



Winter 2024



MARK W. SMITH
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3 New Things to Know About SSDI in 2024



When circumstances are already complicated, it can be discouraging to see new guidelines and changes start piling up on top of old ones. That's certainly the case with [Social Security disability insurance claims](#), which are already complex and time consuming as is. Here at [Mark W. Smith & Associates](#), we're used to stepping in to help overwhelmed clients continue their pursuit of necessary support.

[Read More Here](#)

New Year, New You: Resolutions for 2024

As the confetti settles and the champagne flutes sit empty, a familiar feeling stirs: The annual itch for reinvention. Setting New Year's resolutions can be a powerful tool for professional and personal growth, and that's as true in 2024 as it ever was.

[Read More Here](#)



Recipe of the Month

Creamy Avocado Pasta

This creamy avocado pasta gets its vibrant color from spinach and avocado when combined to create a flavorful sauce.



Ingredients:

- 12 ounces whole-wheat linguine or spaghetti
- 1 medium avocado
- 2 cups of packed fresh baby spinach
- 2 cups loosely packed fresh cilantro leaves and tender stems, plus torn leaves for the garnish
- 2 1/2 tablespoons of lemon juice
- 1 tablespoon of white miso or reduced-sodium soy sauce
- 1 1/2 teaspoons of toasted sesame oil
- 1/2 teaspoon of salt
- 2 small garlic cloves

Directions:

1. Bring a large pot of water to a boil. Cook pasta according to package directions; drain and reserve 1 1/4 cups of cooking water. Return the pasta to the pot.
2. Process avocado, spinach, cilantro, lemon juice, miso (or soy sauce), sesame oil, salt, garlic, and 3/4 of a cup of the reserved cooking water in a blender until smooth, about 30 seconds, stopping to scrape the sides as needed.
3. Pour the avocado sauce over the pasta; toss to coat, adding additional cooking water, 2 tablespoons at a time, until the sauce reaches the desired consistency. Garnish with additional cilantro, if desired.

Recipe courtesy of [eatingwell.com](#)

What's Happening Around, Metairie, New Orleans, and Southeast Louisiana

January 13 – 15

[MLK Weekend in New Orleans](#)

Sheraton New Orleans Hotel

New Orleans

January 19

[The Balloon Glow & Laser Show](#)

NOLA Motorsports Park

Avondale

January 27

[The Prom Dress Show](#)

Hilton New Orleans Riverside

New Orleans

February 3

[Mardi Gras Mambo 2024 Returns!](#)

Rock "N' Bowl

New Orleans

February 10

[Wine and Chocolate: A Perfect Pair](#)

Total Wine & More

Mandeville

February 12

[Lundi Gras](#)

New Orleans

February 13

[Mardi Gras Day](#)

New Orleans

February 16 – 18

[The Greater New Orleans Boat and RV Show 2024](#)

Pontchartrain Convention & Civic Center

Kenner

February 25

[A Luxe New Orleans Bridal Show II](#)

Felicity Church

New Orleans

March 1 - 3

[New Orleans Home & Garden Show](#)

New Orleans Ernest N. Morial Convention Center

New Orleans

March 8 – 9

[23rd New Orleans Mopar Show](#)

Frederick J Sigur Civic Center

Chalmette

March 17

[St. Patrick's Day Parade on Metairie Road: Join the fun!](#)

Metairie Road

Metairie

Awards



Meet Our Attorneys



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