



JANUARY 2022 NEWSLETTER

MWM WEALTH INSIGHT

DEAR FRIENDS,

New Year, New Newsletter. I hope everyone has been enjoying the new year. It's always a good time to reflect on the past year and look forward to the next.

So many of you told us how much you enjoyed last years newsletters, which featured cities in our wiregrass area. Since we also have client's outside of the wiregrass area, we decided to cast a wider net. This year we will feature the oldest town in each of the following states: Georgia, Mississippi, Alabama, Tennessee, Florida and start things off with Natchitoches, Louisiana.

We have also included the recipe for one of the official state foods of Louisiana: The Natchitoches Meat Pie. It's a great way to get ready for Mardi Gras 2022!

As always, you will continue to find information on the most current economic news inside this newsletter. We also encourage you to follow us on YouTube and Facebook to stay current on economic happenings.

We look forward to seeing you soon for your yearly review.

SINCERELY,

EDWIN A. COX

NATCHITOCHEES, LOUISIANA

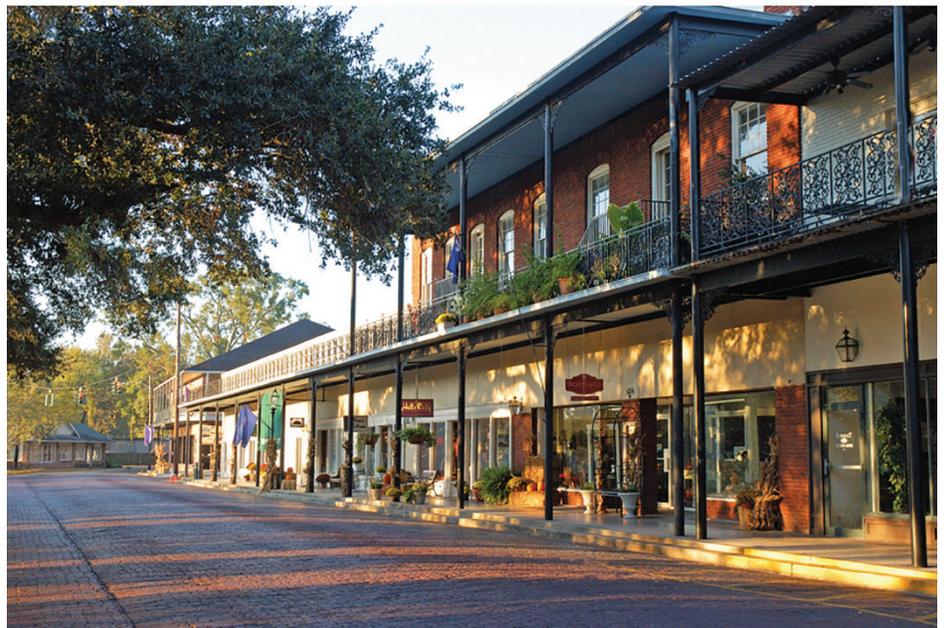
The heart of Natchitoches Parish, the city of Natchitoches (pronounced Nack-a-tish) was founded in 1714. It was located near a village of Natchitoches Indians and is the oldest permanent settlement in the Louisiana Purchase territory.

It was founded as a French outpost on the Red River, for trade with the Spanish in Mexico. During the Civil War it was set on fire by Union troops, who retreated through the town after a failed attempt to capture Shreveport. The Confederate calvary arrived in time to extinguish the flames before the town was destroyed.

The Magnolia and the Oakland Plantations were both saved and play a part in the town's history today.

Natchitoches suffered from the decline in agriculture through the mid-20th century. By the early 1970's many businesses and area farms were boarded up. In the mid 1970's, preservationists believed that a way to attract tourists, and improve its economy, was through its many historical assets. The Magnolia and Oakland Plantations were restored and designated as a National Historic

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ECONOMIC NEWS

Indicators Are Forward-Looking Six to Nine Months



RECIPE

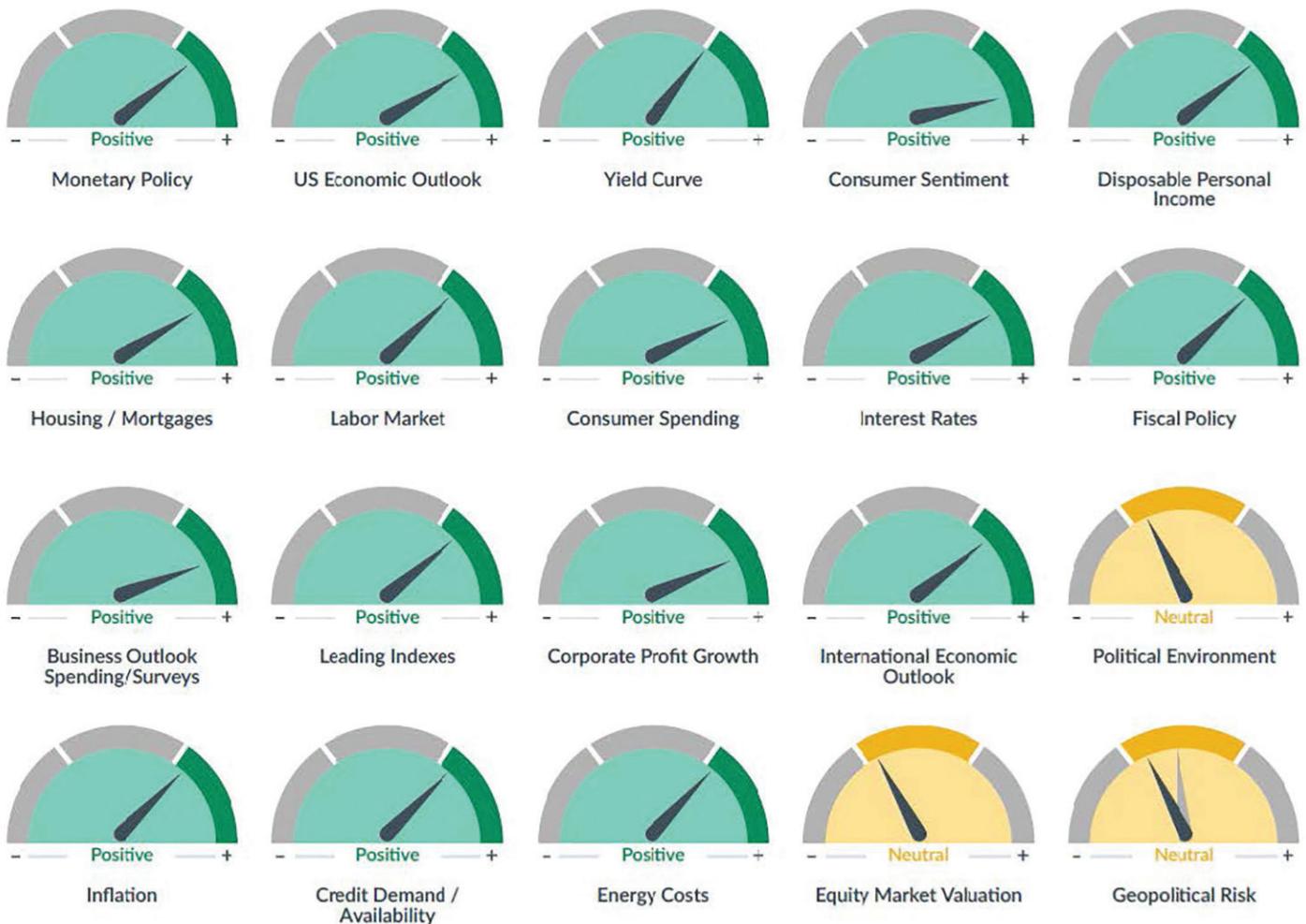
Natchitoches Meat Pie

ECONOMIC NEWS

Economic and Financial Indicators – January 2022

Indicators Are Forward-Looking Six to Nine Months

Indicators support our multiyear economic expansion thesis. While growth rates are likely to slow, we see a durable expansion continuing into 2022 and beyond.



Impact on investment: ■ Positive ■ Neutral ■ Negative

Timeframe: ■ Current ■ Last Month

Source: CNR Research as of January 2022.

The information presented does not involve the rendering of personalized investment, financial, legal, or tax advice.

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NATCHITOCHEES CONT.

District. Many of the outlying buildings on the properties have been turned into antique stores, gift shops, specialty stores, and restaurants. To accommodate visitors to the area the town was once home to 32 bed and breakfast inns, that number has increased to nearly 50 today.

Because of its richness of culture, it attracts over one million visitors annually, and is ranked number 6 in the nation in top places to move to and retire.

Since 1927, Natchitoches is home to one of the oldest community Christmas celebrations. What once began as a one-day event, now spreads over a six-week span that begins the Saturday before Thanksgiving and ends on January 6th.

It is also home to the oldest general store in Louisiana, Kaffie-Frederick, Inc. Founded in 1863, you can find this store on Front Street and may recognize it from past episodes of Duck Dynasty. But even if you missed the old general store on these episodes, you were sure to see the streets and town of Natchitoches in the movie, Steel Magnolia's where it was primarily filmed.

Even with all the history and culture, Natchitoches is known for one thing over all else: Meat Pie.

In the 1700's Native Americans introduced the dish to the people of the Natchitoches region, and the Spanish improved it over time with added flavor. Over the years, the recipe has been handed down from generation to generation. Today the Natchitoches Meat Pie is known as Louisiana's official state meat pie, with a festival held every fall to celebrate this culinary masterpiece. You can find this delicious recipe in this newsletter. Take a minute to set back, relax and enjoy a taste of the oldest town in Louisiana: Natchitoches.

CROSSWORD PUZZLE

ACROSS

- 1 Sayings (suf.)
- 5 Afr. cotton garment
- 9 Stupid person
- 12 Molding
- 13 Seed coat
- 14 Capture
- 15 Husky (2 words)
- 17 Cost of living index (abbr.)
- 18 Son of Shem
- 19 Halt
- 21 Weaverbird
- 24 Rear
- 27 Generation
- 30 Branchi
- 32 Cleopatra's attendant
- 33 Salt (Fr.)
- 34 Medieval sword
- 36 Amer. Broadcasting Corp. (abbr.)
- 37 Belt
- 39 Hall (Ger.)
- 40 Nat'l

Endowment for the Arts (abbr.)

- 41 Trio
- 43 Idea (pref.)
- 45 Tiber tributary
- 47 Down with (Fr., 2 words)
- 50 Classic car
- 52 Anime
- 56 Eastern church chalice veil
- 57 Jot
- 58 Skin eruption
- 59 Before common era (abbr.)
- 60 Unable to hear
- 61 Sacred (pref.)

Command (abbr.)

- 6 US military fort
- 7 Biology (abbr.)
- 8 "Pomp and Circumstances" composer
- 9 Persia (2 words)
- 10 Mulberry of India
- 11 Federal Bureau of Investigation (abbr.)
- 16 Likeness
- 20 Fr. month
- 22 Express disapproval
- 23 Asian mountains
- 25 Kemo _____
- 26 Black measles
- 27 Assistant (abbr.)
- 28 Toothed wheel
- 29 Hamlet's castle
- 31 Burden
- 35 Pellucid

38 Have (Scot.)

- 42 Mechanical man
- 44 W. Indian magic
- 46 Medicinal herb
- 48 Spore sacs
- 49 Trigonometric function
- 50 Mortar beater
- 51 Eur. Economic Community (abbr.)
- 53 Greek letter
- 54 Clod
- 55 Grandfather of Saul

DOWN

- 1 Hawaiian frigate bird
- 2 Irish sweetheart
- 3 Death (pref.)
- 4 At the age of (Lat.)
- 5 Tactical Air

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NATCHITOCHEs MEAT PIE

Ingredients:

- 4 Tablespoons unsalted butter
- ½ pound lean ground beef
- ½ pound ground pork
- ¼ pound chicken livers, trimmed and finely chopped
- 1 onion finely chopped
- 1 small green bell pepper finely chopped
- 4 large garlic cloves, minced
- 1 teaspoon cayenne pepper
- ½ teaspoon ground cloves
- ½ teaspoon chopped thyme
- Salt and freshly ground black pepper
- ¼ cup low sodium chicken broth
- 16 empanada wrappers, thawed
- Vegetable oil for frying
- Ranch dressing mixed with chopped cilantro, for dipping



Step 1

In a large skillet, melt the butter. Add the beef, pork and chicken livers and cook over moderate heat, stirring, until lightly browned, 8 minutes. Add the onion, bell pepper, garlic, cayenne, cloves and thyme; season with salt and pepper. Cook until the vegetables are tender, 6 minutes. Tilt the pan and spoon off the fat. Add the broth and scrape up any browned bits stuck to the bottom of the skillet. Scrape the filling into a bowl, cover and refrigerate for 30 minutes, until chilled.

Step 2

Arrange 8 empanada wrappers on a work surface. Lightly brush the edges with water and spoon half of the meat filling into the centers. Fold in half, pressing out any air, and seal; crimp the edges with a fork. Transfer the pies to a wax paper-lined baking sheet. Repeat with the remaining wrappers and filling.

Step 3

Line a baking sheet with paper towels and place a rack on top. In a large, deep skillet, heat 1 1/2 inches of oil to 375°. Fry the meat pies in batches, turning once, until golden brown, about 5 minutes. Drain on the rack and serve with the ranch dressing dipping sauce.

CROSSWORD ANSWERS

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