



bayou internet
and communications



e-Newsletter for August 7, 2009

Tips to Avoid getting a Virus

Never install software, enable services or allow remote access to your computer unless you are 100% certain of what you are doing. Try and store important documents on CDs, DVDs, or USB devices. Never download files from unknown sources. Many offer temptations like flash games, music, movies, or videos, but do not be tempted. Look after your computer and your peace of mind and work will be undisturbed.

If you believe that your computer may have a virus, call 888-30-BAYOU and we will be glad to help you eliminate the problem.

Louisiana
**SALES TAX
HOLIDAY**

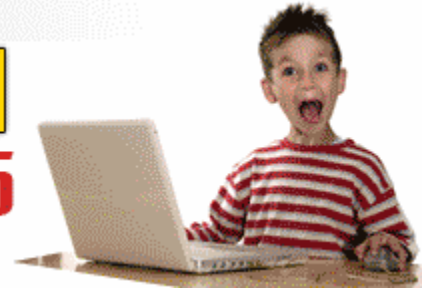


on selected items
AUGUST 7-8
click here for details

IT'S B.T. S. TIME AGAIN!



Bayou To School
High Speed Internet **\$39⁹⁵**
ORDER NOW!



Upcoming Events

**AUG
07**

The Krewe of Janus First Friday Texas Hold'em Tournament will be held Friday, August 7 from 6pm until 12am at the Krewe of Janus float den, 901 Louisville Avenue in Monroe. [Read More](#)

**AUG
07**

Just in time for Back-to-School shopping, get a break from taxes during the state's annual tax-free holiday Friday, August 7 and Saturday, August 8. [Read More](#)

**AUG
07**

This Friday night, August 7 from 9 pm to 11 pm the gates of ELSong will be open for Moonlit Garden: Astronomy Night. Learn more about astronomy while exploring the moon up close with special guest Don Wheeler. [Read More](#)

**AUG
08**

The Waves 'N Wheels Double Poker Run will be held at the Forsythe Boat Ramp/Monroe Civic Center Saturday August 8. This will be the first annual double poker run with large boats and motorcycles benefiting the Jake Raborn Foundation. [Read More](#)

**AUG
08**

Come join the fun and help PAWS raise funds for their Low-Income Spay/Neuter Program. Help us STRIKE out the pet overpopulation problem and SPARE lives at the animal shelters in Northeast LA! [Read More](#)

**AUG
11**

The Twin Cities Mayors' Committee on Disabilities will meet on Tuesday, August 11, 2009 at 5:30 PM at the Families Helping Families building at 5200 Northeast Road in Monroe. [Read More](#)

**AUG
14**

Gov. Bobby Jindal will speak at the Noon luncheon for the Bastrop Chamber of Commerce on August 14, 2009. The cost is \$10.00 per person or a table for \$80.00. Sponsors for the event are Premier Hospice, Iberia Bank and OIB. [Read More](#)

**AUG
15**

The 5th Annual Battle of the Badges will be held Saturday August 15 at 6pm at the Monroe Civic Center. Come watch the policemen and the firemen battle it out to raise money for selected charities! [Read More](#)

**AUG
17**

There are still cabins available when Angel Ministries and Linda Tripp, Founder, invite everyone to "Cruise for a Cause 3" for a 5 day cruise on the Carnival Fantasy to the Western Caribbean. [Read More](#)

**AUG
22**

The American Cancer Society will join with friends and community leaders for a fun-filled evening in support of the mission and programs of the ACS. Enjoy Louisiana cuisine, a Johnny Cash tribute band, and much more! [Read More](#)

**AUG
29**

The 3.1-mile run and Health Walk begins at 8am at the Centenary Gold Dome and includes a post party with free food and fun for all ages. Hosted by The Environmental Association of Centenary College. [Read More](#)

**AUG
29**

The Monroe Symphony Orchestra announces auditions for the following positions: Section Strings, Principal Oboe, Second Clarinet, Third Horn, Tuba (Substitute). [Read More](#)

**SEP
19**

Join Us on Saturday, September 19, 2009! All Race activities are found in Forsythe Park near the American Legion Building. The race and walking courses will be clearly marked. 5-K (3.1 mile) Run/Fitness Walk - 1 Mile Fun Run/Walk [Read More](#)

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