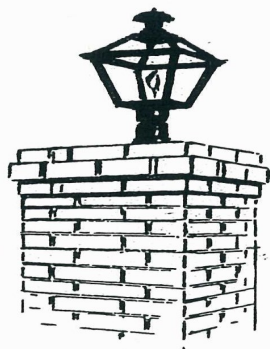


August 2021

taracivicassociation.org



TARA CIVIC ASSOCIATION

TARA TALK

BOARD OF DIRECTORS

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PART (NERSHIP) OF THE NEIGHBORHOOD

Tara High School (THS) Community Partnership

Tara Civic Association (TCA) is partnering with Tara High School to build a better community. Many do not think about Tara High School being part of the neighborhood, but it is. Anything that benefits the school, benefits the residents. These are the recent activities that have occurred and some information on upcoming events:

**WE ARE A
COMMUNITY**

Tara High School Orientation – July 28th

Suzanne Fiske, Cathy St. Romain, Carol Paine, and Kathy Rayburn assisted with handing out school uniforms and collecting school fees. As Kathy Rayburn said, "Time just flew".

Tara High School Pop-Up Shop and Car Show – July 31st

Many thanks to Billy Yelverton for being a "tough but fair judge" according to Ms. Thomas, lead Coordinator for the Car Show. His expertise was greatly appreciated. Several residents stopped by to view vintage cars, enjoyed the food trucks' food, and got a chance to speak with John Hayman, principal, about additional collaborative efforts.

School Supplies Drive

While several additional people dropped off supplies at the high school, the TCA was informed of the generosity of Becky Chapman, Sherie LeBlanc and Sara Shelburne. Mr. Hayman mentioned that several other Tara residents dropped off boxes of school supplies. Also thanks to Chuck and Norma Cobb and Cheri Gioe for monetary donations. Each pencil is important. He is so grateful for the support.

Cathy St. Romain had the pleasure of being a judge for the Back to School Classroom Welcoming Contest. Usually, it is elementary grades who have classrooms decorated and inviting for students. The teachers at Tara High School went all out and decorated their rooms to capture the essence of their content, classroom expectations, goals and to spark interest in the teacher's personality. It was a fun experience seeing the creativity of Tara Teachers.

Upcoming Tara High School Events

Sports Gala – August 28th

Tara High School's Athletic Program presents their Inaugural Kick-Off Sports Gala, August 28th at 7:00 pm. Please see included flyer. For more information, contact Barry Jackson, Athletics Director at bjackson57@ebschools.org. Come support the Trojans!

Tara Community Garage Sale: October 2nd

The annual Tara Garage Sale will be held October 2, 2021. This year the Garage Sale will be throughout the neighborhood as well as including Tara High School on the map. Any Tara resident that does not participate in the Tara Community Garage Sale is urged to still donate items to THS. Cathy St. Romain is very willing to pick up your items and deliver them to THS. The school now has a place to hold items. Contact Cathy with questions at cathystromain@yahoo.com



Tara High School

Athletics Program Presents

Inaugural Kick-Off

Sports Gala

Support Our Athletes

August 28, 2021

7:00 PM



Admission Ticket: \$15

Table Sponsor

\$150

GOLD DONOR :

\$75

CARDINAL DONOR :

\$50

WHITE DONOR :

\$25

For more information
contact:

Barry Jackson, Athletic Director
at

bjackson57@ebersschools.org

School Website: www.taratrojans.org

It is an honor to have you.

Trojan Family Booster Club

CARWASH



- hand dry
- vacuum interior
- dashboard cleaning
- glass cleaning
- tire cleaning
- floor mats
- air freshener

starting
from

Cars \$10

Trucks \$15

Suv \$20

Call: Ms. Whitney
225-330-1648

Ms. Joyce
225-223-2524

Ms. Patrice
225-364-4320

Pre Sale Tickets Ends
Friday September 3rd

Cashapp:
\$ttboosterclub

&
Cash

Location: Tara High
School 9002 Whitehall
Ave, Baton Rouge, La
70806

September 4th

**Raise A Fork For A
Good Cause**

**SAT
4
Sept**

SPAGHETTI DINNER

Pre Order Ends Friday September 3rd

Cashapp: \$ttboosterclub & Cash

Limited Extra Plates

Enjoy spaghetti with meat
sauce , green salad, corn, and
a sweet treat. Beverages are
sold separate

Plates \$10

TIME: 10AM-2PM

AT Tara High School

9002 Whitehall Ave, Baton Rouge,
La 70806

Call: Ms. Whitney

225-330-1648

Ms. Joyce

225-223-2524

Ms. Patrice

225-364-4320

Made with PosterMyWall.com

Trojan Support Team

Thanks for your part (nership)

To the Tara Civic Association:



Tara High School is incredibly grateful for the support the association has shown the school this year. The volunteer help during orientation was invaluable; because of this support, we were able to serve over four hundred parents and students that day. During the recent car show, countless neighbors dropped by to admire the cars and talk about the neighborhood and the school improvement plan. The relationship between the school and the neighborhood is critical for our students to feel like they are truly part of the community. Though some of our students live miles away, they need to feel like they are a part of Tara.

We are incredibly excited about the school year, despite the obvious challenges we face. Our first day attendance was up 250%, and we are working hard to ensure that all our students come back to school. Virtual learning was necessary last year, but we know that students learn better when they can collaborate with their peers and work closely with their teachers.

The culture at Tara is improving drastically. Teachers are being trained to develop a “growth mindset.” We know that students must feel empowered to achieve at high levels, and all our efforts this year are intended to increase that feeling of empowerment.

The day before school started, we had a \$500 room decorating contest, and Mrs. St. Romain was our classroom judge. It was another step towards our goal of becoming one with the neighborhood, and teachers went above and beyond to ensure their classrooms were warm and inviting. On the first day of school students were welcomed with open arms and colorfully decorated classrooms.

We are more excited than ever to be a part of the neighborhood. We look forward to your continued support, and we know that together, we can make the neighborhood an even greater place to live and learn.

Sincerely,
John Hayman
Principal

WELCOME NEW NEIGHBORS

Ethan & Courtney Bush	1167 Tara Blvd.
Taylor & Kirbee Young	8823 Trudeau Ave
Justin & Stephanie Waldeck	1218 Oakley Dr.
Paul & Laura Monteilh	941 Ashland Dr.
Stuart & Kim Gilly	8683 Scarlett Dr.
John & Melissa Brocato	1829 Chopin Dr.
Charles & Megan Thompson	1469 Crescent Dr.
Hanna Ciepluch	1413 Bon Durant
Michael Petikas	1370 Ashland Dr.
Joshua & Melissa Newville	8863 Bayside Ave.

Friendly Dues Reminder "If you have forgotten to pay your 2021 dues please do so. Your support keeps the Civic Association moving forward. Basic dues are **only** \$35 per year! What a bargain!

Or join the "Precious Metals Club" by giving \$50--\$75--\$100 or \$250. Mail your check To Robert Say @ 1554 Tara Blvd or **Venmo** your payment to Richela Roy @ Tara Civic

Be sure to include the phone number you use most often and your email address. ***Thanks to all who have already sent in their dues.***

CORRECTION: In the last newsletter a name was left off of the Precious Metals Club list. Thanks to Mr. Rob Hillman for being a Gold member

Yard of the Month



Pictured above are the Kirkland family, 1722 Roseneath, who were awarded Yard of the Month by the Tara Garden Club. For the month of July.

Pictured to the right is the August Yard of the Month winners the Kirkpatrick family, 8722 Trinity.

Winners were given a gift certificate to Louisiana Nursery.



First Impressions

You know what they say, “First impressions are everything.” Curb appeal is the first impression that a person will have when they see your home from the street. It’s essentially how appealing your home looks from the street curb. Others consider it how good your home looks compared to the other houses on the block.

The *Merriam-Webster* dictionary [dates](#) the first usage of the term back to 1975. Though sources are mixed on how it came about, most sources believe it refers to the way buyers used to decide on which properties to see before the days of online multiple listing service (MLS). In those days, rather than looking at listing photographs or taking a virtual tour, potential buyers would drive past the property and pull up to the curb. If they liked what they saw, they would call their real estate agent to schedule a showing.



Curb appeal sets the tone for your entire home. The condition of the exterior and landscape is associated with the condition of the interior. Does your outside match the inside? If your boxwoods are as tall as the house, it might be time to freshen up the curb appeal. Having unkept bushes is not only poor curb appeal, but also a safety issue.

Here are some budget friendly ideas to freshen up your curb appeal: Glam the front door, Manicure the lawn, tend the beds, wash the dirt, tidy up the driveway, clean the windows, update light fixtures, trim trees and bushes. <https://www.hgtv.com/outdoors/landscaping-and-hardscaping/8-budget-curb-appeal-projects>

Fall Safety

As the days become shorter and we start looking forward to upcoming fall and winter holidays, it's important to turn your thoughts to home and personal security. Autumn kicks off the busiest time of the year for many homeowners and families, and it's easy to let safety and security fall to the wayside. Fall also means arriving home after sunset and trees transition from colorful to bare. Pay attention to how disappearing foliage can create new opportunities for snooping.

LIGHTEN UP

Since the days are getting shorter, it's starting to get dark earlier. Burglars tend to strike under the cover of darkness, so they take advantage of shorter days. Check to make sure your outdoor lights are working. Ensure that you have ample lighting indoors and out and use programmable lights when you are away. If you already use programmable lights, make sure they are scheduled to turn on earlier than in the summer months.

BE MINDFUL OF WHAT YOU POST ON SOCIAL MEDIA

Social media is an amazing tool for staying in touch, but your posts could provide *too* much information to the wrong people. If you plan on traveling this fall, don't post your plans or any photos until you're back home. Set your accounts to private to limit who sees your posts.

Avoid sharing posts that disclose your child's name and what school they attend. Stick to sharing personal details privately and only with trusted friends and family members.

AVOID DOOR TO DOOR SALESPeOPLE

You probably tell your kids not to open the door for strangers, but you likely open it as soon as someone knocks. While you may feel that answering the door is polite, doing so is providing a stranger with the ability to enter your home. Don't open the door for door-to-door salespeople or anyone else you don't know.

KEEP YOUR DOORS AND WINDOWS LOCKED

Most home invasions occur via unlocked doors and windows. If you've been enjoying the fresh fall breeze, always remember to close the door or window and lock it prior to leaving or going to bed for the night. Stress this important home security tip to your kids as well. This goes for car doors too. Keep vehicles locked at all times.

PUT YOUR TOOLS AWAY

Whether you're raking the lawn or cleaning leaves from your gutters, remember to put your tools away when you're finished. In addition to preventing them from being stolen, properly storing your tools means they can't be used by criminals. A ladder left outside provides easy access your home's upper levels. Rakes and hammers make excellent tools for breaking windows. Secure your tools. Lock the shed.



Kindness During Coronavirus

To mask or not to mask, to vaccinate or not to vaccinate will always be a touchy subject. People are sharing their opinions on social media and it is making us more divided. Let's start sharing something that brings us together, let's share kindness. One thing we do know is that kindness makes the world a better place. Doing good, does you good. There are still lots of

things that we can do for other people to inspire kindness in unforeseen times .

#KindnessMatters

Kindness during the coronavirus outbreak



If your neighbor has Covid-deliver them some groceries. Send a motivational text to someone who is struggling. Buy the person's meal that is behind you in the drive-thru, leave a bigger tip. Make baked goods and drop off at police stations, fire stations or ER.

<https://inspirekindness.com/blog/practicing-kindness-during-the-coronavirus>

Seasonal Gr'Eatings!

A newsletter to help make good eating great fun

Fall Edition



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Celebrate Fall — Nature's Bounty!

Time to celebrate the rich deep colors of Autumn! Fall is a great time to involve children in the preparation and serving of festive, colorful seasonal foods. And, there are so many delicious and nutritious ones to try!

This newsletter has been made available to you by:

Fun with Apples



Celebrate Fall with an apple a day! We call an apple "Mother Nature's toothbrush," because it cleans your teeth as you eat it! Did you know that there are thousands of different varieties of apples? Try different types and see which ones you like best.

Any way you slice it, apples are crunchy, delicious, sweet, and FRESH!

- **Go Apple Picking:** It's an awesome family outing, plus kids will get to pick their own and see where apples come from. When they pick 'em, they're much more likely to want to eat 'em!
- **Be a Magician!** Did you know there's a star hiding inside? If you cut an apple in half through its diameter, kids can discover a magical star made by the pattern of the seeds!
- **Apple Puzzle:** Cut up an apple into chunks. Put back together and wrap in plastic wrap. Kids will have fun putting the pieces back together.
- **Apple Smiles:** Make a sandwich with fruit as the bread! Wash and cut an apple into thin wedges, and pat dry. Put cheese or peanut butter between two wedges and squeeze gently. Smile as you eat it, and say "cheese!"
- **Apple Rings:** Kids often prefer eating very thin slices of apples instead of apples cut into sections. Drizzle some orange or lemon juice on the slices to prevent browning, and pack up for a snack to grab or a bag lunch item.

For more snack recipes: <http://foodplay.com/FreeMaterials>

Get Outside, Get Active!

Staying active as a family is important all year long, but especially at holiday time when the focus is often on eating!

Try some of these fun ideas:

- **Play in the leaves!** Or, rake them up!
- **Take walks outside** while you still can.
- **Walk your children to school** instead of driving, if you live close enough. More and more schools are creating the "walking school bus," where groups of families walk to school together!
- **Go on a hike and collect a nature basket!** Have kids collect neat things from nature that they find along the way, like colorful leaves, rocks, and sticks.
- **As a family,** take a brisk walk, dance, throw a ball around, play kickball, frisbee, volleyball, soccer, softball — **something fun that everyone can do together!**
- **For Thanksgiving, create a fun and active holiday ritual!** Turkey tag, sweet potato relay race, apple toss, active charades, or "Capture the Flag!"

Autumn is a wonderful time to introduce children to healthy, seasonal fruits and vegetables. The same foods eaten at Thanksgiving can be eaten all season long! And, holidays like Thanksgiving are a great opportunity to involve kids in the cooking!



Spotlight on Winter Squash!



This incredibly nutritious and delicious vegetable helped Native Americans and the colonists survive the cold winters. Harvested in the fall and stored throughout the winter, squash is a rich source of nutrients such as Vitamin A, Vitamin C, complex carbohydrates, and fiber. But, best yet, squash is a kid-friendly food, naturally sweet, easy to prepare, and offers great nutritional value for its cost.

There are so many to try, and lots of easy ways to prepare! You can use the many varieties of winter squash interchangeably in most recipes. **Here are some general guidelines:**

1 BAKE!

To bake acorn or butternut squash, cut in half and remove seeds. If desired, fill hole with small chunks of apples, raisins, cinnamon, a bit of maple syrup or brown sugar, and sprinkle with apple juice or water. Place in baking pan on rind side, fill the pan with about a half inch of water. Bake at 375°F until tender (about 25-60 minutes, depending on variety). For pulp, scoop out the squash and mash.

2 STEAM!

Best with butternut or kabocha squash. Wash, cut into small pieces, place in steamer over boiling water. Without a steamer, place larger chunks in a pot with an inch of boiling water. Cook covered until tender. Drain well. The rind may be removed before or after cooking.

3 ROAST!

Cut squash in half and scoop out seeds. Place face down on oiled roasting pan. Bake at 375°F until tender (20-60 minutes, depending on size).

4 Use squash PULP (cooked and mashed squash without the rind) for soups, pies, muffins, quick breads, cookies, as a side dish, or even added to burritos!

EASY!

DELICATA SQUASH! Choose a small Delicata squash, and cook it whole! Wash squash, and cover with light layer of oil. Punch a few holes with a fork and bake whole squash in oven or toaster oven at 350°F for 20-35 minutes, depending on size. It's done when outer rind is browned and inside is soft. When cooked, cut in half (careful, it's hot!), scoop out the seeds, and enjoy!



Seasonal Produce: What to eat NOW!

Fill at least half your plate with fruits and veggies!

What's in Season:

Fruits—Apples, figs, citrus, cranberries, gooseberries, grapes, huckleberries, pears, persimmons, and pomegranate!

Veggies—Beets, broccoli, brussel sprouts, carrots, cabbage, cauliflower, collards, kale, onions, parsnips, potatoes, pumpkin, rutabagas, sweet potatoes, swiss chard, turnips and winter squash!

Yummy Roasted Autumn Veggies:

Roast a variety of colorful veggies! Favorites to include are onions, garlic, regular or sweet potatoes, squash, carrots, parsnips, and mushrooms.

Directions:

Just wash, cut into small chunks, put in bowl, sprinkle with olive oil, and mix. Have kids help mix and layer the dish! Fill a layer or two in a large pyrex dish, and bake at 375°F until soft and browned. (Time depends on the veggies selected, usually 15-45 minutes.) Flavor with soy sauce or tamari or salt and pepper.

**OCTOBER
24**

**Celebrate National
FOOD DAY!**

www.foodday.org

Happy Halloween!

^{a healthier} Tips for Halloween:

What would Halloween be without candy? Why not use the holiday to teach kids about moderation!

- **One-a-Day Rule.** Have kids put their candy into a big jar that is kept out of reach. Each day, they can pick one piece out of the jar. This teaches kids that candy is a once-in-a-while treat, and not something they should eat all the time.
- **Package up extra candy** and send it in a care package to soldiers (www.operationgratitude.com).
- **Encourage children to share candy** with friends and family. This makes for great practice with sharing, and will help empty their stash more quickly!
- Get kids a fun, but **smaller Trick-or-Treat bag** or bucket. Kids will enjoy the holiday without going overboard!
- **Have an auction.** Buy back your children's candy (say, 5¢ - 10¢ per piece) so that they can start saving their coins for something they're wishing for.
- **Encourage exercise.** If your children eat a few too many candies, encourage them to burn it off with an extra bike ride, hike, or playground trip each day.
- **Be a good role model!** Try not to keep candy hanging around and, instead, have healthy foods attractively displayed within easy reach — like a bowl of cut-up fruit or veggies with a dip of yogurt or dressing.

Make a Party with Orange and Black Foods!

Orange Foods

Baby Carrots
 Carrot Coins & Sticks
 Cheddar Cheese
 Oranges, Tangerines
 Deviled Eggs
 Pumpkin & Squash
 (in Soup or Cupcakes)
 Cantaloupe
 Apricots
 Mangoes
 Papayas
 Persimmons

Black Foods

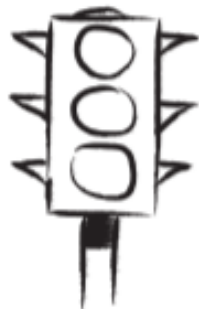
Black Bean Dip
 Chili
 Black Olives
 Raisins
 Figs, Dates, Dried
 Plums
 Chocolate Pudding
 Pumppernickel Bread

Orange and Black Combos

Black bean chili served in a cleaned out pumpkin
 Chocolate sorbet served in cut-out navel oranges
 Baby carrots served with black bean dip
 Squash or pumpkin soup served in a bread bowl
 Pumppernickel mini-slices with cheddar cheese
 Toothpicks with black olives and cheese cubes

Roasted Pumpkin Seeds: Place pumpkin pulp in a colander and rinse pulp away from seeds. Put seeds in a bowl, sprinkle lightly with vegetable oil, and mix. Put a layer onto a baking sheet, and sprinkle lightly with salt. Bake at 350°F for 25-30 minutes, until toasted and lightly browned.

GO Foods — SLOW Foods — WHOA Foods!



We want children to fuel up with healthy foods ("GO" Foods) and keep candy and other non-nutritious products ("WHOA" Foods) for a once-in-a-while treat. A fun way to help kids understand the difference is to use a traffic light as the guide.

- **Green** light is for **GO** Foods — fuel up with these for a healthy diet.
- **Yellow** light is for **SLOW** Foods — foods that don't offer much in the way of nutrients but can be eaten in moderation.
- **Red** light is for **WHOA** foods — products devoid of nutrients and rich in sugars, unhealthy fats, and additives. Reduce these to only once in a while.

TARA CIVIC ASSOCIATION
1554 TARA BLVD.
BATON ROUGE LA 70806

Zucchini Bread

Ingredients

3 to 4 cups grated fresh zucchini (310g to 425g)
3/4 cup (170g) unsalted butter, melted, plus more for greasing the pans
3 cups (390g) all purpose flour
1 teaspoon [baking soda](#)
1 teaspoon baking powder
2 teaspoons cinnamon
1/2 teaspoon ground ginger
1/4 teaspoon ground nutmeg
1 1/3 cup (270g) sugar
2 large eggs, beaten
2 teaspoons vanilla extract
1/4 teaspoon salt (omit if using salted butter)
1 cup (100g) chopped pecans or walnuts, optional
1 cup (120g) dried cranberries or raisins, optional

Preheat the oven to 350°F (175°C). Butter two 9 x 5-inch loaf pans. Place the grated zucchini in a sieve or colander over a bowl to drain any excess moisture. If the grated zucchini seems to be on the dry side, sprinkle water over it as it's in the colander, then let it drain. In a large bowl, vigorously whisk together the flour, baking soda, baking powder, cinnamon, ginger, and ground nutmeg. In another large bowl, whisk together the sugar, eggs, vanilla, and salt (omit the salt if using salted butter). Stir in the drained grated zucchini and then the melted butter. Add the flour mixture, a third at a time, to the sugar-egg-zucchini mixture, stirring after each incorporation. Fold in the nuts and dried cranberries or raisins, if using. Divide the batter equally between the loaf pans. Bake for 50 minutes at 350°F (175°C) or until a tester inserted into the center comes out clean. Cool in pans for 10 minutes. Turn out onto wire racks to cool thoroughly. <https://www.simplyrecipes.com/>

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.

Please observe all city

ordinances . They are enforced by the TCPD officers. Ordinances are available to view at

https://library.municode.com/la/baton_rouge_east_baton_rouge_parish/codes/code_of_ordinances

TARA CIVIC ASSOCIATION DIRECTORY SPONSORS:

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Benny's	927-7181	www..bennyscarwash.com		
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Biggz Tree Care	205-0706	www.biggztrecare.com		biggztreeservices@gmail.com
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Window World	706-2100	windowworld-btr.com		
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Brown Rogers Therapy	926-2400			
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Goodwood Grill	927-7550			
The Dowden Group	924-5930	thedowdengroup.com		lindadowden@thedowdengroup.com
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