

# TRAVEL & CULTURE

YOUR GUIDE TO THE SOUTH NOW

## A Kayaker's Wonderland

Paddle beneath a mossy canopy at Lake Martin and the Cypress Island Preserve.

ROAD TRIP

# Adventures in Acadiana

Discover a Southern secret where the scenery  
is unmatched and Cajun roots run deep

BY HANNAH HAYES | PHOTOGRAPHS BY CEDRIC ANGELES



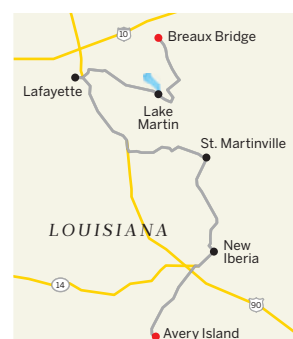
**From left:** Breaux Bridge, a favorite stop in Acadiana, claims the title of crawfish capital. While you're there, stay at Bayou Cabins for a bed-and-boudin breakfast.



## BREAUX BRIDGE

A tiny town with two claims to fame, Breaux Bridge has the only phone book that lists residents by their nicknames (like Corn Cob Castille). It's also home to the annual **Breaux Bridge Crawfish Festival**, during the first weekend in May. The streets transform into a river of fire engine red as revelers dress in mudbug-themed attire and vendors serve up the celebrated shellfish in étouffée, hand pies, and boils. Those who feel as stuffed as a crawfish boudin link can work it off at a Cajun dance lesson taught by famous fais dodo dancers Cal and Lou

**L**IKE THE STATE OF NEW YORK, Louisiana has come to be defined by a city on its southeastern edge. But while they say there's no place like New Orleans, neither is there anywhere like the state's Acadiana region. About two hours west of the city, the horizon opens into an incomparable landscape. Snowy egrets flock the branches of bald cypress trees that stand knee-deep in swamps, where roseate spoonbills with beet-stained feathers, pelicans, frogs, turtles, and aloof alligators swoop, swim, and sing. Old houses hide their histories, sometimes haunted, behind thick bamboo thickets and mammoth moss-veiled live oaks. Boudin sausage straddles a fine line between culinary art form and gas station snack. On a street corner, twentysomethings with fiddles and accordions sit in a circle of folding chairs and croon in Cajun French; older folks with staccato accents tell stories of being raised in homes where nothing else was spoken. The present has deep roots in the past here. To see it all, take a drive that starts in Louisiana's crawfish capital, Breaux Bridge, and ends on Avery Island, still the home of the world's most famous hot sauce, Tabasco.



Courville. Downtown, the intersection of Main and East Bridge Streets bustles with antiques shops and restaurants like the famous Café de Amis, which holds a zydeco breakfast each Saturday, and other cafes that turn into dance halls at night, like Joie de Vivre.



## LAKE MARTIN

It might not look like it, but the road to Lake Martin leads to a swampy Shangri-la that's known as the **Cypress Island Preserve**. Perched beside Rookery Road, where herons stalk fish in the water nearby, is the **Maison Madeleine Bed & Breakfast**, so charming it seems almost unfathomable in this setting. Owned and operated by Madeleine Cenac (who just might be the bayou's Barefoot Contessa) with her husband, Walt Adams, Maison Madeleine offers two rooms in a historic house Cenac painstakingly brought back to life, complete with an idyllic porch where the couple's friendly one-eyed cat, Dude, lounges. In the tawny attached cottage next door, Cenac serves a Cajun-style breakfast. European tourists have been known to return for multiple visits to taste her pain perdu

From left: Visitors enjoy Cajun-style specialties at Maison Madeleine Bed & Breakfast.

(French toast) again. But the hidden gem within this treasure is Cenac and Adams' personal dive bar in the building next door, reminiscent of an old juke joint.

While the nature preserve can be explored on foot, the best way to see it up close is by kayak or canoe with

Bayou Teche Experience owner and outfitter Cory Werk. A native of the area, he offers placid paddles for nervous beginners and even night trips when the swamp really comes alive. "It's so loud with birds and frogs; you almost need to wear earplugs," he says.



**Clockwise from left:** Dancing at the Blue Moon Saloon; vinyl hunting at Lagniappe Records; pizza perfection at Bread & Circus Provisions



## LAFAYETTE

There's no better way to illustrate the juxtaposition of this college town's cosmopolitan streak and its Cajun traditions than by listening to local radio station KRVS 88.7 FM on the drive to **Bread & Circus Provisions**. Owned by the University of Louisiana at Lafayette, this station has DJs who dedicate zydeco tunes to loyal listeners—some in English, some in Cajun French—and ask about family members over the airwaves. Inside the elegantly rustic and bright Bread & Circus Provisions, which can two-step with any big-city pizzeria, patrons feast on wood-fire Neapolitan pies (like the Colligan Bianca topped

with arugula, roasted mushrooms, Taleggio cheese, and house-made charcuterie). The beignets here are a thin, crispy, addicting Italian version called Frappe, drizzled with lavender honey and dusted with powdered sugar.

On Jefferson Street, young people play traditional Cajun French songs on the sidewalk outside places like third-wave coffee shop **Rêve Coffee Roasters** and **C. Wolf Barber & Shop**, a barbershop-boutique hybrid. Step inside the cheerful, Easter egg-colored **Lagniappe Records**, and browse the selection that varies from new releases to vintage vinyl by Clifton Chenier and other local legends. Just a few blocks down is the glass-front **Acadiana Center**

**for the Arts** with its modern concert hall, a hub for the city's annual Festival International de Louisiane, which is the country's largest gathering of Cajun, zydeco, and folk artists.

The **Buchanan Lofts** downtown combine a spacious version of boutique hotel accommodations, but The Balcony room at the **Blue Moon Saloon and Guesthouse** couldn't be more convenient for seeing a show downstairs, where dancing is almost mandatory. Also mandatory: dinner at **Prejean's**, where the kitschy decor belies award-winning dishes, and a boudin biscuit from the family-owned **Johnson's Boucaniere**.



## ST. MARTINVILLE

The name “Evangeline” appears throughout Acadiana on everything from a state historic site to loaves of white bread bearing the Evangeline Maid brand, found in local grocery stores. In the small town of St. Martinville, the Evangeline Oak, with twisted branches hanging over Bayou Teche, serves as a reminder of Henry Wadsworth Longfellow’s famous namesake poem, one of the only works to illustrate the plight of French-speaking Catholics expelled from Nova Scotia by the British during the 18th century. The historically Catholic bastion holds tight to tradition with French-spoken Masses in **Saint Martin de Tours**—an intricately detailed church with an elevated pulpit and a shrine to Our Lady of Lourdes—right on the town square.



**Clockwise from left:** Saint Martin de Tours church still holds services in Cajun French. The Joseph Jefferson Mansion’s grounds feature sprawling live oaks best viewed from the comfort of the porch.

## NEW IBERIA

Framed by an archway of thick bamboo, the Joseph Jefferson Mansion at **Rip Van Winkle Gardens** outside New Iberia appears atop a lonely island (technically a salt dome) at the end of a long road lined by oak trees and a citrus grove that’s fragrant with blossoms in the spring. Jefferson (who was like the George Clooney of 19th-century silent-movie actors) built the home as a jambalaya of architectural styles from steamboat Gothic to Victorian to Southern plantation. Behind the house are meandering gardens with lush banana trees, towering camellia bushes, kumquat trees, and palms.

Back in town, on Main Street, is a white-columned brick mansion with



CAUTION: Federal (USA) law restricts this drug to use by or on the order of a licensed veterinarian.

Description:

NexGard® (afoxolaner) is available in four sizes of beef-flavored, soft chewables for oral administration to dogs and puppies according to their weight. Each chewable is formulated to provide a minimum afoxolaner dosage of 1.14 mg/lb (2.5 mg/kg). Afoxolaner has the chemical composition 1-Naphthalenesulfonamide, 4,4'-[5-chloro-5'-(trifluoromethyl)phenyl]-[4,5-dihydro-5'-(trifluoromethyl)-4H-imidazo[4,5-b]pyridin-2-ylidene]-2,2'-trifluoroethyl[aminio]ethyl.

Indications:

NexGard kills adult fleas and is indicated for the treatment and prevention of flea infestations (Ctenocephalides felis) and the treatment and control of Black-legged tick (Ixodes scapularis), American Dog tick (Dermacentor variabilis), Lone Star tick (Amblyomma americanum), and Brown dog tick (Rhipicephalus sanguineus) infestations in dogs and puppies 8 weeks of age and older, weighing 4 pounds of body weight or greater, for one month.

Dosage and Administration:

NexGard is given orally once a month, at the minimum dosage of 1.14 mg/lb (2.5 mg/kg).

Dosing Schedule:

Body Weight	Afoxolaner Per Chewable (mg)	Chewables Administered
4.0 to 10.0 lbs.	11.3	One
10.1 to 24.0 lbs.	28.3	One
24.1 to 60.0 lbs.	68	One
60.1 to 121.0 lbs.	136	One
Over 121.0 lbs.	Administer the appropriate combination of chewables	

NexGard can be administered with or without food. Care should be taken that the dog consumes the complete dose, and the owner should observe that at least part of the dose is not lost or refused. If it is suspected that any of the dose has been lost or if vomiting occurs within two hours of administration, redose with another full dose. If a dose is missed, administer NexGard and resume a monthly dosing schedule.

Flea Treatment and Prevention:

Treatment with NexGard may begin at any time of the year. In areas where fleas are common year-round, monthly treatment with NexGard should continue the entire year without interruption.

To minimize the likelihood of flea reinfestation, it is important to treat all animals within a household with an approved flea control product.

Tick Treatment and Control:

Treatment with NexGard may begin at any time of the year (see Effectiveness).

Contraindications:

There are no known contraindications for the use of NexGard.

Warnings:

Not for use in humans. Keep this and all drugs out of the reach of children. In case of accidental ingestion, contact a physician immediately.

Precautions:

The safe use of NexGard in breeding, pregnant or lactating dogs has not been evaluated. Use with caution in dogs with a history of seizures (see Adverse Reactions).

Adverse Reactions:

In a well-controlled US field study, which included a total of 333 households and 615 treated dogs (415 administered afoxolaner, 200 administered active control), no serious adverse reactions were observed with NexGard.

Over the 90-day study period, all observations of potential adverse reactions were recorded. The most frequent reactions reported at an incidence of >1% within any of the three months of observations are presented in the following table. The most frequently reported adverse reaction was vomiting. The occurrence of vomiting was generally self-limiting and of short duration and tended to decrease with subsequent doses in both groups. Five treated dogs experienced anorexia during the study, and two of those dogs experienced anorexia with the first dose but not subsequent doses.

Table 1: Dogs With Adverse Reactions.

	Treatment Group			
	Afoxolaner		Oral active control	
	N <sup>1</sup>	% (n=415)	N <sup>2</sup>	% (n=200)
Vomiting (with and without blood)	17	4.1	25	12.5
Dry/Flaky Skin	13	3.1	2	1.0
Diarrhea (with and without blood)	13	3.1	7	3.5
Lethargy	7	1.7	4	2.0
Anorexia	5	1.2	9	4.5

<sup>1</sup>Number of dogs in the afoxolaner treatment group with the identified abnormality.

<sup>2</sup>Number of dogs in the control group with the identified abnormality.

In the US field study, one dog with a history of seizures experienced a seizure on the same day after receiving the first dose and on the same day after receiving the second dose of NexGard. This dog experienced a third seizure one week after receiving the third dose. The dog remained enrolled and completed the study. Another dog with a history of seizures had a seizure 19 days after the third dose of NexGard. The dog remained enrolled and completed the study. A third dog with a history of seizures received NexGard and experienced no seizures throughout the study.

To report suspected adverse events, for technical assistance or to obtain a copy of the MSDS, contact Merial at 1-888-874-4251 or [www.merial.com/leggard](http://www.merial.com/leggard). For additional information about adverse drug experience reporting for animal drugs, contact FDA at 1-888-FDA-VETS or online at <http://www.fda.gov/AnimalVeterinary/SafetyHealth>.

Mode of Action:

Afoxolaner is a member of the isoaxazoline family, shown to bind at a binding site to inhibit insect and acarine ligand-gated chloride channels, in particular those gated by the neurotransmitter gamma-aminobutyric acid (GABA), thereby blocking pre- and post-synaptic transfer of chloride ions across cell membranes. Prolonged afoxolaner-induced uncontrolled activity of the central nervous system and death of insects and acarines. The selective toxicity of afoxolaner between insects and acarines and mammals may be inferred by the differential sensitivity of the insects and acarines' GABA receptors versus mammalian GABA receptors.

Effectiveness:

In a well-controlled laboratory study, NexGard began to kill fleas four hours after initial administration and demonstrated >95% effectiveness at eight hours. In a separate well-controlled laboratory study, NexGard demonstrated 100% effectiveness against adult fleas 24 hours post-infestation for 28 days, and was >93% effective at 12 hours post-infestation through Day 21, and on Day 35. On Day 28, NexGard was 81.1% effective 12 hours post-infestation. Dogs in both the treated and control groups that were infested with fleas on Day -1 generated flea eggs at 12- and 24-hours post-treatment (0-11 eggs and 1-17 eggs in the NexGard treated dogs, and 4-30 eggs and 0-118 eggs in the control dogs, at 12- and 24-hours, respectively). At subsequent evaluations post-infestation, fleas from dogs in the treated group were essentially unable to produce any eggs (0 eggs) while fleas from dogs in the control group continued to produce eggs (1-141 eggs).

In a 90-day US field study conducted in households with existing flea infestations of varying severity, the effectiveness of NexGard against fleas on the Day 30, 60 and 90 visits compared with baseline was 98.0%, 99.7%, and 99.9%, respectively.

Collectively, the data from the three studies (two laboratory and one field) demonstrate that NexGard kills fleas before they can lay eggs, thus preventing subsequent flea infestations after the start of treatment of existing flea infestations.

In well-controlled laboratory studies, NexGard demonstrated >97% effectiveness against Demarector variabilis, >94% effectiveness against Ixodes scapularis, and 93% effectiveness against Rhipicephalus sanguineus. 48 hours post-infestation for 30 days. At 72 hours post-infestation, NexGard demonstrated >97% effectiveness against Amblyomma americanum for 30 days.

Animal Safety:

In a margin of safety study, NexGard was administered orally to 8 to 9-week-old Beagle puppies at 1, 3, and 5 times the maximum exposure dose (6.3 mg/kg) for three treatments every 28 days, followed by three treatments every 14 days, for a total of six treatments. Dogs in the control group were sham-dosed. There were no clinically-relevant effects related to treatment on physical examination, body weight, food consumption, clinical pathology (hematology, clinical chemistry), or coagulation tests, gross pathology, histopathology or organ weights. Monitoring occurred throughout the study, with a similar incidence in the treated and control groups, including one dog in the 5x group that vomited four hours after treatment. In a well-controlled field study, NexGard was used concomitantly with other medications, such as vaccines, anthelmintics, antibiotics (including topicals), steroids, NSAIDs, anesthetics, and antihistamines. No adverse reactions were observed from the concomitant use of NexGard with other medications.

Storage Information:

Store at or below 30°C (86°F) with excursions permitted up to 40°C (104°F).

How Supplied:

NexGard is available in four sizes of beef-flavored soft chewables: 11.3, 28.3, 68, or 136 mg afoxolaner. Each chewable size is available in color-coded packages of 1, 3, or 6 beef-flavored chewables.

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Made in Brazil.

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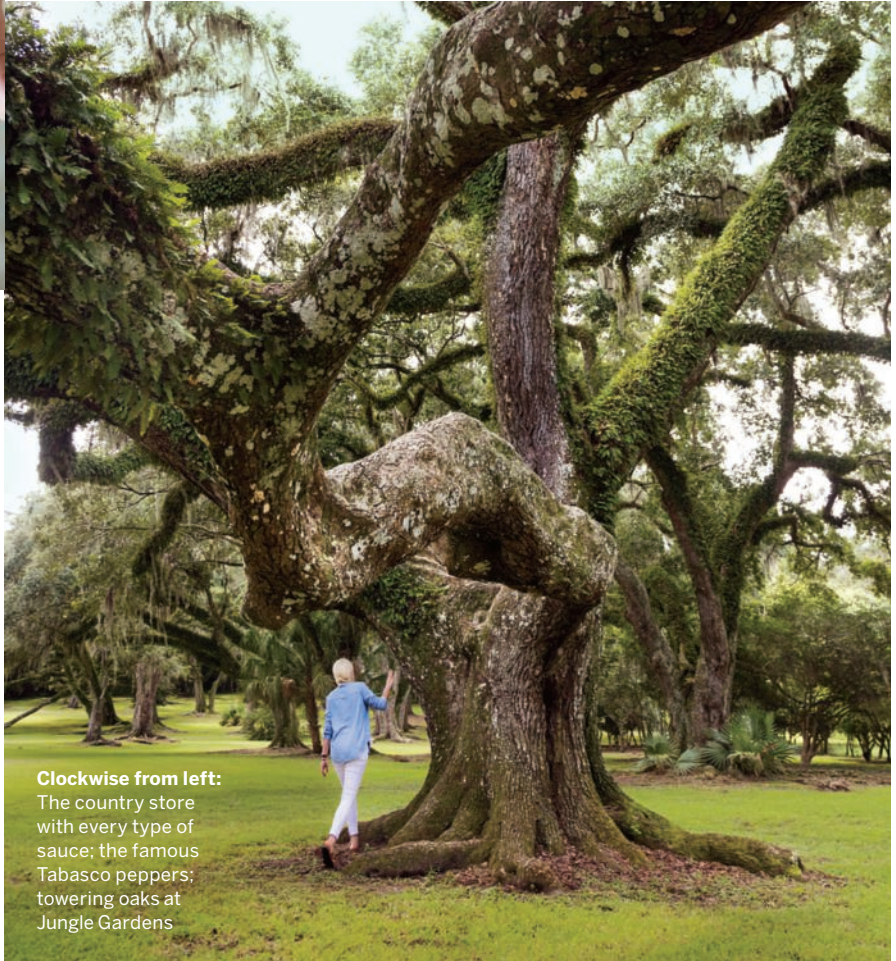


Old school: Over 17,000 historical documents were found in the attic of Shadows-on-the-Teche.



green shutters that's hauntingly named **Shadows-on-the-Teche**. Here, time has seemingly frozen in the 1830s. It's one of the best-documented historic homes in the country.

The **Bon Creole Lunch Counter** serves the Platonic ideal of po'boys with lightly fried shrimp on a locally baked bun. It isn't complete without a cup of gumbo that has a dollop of potato salad in the middle—a true Cajun anomaly. Around the corner, **Legnon's Boucherie** is a must-stop on the boudin trail.



**Clockwise from left:** The country store with every type of sauce; the famous Tabasco peppers; towering oaks at Jungle Gardens

## AVERY ISLAND

Today, Avery Island still isn't on the way to anywhere, but in the late 1860s—when Edmund McIlhenny started using old cologne bottles to contain the hot sauce he made by blending mashed peppers, salt from underneath the island, and white vinegar—it was an untamed jungle. Now, **Tabasco** is in the hands of the fourth and fifth generations of the family, including CEO Tony Simmons and his son, John (who still call the island home). The company ships its sauce to more than 180 countries, from Sweden to Saudi Arabia.

Dave Landry, who grew up on Avery Island in a French-speaking family,

started working at Tabasco as a teenager. From scooping pepper mash into barrels to eventually managing the warehouse, Landry intimately knows each step of the saucemaking process. Although he hasn't worked at Tabasco in an official capacity in over a decade, Landry can still be persuaded to give encyclopedic tours of the facility. He shows visitors everything from the bottling line to the garlic-perfumed warehouses stacked high with boxes heading for destinations from New Orleans to Tokyo.

Down a gravel road on the other side of the island is the McIlhennys' 170-acre botanical paradise, **Jungle Gardens**, where bird-watchers from all over the country come to spot white ibises with

chile pepper-colored beaks, blue-winged teals, and swan-size white egrets. Atop a small hill overlooking a peaceful pond dotted with water lilies sits an over-900-year-old Buddha statue that was gifted to Edward Avery McIlhenny, Edmund's son and the gardens' creator. It found a fitting home in this serene place, where flower fanatics still come during winter and early spring to marvel over the camellia collection, with 450 selections, including some of the oldest known Asian specimens in the world.

Although this unspoiled landscape might seem like a secret, a taste of the bayou makes its way around the world drop by drop with each tilt of a Tabasco bottle. **SL**