

The Power of Email Marketing

The Louisiana Small Business Development Center at Southeastern Louisiana University, along with the Livingston Parish Chamber of Commerce, will host a seminar titled "The Power of Email Marketing," July 22, 10 a.m. to 12 noon, at the Livingston Parish Literacy and Technology Center near Walker.

There is no cost to attend, but pre-registration is preferred. For more information or to register, contact LSBDC at 225-664-6638, sbdc@selu.edu or go to lsbdc.org.

Attendees will have a chance to begin the thought process of setting their email marketing goals/expectations and brainstorm creative ideas to implement in their own email marketing plan. At the close of this class, attendees will leave inspired and empowered to get started right away with deepening their relationships with their clients. The instructor will spend time discussing email, survey and event marketing so that business owners are motivated to begin to developing their email marketing plans.

North Oaks & Southeastern offer free "Super Sitter Babysitting Class" in Walker

North Oaks Health System and Southeastern Louisiana University's Division of Extended Studies are offering a free babysitting class July 30 at the Livingston Parish Literacy and Technology Center, 9261 Florida Blvd., near Walker.

The "Super Sitter Babysitting Class" will be offered from 8:30 a.m.-12:30 p.m. to prepare participants for the responsibilities of babysitting. Hands-on opportunities to practice basic infant care, as well as learn first aid techniques and CPR/choking intervention for infants and children will be offered. Participants must be between the ages of 10 and 14, and the class will be limited to 25. Parents must sign their children in and out during drop-off and pick-up for the session.

Call the Livingston Parish Literacy and Technology Center at 225-665-3303 to register.

Bike race event provides great family fun

Kids ages 12 & under are invited to participate in a bike race July 24 hosted by Pelican State Credit Union, North Oaks Health Systems and Anytime Fitness. There will be three races divided by age groups: 5 & under, 6-9 and 10-12. All participants must bring their own bike and helmet.

Each participant will receive a medal of completion and a goody bag, and three new bicycles will be given away. In addition to bike racing, families can enjoy refreshments, helicopter and fire truck tours, face painting, spacewalks, door prizes and more. The race will be held at Abundant Life Church, 206 Edgewood Dr., Denham Springs. Registration begins at 9 a.m. and races begin at 10 a.m. Register online at pelicanstatecu.com; for more information, call 225-408-6100. This event is free and open to the public.

North Oaks offers free Lap-Band, diabetes seminars

North Oaks Medical Center will provide a free talk on how to lose weight with the Lap-Band® System gastric banding procedure July 28, 6-7 p.m. General Surgeon Daniel A. Linarello, MD, who specializes in surgical weight loss procedures, will answer questions about available options, including the minimally invasive Lap-Band® System.

Learn how to avoid foot problems associated with diabetes at the North Oaks Diabetes Support Group meeting Aug. 4 6-7 p.m. Join Certified Diabetes Educator Joy Simpson, RN, CDE, to discuss ways to "Be Sweet to Your Feet" and protect them this summer and year-round. The North Oaks Diabetes Education Clinic has been recognized by the American Diabetes Association for Quality Self-management Education.

Both meetings will be in the E. Brent Dufreche Conference Center, located

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within North Oaks Diagnostic Center on the North Oaks Medical Center campus. Meetings are free and registration is not required. For more information about these or other North Oaks Education Clinic programs, call 985-230-5723, 8 a.m. - 4:30 p.m. weekdays.

Republican Women meeting again after summer break

Livingston Parish Republican Women kick off their regular monthly meetings Aug. 4 after a short summer break. Speakers will be Wendy Vitter, whose husband Sen. David Vitter is running for reelection this fall, and Secretary of State Jay Dardenne who is a candidate for Lt. governor. The meeting will be at 11:30 a.m. at Hampton Inn, 201 Rushing Rd., Denham Springs. An RSVP is required by Aug. 2 to 225-931-9206 or email terriday@cox.net. There is a fee for the lunch which will be catered by Don's Seafood Hut.

Resource Clinic hosts Taste Fair & Craft Extravaganza

The Family Resource Clinic will hold its 2nd Annual Taste Fair & Craft Extravaganza Sept. 18 at Immaculate Conception Church in Denham Springs from 8 a.m. to 4 p.m. The Taste Fair is from 11 a.m. to 2 p.m. All proceeds will go to the Family Resource Clinic in Livingston. The event is in need of businesses and individuals. Indoor and outdoor craft booths are available. People are needed who sell items such as jewelry, purses, bows, clothing, furniture, home decor, fragrance, candles, knives, hunting items, etc. Also needed are chefs, restaurants, caterers to participate. Reserve a spot by contacting Kristen at 686-1123 or Kristenmfr@aol.com.

Surplus books will be sold at library

A book sale will be held at the Denham Springs-Walker Branch Aug. 6 & 7. Only Friends of the Livingston Library (FOLLS) can shop Aug. 6, from 3-4:30 p.m., while the sale will be open to the public Aug. 7 from 9 a.m. - 4:30 p.m. Volunteers are needed before, during, and after the sale, and FOLLS volunteers can earn free books from the book sales. For more information on FOLLS membership or to volunteer for events, email at FOLLS@att.net or find "Friends of the Livingston Library System" on Facebook.

Town of Walker offers alcohol referendum meetings

Voters in Walker will decide in October whether to revise the community's alcohol laws in hopes of attracting more restaurants. To provide residents with the facts they need to make an informed decision, the Town of Walker is hosting two Alcohol Referendum Public Educational Meetings in August. In a brief slideshow presentation, voters will have the opportunity to examine the referendum as it will appear on the ballot, as well as preview a proposed ordinance to govern alcohol sales in the community, should the referendum pass. A question-and-answer session will follow. The meetings are scheduled for 7 p.m. Aug. 9, following the regularly scheduled council meeting, and 6 p.m. Aug. 10. Both sessions will be held in the Walker Municipal Building, 10136 Florida Blvd. For those who are unable to attend, the slideshow will be available online beginning Aug. 9. For more informa-

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tion, call 225-665-4356, or visit the Town of Walker website at www.walker.la.us <<http://www.walker.la.us/>> .

Mortgage seminars at parish libraries

Mortgage seminars taught by Louisiana Real Estate Instructor Ginger Murray, will provide HUD and Fannie Mae information for distressed homeowners. Learn about loan modification scams and how to avoid them and how to find true modification that is lender approved. This seminar will also explain short sales, how to get them, and the paperwork involved.

The seminars will be at these Livingston Parish libraries: July 17, Denham Springs - Walker Branch, 11:00 a.m. and the Watson Branch at 2:00 p.m.; July 22, Denham Springs - Walker Branch, 7:00 p.m.; July 27, Watson Branch, 6:30 p.m., July 29, Livingston Branch, 6:30 p.m. The seminars are free and open to the public.

Springfield High FAA students have bunny camp

The Holden Rabbit Ranch and Springfield High FAA students will host a bunny camp on July 24 from 8 a.m. to 2 p.m. There will be a mock rabbit show with awards given, fishing in the pond with homegrown worms, fun time in the pasture with goats and pot-bellied pigs, looking for fresh yard eggs and playing with just hatched baby chicks. There will also be a kiddie swimming pool with a garden hose to cool off.

Sign up fees are \$8 per child, and children under six must be accompanied by an adult. Lunch, snacks and drinks are included. Seventy-five percent of proceeds will cover the lunch and games, and the remainder of funds will go to FFA. Call 235-3764 or email rabbidwifeoriginal@yahoo.com.

Citizens' highway meetings resume Aug 3

The next regular monthly meeting of Citizens for Highways and Infrastructure will be Aug. 3 at the Denham Springs-Walker Library at 6:30 p.m. Speakers will be La. Rep. Rogers Pope and Dale Sisemore, director of North Park. Rep. Pope will give an update on the recently completed legislative session, and Sisemore will discuss the new facilities coming to North Park.

Attend and bring a spouse, a loved one, a friend, a relative, an in-law or an out-law or all of the above and learn about the new changes coming to Livingston Parish.

Outdoor expo to feature archery tournament

An outdoor expo benefit for Hope Outdoors and Woodland Baptist Outdoor Ministries will be held at Woodland Baptist Church, 27929 Hwy. 1037, Springfield. A 3D pop up archery tournament will be held Aug. 6 from 3 p.m. until dark and Aug. 7 from 7:30 a.m. to 3:30 p.m. Men, women, youth, junior and team divisions. Contestants will be qualified to win an elite bow, and winners will receive up to \$750 in gift certificates to Bass Pro and Archery and Fishing Unlimited. There will also be food, door prizes, live music, vendor booths and more. Live music by Hunter Erwin Aug. 7, 5:30 p.m. -7 p.m. Call 225-294-5530 or visit www.wbchunt.org.

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