faster and can quickly collapse. Another concern about modern homes is their furnishings. In the past, most furniture was made from natural materials that burned much more slowly, such as wool, cotton, and solid wood. These days, your carpet, pillows, mattress, curtains, and even your tables and chairs are probably made from synthetic (man-made) materials. Plastics have also become a big part of daily life and are now found in almost every corner of the home, from toy boxes to storage bins. While these furnishings and household items are safe under normal conditions, they are fire hazards. Like gasoline, man-made furnishings catch fire easily and burn quickly. And when these synthetic materials burn, they release toxic gases. This means that a house fire can quickly disorient and suffocate you, while also scorching your lungs and melting clothes to your skin. If your smoke alarms are not working at home, would your family have enough time to escape and survive a fire? The bottom line is that fire moves FAST. You and your loved ones have far less time to escape a house fire than you used to. In just 3 minutes, you could lose your life. So, when you think of fire safety, remember the number 3! 1. It takes just 3 minutes to push the test button on your smoke alarms every month. 2. It takes just 3 minutes to change the batteries every year. 3. It takes just 3 minutes to confirm your alarms have not passed their 10-year expiration date. Working smoke alarms save lives!

TARA CIVIC ASSOCIATION
1554 TARA BLVD.
BATON ROUGE LA 70806

Egg Roll Bowl

INGREDIENTS

DELISH.COM

- 1 tbsp. vegetable oil
- 1 clove garlic, minced
- 1 tbsp. minced fresh ginger
- 1 lb. ground pork
- 1 tbsp. sesame oil
- 1/2 onion, thinly sliced
- 1 c. shredded carrot
- 1/4 green cabbage, thinly sliced (or buy bag or coleslaw mix)
- 1/4 c. soy sauce
- 1 tbsp. Sriracha
- 1 green onion, thinly sliced
- 1 tbsp .sesame seeds

DIRECTIONS

In a large skillet over medium heat, heat vegetable oil. Add garlic and ginger and cook until fragrant, 1 to 2 minutes. Add pork and cook until no pink remains.

Push pork to the side and add sesame oil. Add onion, carrot, and cabbage. Stir to combine with meat and add soy sauce and Sriracha. Cook until cabbage is tender, 5 to 8 minutes.

Transfer mixture to serving dish and garnish with green onions and seeds.

Reminders

TARA SUBDIVISION IS A DEED RESTRICTED SUBDIVISION.

There is a form available for use by residents who are planning to make **revisions, modifications or additions** to their property. If you are planning such a project, you **MUST submit** a completed copy of the property owner's **application** for building or remodeling available at <http://www.taracivicassociation.org/before-you-build>. Fill out and mail to the Architectural Control Committee (address on form). The committee will review the plans and will notify you of their approval or disapproval within thirty (30) days.

SECURITY ISSUES

Emergencies call 911

Non-Emergencies call

City Police 389-2000

See Something

Say Something

If you see suspicious activity, report it. Use your cell phone to snap a picture.

If you are going out of town, fill out the form on the website so our officers can keep an eye out.

TARA PRIVATE PATROL UNITS

Chevy Tahoe #430

Chevy Impala #1230

Chevy Impala #1315

Chevy Impala #1404