



# Garden District News

Roseland Terrace, Kleinert Terrace and Drehr Place Historic Neighborhoods

Summer 2015



Andrew and Melissa Chicoine

## Some Like it CrossFit Hot

By: Mindy Piontek

When Red Stick CrossFit first opened, it was conveniently located in the original owner's back yard. When Andrew and Melissa Chicoine took over the operation at it's current location in the Ogden Place Shopping Center on Government Street, it was very far from their backyard.

"It took me 40 minutes to go seven miles," said Andrew Chicoine of the commute to the gym when he and his wife lived in an apartment off of Bluebonnet. Their

***"We have members who move here from out of town and don't know anyone. They come here and meet their best friend."***

current Garden District location on Tulip Street near 18th is much better. "It takes us three minutes now," says Melissa Chicoine.

The couple first became associated with Red Stick Cross Fit when they moved to Ba-

ton Rouge from San Antonio, Texas. Both had been involved in the fitness industry while in San Antonio—Andrew managed a large commercial gym, and Melissa had experience in "just about all management positions" in the gym where she was employed.

Although both consider themselves native to San Antonio, they wanted to move to Louisiana after Andrew's assignment to New Orleans as a member of the Coast

See **CROSSFIT**, page 2

## Hug a Friendly, Neighborhood Shade Tree this Summer

By: Mindy Piontek

As I exited the blistering freeway, 100 degrees Fahrenheit according to my car's thermometer, and curved up Dalrymple Drive toward the Garden District, I watched the temperature fall one degree at a time. My car passed through shade and sun beneath the branches of our neighborhood's towering oaks, until the temperature gauge stabilized almost ten degrees cooler.

According to Steve Schurtz, Urban Forestry and Landscape Manager with the Baton Rouge City/Parish and long time Garden District resident, trees do more for us than just provide shade. Schurtz points to the process of transpiration in which trees pull water from the ground with their roots and move it up to their branches where it is released through the undersides of leaves. Both the transpiration process and photosynthesis, which takes the sun's hot energy

and converts it to food for the tree, contribute to the cooling effects trees have on our neighborhood. A tree will create more coolness than a SunDowner Awning.

The effects trees have on neighborhoods are more than just a feeling. "Neighborhoods that are heavily treed have lower utility bills on average," says Schurtz. "The bigger impact is when you think about it

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Guard. "We really loved New Orleans," said Andrew, and they were sad to leave when ousted by Hurricane Katrina.

After finishing Andrew's four years with the Coast Guard, the couple planned to move to Baton Rouge to attend LSU, but the opportunity to buy out the original owner of Red Stick CrossFit postponed Andrew's graduation. "I couldn't do this," he said, indicating the gym, "and that."

"He actually has all the hours he needs to graduate," said Melissa, which Andrew plans to do once he meets with his LSU advisor.

The Red Stick CrossFit opportunity arose from Andrew's year of volunteer coaching at the gym between when they moved from Texas in 2011 and when they acquired it in 2012. Although the couple's previous experiences weren't in CrossFit programs, they both have enjoyed the regimen.

"We like the community aspect of it. We help each other out," said Melissa, "and make each other better."

"We have members who move here from out of town and don't know anyone. They come here and meet their best friend," adds Andrew.

Unlike most gyms, CrossFit concentrates on a series of nine basic moves that form the core of the workout. Each day, they post the WOD, or workout of the day, which

spotlights several of the basic moves performed usually for the maximum number of repetitions in a given time. As Andrew said, "It's great for exercise ADD, because each day is a different workout." The workouts are also quick and can be completed in an hour, including time to warm-up and cool down.

For Melissa, one of the great advantages of the workouts is their relevance to daily life. "We have similar moves to life," Melissa said. "It's like bending down to pick up a 40 pound bag of dog food."

Andrew adds, "We don't use machines. We don't run on treadmills, we run outside." The workouts rely on more old-school equipment like kettle bells, or natural elements like crepe myrtle trunks, which have figured into past workouts.

While half of the space is dedicated to CrossFit, the other side is geared toward weight lifting. "One of legendary weight lifting coach Gayle Hatch's protégés, Matt Bruce, coaches out of there," said Andrew. Bruce was an alternate on the 2012 US Olympic weight lifting team, and he is two time champion of the PanAmerican Games.

Melissa and Andrew see a natural connection between weightlifting and CrossFit. "Weight lifting moves are really technical," said Andrew, which dovetails with CrossFit's emphasis on form. "A lot of really good CrossFitters got into weight lifting through CrossFit, and weight lifters get into Cross-

Fit."

With over 200 members, the gym has been successful enough to warrant a second branch, Red Stick CrossFit South at Essen and Anselmo, behind It's Your Party. "We're always trying to improve the gym," said Andrew.

One of the benefits of the primary location is its proximity to LSU. "We have a lot of students who work out here during the school year," Melissa said. Some of the students bring their parents to the gym to meet Melissa and Andrew, and the parents end up thanking the couple for their good influence.

"Yeah," said Andrew, "They are glad their kids spend their time here instead of black-out drunk."

"A lot of them spend four, five hours here with their friends and then go eat at a healthy restaurant," adds Melissa.

For the last few months, the gym has taken a decidedly family friendly turn, since the arrival of son Peyton Chicoine seven months ago. Whether he goes into his parents' business remains to be seen, but in the meantime, he does a mean dead clean with his kettle bell teething ring.

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## Garden District News

The Garden District News is published quarterly by the Garden District Civic Association and is edited by

**Mindy Piontek**

If you have comments or story ideas that you would like to submit to the publication contact Mindy Piontek at mmpiontek@aol.com.

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*Architect's Rendering of the new facility at BREC City Park.*

## Knock Knock! Who's (Almost) There?

**By: Mindy Piontek**

Construction has begun on the Knock Knock museum at City Park. Perched atop the sloping hill across from the City Park golf course and next to the park, the Knock Knock Children's Museum site

has been cleared, and the foundation is slowly appearing.

The museum's goal is to provide a fun and educational experience that encourages early literacy and play in a hands-on environment geared toward children from birth to eight years old.



**GARDEN DISTRICT**  
CIVIC ASSOCIATION

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**Mindy Piontek**

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# NEWS BRIEFS

## Get Ready for the Fall Picnic!

The Fall Picnic will be held on Sunday, October 18th from 3:30 - 5:30 at Jim & Blair Purgerson's house at 2512 Kleinert Ave. The details have yet to be finalized, so check the neighborhood website at [gdcabr.com](http://gdcabr.com) for more information.

## Garden District Garage Sale!

This year's Garage Sale will take place on August 22nd, from 8AM to 1PM. We need someone who can help with the signing up of homes that would like to participate. We have all of the templates to make this process as easy as possible, and your efforts would go a long way to insuring that this event continues to be a success for years to come.

Anyone interested can contact Eric Troutman either by email or by telephone at (225) 400-1948 and I can provide more details then. Check the neighborhood website at [gdcabr.com](http://gdcabr.com) for more information.

## Next up - the Champagne Stroll!

We'll be enjoying another fall stroll through the neighborhood with champagne and wonderful food as we move house to house.

The details have yet to be finalized, so check the neighborhood website at [gdcabr.com](http://gdcabr.com) for more information.

## Don't Forget the Back-to-School Party coming in August!

For the second year in a row our new back-to-school party will be celebrated in late August or early September - an adults only experience.

The details for this event also have yet to be finalized, so please check the neighborhood website at [gdcabr.com](http://gdcabr.com) for more information.

## Support Your Neighbors!

In our next few issues we hope to continue the new feature highlighting neighbors who have opened their own businesses. Our intent is to showcase the talent and entrepreneurial spirit of residents while encouraging our readers to patronize their neighbors' shops, restaurants, and businesses.

If you own your own business and would like to be featured in an upcoming issue, contact the editor, Mindy Piontek, by email: [mmpiontek70@yahoo.com](mailto:mmpiontek70@yahoo.com).

Although the stories will be written on a first come, first served basis, we reserve the right to make final decisions with an eye to showcasing the variety of talents in the neighborhood.



## Fresh Fig Ice Cream - A Summer Delight!

When June flows into July, our neighborhood abounds with fresh figs. This year, don't let the birds and squirrels get all of them—save some for yourself and try the cold and creamy rich fig ice cream.

### INGREDIENTS:

- 1 ½ cups whole milk
- 4 egg yolks
- ¾ cup of sugar
- 1/8 teaspoon salt
- 2 cups heavy cream, chilled
- 1 cup peeled and mashed ripe figs
- 1 teaspoon vanilla


In a medium saucepan, over medium heat, bring the milk to a simmer. Remove the pan from the heat and set aside.

In a stainless steel bowl, or double boiler, whisk the yolks with the sugar and salt for 3 minutes, or until pale yellow. Add hot milk slowly while whisking. Place the stainless steel bowl over a pan of simmer water and cook whisking constantly, for 8 to 10 minutes, or until the custard is thick enough to coat the back of a spoon. Remove the custard from the water and stir in the chilled cream, mashed figs, vanilla, and almond extract.

Chill the mixture for 30 minutes, then pour into an ice cream maker and freeze according to the manufacturer's directions.

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# Movies and Music are Coming Back to City Park this Summer!

By: Mindy Piontek

Once again, the Baton Rouge Gallery presents its summer series Movies and Music on the Lawn.

Once a month, the gallery screens a silent movie accompanied by an original score by a local band.

The screenings begin at 8 p.m. (or sundown – whichever comes last) and the \$7 price of admission includes free bottomless popcorn.

So grab family or friends, bring a picnic blanket, and head to the back lawn of the Baton Rouge Gallery at BREC's City Park. For more information, see the Baton Rouge Gallery website, [batonrougegalleries.org](http://batonrougegalleries.org).

Fri, Jul 24 - "Silent Movie" (PG) with a score from Trailer Hounds

Fri, Aug 28 - "Blancanieves" (PG-13) with a score from Lost Bayou Ramblers

Fri, Sep 25 - "La Antena" with a score from Ship of Fools



## SUMMER SHADE

*Continued from Page 1*

community wide, when everybody is paying a little bit less on their utility bills each month. It really adds up." To maximize a tree's effectiveness to lower your own utility bill, Schurtz recommends planting it on a south or west corner of your lot.

Utility bills, photosynthesis, and transpiration aside, what all the runners and walkers under the near perfect canopy on Kleiner Avenue know--shade works.

"Shade is a no-brainer," says Schurtz. "If you're the first person at the mall on a hot summer day, where are you going to park?"

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Gulf South Solar, Louisiana's oldest and most experienced solar integrator, has been busy installing solar electric and solar hot water systems in the Garden District and surrounding areas!

Your neighbors are enjoying lower utility bills with systems that sell energy back to the utility company and battery back-up systems which provide emergency power to your home in the event of a power outage. We also install solar water heating systems which provide year-round hot water heated by the sun.



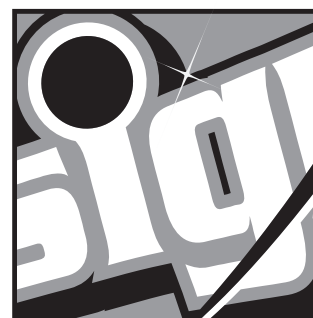
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# 3 Great Ways to Keep in Touch with Neighbors!

By: Carolyn Coco Schwarzhoff

There are now THREE different ways that neighbors can stay in touch with the GDCA and with each other. Many neighbors are now signed onto one or more of them. Here is a little primer to introduce them all to you.

First, the one and only official e-mail list (aka: listserv) for our neighborhood is called the Garden District e-mail list, also known as the GDCA\_BR e-mail list.

This list is used for GDCA Board postings and security alerts, as well as discussions among neighbors restricted to neighborhood topics. Our e-mail list is sponsored by the GDCA Board, uses free Yahoo Groups software, has been up and running since 2000, and has over 700 subscribers.

This is a closed and monitored list; only Baton Rouge Garden District residents or landowners may sign on. All messages must be signed with a first and last name and they are checked by the administrator for appropriateness before being posted (which means there is sometimes a delay before things go out).

We keep "traffic" on this list very focused and limited so that YOU will want to stay subscribed. You can choose to receive

one "digest" version of messages each day OR you can choose to receive them as they are posted.

You can find much more information about this list, including how to join and guidelines for posting on the official GDCA website: <http://gdcabr.org/> (under: Connect with the GDCA, Join the Yahoo Group).

The second e-mail list called NextDoor.com is relatively new, has a much broader scope, and includes subscribers not just from the Garden District but also from surrounding neighborhoods.

Unlike the first list, this one is not run by any of your neighbors; instead it is run by a company called NextDoor.com.

Here, you can post "just" to your Garden District neighbors or expand your posts to also include neighbors in other surrounding neighborhoods.

You can also decide if you want to receive posts just from your neighborhood OR from surrounding areas as well. This is a GREAT place to ask for recommendations that are not allowed on the GDCA\_BR e-mail list (such as asking about babysitters, elderly care sitters, housekeepers, dentists, musicians, etc.), and you can also use it to sell stuff, look for housing, post non-GDCA

events, etc. I personally sold a sofa to someone in Capital Heights after just one day!

This list is not monitored, and any note you post will go out immediately. You can choose to receive one "digest" version of messages each day or you can choose to receive them one by one, as they are posted. To join this list, just visit Nextdoor.com, plug in your address, and get signed up from there.

Third and finally, if you are on Facebook, there are at least two Facebook pages dedicated to the Garden District neighborhood.

These are: Garden District Civic Association and Baton Rouge Garden District. I am not sure who set these up or if they are monitored in any way, but if you are on Facebook, you can go directly to these pages to see what they are about or for more information.

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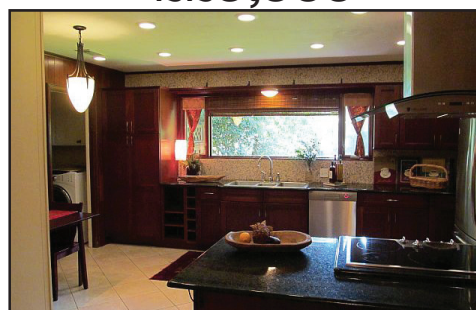
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